

A RACE OF OUR OWN

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

What's in this this issue?

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

CURRENT HAPPENINGS

Welcome to the July edition of A RACE of Our Own. This months newsletter is being published with a beacon of light shining, with the return of Irish racing and the exercise rider course, an ease in restrictions and the graduation of our wonderful class of 2019/2020. In this months news letter we bring you further updates on the continued efforts of the RACE staff to resume the fantastic training we provide in RACE, a little insight into the class of 2020, updates on the Trainee Jockey Course along with our Junior Corner to keep the minds of those missing their school work active. Chef John is on hand with another great recipe along with exercises from Wayne ensuring it doesn't go straight to the waistline. You'll also get the opportunity to get to know the brilliant character that is Bubbly Bellini.

The graduation ceremony for our 2020 Trainee Jockey course was due to be held at the end of this month but unfortunately it's not possible this year. It's always a ceremonious day that not only brings joy and great pride to our Trainees and their families but also to all the RACE staff who watched each student blossom during their time in RACE. However, we will still celebrate each graduate and we wish each individual well in the next chapter of their young lives, we have no doubt that they will flourish in what ever route they decide to take.

We offer our congratulations to Trainee Jockey Graduate Seamie Heffernan who won this years Irish 1,000 Guineas on Peacemaker for Aidan O'Brien and followed up with a win in the Irish Derby on Santiago for the same connections. A special mention also needs to go to Nikita Kane who rode her first winner in Bellewstown on Lord Rapsallion for Johnny Murtagh. We here at RACE get a massive thrill from the continued success of our Trainee Jockey graduates.

Our two virtual Open Days were a huge success and we greatly appreciate the co-operation of all those that logged on. We did our very best to capture some of the beauty and buzz of what the campus would be like on a regular day and we hope those that partook in the virtual tour felt that. With that said we are thrilled to announce that REGISTRATIONS for the 2020/2021 Trainee Jockey Course are now OPEN. If you haven't received an email with registration details please contact us.

If you are interested in doing the Trainee Jockey Course but haven't yet attended an open day, it's not too late but please get in touch as soon as possible. If you require more information, please don't hesitate to get in touch. We hope you enjoy this months issue and don't forget to follow us on Instagram, Facebook and Twitter for all the latest RACE info.

Thank You,

-The RACE team

Phone No.-045-522468,

Email-aine.oconnor@racingacademy.ie



Getting to Know Our Trainees

WITH BOBBY WHELAN

Name: Bobby Whelan

Age: 17

Hometown: Piercestown, Co. Wexford

Work Placement: Michael Grassick Jr.

Best part of Trainee Jockey Course: Making life long friends and gaining valuable experience.

How did you find out about the course?: I did Junior Academy and then attended an Open Day.

Best Advice you've been given?: Be patient, everything happens for a reason.

Have you any advice for future Trainee Jockeys?: Enjoy your time in RACE, it goes by so quickly.

Have you any plans for when you graduate from the Trainee Jockey Course?: I'm going to stay in the industry and hopefully take out my license as soon as I'm ready. It's my dream to be a successful jockey.

Favourite Past time: Spending time with my friends

Favourite Jockey: Mark Walsh

Favourite Subject: Business

Favourite Horse: Envoi Allen

Favourite TV show: After life

Favourite Food: Pizza



Workout with WAYNE

Outdoor Session

Run/Cycle

10 Mins @ medium pace

Isometric Push Up x 1min

Squat Jumps x 10

Rest 1 min

Repeat x 5

Run/Cycle

10 Mins @ medium pace

Cook Up A Storm



WITH CHEF JOHN
Shepards Pie

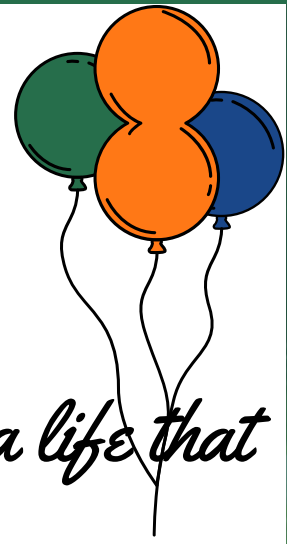
Ingredients

SERVES 4

- 1 whole Onion
- 2 whole Carrots
- 2 whole Celery sticks
- 2 cloves Garlic
- 20g Butter
- 200 g Lean Steak Mince
- 1 beef stock
- Gravy
- 200 ml Water
- 300 g Potatoes
- 25 ml Low Fat Milk
- 200 g Green beans

Method

- Heat 1 tbsp olive oil in a large saucepan and fry 1¼ kg beef mince until browned. Set aside as it browns.
- Put the other 2 tbsp olive oil into the pan, add 2 finely chopped onions, 3 chopped carrots and 3 chopped celery sticks and cook on a gentle heat until soft, about 20 mins.
- Add 2 finely chopped garlic cloves, 3 tbsp plain flour and 1 tbsp tomato purée, increase the heat and cook for a few mins, then return the beef to the pan adding the 850ml beef stock, 4 tbsp Worcestershire sauce. Bring to a simmer and cook, uncovered, for 45 mins. By this time the gravy should be thick and coating the meat.
- In a large saucepan, cover the 1.8kg potatoes which you've peeled and chopped, in salted cold water, bring to the boil and simmer until tender.
- Drain well, then allow to steam-dry for a few mins. Mash well with the 225ml milk, 25g butter, and three-quarters of the 200g strong cheddar cheese, then season some salt and pepper.
- Spoon the meat into 2 ovenproof dishes. Add on the mash to cover. Heat oven to 220C and cook for 25-30 mins, or until the topping is golden.



