



AP McCoy

AUTHOR · CELEBRITY · SPORTS PERSONALITY

Sir AP McCoy is a retired Northern Irish National Hunt jockey who speaks to organisations about high performance, resilience, and lessons from an elite sporting career.

- Retired Northern Irish National Hunt jockey with 4,358 career winners.
- Won the Champion Jockey title 20 consecutive times.
- Winner of BBC Sports Personality of the Year.
- Knighted in the New Year Honours for services to horse racing.
- Pundit and co-presenter on ITV Racing coverage.
- President of the Injured Jockeys Fund and author of autobiographical books including *Winner: My Racing Life*.

AP McCoy's 2026 Biography

Key speaking topics

- High performance and elite competition
- Resilience and mental toughness
- Leadership and accountability
- Goal setting and sustained success
- Performance under pressure
- Motivation and personal discipline
- Lessons from professional sport

Ideal for

- Corporate leadership teams
- Sales and performance-driven organisations
- Financial and professional services audiences
- Organisations seeking insights from elite sport

Audience outcomes

- Perspective on sustaining performance over long periods.
- Insights into resilience and managing pressure in competitive environments.
- Practical lessons from elite sport that translate to business performance.
- Greater understanding of discipline, focus, and personal accountability.

Why organisations work with AP McCoy

- Shares first-hand insights from one of the most successful careers in professional jump racing.
- Connects the mindset of elite sport with the demands of business

AVAILABLE FOR

- After Dinner Engagement
- Awards Hosting
- Panel Participation
- Speaking

AP'S SPEAKING THEMES

- Leadership
- Motivation and Inspiration
- Peak Performance
- Resilience & Stress Management

LANGUAGES: English

performance.

- Provides credible lessons on resilience, persistence, and competitive focus.
- Brings recognisable sporting achievement that engages corporate audiences.

Biography

Sir AP McCoy built one of the most successful careers in professional jump racing, setting a benchmark for sustained performance at the highest level of elite sport. With 4,358 career winners and an unprecedented run of 20 consecutive Champion Jockey titles, his record reflects exceptional resilience, discipline, and competitive focus over decades at the top of the sport.

His achievements have been recognised at the highest level. McCoy received the BBC Sports Personality of the Year award and was later knighted for services to horse racing, reflecting both his dominance in competition and his wider contribution to the sport.

Following his retirement from racing, McCoy has remained closely involved in the industry as a pundit and co-presenter on ITV Racing coverage. His perspective combines first-hand experience of elite competition with a clear understanding of the pressures, decision-making, and accountability required to perform consistently at the highest level.

Beyond broadcasting, he also serves as President of the Injured Jockeys Fund, supporting the welfare of professional riders. McCoy has also written about his career in published works including *Winner: My Racing Life* and the novel *Taking the Fall*, offering further insight into the mindset behind sustained success.

Drawing on a career defined by relentless standards and competitive excellence, McCoy shares practical insights on performance, resilience, and leadership under pressure that resonate strongly with corporate audiences.

AP McCoy's Videos



