



## V8 Supercars Fujitsu Series

### Queensland Raceway - Ipswich Qld

July 2008

Another race weekend and this time in sunny Queensland and the weather didn't disappoint - 25 degrees and sunny every day. It was refreshing to be at the track in shorts and not rugged up for a change. Unfortunately though my race seat insert had been left back in the Melbourne workshop and after so much work getting my seat right this year it was a bit painful again until it arrived on the plane two days late from Melbourne.

This weekend was the first time I have raced up here in three years and the first time in a V8. Practice proved incident free and I circulated just getting the feel of the track and trying to find some pace. The first two practice sessions I came 26<sup>th</sup> and 27<sup>th</sup>. My Team mates however came in first<sup>th</sup> and second fastest on the last practice for the day.

Qualifying was a disaster for me with having 2 tyre changes. I went 0.8 of a second faster but unfortunately so did everyone else and I finished back in 29<sup>th</sup>. I've been really struggling to qualify in these cars; I think it is a mindset which I need to work on. In Formula Ford you get a full 20-30 minutes to do laps and post a fast time. In V8's the new tyres go off after three laps, so if you haven't done a good time by then it won't happen, lots of pressure and I find I overdrive the car in qualifying trying to go fast. The key here is to be smooth and be slow in the corners to get good run onto the straight. Slow in fast out, easier said than done.

Race one started with me back in 29<sup>th</sup>, my start was terrible and was in last until lap two where I started to pick up the tail end guys and finished incident free in 21<sup>st</sup> spot. I was down in about 15<sup>th</sup> at one stage until the last lap when I made a move in the inside three corners from the finish went in too hot and collected a car next to me, he ran off into the dirt, I stalled and got going again but lost about 7 spots in that lap.

Race two was incident free and I finished 22<sup>nd</sup>.

In Race three I got touched up by all the fast guys who were behind me the whole time, felt like dodgem cars for about 10 laps, finished 24<sup>th</sup> and 20<sup>th</sup> for the round. I've now moved up two places to 22<sup>nd</sup> overall for the series. The goal this year is to finish 15<sup>th</sup> for the series, we are now on our way.

This is the first time I have raced and had the confidence in a V8 to make big diving moves inside corners, touch the others up from behind in the corners, rub panels down the straight and not worry about running off the track.



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Over the weekend I had some assistance from the Bond University Sports Medicine Institute. I went to Uni there and they are helping me look at all aspects of my racing and training to help me as the driver. They are looking at diet, hydration, strength, endurance, mental, reaction timing and recovery. I was lucky enough to have four of them there all weekend doing hydration testing and strapping heart rate monitors on me. It got up to 175 bpm at the start of the race and then levelled out about 120-130 bpm. Over the coming weeks we will do intensive training and testing in the bond Uni labs to see where my weaknesses and strengths are.

I was also able to give two of them hot laps on the Friday afternoon which shows them exactly what we go through as a driver. Hope they didn't get too scared!

Next race is next week at Winton Victoria on 1<sup>st</sup> to 3<sup>rd</sup> August.

Keep an eye out this Saturday or Sunday on channel 7, about midday for the TV coverage of our Fujitsu races at Qld.

