

A RACE OF OUR OWN

Keeping you up to date with The Racing Academy & Centre of Education

What's in this first issue?

GET TO KNOW A CURRENT TRAINEE, A GRADUATE, PICK UP SOME FITNESS AND COOKING TIPS ALONG THE WAY AND MORE.

CURRENT HAPPENINGS

Welcome to the first edition of A RACE of Our Own. This is a new initiative to keep you all up to date with everything that is on going in The Racing Academy & Centre of Education. In the current climate of the Covid-19 outbreak we will be keeping everything light hearted while allowing you the opportunity to get to know our horses, current and past Trainee Jockey students and our staff. We will also include fitness tips and tricks to keep your body in tip top shape while self isolating and we'll include a recipe from our very own Chef John to keep that waist line trim while still eating delicious and nutritious food. Rumour has it from April Fools day that Jockeys are seeking a stone allowance when racing returns, perhaps this will help them reduce it to half a stone. Send us photos of your meals, we might even accredit you with your very own Michelin Star in next months newsletter! We hope you enjoy reading this and if you have any fun stories or questions you would like to share with us please drop us a message. Don't forget to follow us on Instagram, Facebook and Twitter for all the latest RACE info.

Thank you, stay safe, keep well, look after both your physical and mental health, all while keeping your fingers crossed for a speedy return to the racecourse!

-The RACE team

Phone No.-045-522468,

Email-aine.oconnor@racingacademy.ie



Getting to Know Our Trainees

WITH EMILIE MAUDET

Name: Emilie Maudet

Age: 18

Nationality: French

Work Placement: Willie McCreery

Best part of Trainee Jockey Course: Fitness Training

How did you find out about the course?: From a friend

Best Advice you've been given? : To believe in myself

Have you any advice for future Trainee Jockeys? : Yes it is hard, yes there are dark days but you will have all the support that you need and you will meet some great friends here. Don't give up it's not a sprint but a marathon.

Have you any plans for when you graduate from the Trainee Jockey Course? : I plan to stay in Ireland and apply for a jockey license with the support of Mr McCreery.

Favourite Past time: Sport or read a book

Favourite Jockey: Rachael Blackmore

Favourite Subject: Racing

Favourite Horse: Zarkava

Favourite TV show: Luck on Sunday

Favourite Colour: Blue

Favourite Food: Pancakes



S&C coach Wayne Middleton put a HIIT session together to do in self isolation without any equipment.

3 X Rounds

Round 1=30 secs on each

Round 2= 45 secs

Round 3= 1.00min

Wall Squat

Full Arm Plank

Holding Leg Lunge Right

Elbow Plank

Holding Leg Lunge Left

Push Up Hold

Ingredients

- 4 chicken breasts, thinly sliced
- 2 tablesp. olive oil
- 1 garlic clove, crushed
- 1 red onion, thinly sliced
- A few drops of sesame oil
- 400g fresh vegetables, thinly sliced
- 4cm piece of fresh ginger, peeled and chopped
- 2 tablesp. soy sauce
- 50ml sweet chilli sauce

Method

- Heat a wok or large frying pan until really hot, add a tablespoon of oil and stir-fry the chicken for 4-5 minutes until golden. When cooked remove to a plate.
- Reheat the wok or pan and add the remaining oil. Add in the garlic, vegetables and ginger and stir-fry for a couple of minutes until they just begin to soften.
- Add back in the chicken, the soy sauce, the sweet chilli sauce, a splash of water, sesame oil and some black pepper.
- Continue to stir-fry for a couple of minutes. Taste for seasoning. You may need to add a little salt.
- Sprinkle over the coriander and serve with noodles or rice.



Graduate Profile: Adam Farragher

Adam graduated from the Trainee Jockey programme in 2017. He is currently based with Michael Halford and tells us about his RACE experiences and his aspirations for the future.

I am not from a "horsey" background, but I have been riding horses from a young age. I started off in a local riding school with Ann Fawsitt when I was 8 or 9 and from then on I've "caught the bug" so to speak. When I was a bit older I started working with young and green horses which was great experience and I learned a lot. At the start of 2016, I started riding out for trainer Ray Hurley. I learned so much at Ray's and got a lot of experience riding out all summer and working in general with Racehorses.

