

# Pathway into Racing through Pony Racing

Supported by



Pony Racing is a fun, exciting sport for all. Highly accessible, you can adapt tack and equipment you already have. You can even take part without your own pony!

## Starting out

### Pony Racing Taster Day

Usually run at a racecourse ahead of an afternoon of Pony Racing, Taster Days introduce young people and their families to this inclusive sport. The day is unmounted and activities include a tour of the racecourse, practicing some exercises jockeys use to keep fit, trying out the race position on an Equiciser and finding out what you need to do to get involved in the sport, whether or not you have a pony. Places are free but must be booked as spaces are limited. Contact [lea@ponyracingauthority.co.uk](mailto:lea@ponyracingauthority.co.uk)

### Horse and Pony Racing Introduction Day

Mounted or unmounted fun, interactive sessions. Ideal for a Pony Club Camp activity, these days increase knowledge of racing and pathways into the sport. Ride on an Equiciser, test your balance and learn race riding techniques that are beneficial across all equestrian disciplines.

Contact [info@racingtoschool.co.uk](mailto:info@racingtoschool.co.uk)

## Next steps

### Academies

The Pony Racing Academy Scheme is for young people aged from 11 to 15 who do not have access to a pony outside their riding school lessons. The 12 training sessions are funded and include mounted and unmounted activities to prepare the rider for riding in a pony race at the end of the course, working on personal fitness and race riding skills. Contact [academy@ponyracingauthority.co.uk](mailto:academy@ponyracingauthority.co.uk)

### PRA/PC Training Day

The PRA stage training days all over the country. They cover fitness for you and your pony, race riding techniques and what tack and equipment you need. Coaching is provided in an arena and on the gallops, and these days can be used to qualify to pony race.

Contact [trainingdays@ponyracingauthority.co.uk](mailto:trainingdays@ponyracingauthority.co.uk)

## Go Racing!

### Pony Club Branch and Centre Member Raceday

See if Pony Racing is for you in a safe and secure environment of a professional racecourse! Follow in the footsteps of your favourite jockeys and test out your love of speed! Ideal for Pony Club Branch and Centre members aged 9 – 16 and all sized ponies up to 148 cm. Contact [ponyracing@pcuk.org](mailto:ponyracing@pcuk.org)

### Point to Point Pony Racing (PRA Members)

A great way to improve your skills before you graduate to the Racecourse Series. Run in January to June with two Pony Races per Point to Point fixture.

Contact [lucy@ponyracingauthority.co.uk](mailto:lucy@ponyracingauthority.co.uk)

### Pony Racing Racecourse Series (PRA Members)

The Premier League of Pony Racing! The Racecourse Series is as close as it gets to the 'real thing'. It's for children aged between 11-16 years old and takes place at professional racecourses around the country between April and October. Two pony races are staged before or after a licensed race meeting for ponies measuring 138cm and under or 148cm and under.

Contact the PRA.

## Your choice

### Let's Go Racing! Day

A unique free day at the races to go behind the scenes and gain an insight into the UK's largest sporting employer. Gain exclusive entry to the racecourse before gates are open to the public and take part in fun and informative activities in areas usually restricted to racegoers. See inside the exciting world of Horseracing and Thoroughbred Breeding and the wide range of careers on offer. Contact [info@racingtoschool.co.uk](mailto:info@racingtoschool.co.uk)

### Formal Education

Want to find a career in horseracing? The National Horseracing College near Doncaster, Scottish Racing Academy, and the British Racing School and The National Stud in Newmarket offer qualifications that can lead to an exciting and fulfilling career in horseracing. [brs.org.uk](http://brs.org.uk) [thenhc.co.uk](http://thenhc.co.uk) [nationalstud.co.uk](http://nationalstud.co.uk) [scottishracingacademy.co.uk](http://scottishracingacademy.co.uk)

### Train the Trainers

These Coach Training days are for experienced riding coaches to introduce them to the activities used to prepare riders and ponies for the sport of Pony Racing. Following a Train the Trainers day, coaches are encouraged to attend a Training Day to observe pony and rider combinations being trained and assessed and a Taster Day/Pony Club Race Day to watch Pony Racing in action.

Contact [ponyracing@pcuk.org](mailto:ponyracing@pcuk.org)

### Explore Racing Days

Careers in Racing hold regular Explore Racing Days in various areas around the country, throughout the year. These career-focused days are a great way to ask all the questions you might have and gain more information about opportunities in racing and the careers paths available. Sign up to their newsletter to keep up to date with information, link found at the bottom of [www.careersinracing.com](http://www.careersinracing.com).