



## Not just 'a challenge' but a **9 LIVES CHALLENGE**

At a time when bright ideas have never been more urgently required, Wayne Burton came up with a brilliant one. A beneficiary since 2008, when a hurdles fall at Exeter broke his back, Wayne was determined to do something to help fund the IJF during the Covid-19 crisis and, after talking his ideas over with various people, hit on the concept behind the 9 Lives Challenge, which has raised more than £80,000 at the time of writing.

"I've always wanted to raise money for the IJF but there was never anything I felt I could get my teeth into," Wayne tells us. "If I was going to do something, it had to be big ... and, by God, has this got big now. This is my dream.

"The idea came from keeping myself active and fit. The thought was, if I can help myself, then I can help others."

His first thought was a triathlon with the help of a couple of friends. But Wayne had made so many connections with other injured jockeys through his involvement with the IJF, it didn't seem right to just stop at two. "Another chap got wind of it and he wanted to get involved. I thought: 'There's going to be people asking, why didn't you ask me?'"

In short, eight others committed to helping out with Wayne's venture, whatever it turned out to be. "They're a group of guys that we've been lucky to go on IJF holidays with but we're not lucky enough to see much of each other because we're dotted around the country."

But there was still the need for a concept that would help attract attention. Wayne credits the sports psychologist Camilla Henderson, who was counselling him at the time, with the idea of tying the project to the IJF's three rehabilitation centres. They worked out that a round trip from Oaksey House up to Jack Berry House, down to Peter O'Sullivan House in Newmarket and back to Lambourn would be 560 miles ... which became the target.

From Lisa Hancock came the idea of the nine beneficiaries covering the necessary ground in nine days, their mileage being matched in each case by an IJF representative to make the goal possible. And so Wayne signed up to do 25 miles in his wheelchair, accompanied on the roads around Lambourn by our president, Sir Anthony McCoy, with a revolving cast of supporters and cheerleaders.



Wayne reaches the finish line!!

Meanwhile, **George Baker**, who famously suffered a career-ending head injury in St Moritz in 2017, ran 40 miles with Frankie Dettori offering moral support. **Ed Barrett**, kicked in the neck in a point to point fall in 2015, covered seven and a half miles through a combination of walking and swimming, backed up by Ed Chamberlin.

**Lee Davies**, who broke his neck in a 1990 car crash that ended his career in the saddle, covered 67 miles, most of them on a hand-bike but with some swimming mixed in, was paired with John Francome. **Sarah Gaisford**, paralysed from the waist down by a 2007 hurdles fall, signed up to cover 32 miles in her chair, accompanied by Clare Balding.

**Rebecca Hewitt**, whose injury came in a hunter chase in 1995, did 19 miles in her chair with the assistance of Jack Berry himself. **Laura Scott**, who broke her neck in a schooling fall in 2017, covered 52 miles on her bike alongside our former Chairman, Brough Scott.

**Isabel Tompssett**, who suffered a shocking head injury in 2011, walked 25 miles with Lady Oaksey. **Katie Watson**, a teenage jockey prospect when she broke her neck in a road accident in 2014, walked 55 miles and was accompanied by Peter Scudamore.

Wayne has been delighted by the success of his project, which he has also been pushing with prolific work on social media. "That also becomes quite draining," he says. "I think I deserve a break next week."

"I've had someone walk with me every day, I've made sure of that, just for the company. The second day, it was me, my mum, AP and George Baker. We got absolutely drenched but it's all for a good cause, you keep grinning and pushing."

Though some of his fellow beneficiaries set themselves ambitious targets, he had no doubt they would achieve them. "They're jockeys and to be a jockey, you have to be strong-minded. And because of what they've been through, they're double jockeys, if you get what I mean. They're 'times two' jockeys."

Our thanks to Wayne for bringing such a hardy, resilient band of people together for the IJF.

Thanks also to these generous sponsors who agreed to support the 9 Lives Challenge: John Pearce Racing, Betfred, Markel Insurance, the Tote, Godolphin, 'The Old Golfers' and Team Stradivarius.



