



Consistent Run Brings Confidence

With good results comes confidence, to win you need to build confidence and in the last couple of weekends Adrain Haywood has certainly put the runs in the books to show that he is heading in the right direction.

Criss crossing the country to gain as much experience as possible, Haywood has placed the Plus Fitness/Juice Plus #55 constantly inside the top five, battling handling issues while competing against some of the strongest fields in the Formula 500 division in Australia.

Only a couple of weekends ago on his return from a successful Murray Bridge campaign, Haywood battled against West Australia's toughest in another round of the Perth Motorplex Track Championship chasing the King Of The Wings crown. He started the night well, claiming third and seventh in his two heat races to qualify near the front for the finale.

He started well and moved forward a couple of places until under a yellow light stoppage he could hear something making a loud banging noise at the front of the car. Not knowing exactly the problem, he cautiously restarted and decided to continue on, struggling to sixth place finish, afterwards he found the issue."

"We broke a shock mount off the front end, thats something that doesn't happen that often" he commented afterwards. "It'sdisappointing to have something like that go wrong and ruin the night, but the pace we had before that showed that the setup we had found was definitely encouraging"

He used that encouraging aspect to his advantage just last weekend when he returned to the east coast to contest the Jack Willsher Cup at the famed Premier Speedway located in Warrnambol, Victoria. With another cracker of a field to take on, Haywood performed brilliantly against drivers from 4 different states on one of Australia's fastest circuits. He battled his way through the heats with a second and a fifth to earn himself a top five starting position for the A-Main event. "

The pace was frenetic during the final event with passing opportunities proving to be very scarce as the bottom of the track proved to be the only place to run. A yellowlight opportunity late in the race presented the opportunity for Haywood to make some shock adjustments which proved to be a good choice as the car

improved, giving him the chance to make a run for fourth place. While he stuck his nose in front at stages during the final laps, Haywood had to settle for the fifth place where he had started. While he didn't get the chance to improve on his starting position in the end, Haywood came away encouraged that he is now consistently running up front with the faster teams competing in the Formula 500 division across Australia.

"Our consistency has been our strength this year and the fact that we are improving each week we race. I'm gaining more and more confidence each time we go out and as a team we are getting the car better from the start of the night, which helps me as well. The season has started out great and I'm champing at the bit to get out there again" Haywood said excitedly this week."

"For the Plus Fitness team the blue and white #55 makes its next appearance in the Alltools Motorplex Championship on Saturday, December 19 in what is shaping up as another big night of Formula 500 racing. Make sure you head on down to catch all the action as we head into the Christmas festivities here in the west."



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