

responses (5)

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<b>What % of your performance on track do you feel is mental?</b>	50–75%	More than 75%	More than 75%	More than 75%	More than 75%	25–50%	More than 75%	More than 75%	50–75%	More than 75%	25–50%	
<b>How much time, energy, and money do you currently invest in improving the mental approach to your riding?</b>	Some—I dabble but could do more	Some—I dabble but could do more	Very little—I focus mostly on physical training and track time	A lot—I actively work on my mental game	Very little—I focus mostly on physical training and track time	Some—I dabble but could do more	None—I've never really thought about it	Very little—I focus mostly on physical training and track time	None—I've never really thought about it	Very little—I focus mostly on physical training and track time	None—I've never really thought about it	
<b>Select Your Level</b>	Top 10 finisher	Advanced Track Day Rider Looking To Start Racing	Advanced Track Day Rider Looking To Start Racing	Front Runner in my Championship	Top 10 finisher	Raced For Few Years Running Mid Pack	Raced For Few Years Running Mid Pack	Top 10 finisher	Advanced Track Day Rider Looking To Start Racing	Raced For Few Years Running Mid Pack	Top 15 Runner in my Championship	
You miss your first podium (or personal best lap) by just 0.001s. What's your reaction?	I'll analyse what I can improve and come back stronger next time.			I'll analyse what I can improve and come back stronger next time.	I'll analyse what I can improve and come back stronger next time.	I'll analyse what I can improve and come back stronger next time.	That was unlucky, but at least I was close	I'll analyse what I can improve and come back stronger next time.	I'll analyse what I can improve and come back stronger next time.	I'll analyse what I can improve and come back stronger next time.	I'll analyse what I can improve and come back stronger next time.	
Your teammate keeps beating you in identical conditions. What do you do?	I'll study my data, ask for feedback, and see where I can improve			I'll study my data, ask for feedback, and see where I can improve	I'll study my data, ask for feedback, and see where I can improve	I'll study my data, ask for feedback, and see where I can improve	I'll try harder next time and hope I can match them	I'll try harder next time and hope I can match them	I'll try harder next time and hope I can match them	I'll study my data, ask for feedback, and see where I can improve	I'll study my data, ask for feedback, and see where I can improve	
You crash unexpectedly even though you felt in control. What do you think went wrong?	I'll review my approach, adjust, and make sure it doesn't happen again.			I'll review my approach, adjust, and make sure it doesn't happen again.	I'll review my approach, adjust, and make sure it doesn't happen again.	I'll review my approach, adjust, and make sure it doesn't happen again.	I don't know why it happened; it's frustrating and embarrassing	I'll review my approach, adjust, and make sure it doesn't happen again.	I'll review my approach, adjust, and make sure it doesn't happen again.	I'll review my approach, adjust, and make sure it doesn't happen again.	I'll review my approach, adjust, and make sure it doesn't happen again.	
You get pushed wide on Lap 1 of the race and rejoin last. What's your reaction?	I'll reset, focus, and see how far I can fight back			I'll reset, focus, and see how far I can fight back	I'll reset, focus, and see how far I can fight back	I'll reset, focus, and see how far I can fight back	I'll reset, focus, and see how far I can fight back	I'll reset, focus, and see how far I can fight back	I'll reset, focus, and see how far I can fight back	I'll reset, focus, and see how far I can fight back	I'll reset, focus, and see how far I can fight back	
An ex-racer offers feedback on your driving. How do you react?	I'll listen, ask questions, and try to apply their advice.			I'll listen, ask questions, and try to apply their advice.	I'll listen, ask questions, and try to apply their advice.	I'll listen, ask questions, and try to apply their advice.	I'll listen, ask questions, and try to apply their advice.	I'll hear them out, but I'll decide if I really want to use it.	I'll listen, ask questions, and try to apply their advice.	I'll listen, ask questions, and try to apply their advice.	I'll listen, ask questions, and try to apply their advice.	
You've had 3 great results in a row. How do you approach the next event?	I'll review what worked, refine my approach, and keep improving			I'll review what worked, refine my approach, and keep improving	I'll review what worked, refine my approach, and keep improving	I'll review what worked, refine my approach, and keep improving	Keep wearing my Lucky Socks!	I'll just keep doing what I've been doing and hope it works again	I'll review what worked, refine my approach, and keep improving	I'll review what worked, refine my approach, and keep improving	I'll review what worked, refine my approach, and keep improving	
You normally lap faster than your friend, but today they're way ahead. How do you feel?	It's frustrating, but maybe I'll be quicker next time.	I'll study my data, see what's different, and adjust.							It's frustrating, but maybe I'll be quicker next time.			
You're the fastest in the slower group. How do you feel about this?	I see this as a sign that I need to challenge myself more. Time to move up and push my limits.	I see this as a sign that I need to challenge myself more. Time to move up and push my limits.							It's nice to be the fastest here, but I know I won't improve unless I race tougher competition.			
You have been happily going along in the intermediate group and the track day organiser moves you from Intermediate to Advanced. How do you react?	I'm nervous, but I'll give it a go	I'm nervous, but I'll give it a go							I'm nervous, but I'll give it a go			
You have a small off on your fastest lap so far. What's your reaction?	I'll take it easy for the rest of the day—I don't want another mistake	I'll take it easy for the rest of the day—I don't want another mistake							That ruined my session, but I'll try to recover in the next one			