Sarah Gaisford and Clare Balding

## Ed Barrett interviews Ed Chamberlin

# Talking 'Eds'

**Ed Chamberlin, presenter of ITV Racing, has been an IJF Trustee for a year. To mark his first anniversary, he cheerfully agreed to be the interviewee for once and answer questions put to him by one of our beneficiaries, Ed Barrett.**

**Q: What have you learned about the Injured Jockeys Fund in your first year as a Trustee?**

**A:** I knew plenty about it before I got the call but I had no idea of the enormity of it and the number of talented people involved. Going into my first Trustee meeting, I was genuinely nervous. You're sitting in a room with people you've admired for years and some absolute experts in their field, when you think of the Dominic Burkes and the Jeff Smiths, who's an owner I've always liked and there I am sitting next to him. My area of expertise would not be finance. At those board meetings, I've learned so much about all sorts of things. They're inspiring, they're really emotional at times when you're discussing beneficiaries. You have to make some very difficult decisions and you have to research the worthiness of each case.

**Q: How did you get into racing and why are you so passionate about the sport?**

**A:** My career started in racing, when I was an odds-compiler at Ladbrokes in the mid-90s. I got into bookmaking by accident really, but racing was always my number one before football took me in a different direction. I left racing for 20-odd years to go into football and I've loved coming back to my original passion. The first race I remember watching was Aldaniti's Grand National. That's certainly the first one I had a bet on, on Spartan Missile. I had a Scottish grandfather who was a mad punter, so betting was very much the route in. I never rode a horse or anything.

**Q: Would you like to? Maybe in a charity race?**

**A:** *(laughing)* Absolutely not, not a chance.

**Q: Was it a difficult decision to leave Sky's football coverage to join ITV Racing?**

**A:** Three and a half years later, I still get asked that question every day, even socially distanced in various supermarkets. The answer is no. I realised I had one of the best jobs in football and I loved it but I was ready for another challenge and had an opportunity to go into racing that I'd thought would never come. I wanted to take it with both hands. It's probably the best decision I've ever made, I've absolutely loved it. I had no idea what I was in for, literally no idea, and it hasn't been what I expected but thankfully, with the Bafta (for coverage of the 2017 Grand National) and the viewing figures, it's gone quite well. My son Sam would have been primary school age at the time I switched and I think it was quite cool in your class to have your dad as the face of Premier League football. When I told him, he was very tearful. He said: 'Daddy, what have you done?' Which at the time was quite a hard question to answer. I was taking a huge risk. But so far, touch wood, it's paid off.

**Q: What can other sports charities learn from the IJF?**

**A:** The IJF gets its structure right, from top to bottom. It's so lucky to have Sir Anthony McCoy at the top, as you can see from what he has done this week, going everywhere and seeing everybody involved in the 9 Lives Challenge. That sums him up and he sets the tone without really knowing it. People don't know a fraction of the good work Anthony does and not just for the IJF. For such a hard man in the saddle, he is the warmest, kindest, most generous man you could ever wish to meet. And the role he has with the IJF is perfect for him. He inspires all of us. And you've had the energy of Brough Scott, now William Norris as Chairman and you want to follow these guys. So at the top you have all these inspiring people, helping to fund other inspiring people and that's what works. And a lot of charities could learn from the way Lisa Hancock runs it, in such an efficient and yet compassionate manner. The team comprising the Almoners and clinical staff are real heroes and heroines. They are incredible people and I knew nothing of their work a year or so ago. Honestly, the admiration I have for them and the work they do... and of course they are backed up by a solid foundation of admin staff who allow them to get on with their roles – the whole organisation works together to ensure the very best service for IJF beneficiaries.

**Q: What would you add to the charity to help it progress in the future?**

**A:** With Peter O'Sullivan House now open, more than ever we need funding because it's expensive to run the three centres and we get no central funding. We need people supporting us and we've got to continue to find ways of persuading them. It's harder than ever now, with the current situation, so we've got to be more inspired and clever because we simply must keep the money coming in. But being the IJF, you think on your feet and come up with new ideas, hence the inspired decision to do this 9 Lives Challenge, with some of the most inspiring people you'd ever wish to meet, including you, Ed. You came on my radar a couple of years ago when you walked round the paddock live on ITV as part of your recovery from a paralysing neck injury and I couldn't speak off the back of it, I was so emotional, having heard your story. Anyone who loves their racing owes such a debt of gratitude to the brave souls on board. Brough always asks, how many other sports have the participants followed round by an ambulance? What better way to say thank you than by supporting the IJF?

