



## JOSH PARR

By Kristina Foster

*"I always knew I wanted to be a jockey. Dad prepared me for my career and has watched every one of my races."*

Josh Parr is sitting down with a hot mug of English Breakfast tea. He has a busy week ahead and a quiet cuppa is part of his daily ritual. This morning he is riding for Bart Cummings, then for Peter Snowden in the afternoon. Tomorrow, he again races for two other leading trainers. With over 400 wins under his silks, this jockey is a man in blazing demand.

Parr was born to ride. Growing up on the Central Coast, he watched his dedicated jockey dad, Stephen, sweeping to the lead in umpteen local races.

"I always knew I wanted to be a jockey. Dad prepared me for my career and has watched every one of my races. He's always there for me when I need a tune up" says Parr with a comfortable smile.

His dad was jumping for joy in 2010, when Parr celebrated his first Group One victory in the Champagne Stakes. "The thrill of winning makes it all worthwhile," he grins impishly.

Parr has been racing since he was 15 years old and is one of the hardest working hoops about. Being a jockey is tough. In addition to the risk of injury, the ideal weight for a professional rider around 50kg.

"I've been on a diet for the last twelve years. It can wear you down," Parr laments. "My fiancé Amanda is a great support, she cooks me a healthy dinner every night."

Parr's daily food intake consists of Weet-bix with yoghurt for breakfast, a chicken salad sandwich for lunch and a vegetable stir-fry for dinner. "Once a fortnight I might lash out and eat a steak, otherwise I think I'd go crazy," he admits.

Parr met his fiancé Amanda Drakos nine years ago when she was working at his local Wyong fruit shop. "On our first date Amanda goes 'So you're a jockey, but what do you do for a real job,'" laughs Parr. "She wasn't into horse racing at all. Nowadays she's a

big believer, watching and worrying about my every race."

Parr has been flung from his horse several times. In 2011 he suffered a stress fracture to his vertebrae, which caused intense back pain for over eight weeks.

Parr has learned to overcome pain over time but last year was personally his most harrowing when Amanda, at 24 weeks pregnant, gave birth to their stillborn son they named Billy.

"It was the hardest thing I've had to deal with in my life," Parr murmurs as he slowly glances down into his empty mug then stands up. "It's time to get back on a horse and back to the races."

And back he certainly was. In his first race of the day, Parr charged down the homestretch, guiding his horse, Duet, over the finish line in first place.

31

CAFE SOCIETY  
ISSUE#92



## JOSH PARR

By Kristina Foster

*"I always knew I wanted to be a jockey. Dad prepared me for my career and has watched every one of my races."*

Josh Parr is sitting down with a hot mug of English Breakfast tea. He has a busy week ahead and a quiet cuppa is part of his daily ritual. This morning he is riding for Bart Cummings, then for Peter Snowden in the afternoon. Tomorrow, he again races for two other leading trainers. With over 400 wins under his silks, this jockey is a man in blazing demand.

Parr was born to ride. Growing up on the Central Coast, he watched his dedicated jockey dad, Stephen, sweeping to the lead in umpteen local races.

"I always knew I wanted to be a jockey. Dad prepared me for my career and has watched every one of my races. He's always there for me when I need a tune up" says Parr with a comfortable smile.

His dad was jumping for joy in 2010, when Parr celebrated his first Group One victory in the Champagne Stakes. "The thrill of winning makes it all worthwhile," he grins impishly.

Parr has been racing since he was 15 years old and is one of the hardest working hoops about. Being a jockey is tough. In addition to the risk of injury, the ideal weight for a professional rider around 50kg.

"I've been on a diet for the last twelve years. It can wear you down," Parr laments. "My fiancé Amanda is a great support, she cooks me a healthy dinner every night."

Parr's daily food intake consists of Weet-bix with yoghurt for breakfast, a chicken salad sandwich for lunch and a vegetable stir-fry for dinner. "Once a fortnight I might lash out and eat a steak, otherwise I think I'd go crazy," he admits.

Parr met his fiancé Amanda Drakos nine years ago when she was working at his local Wyong fruit shop. "On our first date Amanda goes 'So you're a jockey, but what do you do for a real job,'" laughs Parr. "She wasn't into horse racing at all. Nowadays she's a

big believer, watching and worrying about my every race."

Parr has been flung from his horse several times. In 2011 he suffered a stress fracture to his vertebrae, which caused intense back pain for over eight weeks.

Parr has learned to overcome pain over time but last year was personally his most harrowing when Amanda, at 24 weeks pregnant, gave birth to their stillborn son they named Billy.

"It was the hardest thing I've had to deal with in my life," Parr murmurs as he slowly glances down into his empty mug then stands up. "It's time to get back on a horse and back to the races."

And back he certainly was. In his first race of the day, Parr charged down the homestretch, guiding his horse, Duet, over the finish line in first place.