



IJF PROGRESS AWARD FINALISTS 2024

ALAN JOHNS – Media

PAULA MUIR – Dog Grooming

RYAN TIMBY – NHS

1. ALAN JOHNS

Age: 35

From: Cardiff

Dual Career: Media



Race Riding Career: Alan has been riding for ten years and has had over 2000 rides and 200 winners including at the Cheltenham Festival, many for Tim Vaughan.

Career Development: Having a long-standing interest in communication and storytelling, Alan has spent the last two years advancing his media career alongside his riding. Two key events confirmed the direction he wanted to go in when he organised the first Welsh Jump Jockeys Derby where he scripted and produced a promotional video which was well received. He also attended a Jump Jockey Ambassador Training course and was then invited by the Jockey Club to create a weekly video series for their social channels. With the help of JETS he has done a number of media training sessions to hone his skills both in front of and behind the camera, gaining a greater understanding of the broader media landscape and what content works well on different platforms. He has been proactive in creating opportunities and developing contacts in the media role and devising new ideas to broaden racing's appeal to new audiences both on TV and on social media.

Alan said: “During my first 10 years in racing, I didn’t have a clue what I wanted to do afterwards. However, in the past two years, I’ve found my direction and put tremendous effort into pursuing a career in media. JETS has been pivotal in shaping my progress. Phil’s advice has ranged from course recommendations to broader professional guidance, all of which have helped provide me with the skills and confidence to advance my media ambitions and continue my progress.”

“Balancing my riding career while building a new one has proved difficult, but I’ve approached it with energy and determination which I hope will make my transition into another career successful.”

JETS Support/Training Courses: JETS consultation, Training advice, Career Guidance. Jump Jockey Ambassador Training, Chamberlin Sports media training. Drone Training. Media & Interview techniques with Jon Bacon and Lydia Hislop.

2. PAULA MUIR

Age: 30

From: Thirsk

Dual Career: Dog Grooming



Race Riding Career: Paula has ridden as a Flat jockey for ten years, first as an Apprentice and then Claiming professional with 1160 rides and 83 winners with notably ten of those coming aboard The Armed Man for Chris Fairhurst.

Career Development: With a love for working with animals and using her experience riding horses and bringing pleasure to owners, Paula has chosen a career in dog grooming, eventually wanting to go on and run her own business in an industry which is growing year on year. In consultation with JETS and her PDM Phil Kinsella, Paula has been able to plan out what courses she’s needed to do and manage them alongside her riding commitments. She is currently completing her Level 2 Professional Dog Grooming course at East Durham College and now has a dual career aim of qualifying as a Dog Groomer as well as riding out her claim as a Professional jockey. As well as running her own salon she also hopes one day to take part in competitive dog grooming events and is looking forward to being in charge of her own business to fit around other life commitments.

Paula said: “I am motivated and determined that this will be a career/business that sets me up for life. In a similar way to racing, by taking care of the welfare of an

animal and having owners fully trusting you and interacting with those owners, I see dog grooming as a really satisfying career path. I feel proud of myself that I finally took the leap to pursue a different career.”

JETS Support/Training Courses: JETS consultation, Training advice, Career Guidance. Job Search assistance. Level 2 Dog Grooming Assistant and Introduction to Dog Grooming. Lashes Technician.

3. RYAN TIMBY

Age: 32

From: Malton

Second Career: NHS (Facilities Operator, Phlebotomy & Aesthetics practitioner)



Race Riding Career: Despite living with Cystic Fibrosis, Ryan rode as an Apprentice jockey and had 53 rides and one winner.

Career Development: With the NHS playing such an important role in Ryan’s life growing up with Cystic Fibrosis, he had always hoped to find a role there himself having experienced first-hand what a difference the nurses and people around the hospitals make to the patients and wanting to have the same positive impact on people in his work. After investigating different career paths with the help of Phil, he has used JETS funding to become a qualified phlebotomist and trained as an aesthetics practitioner, both requiring the use of needles, which he is doing alongside his day job as a facilities operator within the NHS at Malton hospital. With these qualifications, he hopes to eventually grow his aesthetics work into a business, helping others feel more confident in their appearance and also practice phlebotomy within the NHS.

Ryan said: “I get such a deep sense of achievement currently working in the NHS and just adore helping people in whatever area my job takes me to on that day. I would like to complete a nutrition course and still hope to complete a personal training qualification so long term I can bring together all of my experience and training into one service offering fitness advice, nutrition and skin treatments. I am really excited for what the future holds as a result of my training.”

JETS Support/Training Courses: JETS consultation, Training advice, Career Guidance. Job Search assistance. Door Supervisor Training. Basic Phlebotomy Training. Aesthetics Practitioner Training.