**Q: What do you think of the 9 Lives Challenge?**

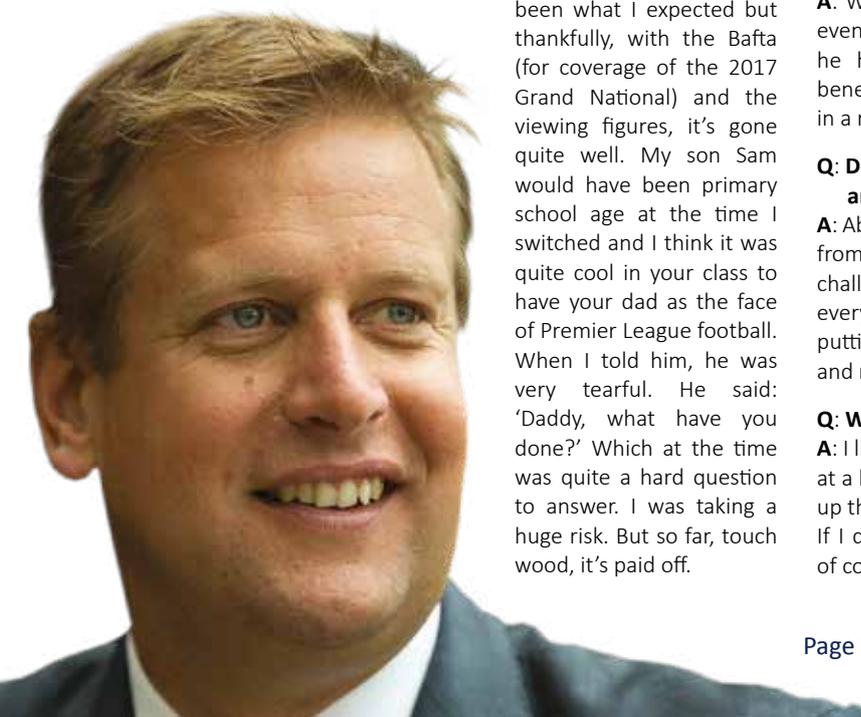
**A:** Wayne Burton's been so clever because all our normal fundraising events have gone out of the window, so we've had to improvise and he has inspired everybody to get involved with this. The nine beneficiaries have been taken to everyone's hearts and they've put in a real big effort. Everyone's been blown away by it.

**Q: Do you enjoy meeting the beneficiaries and learning their stories?**

**A:** Absolutely I do and this is where we see one of the big improvements from the IJF in the last couple of years, meeting all the social media challenges, so that now we can follow its work so closely. And that's everything from Jamie Spencer in the hydro pool to you and Wayne putting all those miles in. It shows the vast range of things the IJF does and now you can follow it closer than ever.

**Q: Who's your horse to follow for the coming jumps season?**

**A:** I like the way the RSA Chase always produces horses worth following at a high level the next season, so I've got no choice here but to butter up the IJF president by nominating the horse named after him, Champ. If I didn't pick him, Sir Anthony might never speak to me again and, of course, Champ is young Archie McCoy's favourite horse.



# Lisa Hancock

**The impact of coronavirus has affected each and every aspect of the charity's activities and I am enormously proud of the way in which the team have adjusted to the challenges faced.**

When the three Rehabilitation Centres were forced to close on 20 March, two thirds of the clinical team were furloughed with only a skeleton team remaining at each Centre working from home and offering remote support. Taking a positive from this enforced way of working, these remote sessions have proved to be extremely effective and, whilst face-to-face consultations are always our preference, this experience will enable us to offer on-going support to those beneficiaries who may be based remotely and unable to visit the Centres.

**Taking a positive from this enforced way of working these remote sessions have proved to be extremely effective...**

Our Almoner team responded swiftly to an increased number of requests for charitable support and over £50,000 was paid out in immediate grants to ease basic household bills and commitments.

Aware of the high levels of anxiety and increased feelings of loneliness and isolation amongst many of our more vulnerable beneficiaries, the Almoners made regular telephone contact to many and this was a huge positive.

Once racing resumed on Monday 1 June (Newcastle) we were keen to offer jockeys the opportunity to re-engage in person with our physiotherapists and strength and conditioning teams and commence a gradual re-opening of the Centres.

