



BHA DEVELOPMENT AWARD FINALISTS 2024

FRED DALY – Apprentice Jockey

MIA NICHOLLS – Apprentice Jockey

ELISHA WHITTINGTON – Apprentice Jockey

1. FRED DALY

Age: 22

Based: Cambridgeshire

Race Riding Career: 32 Rides, 3 Winners



Personal Development Highlights: Fred suffered some stress fractures in his lumbar spine shortly after being licensed. He saw this as an opportunity and utilised all aspects of the support available. Using Peter O’Sullivan House, the Injured Jockeys Fund rehabilitation centre in Newmarket, Fred utilised ice baths, the hydro pool, physiotherapy, the nutrition and the gym teams, which saw him return to work only 94 days later. He completed Media Training and accessed the £250 JETS Personal Development Grant to help pay towards the cost of driving lessons.

Fred said: “I was already engaged with my jockey coach and POSH, the IJF rehabilitation centre in Newmarket, prior to my injury however, the support I received during my injury was outstanding. I engaged with absolutely everything possible to help myself physically and mentally. I was really keen to give something back and show my appreciation for the assistance I received. I volunteered to help sell merchandise on IJF stands at local Point to Points and ran the ‘Big Half’ in London for charity.”

JETS Support/Training Courses:

- Presentation, Communication and Media Training
- JETS £250 Personal Development Grant – driving lessons

2. MIA NICHOLLS

Age: 20

Based: Oxford

Race Riding Career: 298 Rides, 28 Winners



Personal Development Highlights: Mia completed all her initial goals set out in her Personal Development Plan and continues to set goals for the future. Mia would like to be Champion Apprentice and is working extremely hard to achieve this. Mia attended the Jockey Ambassador Training two day programme in Newmarket hosted by JETS and GBR and feels that this gave her the confidence to increase her media presence and increase the content posted on her social media channels.

Mia said: “My background in gymnastics means I engaged in a professional athlete mentality from even before I was licensed as a jockey. Through my social media, I feel that there is an opportunity to promote myself as a jockey and as a person, promote my hard work in the gym and advertise myself as a professional athlete more than ever before. I think people are seeing many sides to jockeys and, going forward, we should embrace that.”

JETS Support/Training Courses:

- JETS and GBR Ambassador Training - Newmarket

3. ELISHA WHITTINGTON

Age: 26

Based: Newbury

Race Riding Career: 778 Rides, 48 Winners



Personal Development Highlights: Elisha's Personal Development plan challenged herself to break out of her usual routine and try something new wherever possible. She plays the piano, enjoys interior design, DIY, pottery and fishing and has recently set up her own hair extensions business to do alongside her riding. She also enjoys skipping to music and this is a large part of her social media content. She attended the Jockey Ambassador training programme in Newmarket and has volunteered at local schools to advertise the career paths within the racing industry and has raised nearly £200,000 for MND Association.

Elisha said: "I am really fortunate to travel to other countries riding and representing British racing though I think having other interests outside of racing is really important. I love volunteering at local schools to talk about the careers available, though I also enjoy having things completely unrelated. I am dedicated to my fitness and my career though just love helping other people whenever and wherever I can. I enjoy helping people feel more confident about themselves with the hair extension training I completed, and I am excited for my future adventures."

JETS Support/Training Courses:

- Communication and Media training
- JETS and GBR Jockey Ambassador Training
- Hair extension training