📊 An ex-racer offers feedback on your riding. How do you react?		I'll listen, ask questions, and try to apply their advice.	I'll listen, ask questions, and try to apply their advice.						I'll listen, ask questions, and try to apply their advice.		
🔥 You've had 3 great track days in a row. How do you approach the next event?		I'll review what worked, refine my approach, and keep improving	I'll review what worked, refine my approach, and keep improving						I'll just keep doing what I've been doing and hope it works again		
What do you feel are your strengths in your riding?	Race pace Consistency, corner speed, staying smart while battling.	Consistency	Consistency, analytical.	Test	Physical Fitness in comparison to my other riders. A good team of people around to help with riding etiquette and encouragement	I never give up	Determined	Good bike control and understanding of racing	Taking what I learn and apply it to each session	Body position, determined, competitive, don't give up	Braking late and a lot of practice
What are your weakest points?	Aggression, putting all my sectors together in qualifying.	Fear of crash, no grip	Fear of crashing.	Test	Fear of falling off. Applying what has been said and moving forward out of my comfort zone.	Sleep or rest and stress	Confidence, scared I'll clip someone if I push myself	Riding with faster racers lack of self belief	Focus and concentrate	Focus and refocusing after a crash, fear holding me back, feeling of not being good enough	Corner speed
What is your goal for 12 months from now?	Podium in 2025 twins cup, win championship in 2026 twins cup.	Faster	Lose 3-4 seconds.	Test	Regular podium contender for racing. Better Mental outlook on life generally	In spain	Be balanced and calm allowing the bike to corner etc	Podiums in 110 ohvale cup/ focus more on myself in practice.	Improve in focus and concentrate	I would like to podium at least once this year, I want to know exactly what I'm doing wrong and Have righted this by then and been a much more consistent rider.	Track coaching and better lap times
What do you feel has been holding you back from achieving your goal so far?	Aggression, making passes while in big groups of riders.	Fear	Fear of crashing	Test	Previous crashes. Ability to believe in myself. Or being too hard on myself for achieving good results when I think they should be better	Quit a lot but in the end I have to put it together and make it work	Lack of track time, scared of getting hurt or hurting someone else	Confidence and pushing the boundaries. Our consistency is good and holds us back as do the same thing every lap instead of pushing the boundaries	Fear	Fear, anxiety/ feelings of inadequacy, pressure that I put on myself	Push beyond my limits
Do you have a strong desire to improve your Mental Skills on track	Hell Yes	Hell Yes	Maybe but i need to know more	Hell Yes	Hell Yes	Hell Yes	Hell Yes	Hell Yes	Hell Yes	Hell Yes	Hell Yes
If you could change one thing about yourself as a racer what would it be?	Being more aggressive	Braver	I don't race.	Test	Applying thought process and teaching into actions	Empathetic	Be confident to take that passing opportunity and relax under braking after that pass	To control my anxiety/ confidence	Not to get distracted by what other riders are doing around me	To relax and have fun!!! I want the joy of it!	Better physique
First name	Andrew	Gary	Jason		Leigh	Richard	Greg	Daniel	Gavin	Lucy	Hannes
Last name	Weyh	Okeef	Sarmiento		Smith	White	Low	Tanton	Cook	Blondel	Catteeuw
Email	Andrew.weyh121@gmail.com	gok7@hotmail.co.uk	jasonsarmiento520@gmail.com	ryuonline@hotmail.com	Leigh@smithsmechanical.com	info@trackdudes.co.uk	gregglowitzd@xtrac.nz	alan_tanton@hotmail.com	cookgavini54@gmail.com	lkvetervesices@gmail.com	info@catteeuw.be
Would you like the link to our free training on how to improve your performance?											
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counter_9ba66c64_21fc_42d2_a5d7_7fa27b636d4f	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

counter_9e2407a9_878e_41d9_a223_9b9cc20871d7	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Score	64.00	47.00	51.00	66.00	64.00	63.00	35.00	49.00	37.00	64.00	61.00
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Stage Date (UTC)											
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Tags											
Ending	You're a High-Performer—Now Let's Maximize Your Winning Edge!	You're On the Right Track—Let's Unlock Your Full Potential!	You're On the Right Track—Let's Unlock Your Full Potential!	You're a High-Performer—Now Let's Maximize Your Winning Edge!	You're a High-Performer—Now Let's Maximize Your Winning Edge!	You're a High-Performer—Now Let's Maximize Your Winning Edge!	Your Mindset May Be Holding You Back—Let's Fix That!	You're On the Right Track—Let's Unlock Your Full Potential!	Your Mindset May Be Holding You Back—Let's Fix That!	You're a High-Performer—Now Let's Maximize Your Winning Edge!	You're a High-Performer—Now Let's Maximize Your Winning Edge!