The necessary social distancing requirements and cleaning procedures, whilst not prohibitively onerous, continue to be at an enhanced level to the norm. This inevitably takes time out of the usual clinical diaries, meaning that fewer appointments can be offered and hence staffing levels are sadly not yet back up to 100%.

In the absence of any fundraising activity taking place, the charity has adopted a prudent financial strategy which will enable us to continue to offer appropriate charitable support in these uncertain times. Our reliance on the generosity and kindness of racing's many supporters has never been so widely acknowledged and we thank you all for your on-going support. Indeed, it has been humbling to receive many lovely messages of support and hand written letters offering encouragement to our team.

**Lisa Hancock**  
CEO - Injured Jockeys Fund



## Let's face it...

Our most inventive minds came up with a way to restore some funding as we responded to the Covid-19 crisis, by producing some IJF-branded face masks that went on sale in early summer. No one wants to have to wear such things but since they have become a part of our lives, we decided we might as well use them for a good cause.

Showing the IJF logo surrounded by brightly coloured jockeys' silks, our masks were offered at £10 each and proved an immediate hit, generating £10,000 worth of sales within a day of going on the market. A second batch was ordered immediately and, at the time of writing, the masks have helped generate a most welcome six-figure sum for the IJF.

Frankie Dettori did his bit to publicise them when he was pictured wearing an IJF mask as he left Royal Ascot during what was a spectacularly successful week for him. Nicky Henderson also wore one during the Royal meeting, while Hayley Turner, Clare Balding and Marcus Tregoning have also sported their IJF masks with pride.

We are delighted this initiative has met with such high profile and widespread support, and that our masks have been giving racing fans a measure of comfort and reassurance as they go about their daily lives in these very difficult times.



## Jack Aces it (again)

Having long been an inspirational figure at the IJF, Jack Berry played another ace with his latest idea for our gift shop, a pack of playing cards decorated with the pictures of Grand National winners. All the Aintree heroes from 1968 (Red Alligator) to 2019 (Tiger Roll) are featured. Hedgehunter is an appropriate choice for the box, as his owner, Trevor Hemmings, agreed to sponsor production of these packs, now on sale through our website.

The idea follows the success last year of packs of cards showing pictures of Britain's most successful jockeys, which was another of Jack's ideas. We hope the new packs will also be flying out of our warehouse this autumn.

Tim Richards  
talks to

# Harriet Bethell

**When Harriet Bethell says: “If I put my mind to something I won’t stop until it’s done”, these are not idle words. This is the woman who has fought her way back from life threatening injuries in a fall on her Yorkshire training gallops in August last year.**

Listen and you cannot help but draw inspiration from Harriet, who is an example to us all in the manner she has emerged from a five-week enforced coma following an operation to remove part of her brain to ease pressure and stop bleeding.

Eight months in hospital split between Hull Royal Infirmary, Castle Hill near Hull and the Wellington in St Johns Wood, London, failed to curb Harriet’s indomitable spirit. “When I moved to the Wellington I said I wanted to be walking by Christmas. Since then I’ve found I couldn’t have been more wrong. I realise progress is slow but it’s so important to set targets for myself,” she says.

Jo Russell, Manager of Jack Berry House in Malton where Harriet visits twice a week for physio, recalls: “The first time we saw Harriet walk through the doors here it really was moving, quite humbling, and we are delighted to be able to watch her progress.”

Harriet, 34, whose six-month hospitalisation in London was organised by the BHA’s Chief Medical Officer, Dr Jerry Hill, is under the care of Jack Berry House’s Cat Leeson, the Sports Rehabilitator, and Sophie Phillips, Lead Clinician. “They work me through a variety of exercises, but anything that involves co-ordination is challenging,” says Harriet.

## you cannot help but draw inspiration from Harriet ... an example to us all.

“They have me standing on wobble boards between the parallel bars, wobbling from side to side and back to front, starting with both hands on the bars, then one and, if possible, none. Sophie is in front ready to support me.”

Catherine Burns, a specialist neurophysiologist, visits Harriet at her home in Arnold, near Beverley, four or five days a week, while Jayne Matthews and Helen Wilson, of the IJF, Zoom call her once a week for a catch-up and chat. “I am well looked after,” says Harriet.

“I have a full-time carer at home who likes to be called ‘Prozza’, the nickname I gave her. She is brilliant and so organised, like a PA. My immediate aim is to nail walking up our stairs at home on my own before ‘Prozza’ moves on.”

