



MSA RALLY ELITE NEWSLETTER

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Welcome to the first of what will become a regular monthly MSA British Rally Elite newsletter. As I'm sure you are aware, we launched this exciting scheme last May with the specific aim of developing the next generation of top class British rally drivers and co-drivers – a need that has become all the more poignant following Michael Park's tragic death last September followed by Richard Burns' sad passing little more than a month later.

Looking towards the future, six promising young candidates were chosen for MSA British Rally Elite status by an independent selection committee that included Robbie Head, David Lapworth, and Phil Mills. Much has already been achieved on many of the core elements of the programme – Sports Psychology, Fitness and Physiology, Media and Marketing, Sponsorship and specific Driver and Co-driver Training – and, as you'll read in forthcoming newsletters, we are now putting in place some exciting new plans for 2006.

Robert Reid
Performance Director

DANIEL BARRITT

After three seasons co-driving for the experienced David Higgins, Daniel Barritt is broadening his experience with an exciting programme of international and national events in 2006 – a season that has already got off to a flying start in Monte Carlo. Burnley's best has teamed up with Japanese driver Fumio Nutahara in a latest-spec Mitsubishi Lancer and the new pairing made an instant impact by winning the opening round of the Production Car World Rally Championship on their debut. Their achievement was all the more remarkable not only as it was the first time they'd worked together but also as they struggled to converse in the cockpit. "Out of the car it was quite tricky as we don't speak the same language but we found a way of communicating on the stages." Dan, 25, is combining his PCWRC programme with a British Rally Championship campaign alongside fellow MSA British Rally Elite member Phillip Morrow.



STUART JONES

At 21, Jones is already being tipped for the top. The whiz-kid from Welshpool underlined his potential by winning five of the eight rounds that counted towards last year's hugely-competitive Mitsubishi Evo Challenge. While that wasn't quite enough to capture the title, Jones' performance was nonetheless impressive. He produced an equally meritorious showing within the Group N category on Wales Rally GB. Jones regularly matched stage times set by some of the far more experienced PCWRC regulars on his way to the coveted top GpN Amateur award. For 2006, Jones is lining up alongside rally legend Gwyndaf Evans in a two-car MSA British Rally Championship attack being organized by



the ambitious Hankook Motorsport Team.

SCOTT MARTIN

Co-driving for Matthew Wilson, Martin experienced the highs and lows of top class rallying in 2005 suffering serious injuries in what was a massive accident in Wales. But, like Wilson, he recovered with considerable physical and psychological assistance from the MSA British Rally Elite experts to win the Trackrod Rally late in the year. Although Wilson has now teamed up with the internationally experienced Michael Orr, 24-year old Martin is also looking to widen his horizons. He's joined forces with Barry Clark to contest the MSA British Rally Championship in a Stobart VK Fiesta Super 1600. The pair are also planning to tackle the Fiesta Sporting Trophy – an exciting new one-make series that runs alongside six selected rounds of the WRC.



PHILLIP MORROW

Along with fellow MSA British Rally Elite member Stuart Jones, Morrow was one of the major protagonists in last year's Mitsubishi Evo Challenge. Although the 22-year old from Northern Ireland only scored one win, he showed spectacular speed in an aging Evo 6 and would have won more often but for mechanical problems. In an effort to put those frustrations behind him, Morrow is now switched to an up-to-date Evo 9 and is targeting success in this year's MSA British Rally Championship. His hopes of contesting the BRC and, perhaps, the Irish Tarmac Championship were given a massive boost when a fund-raising evening organised by his local Ballynahinch Motor Club raised around £40,000 to go towards his season. He has a new co-driver, too – Daniel Barritt who he met via MSA British Rally Elite.



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EDINBURGH UNIVERSITY INSIGHT

The Edinburgh University input consists of three key elements, Sport Psychology, Sport Physiology and Sport Conditioning. The Sport Psychology support programme is attempting to develop a programme for each participant which has been uniquely tailored to meet their needs and reflect the differences that exist between them with regard to their performance environment and current skills and competencies. To achieve this, the initial part of the programme has involved several phases of collecting information from different sources.

It has been extremely important to develop a good understanding of both the individuals and the sport. There are many examples from other sports where support programmes have failed to produce significant change. One of the primary reasons for this is that the programmes have been generic and have not been tailored to suit individual needs nor delivered to integrate with the performers' current behaviour. In contrast The MSA British Rally Elite programme has considered both these issues in providing a high standard of support for this specific group.

Hugh Richards
Edinburgh University

MATTHEW WILSON

As Britain's only full-time driver in the WRC and lead driver for the Stobart-VK-M-Sport Ford Rally Team, Wilson is the most prominent member of the MSA British Rally Elite scheme. The 19-year old prodigy from Cumbria has stepped up to the sport's premier league after very mixed fortunes in 2005. He suffered a massive accident on the opening round of the MSA British Rally Championship in Wales but, with considerable help from the Edinburgh University experts, he bounced back to become the BRC's youngest-ever winner with a comeback victory on the Trackrod Rally. Matthew's 2006 WRC season kicked off with a remarkably mature debut performance on the recent Monte Carlo Rally. Setting out to gain as much practice as possible in what were typically tricky conditions high up in the icy Alps, he survived the treacherous mountain stages to finish in a commendable 15th place. "It's a hugely difficult event but I can come back next year with a lot more experience," reported Wilson.



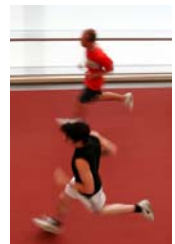
JAMES WOZENCROFT

Last year young Wozencroft underlined his potential by totally dominating the aptly named BRC Stars of the Future series. The 21-year old Shropshire lad won all five rounds in a Suzuki Ignis to justify his membership of the exclusive MSA British Rally Elite scheme. Maximising these highly-promising achievements and gaining valuable experience for the future, 'Wozie' used his alliance with Suzuki to great effect by contesting the final round of the BRC in one of the company's more powerful Super 1600 cars. With an eye on the future, he also took part in the recce for Wales Rally GB. James is now gearing up for a full BRC programme from behind the wheel of a Super 1600 Suzuki Ignis.



SKILLS ASSESSMENT AND TRAINING PROGRAMME

As one of their first assignments, the experts at Edinburgh University gave all six members of the MSA British Rally Elite scheme a physical fitness and mental skills assessment. They were then all given an individual training schedule to follow during the year as well as some sports psychology exercises to complete before and after each competitive event. Specialist advice was also given on hydration and nutrition with advice on what they should be eating and drinking before and during events. At the end of the year candidates were re-appraised to monitor their progress. All six had a session with both the University's sports psychologist and physical fitness experts. The results indicated that they had all made significant progress and were benefiting immensely.



BEHIND-THE-SCENES AT THE WORLD RALLY CHAMPIONSHIP

To give the six MSA British Rally Elite members an insight into the FIA World Rally Championship they've been taken to various WRC tests during the past months and also to Prodrive, home of the Subaru World Rally Team. At Prodrive the participants were given a great idea as to what personal skills and attributes are expected at the top level as well as a rare behind-the-scenes look into the state-of-the-art of technology now found in the WRC.

MEDIA TRAINING

At the end of last year, all members of the MSA British Rally Elite scheme participated in a special Sponsorship and Marketing workshop – a timely exercise with many competitors seeking drives and financial support for their 2006 campaigns. Areas covered included: press releases and their distribution and sponsorship proposals as well as how best to nurture prospective and current sponsors. The workshop also covered all-important media and interview skills.

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