

CAREER TRANSITION

CASE STUDY: JOCKEY to PLASTERER

Name: Dean Heslop **Age:** 33

From: North Yorkshire

Riding Career Summary:

Dean rode 50 winners as an Apprentice jockey first to trainer Andrew Balding before spending the majority of his career riding for David Barron based in Thirsk. He eventually retired from riding in 2013 as opportunities dried up and he decided it was time for a change. He still rides out occasionally alongside his new career as a plasterer.

New Career: Plasterer

Support from Player Association:

Dean initially found work through a friend who had a plastering business so he used JETS (Jockeys Education & Training Scheme) to help fund a plastering course to learn the basics before continuing his apprenticeship.

Career Transition Highlights:

- Enjoying the same sense of being able to joke around with colleagues he works with as he did with other jockeys when he was riding.
- Working on different jobs and actually seeing the results of his hard work paying off, not something that always translated as a jockey.

Career Transition Challenges:

- Going from only ever knowing working as a jockey to learning an entirely new trade and learning to do it at a high standard.



“ My advice to others would be ‘never be afraid of change’. With a young family, I knew I needed to find a more reliable income and that I couldn’t switch to plastering in my forties. If things aren’t going right, then make that change as one day it might be too late or become a lot harder to switch to something completely new. ”