I always had a huge interest in racing even from a young age, I even used to leave school early when Cheltenham was on so I could come home and watch the races (To my mothers delight as you can imagine!). School was never really a priority for me, I never had any interest in it even when I was in primary school, horses were always at the forefront of my mind. In 5th class I heard about RACE and since then I had my mind set on going there.

During the summer of 2016 I went to RACE for a week's trial. The trial week was tough, both mentally and physically and it pushed me to the limit. When I finally got the letter saying I was accepted I was absolutely over the moon and I couldn't wait to start.

During my time in RACE I learned so much and improved as a rider. The lads down the barn were always good to give advice and would always correct you on minor things which really helped tidy you up as a rider. In November 2016 I was put on work placement with John Feane and I loved every minute of it! John was very good to give me advice and was very fair to work for. You could always go to him if you had a question or a problem. The experience I got at John's was great as he gave me lots of opportunities.

They say you never forget your first ride or first winner and I definitely won't. The former came courtesy of Asian Wing in Navan in September 2017 we finished down the field but the buzz had me hooked straight away and all I wanted from then on was to get a winner. I had to wait five months but my winner came on a horse called Mostawfee, in Dundalk in February 2018, for John Feane.

I later left John's to join Michael Halford. I felt I needed to get more experience under my belt and Mr. Halford is renowned for giving his apprentices a chance. Things slowed down a little for me due to an injury I sustained last year and I missed a chunk of the season. I'm looking forward to the season ahead, I'm particularly excited to get back on a mare named Annie Fior for Brendan Murphy. I've won three on her now and shes a lovely genuine mare. I'm excited to watch a horse called Siamsir run again for Mr. Halford, I spent a few months in Dubai with him this winter and got to see him win in Meydan.

Times are difficult for everyone at the moment but all we can do is keep positive and look forward to the turf season kicking off properly. We got a taster day in Naas before it was all called to a halt so that has only increased my hunger for the game. I'm keeping fit by continuing to ride out every morning which we are lucky to be able to do and I go for a run most evenings. Keeping healthy and well is the main focus for now but I'd really love to improve on my previous season totals, ride more winners and stay in one piece.

"STAYING HEALTHY AND WELL IS THE MOST IMPORTANT THING FOR EVERYONE AT THE MOMENT BUT I CAN'T WAIT FOR RACING TO RETURN"

Horse Profile- Park Ranger



From the Archives

December 19th 2016

The racehorse we'll be getting to know in this month's "A RACE of Our Own" is Park Ranger. Each horse plays a vital role in the teaching and coaching of our trainee jockeys, our junior academy attendees, stable staff on training courses and many others that come through the doors of RACE on a weekly basis.

Park ranger is owned by JP McManus and was formerly trained by Christy Roche on The Curragh. He is a 14-year-old by High Chaparral. He collected over €55,000 in prize money throughout his dual-purpose career. He won a total of four races, but he was placed a further 10 times. Park Ranger arrived here with us after he retired from racing in 2016. He's a very well-liked horse amongst our trainees. He's graded a level 2 by our instructors, on our scale here in RACE. This means he's one of our medium rides in the barn, not too easy or too difficult.

He has many fun characteristics and connections often described him as "quirky" throughout his racing career but on a whole he's a level headed and kind horse. He has a very sweet temperament and he's always eager to please in his work. He stands at 16hh, he's not overly big so you can understand why connections never embarked on a chasing campaign with him, however he does jump fences well when he schools with us here in RACE.

He doesn't have any vices, he's very tidy in his stable and as is the case with the majority of the horses, he's a pleasure to have in the barn.



Park Ranger

Animal welfare project 'creation of the pathway' for Limerick youths

A Moyross teenager has earned a place working in the Irish racing industries heartland after taking part in an animal welfare project. Lee Quinn of Pineview is now working at the Racing Academy and Centre of Education (RACE) in Kildare after participating in a program developed by the Moyross regeneration office. "My friend went to RACE to become a jockey, that's what I wanted to be," Lee said. He was given a place on the program through the Garda Youth Division (GYD) after showing his interest in taking part. Following work experience at top trainer Jim Bolger's yard in Carlow and at Leopardstown race course, Lee tried for a place in RACE for the second time in 2016 "I am proud to say I got the trials this year and started in RACE at the end of August. I have to get up really early and work hard during the day but I love it."

The initiative, referred to as 'The Academy' aims to teach the importance of horse welfare, directing kids towards careers in the industry while also giving them an education.

