

Earlier this week Brendan took part in a three day elite driver camp, known as the CAMS Academy, run by CAMS. He was one of 17 drivers selected from both rallying and circuit racing with the focus of the camp on 'preparation for performance'.

The camp was based at AAMI Park in Melbourne and participants took part in a varied program which covered nutrition, recovery, physiological testing, motorsport training as well as physical training. As well as utilising the excellent facilities at AAMI Park, camp members also spent a session at Westpac Centre, the base of Collingwood Football Club.

CAMS Academy participants were monitored throughout the three days before being tested on the final day. From the 17 participants, eight will be selected based on their results, to attend the second camp which will be held later in the year. That camp will narrow the field down to four who will each earn themselves a drive at the Bathurst 12 Hour race in February.

"I was really excited to be accepted to the camp and went in with an open mindset," Brendan said.

"I found the camp a huge benefit for where I currently am in my career and it gives me a solid platform to build on for the rest of the year.

"I put in 110% and really pushed to get into phase two of the CAMS Academy later in the year."