"Your education is a dress rehearsal for a life that is yours to lead."
—Nora Ephron



Katie Coffey
Blánaid Sharpe
Michael O'Grady
Emilie Maudet
Bobby Whelan
Martin Clarke
Niall Scott
Sean Smyth
Ciaran Moody
Danny Harnett
Ellie Murphy

Rebecca Burley
Dillon Butler
Wesley Joyce
Aobha O'Rourke
Brandon Phillips
Ryan Sexton
Charlotte Tindale
Brandon Wilkie
Sarah O'Shea
Natalie Bradley
Kieva Hynes



Horse Profile- Bubbly Bellini



Bubbly Bellini is a Rockingham Handicap and a Joe McGrath Handicap winner, he won 19 times and amassed over €270,000 in prize money. Bubbly Bellini is a 13 year-old Irish-bred bay gelding by Mull Of Kintyre out of Gwapa. He was bred by J P Hand and owned by Gary Devlin and Hazel McGuinness. Bubbly Bellini ran an extraordinary 142 times and passed through the hands of four different trainers from Alan Bailey to George Baker then to Lee Smyth and as a 5 year-old in 2011 he went onto Ado McGuinness, where he raced over a seven year period.

An honest horse with a speed in abundance, Bubbly Bellini never ran any further than 8 furlongs and his optimum trip throughout his racing career was 6 furlongs, having won 11 of his 19 over that trip. Many will say one of racing's rarity's is a horse that will go on any ground and Bubbly Bellini is exactly this, having won on everything from heavy ground in The Curragh, to firm ground in Tipperary and the all weather surface in Dundalk. He struck up a brilliant partnership with RACE graduate Ian Brennan having won six races together and later with Declan McDonagh who he also won 6 races with. He won four races in The Curragh with his career highlight coming in the Rockingham Cup. Bubbly Bellini was rated 100 at the highest point in his career, a reflection of the talent he held.

Bubbly Bellini was very kindly loaned to RACE when he retired from racing by Ado McGuinness and his family, with whom he had some of his greatest successes. He's an extremely kind and sweet horse to do everything with. He's a rocket out of the stalls and is known to have left an unsuspecting trainee sitting on his hind quarters, during our stalls training. He's well named in that his personality is bubbly and he often bounces to the gallop. For a sprinter, he is a gentleman to hack around the gallop and doesn't pull too hard. Often our Junior Academy students can be found lingering outside his stable door while he soaks up the attention and affection. Unlike the majority of our horses here in RACE, Bubbly Bellini doesn't school and keeps his feet firmly on the ground unless he's having a buck on a fresh Monday morning.

We're blessed to have a such a kind, quick and athletic horse in our barn and we are greatly appreciative to his owners and the McGuinness family for sending him here for his retirement. Without the kindness of these owners our barn would lack many wonderful characters like Bubbly Bellini. Come back next month to meet another one of our RACE stalwarts.



Bubbly Bellini going on to win the 5f Bettor.com Rockingham H' cap of €84,000.00 3-y-o plus Cup

A Head Start In The RACE To The Top

In the past decade top female jockeys such as Nina Carberry and Katie Walsh have set a remarkably high benchmark for aspiring young women hoping to make it big on the National Hunt scene. Last autumn a record 14 females signed up to the Racing Academy and Centre of Education 10-month course in Kildare town. Never before had RACE seen such an upsurge in interest from young women, many of whom have already chosen this same career path and so will be watching their female idols with great interest at the upcoming Cheltenham Festival in the hope of one day following in those same footsteps. Admittedly both Ms Carberry and Ms Walsh have had an easier route to the business than most coming from racing families. However, more and more youngsters with non-racing backgrounds are now also finding themselves immersed in the world of racing thanks to the unique training facility that is RACE. "This year we had a record number of girls apply for the course and interestingly a number of them are planning to go down the National Hunt route," says RACE director Keith Rowe. Though still a minority in the sport, the success of other female jockeys such as flat riders Sammy Jo Bell and Melbourne Cup winner Michelle Payne has given many of these young women some hope of success in a world so clearly dominated by men. "The world has moved on and the racing industry has changed so much but it is still very tough for many of the girls out there and indeed for a lot of the apprentices as the opportunities are not as plentiful as they would have been years ago," Mr Rowe continued. When RACE first opened its doors in the 1970s trainees were aged 15, less than five feet tall and six stone or less. Today's children are that bit heavier and so for a lot of teenagers, pursuing a career in jump racing seems the better option. "Our weight limit now is nine stone, but some kids struggle to even make that."

