

**A scientific team is investigating whether technology is more important than skill in motor racing. Listen to a racing driver give his opinion on what it takes to be a winning driver.**

As a professional sportsman, I'm always interested in the latest developments in my field. So technology is very important to me and I'm very interested in it. I'd be fascinated to know how the results of this research team's work could have practical applications – especially if it helps me win races!

I don't believe that it's only the best technology that wins races. It's just not true. You can take somebody like Michael Schumacher, and if he has a bad day he still loses, even though he's driving the same car.

Of course, you also have to be in top condition, very, very fit. I train in the gym as much as an Olympic athlete probably does! So, that's another way in which even having the best car won't necessarily help you win. If you're not in shape, you won't be able to take four or five hours of the intense physical work it takes to drive a Grand Prix.

So much depends on things like temperature, time of day, the weather, your own psychological condition, the support you get from your team, even the fans on the stands.

The psychological aspect is crucial, very, very important. To be a top racing driver you have to have incredibly good concentration, and be able to remain calm in a crisis. I get a boost from my team, and also when I see fans with flags on the stands.