



THE JOCKEY CLUB ACHIEVEMENT AWARD FINALISTS 2024

MEGAN CARBERRY – Physiotherapy

KATIE O'FARRELL – Sports Psychology

SAM WELTON – Civil Engineering

1. MEGAN CARBERRY

Age: 30

From: Co.Meath, Ireland

Second Career: Physiotherapy



Race Riding Career: Megan rode 39 winners both on the Flat and over Jumps. She was Yorkshire Champion Apprentice and her biggest Flat win was on her first ride at York aboard Totalize for Brian Ellison. As a Conditional, her biggest win came on her favourite horse Dominada again for Ellison.

Career Development: Megan is a qualified Physiotherapist working with the Health Service Eire (HSE), After suffering injuries herself and receiving treatment at Jack Berry House, it sparked an interest in the whole rehabilitation process and with the help of a JETS scholarship and guidance on the most suitable courses, she completed a BSc degree course and then successfully gained a class 1 Masters degree in Sport and Exercise Therapy at St John University in York. She also carried out a two year placement at Jack Berry House which she managed alongside riding out and is now using all the experience and knowledge gained in her current role based in Ireland and is hoping to work within the racing industry in Ireland as her career develops.

Megan said: “All I have done since leaving school in 2011 is ride horses, so I found the prospect and the process of applying to university quite daunting but I’ve shown that with determination you can achieve anything in life especially when I’ve had to balance having a baby in my second year, family life, study and work over the past 5 years, still completing courses to date. Luckily I’m now in a sustainable career and am also hoping I can give back to the racing industry through my work.”

JETS Support/Training Courses: JETS consultation, Training advice, Career Guidance, CV Preparation, Recruitment/Work Placement. Bsc & Masters Degrees in Sports and Exercise Therapy MSc (Hon).

2. KATIE O’FARRELL

Age: 34

From: Co.Kilkenny, Ireland

Second Career: Sports Psychology



Race Riding Career: Katie rode for eleven years initially as an amateur before turning professional in late 2015 riding in Ireland and England. She had almost 500 rides in total across both licences with a total of 38 winners. Her biggest wins came aboard Low Sun trained by Willie Mullins and owned by Rich Ricci.

Career Development: Katie worked with a sport psychologist during her own career and developed an interest in how psychology can equip athletes with the skills to cope with challenges they face. During time off injured she consulted with JETS about further education and new pathways which led her to complete a Masters Degree in Sport and Exercise Psychology when she returned to Ireland after ending her riding career. Now qualified, she is working in a number of different roles across different sports and regularly attends research conferences in order to broaden her horizons and is now in a position where she can work in racing to improve jockey well-being, as well as furthering her knowledge and skills as a researcher.

Katie said: “It is hard to articulate how great a challenge it is to move away from a sport you love but I’m feeling very proud of my progress over the last two years and for holding strong through the uncertainty of change and the urge to return to what is familiar. I am enjoying combining my research whilst also working with major clubs and teams in GAA, swimming, and football and feel really excited about my future.”

JETS Support/Training Courses: JETS consultation, Training advice, Career Guidance. MSc in Applied Sport & Exercise Psychology.

3. SAM WELTON

Age: 34

From: York

Second Career: Civil Engineering



Race Riding Career: Sam rode as an amateur for three years and then as a Conditional for four years with around 50 rides and 5 wins in total. He went to France and also rode for Charlie Mann and David Pipe before he returned to Yorkshire where he rode for David Barron before he moved on to horse transport and pre-training.

Career Development: When Sam retired from race riding, he explored different careers in the racing industry but wanted to find something more sustainable which could open up a bigger range of career options. He had a long standing interest in the environment as well as construction in general and, in consultation with JETS, decided to pursue a Bachelors degree in Structural and Civil Engineering. He first had to complete an Access to Science course and after 5 years of study, assisted by a JETS scholarship, he graduated in 2023 with a 2:1 degree. He now works as a Site Manager for JN Bentley working on a £19m scheme in Harrogate. He has ambitions to take on a contract managerial role and is working towards chartership with the Institute of Chartered Engineers and possibly using his skills to pursue construction work within the racing and equestrian industries.

Sam said: “JETS have been an excellent support to me, leaving racing was a total lifestyle change and Lisa and Phil are always on the end of the phone for advice and assistance not only with academia and funding but also as listening ears in times of personal crisis too. I hope that my career journey can show others that through hard work and commitment we can all achieve and that we don’t have to have done well in school or have had any academic prowess to embark on a journey of learning.”

JETS Support/Training Courses: JETS consultation, Training advice, Career Guidance, CV Preparation, Interview Technique. Masters in Civil Engineering, LGV Class 2.