

## Racheal Kneller Jockey Profile



**Name:** Racheal Amy Kneller

**Age:** 22

**Height:** 4ft 10in (I'm only a shorty!)

**What other interests do you have:** Shopping, snowboarding, Jet skiing, eating out, holidays in the Caribbean, nights out drinking and dancing, chilling with my boyfriend and the doggies.

**Pets:** I have 2 dogs - a puppy chihuahua called: 'Ruby' and a terrier called 'Alfie.'

**Occupation:** Work rider and amateur jockey for Reg Hollinshead.

**Favourite food:** Mexican and Indian. And I'm also the Hobnob queen!

**Favourite TV program:** Racing live, Home & Away, Eastenders, The Inbetweeners.

**Favourite film:** Poseidon, Beverley Hills Chihuahua, Norbit, Prom night, The hills have eyes.

**How did you first get involved in Arab Racing?** I heard about it from a friend who said it was fun and great for race riding experience, so I started to ride work for a local trainer and joined ARO later that month. I had my first ride a week later at Market Rasen.

**How long have you been involved?** This is my third season.

**What is the best horse you've ridden?** The best horse I've ridden was one of the horses that Frankie Dettori rode in his 'Magnificent Seven' at Ascot, who was called 'Decorated Hero' which was pretty special. On track I'd have to say 'Hucking Heat' as he gave me my first winner under rules and I've been placed on him twice. I also ride him every day at home, so he means a lot to me.

**What is your best win?** It was probably on a horse called Stravita at Leicester. She was always travelling well in behind and I just got up to win on the line much to the delight of my mom and dad who I could hear from the winning post! She hadn't won for 2 years so the owners were thrilled to bits.

**Which jockey inspires you and why?** Cathy Gannon is such an inspiration for Lady Jockey's and amongst the pack you wouldn't pick her as the girl in there. She is so strong in a finish and if I'm half as

talented as her one day, I'll be very happy.

**What do you do to get fit?** I work hard at Mr Hollinshead's so that keeps me fit. I ride about 5 horses in a morning and look after about 10 every afternoon. When I'm not at work I'm on the stepper or walking the dogs. I have also run 4 half marathons so I run a lot too.

**What advice would you give to anyone hoping to get involved with Arab Racing?** Enjoy it! The main thing is to enjoy what you're doing because if you don't enjoy it then you won't have the drive to be successful. You also need to have a positive attitude as this goes a long way. I'm the sort of person who thrives on bad comments, if people say I can't do something it just makes me want to work twice as hard to prove them wrong. As long as you give 100% in all your races and keep smiling (even on the bad days!) then nobody can knock you.

**What's your favourite/funniest Arab Racing memory?** My favourite memory was winning by a head on 'Son of Sophie' in the Eclipse Shavings Open Race Series Final at Huntington. I didn't know if I'd won or not as it was so close and his trainer said I gave him a peach of a ride even before they announced the result, which really boosted my confidence. He does a really good job to keep the horse fit and happy, and he had been placed 3 times that season but not yet won. Everything seemed to fall right on the day and it was a great way to repay the trainer for his confidence in me.



My funniest memory would have to be when I was getting my girth checked at the start one day and the horse put his head down to eat the grass. He grabbed the bit and pulled me straight over his head. I felt like such an idiot but luckily the only person that saw it was the starter, and the other jockey's thought I'd got off to re-saddle. To this day nobody knows and neither does the trainer and I'm not telling you which horse it was!

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