

From Ruding to Racing: My Journey to Formula One (and Where Sports Science Can Take You)

A lecture by Ashley Sherwood

Programme Planner at Mercedes-AMG PETRONAS Formula One Team

Wednesday 20th May 2026, 6.00pm-7.00pm

(Tea and coffee served from 5.45pm)

Lillingstone Mind and Body Zone, ek robotics Sports Campus, Royal Latin School, MK18 1AX

Ashley Sherwood was part of the Royal Latin School Ruding Class of 2013. After leaving school he studied Sports Science at the University of Birmingham, before embarking on a career in motorsport at the Mercedes-AMG PETRONAS Formula One Team where he is responsible for ensuring that the best possible parts arrive at the circuit for the Team's racing cars.

In this talk Ashley will talk about his personal experience of working in motor racing and, as someone who maintains an interest in Sports Science, how this subject can be applied to the push for maximum performance in Formula One.

Attendees at this talk will also have the opportunity to ask Ashley questions about the world of Formula One, and to seek advice about pursuing a career in motorsport.

Entry to these lectures is free to all members of the local community. For more information or to book a seat, visit www.royallatin.org/lillingstone-lectures or contact Lucy Beckett - lbeckett@royallatin.org, Tel 01280 827306.