Since its establishment in 1973 RACE has introduced close to 1,000 young men and women into the world of racing through the jockey scheme, with many graduates going on to secure other positions within the industry later in life. Daryl Jacob, Johnny Murtagh, David Casey and John Egan are just some of those graduates who pursued a successful career on the track, while female graduates include Cathy Gannon and Helen Keohane. Though now retired from race riding, during an interview for *Unblinkered Vision*, a book which celebrated 40 years of RACE in 2013, Ms Keohane admitted that towards the end of her relatively short career she struggled to make ends meet. "Towards the finish it was hard to get rides, they were only coming here and there in a trickle and it was difficult to continue. It's tough for women, we aren't as strong as men and that does matter." Indeed the demands of the job were clearly outlined in a recent visit to RACE by top professional Davy Russell. He openly admitted that in the early days he saw himself as 'invincible' but it still took him three years to secure his first ever win. "And that was only by accident as the original jockey failed to show up!" he added. Without doubt the trainee jockey course at RACE has become one of the most successful over the years, so much so it now regularly attracts overseas applicants each year. "It is one of the longest courses of its kind, at 42 weeks, and trainees definitely benefit from a longer programme," Mr Rowe outlined. "During that time we not only teach trainees the basics in terms of horsemanship, but also practical and life skills and personal development for when they get out into the world." At the end of the day they are still young teenagers and will need to take the good and the bad. We endeavour to prepare them the best we can for a life in racing," continued Mr Rowe. "Our trainees graduate as potential jockeys, but naturally not everyone makes it." There's no doubt that life is tough for an apprentice and I feel there are not enough opportunities for them out there. Even if they go through their claim successfully they can then find themselves without rides. "Support is mainly for this reason that so many young jockeys leave these shores to gain work in Britain and further afield, with dozens of others who are unable to make a living on the track returning to life as work riders and stable hands." In my opinion there is not enough of a support and development system in place for young jockeys in Ireland and I really would like to see that changed. Thankfully Horse Racing Ireland is now supporting the development of a 'Jockey Pathway' system similar to other professional sports which would be great for both our graduates and other youngsters out there. "They all need guidance at some time or another and could do with being supported better so that we can retain them within the industry," Mr Rowe concluded. Hands-on approach to physical and mental fitness Up to 800 people pass through the doors of the Racing Academy and Centre of Education each year on completion of a wide range of training programmes for trainers, jockeys, and other industry personnel seeking further education. The core activity of RACE, however, is to nurture and educate trainee jockeys through its annual 10-month course. Restricted to a maximum of 32 trainees each year, the course covers a large range of subjects in addition to horse management and riding skills, and is particularly focused on preparing young jockeys for the world of racing. "Fitness is also a large component of the course and for this we have a resident fitness instructor," commented RACE director Keith Rowe. The course is divided into three phases, with the first 12 weeks spent on foundation training at RACE. The centre is fully-equipped with thoroughbreds, mostly retired racehorses loaned to RACE, sand gallops, an indoor arena, and classroom and gym facilities. Here they study practical riding and stable management, in addition to several classroom subjects such as communications, IT and business. During the second phase trainees are placed with local racehorse trainers on the Curragh and spend mornings riding out before returning to RACE for afternoon classroom studies. The third and final phase sees trainees working full-time with their assigned trainers, a large percentage of whom retain the trainees as staff on completion of the programme. The programme is delivered through the Kildare and Wicklow Education and Training Board and successful participants are awarded the QQI Level 4 Major Award in Racehorse Care and Riding on the National Framework of Qualifications. "The basic requirements are that trainees are between 16 and 18 years, are under nine stone and generally have completed their Junior Certificate." During the week-long trials each June we assess up to 70 applicants for their riding aptitude and physical suitability, as well as their work attitude and character, and selections are based on all of this."

An extract taken from *The Irish Independent* on March 2nd 2016.

Word Search

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

- ADO MCGUINNESS
- AP MCCOY
- FUTURE JOCKEY
- SANTIAGO
- OUTDOOR SESSION
- OPEN DITCH
- BOBBY WHELAN
- BUBBLY BELLINI
- NIKITA KANE
- GRADUATION
- RACE
- DEAD HEAT

Racing LINGO

- Open Ditch- A fence with a ditch on the take-off side, encouraging the horse to make a longer jump than at a plain fence.
- Dead Heat- When the race day judge cannot split two or more horses at the finishing-line, the prize is split between the horses and a dead-heat is called.



Thinking Hat

WHAT DOES THE "P" STAND FOR IN A.P. MCCOY?

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



Last Months Answer: Name the Irish Racecourse that has the same spelling backwards as it does forwards?

ANSWER: NAVAN