More distant is Harriet’s ambition to walk round Pontefract racecourse in aid of the IJF. “I aim to do that as it was the last course where I trained a winner, Sumner Beach. And that was on the same day that I had my accident, 7 August. You couldn’t have written it, could you?” she says.

“Dad is Chairman at Pontefract, which boasts the longest round course in the country, two miles. I might as well knock my socks off and do the longest, rather than somewhere like Chester! But that’s some way off yet.”

On the days when Harriet visits Jack Berry House, ‘Prozza’ gets her up at seven in time to watch the horses on the gallops before she leaves. “That’s a real bonus because ultimately I want to train again. I won’t ride again so I’ll train from the ground,” says Harriet, who had seven horses and seven winners last year. “Having day-to-day interaction with the horses and watching them develop and progress is always exciting.”

One of her most memorable experiences was her trip to Australia with Brian Ellison’s Ebor Handicap winner, Moyenne Corniche for the

2011 Melbourne Cup. “I used to ride him on the beach out there and it was magic being able to watch the star fish swimming beneath us when we got into the sea. I’ll never forget leading him up in the paddock for the Melbourne Cup; it was like a crammed car park of horses. An amazing atmosphere.”

Before she could get back to her own horses after her accident Harriet had to master some of the simpler tasks again. “To start with I couldn’t hold a knife and fork, brush my teeth or fold my clothes. I had to begin all over again and when I tried to put on a tee-shirt I got in a complete muddle and found myself gasping for breath as if I’d just been out for a run,” she recalls.

Her first memory was being transferred from Hull Royal to Castle Hill hospital. “I felt frozen and wondered where I was going,” she says. “I even thought I was on my feet, but of course I wasn’t.”

One of the first parts of recovery was getting her hearing back and her family used to play recordings of their horse Steel Helmet winning at Lingfield as a pick-me-up.

The family, her father William, mother Liddy and brother Fred have been a great source of strength and Harriet can’t emphasise enough just how great it is to be back at home. “When Dad takes me to Jack Berry House we have a chance to catch up, chat about the horses and try to make a plan which hasn’t been easy with the rearranged fixtures. And Mum does so much for all of us,” she says.

William, who has taken over the trainer’s licence, describes her as a “chip off her grandmother’s block” and explains: “My mother worked at Bletchley Park and anyone who met her soon knew she was a ‘fearsome, strong woman’. And that’s Harriet.”

George Baker, who suffered similar career-ending injuries three years ago in a fall while racing on the frozen lake that is St Moritz racecourse, has been a big support. “We have regular chats on the phone and George has suffered with his balance as well,” she says. “He has become teetotal as a result.” Ask Harriet if she going down that road and you get a firm: “Certainly not.”



# Jamie Spencer

**Jamie Spencer has had race falls and, away from the cameras, some dramatic spills in the hunting field but the most serious injury of his career came from the most innocuous of incidents. As he rode back from the gallops in April on one of David Simcock's, his horse lost its footing and he came off, landing on the road and fracturing a hip.**

"I've broken small things that you're able to keep going with," the 40-year-old tells us. "Ribs, metatarsals or toes are fine. I broke my elbow once before but nothing to this extent."

Once news of Jamie's injury got around, Lisa Hancock, our Chief Executive, phoned to urge him to use the hydropool at Peter O'Sullivan House. The pool takes the weight-bearing aspect out of exercise and allows recovering athletes to keep their bodies in shape without risking setback for an injury like Jamie's.

For much of his recovery time, Jamie was using the hydropool five days a week. "It's an amazing machine and we're all very lucky to have it," he says. He went further in an interview with the Daily Telegraph, describing it as "like a gift from God". In fact, it was a gift from Kirsten Rausing and the Alborada Trust.

Jamie's recuperation was assisted by Ross Hollinworth, our Lead Clinician at Peter O'Sullivan House. "They're second to none,

the facilities, and the place is well run," Jamie says. "From the moment I got there, I've been dealing with Ross every day. I'd regard him as a friend rather than someone who's putting me through my paces. He knows when I'm sore and he accepts it. We don't plan what we'll do for a week, we'll plan the day depending on how I'm feeling when I get there. It's like a personal thing rather than 'computer says, do this.'"

While Jamie did not set a target for his return to action, he was pleased to be back race-riding by mid-July.