Andrew O' Byrne, a youth worker in the GYD said; "It's about the creation of a pathway, if you want to be a jockey these are the things you need to be able to do and these are the things we can do to help you," Speaking on the funding the scheme has recently received from the Department of Agriculture, Andrew said it will give more focus to the project and more time can be devoted to eventually expanding it across the city. "It gives recognition and reinforces what we've been doing. It gives us somebody who will make this their focus and look after it 100 percent."

Michael O'Kelly, of the Regeneration Office in Moyross says it is best to get the kids involved at a young age as it incentivises them. "A lot of the youth are really into horses but by the time they get to 16 and 17, if they've lost out on the education part of the equine side then they've lost out. They've formed opinions on what they want." Both primary and secondary schools in the north of the city have been included in the plans. Two more students are set to follow in Lee's footsteps this year. "We can see the benefit that this project is having on lads that might have gone down a particular road. It's not about a numbers game, if only a few lads go down a different road with this then I think that's unbelievable."

An extract taken from The Limerick Leader in December 2016-Lee did work placement with Conor O'Dwyer and is now working with Moyross Youth Academy and their pony club.



Junior Corner

Word Search

K J S G J U T S Z P Q H S H P M A T B R G D S C H O O L B J
 S O C I A L D I S T A N C E D E Z U R U C K S T I R F R Y I
 G Q Y X K B X B P W K C G I L D Y W Y U R Z K H H K F U I G
 G P R N G M D V S F C U K Y K T R T G R I P H R D I S R Z T
 I H I S C J P K G K M J O C H E F J O H N C E J A O H S I K
 B A R R Y W A L S H W P I Z J F C Q P T L D Y E N C Q K O A
 C W N Y C Z Z I Q D L D V U K S X O A Q U I W S R W E H W Y
 J Q K Q G W G B X Y B T P W T F S Y F Z Y G T Q D I X N S I
 P I O V J B I B G C R B N R E R G G E D B N I M X A Y D C W
 L I O D P P Y G Q T N H B X J J A Z E Z P N T A L L C S O P
 A C J J P N E A N O T P I L W U Q I Z S D J E S V L K W R W
 N H O W V X N E J R R U T Z Q Y R D N W I I L R U W Q P O W
 K K G V D I U D I I V Q U D T T W K S E P Y C Q I G F O N J
 N J U W Z L N J U H O H P I O A X K R P E V H L E N Q S A Q
 Z L E H R L A O H E S J O I L H A P L A B J X R N F H H V K
 H A U N K H G P J I Y C E D B Y W K R T Q W O Y Z Q E R I E
 X I D Q L W Z K E X J N Y I Z Q N D F U J S C C O K W R R I
 S R A A R H F Z I T D O D J M S B A K R Z Z U R K I K N U T
 G G I P M E Y Q P T X M M M A W C I D I T Z R Z Q E Y D S H
 B H V Y X F M T E L D I N C I Q W C F Z K W R K S M Y H K R
 J U I A J Q A B P A R K R A N G E R C G R Y A Y B W V L X O
 G C V V R K W R J W G W K B Z C N M F R A T G J A T X K I W
 Q K D K H A G Y R Q S V K G L Z L C M X H J H P Y U L J H E
 F L V V F M Y O Y A N W T X C L W Q D P J Q A F K Q O M U X
 U J I Q G W S E A G G W H F B W T A P X X K B E K X J V Q H
 W Z K P L G M L Q L J H W Y J F A A Y O I X G V O V X V X Y
 Z I L U P T Y K L Q Z A E H Y N L I J N U T O U P M Y U L E
 G Y F U P D J X O D Y Q N R W T Z V N S W Y B C C W X P Y I
 L T F S J A C L H E M I L I E M A U D E T B Y W O A K E D N
 T Y L G W X T T D X R H S O Y S G S C Q A H L T C A E G G U

Racing LINGO

- He hung like a gate- The horse was leaning badly to one side.
- She idled in front- When she got to the front she thought she'd won the race and started to pull up/ slow down

Social distance	Adam Farragher	Trainee Jockey	Emilie Maudet
Corona Virus	Park Ranger	Barry Walsh	Keith Rowe
Chef John	Curragh	Stir Fry	Burpee
School	Plank	RACE	Goal



Thinking Hat

Name a Racecourse in Ireland that DOESN'T have a R,A,C or E in its name?

Send us a message on any of our social media pages, with your answer, to be in with a chance of winning a prize.