"It's reassuring that Peter O'Sullivan House is there. The pool was the big attraction for me and I'm continuing to use it. Until I'm 100% healed, I'll be relying on them."



# Jason Dixon

**Among the many people ruing the timing of Covid-19 was the young conditional jockey Jason Dixon, who was just ready to start rehabilitation of a nasty knee injury when lockdown began. Jason was crocked in a simple work-riding fall when he landed on his feet, twisting his knee as he did so.**

"I felt a crunch and a bit of pain," he recalls. "It turned out I had snapped my ACL, my LCL and a place called my posterolateral corner. In terms of knee injuries, it couldn't have got much worse."

That was towards the end of last year but by January the swelling had reduced sufficiently for a repair operation. Two months after that, his staples newly removed, Jason had his first appointment at Oaksey House which, thanks to the coronavirus, turned out to be his last for some time.



But our physiotherapists were able to help Jason from afar, by calling him on a group chat at regular intervals to see how he was getting on. "They were looking at my exercises and assessing them, giving me more stuff to do and watching my progress. I wouldn't have been able to do anything like that on my own, I wouldn't have had the knowledge to do it at home alone.

"Then, when Oaksey House opened back up, I was the first one in, about June time. I've been going in once a week since then."

Jason is beginning to ride out again ("Just on a few quiet ones...") and hopes to be race-riding once more by the end of August. "That'll be seven months since the operation. The consultants in Gloucester said it would be a year to a year and a half, so I think Oaksey House have reduced my recovery time in half, probably more than half."

# Hayley Turner

**Readers of our last newsletter will recall Hayley Turner's enthusiasm for the new Peter O'Sullivan House when, after an accident affecting her back and thumb, she said: "I've had a lot of injuries over the years and I've never had such help".**

Alas, Hayley has since had another chance to test our rehabilitation facilities, following a nasty fall on the all-weather at Kempton in June. The incident, which came just two days after her Royal Ascot win aboard Onassis, resulted in a dislocated collarbone, though it took a couple of days to diagnose.

"The IJF provided me with an ice machine to keep it cool and let it repair as quickly as possible," Hayley says. "They showed me some exercises I could do without affecting the injury, so I had plenty to do. Eventually, I went on the equicizer up there, so that they knew I was okay to come back when I did. And they were all very helpful as usual!"

Hayley was so keen to maintain her association with Onassis, she tried to set a new record for recovery from such an injury. "I really wanted to get back to ride her at Epsom but the surgeon said he treated AP McCoy with the same injury and even he didn't get back that quickly, so ..."

Connections had to make do with Ryan Moore when Onassis ran at Epsom a fortnight after Hayley's injury. But she was back in action just one week later and a week after that she was reunited with Onassis in France, where they won a Listed race together despite odds of 8-1.

The idea that anyone might come back from a dislocated collarbone in less than three weeks might seem completely mad to most folk. "But," Hayley says, "we are mad, aren't we? I was very, very lucky. It could have been a lot worse. It was very sore but nothing too serious. And getting the black type for Onassis was very important. Now she's done that, we can have a lot of fun with her this year."



# news from our **Centres**

**Our three Rehabilitation Centres are busy, bustling places in normal times, with jockeys trying to put an edge on their fitness or get back to action and other racing folk dropping in for a chinwag or social event. When lockdown was imposed in March, they were suddenly empty and silenced but the people they were designed to help were still out there somewhere, in need of support.**

Continuing the IJF's work during the Covid-19 crisis has been a challenge for our centre managers, Jo Russell at Jack Berry House, Clare Hazell at Oaksey House and Jamie Shaw at Peter O'Sullivan House. As if life was not already hard enough, both Jo and Clare suffered family bereavements during the lockdown period. For them, as for everyone else, it has been an extremely trying time. We asked them to talk us through it.

**JR:** It's been different. I've worked in the racing industry all my life with a large team around me. Lockdown started at the end of March and Jack Berry House's doors were closed. I live on-site, so I was still attending the building every day on my own. That was a big challenge for me, something I've never done before, working on my own.

**JS:** It was really disappointing for us in Newmarket, having opened only in August. From February into March we had finally got busy. Word had spread and people started to come in. We were delighted to be so in demand. Then Covid-19 came and threw it all up in the air.

**JR:** I felt it was important then to rally the team. I think I'm a fairly strong person, mentally, but it affected me, so I guess it's going to affect everybody. I had to make sure I communicated well with all the team. Danny Hague and Cat Leeson kept working all the way through, supporting jockeys and beneficiaries remotely, but a lot of the team were furloughed, which was understandable but sad. We made sure to catch up with everyone on furlough once a week by Zoom or other means. Then we had to keep the building in tip-top shape for when we did reopen. So there was a lot to do, testing, keeping the hydro pool working, gardening, keeping the place looking well and booking appointments remotely.

**CH:** From the time of lockdown, the team have been delivering a really effective and efficient remote video therapy service to jockeys and those from the wider IJF and racing circles. We've been able to manage jockeys' return to competitive riding very successfully, even after sustaining multiple fractures, soft tissue injuries and other acute trauma. One retired jockey was very sceptical about taking part in a remote consultation and after a couple of remotes, emailed me to say, 'I'm a complete convert, this has worked'.

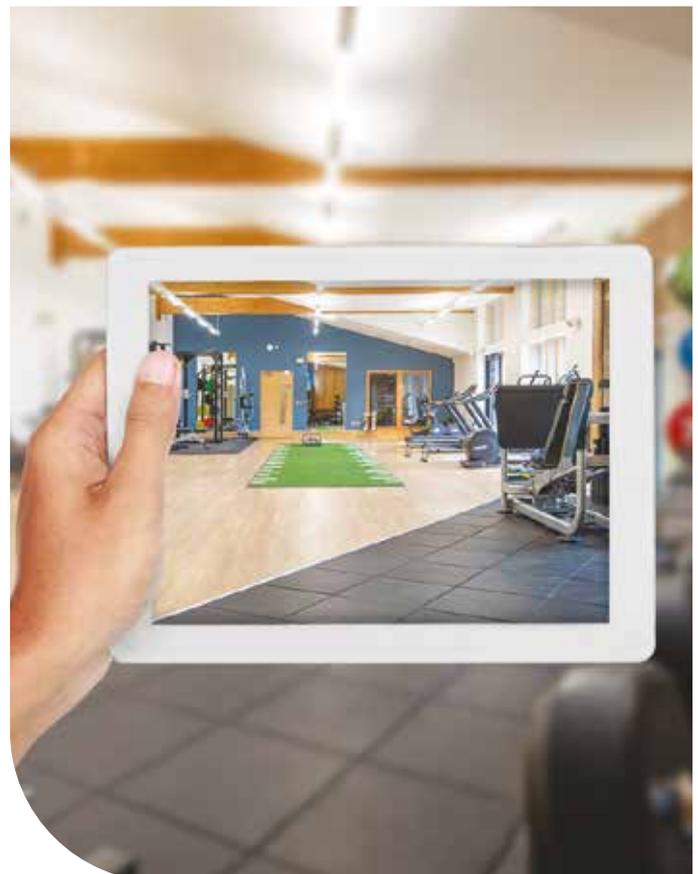
**...the people they were designed to help were still out there somewhere, in need of support**

**JR:** The jockeys were really upbeat about the remote support they were getting. There were lots of things done on YouTube, Danny and Cat worked really hard. As we approached lockdown and we knew we were going to have to close, they threw their hearts into putting lots of videos together, lots of stuff for the jockeys to access remotely, and I know how valuable that was. The jockeys would come back from riding out and they would have Danny's session to do, which gave them some sort of structure to their day, even though they couldn't go to the racecourse. That must have helped and we got really good feedback from the jockeys who live locally.

**Danny Hague:** Rehabilitation was often done by one-on-one consultations with me or Cat Leeson. For the fit jockeys, I would release a programme and send it direct to each individual jockey. Also, through a training app that we continue to use, every individual programme could be sent direct to a jockey's phone and it would have videos of each individual exercise. I also ran some live classes through our YouTube page, IJF Performance, where jockeys could tune in live and take part in a fitness class. Those were saved onto our YouTube page and we're getting quite a lot of hits from jockeys who couldn't join in live. The aim was just to throw as many interventions as we could at it, to make sure we were still providing a good service. There is nothing quite like being able to coach face to face in the gym but you've got to find other means in these unprecedented times and I think it worked well, kept morale up. It was really important to make sure they knew we hadn't forgotten about them.

**From the time of lockdown, the team have been delivering a really effective and efficient remote video therapy service...**

**CH:** We kept in touch with the beneficiaries by offering remote one to one sessions with Gavin Egan, our Strength and Conditioning coach. He's ensured that there was regular contact and home exercise plans were generated for a lot of people. Nutrition consultations have been really successful; strangely enough, more successful than when we've done them in the building. The jockeys have really enjoyed the flexibility of just speaking to our nutritionist,



# news from our Centres

Hannah Trotman, either by video or on the phone from wherever they were. She's been as busy as normal, if not more so. On average, we were seeing 38 people per week remotely during lockdown.

**JS:** We had virtual meetings with Jo and Clare, going over policies and procedures that we hadn't usually got time to do and it was great to have a chat, just from a social point of view.

**JR:** The three of us would catch up quite regularly and for me it was great that we were able to do that. We've all learned a lot about how much we can do remotely. But from a mental wellbeing point of view it is good to get people together. It's nice that we're starting to make baby steps towards that.

**JS:** By the end of May, we took our first patient in, who was Jamie Spencer, using the pool. It's been a gradual process when it came to taking people back into the building. He was the start and then we started taking one or two more.

**CH:** Now we can see people but we have to screen them rigorously. Only professional jockeys are allowed in the gym, although that will change soon. Footfall is increasing and it's starting to feel a bit more like normal.

**JS:** The apprentice jockeys, as soon as we opened the gym back up, were really keen to come back in and that's kept us busy. We've had a few long-term injuries coming in for rehab in the mornings. We have an extra physio back and both our strength and conditioning coaches. They're on part-time hours but we're gradually building it back up to meet demand. As lockdown eases, we'll be able to open the gym and our physio services to the wider racing community. It's been difficult but we're gradually getting back to normal.



## Paul Hanagan talks about his recovery

**When a champion jockey suffered a grievous back injury in February, it was up to Jack Berry House to restore him to peak physical condition for a return to action six months later. The ever-popular Paul Hanagan had never experienced such a serious injury or been sidelined for so long and the gravity of three fractured vertebrae prompted thoughts of retirement but, with the help of our talented and hard-working team, he made it back to the track in time for the Ebor meeting at York.**

"I wouldn't be in this position now if it wasn't for Jack Berry House," said Paul as he prepared to make his comeback at Beverley, one day before the Ebor began. "Luckily, it's right on the doorstep, it's like a two-minute drive for me.

"They've been amazing because when you're one on one with professional people who know exactly what they're doing ... It sounds crazy but I actually feel like I'm fitter, stronger than I've ever been in my career. I haven't missed a day there since mid-June. They've been absolutely unbelievable."

A motivational inscription in the gym at Jack Berry House reads: "See injury as an opportunity to rebuild yourself and come back better than before". It is a message that Paul has clearly taken to heart. "It's hard, when the season's going and you're up and down the country every day, to get in the gym. But I've taken this chance to really give it a go."

Paul's injury came in a sprint race on the all-weather, one of the more dangerous contests for a jockey, with a packed field moving at speed and little give in the surface if you happen to be thrown onto it. His mount, Requinto Dawn, clipped heels in the closing stages and fell, Paul somersaulting forwards and landing on his upper back.

"You know when it's a bad one. When I was on the track at Newcastle, I couldn't get up. That was scary. You can imagine the thoughts going through your mind. I thought, I'm never going to ride again. I just hope I can walk again..."

Paul suffered fractures to his T3, T4 and T6 vertebrae, the T6, between the shoulder blades, being most severely affected. Keyhole surgery was required to repair the damage.

It was such a significant injury that Paul got to the stage of discussing with his family whether he should call time on his career at the age of 39 and some voices were raised in favour, but ultimately he was reassured by medical advice that the incident has not left him more vulnerable than before.

"I asked the specialist, if I do fall off again, which is probably inevitable, how is it going to be? And it's going to be just as strong as before. So there's no worries about that."

Paul expects to come on for his first couple of runs but adds: "I couldn't be more fit or healthier at this moment." He is delighted to be back in time for Ebor week, which he circled in his calendar back in the spring as the target for his return, and on his way to riding his 2,000<sup>th</sup> winner.

"It's a little bit like starting all over again. We do it because we love the game, the buzz you get. It's just great to be getting back to a normal way of life."



# The Great **9** LIVES CHALLENGE of 2020



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