



### **In this newsletter:**

- Guv's Call | COVID-19 update from Ben Ainslie
- INEOS TEAM UK manufacture PPE face shields
- Inside Tack | Health & Wellness
- Exclusive Henri Lloyd fan bundle packages
- Science in Sport launch new Performance Nitrate range
- Moving Parts | Meet the team
- Exclusive supporter's image

## **Guv's Call | An Update from Ben Ainslie**

Less than two months ago we had just returned to our winter training camp in Cagliari from Sydney. We were celebrating our team win in the first SailGP event of the season where we had some fantastic racing in Sydney Harbour and were looking forward to continuing our winter training camp in preparation for the 36th America's Cup. We had been sailing our first AC75, Britannia, regularly and making great developments on the boat. Since then the shutters have come down on the world. It's been a very difficult situation for everybody.

As the crisis began to develop in Italy it quickly came apparent how serious it was going to be. With the health and wellbeing of our team members and their families being our top priority we made the decision to withdraw all sailing operations from Sardinia and ship Britannia back to Portsmouth. I am pleased to say she has since safely arrived back home.

With the team now back in the UK our preparations for the America's Cup next year continue. It certainly is a challenge but there is a tremendous amount of work still to do, not least the ongoing development and build of our second AC75. Suppliers are

being affected by the crisis, as all businesses are, and we are having to re-evaluate our timelines and understand what we are up against.

This is a global pandemic and the entire INEOS family feels it is everyone's responsibility to be hands on in this crisis by deploying resource and expertise to support the frontline where best we can. The work INEOS, for example, are doing in producing millions of bottles of hand sanitisers across Europe and distributing them free-of-charge to frontline staff has been inspiring to see.

We have a lot of expertise in manufacturing and production and we therefore felt the best way for us to support was the production of PPE face shields which will go direct, free-of-charge, to frontline staff in the team's local area. In partnership with Mercedes-Benz Applied Science and Spinlock we are now producing around 1000 these face shields every week and it's been brilliant to see the whole team effort to make this happen so quickly.

Indeed, it has been heart-warming to see communities, teams and businesses come together to help fight this crisis. We will come through this and we will all be stronger for it. At times like these we all need a light at the end of the tunnel and, for us, that's the America's Cup.

Stay safe,

Ben

## INEOS TEAM UK manufacture PPE face shields to support fight against COVID-19



INEOS TEAM UK Sailmaker Sam Haines producing the PPE Face Shields (c) Cameron Gregory

INEOS TEAM UK is supporting the fight against the ongoing COVID-19 pandemic by manufacturing PPE face shields for key workers in the local area around their team base in Portsmouth.

Utilising the manufacturing capacity and resource within the team base, including 3D printers and sailmakers, together with additional resource from the existing team partnerships with Mercedes-Benz Applied Science (MBAS) and Spinlock, INEOS TEAM UK, MBAS and Spinlock will together be producing an initial total of 1000 PPE face shields per week.

[Read More](#)

## Inside Tack | Health & Wellness



**LIVE YOGA WITH  
INEOS TEAM UK**

8PM GMT  
Monday on Zoom

In these uncertain times it is more difficult than ever to stay healthy, both physically and mentally.

That is why we are opening up our performance teams expertise in the space of health & wellbeing to provide an 'evidence based' ongoing programme for our fans and supporters.

Check out our weekly meal of the week with team chef Nick Holt, fitness at home tips from Head of Human performance Ben Williams, join the team's live weekly

yoga session run by our wellness partner [KXLife](#) and get top nutritionist tips from KX's [Aidan Goggins](#) the man behind the sirtdiet.

[Inside Tack | Health & Wellness](#)



[Watch Now | Inside Tack | Roasted Butternut Squash Risotto](#)

Exclusive Henri Lloyd fan bundle packages





Henri-Lloyd and INEOS TEAM UK are delighted to be able to bring you **two exclusive fan bundle packages**.

The Tech Tee and Polo are great looking, easy to wear and easy to care for. They also feature innovative high UV sun protection and Polygiene anti-odour technology. These are the same great products worn by the team during their day to day America's Cup duties.

[Shop Now](#)

Science in Sport launch new  
Performance Nitrate range

**BRAND NEW**

**NITRATES  
NEVER  
TASTED  
SO GOOD**



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IN SPORT

Take your level best up a level with the brand new Performance Nitrate range from Science in Sport. Designed to be taken as part of a loading / in-session strategy to improve muscle efficiency and enable you to go harder for longer.

Available in a range of different formats and flavours.

[Find Out More](#)

Inside Tech | The Software



[Watch Now | Inside Tech - The Software](#)

Find out how we are utilising Siemens advanced technology to build and test Britannia.

## Belstaff | The Road Less Travelled with Ben Ainslie



[Watch Trailer](#)

Belstaff presents. The Road Less Travelled. An original podcast series hosted by Reggie Yates.

In Episode 4 Sir Ben Ainslie discusses his journey from making the Olympics at Nineteen to being awarded a CBE.

[Listen Now](#)

## Science in Sport enhance Britain's challenge to win the America's Cup



Nick Hutton INEOS TEAM UK Trimmer grinder using SiS on-board AC75 Britannia

INEOS TEAM UK are delighted to join [Science in Sport's](#) newly launched Performance Solutions, a ground-breaking sports research and nutrition service designed to elevate elite teams and athletes to the next level of performance.

[Read More](#)

## Moving Parts | Pete 'Stretchy' Cowell





[Watch Now](#)

Meet INEOS TEAM UK Electronics Technician Peter Cowell, who heads up the team's on-water comms systems.

"When the guys are sailing, given the deck layout, the intercom on the race yacht is vitally important for manoeuvres. It's massive from a safety point-of-view too, if something goes wrong instant communication is critical and that's all done through the comms system. If any element of that system were to break down it would make sailing very difficult or even impossible."

[Read More](#)

Moving Parts | Carl Fereday



[Watch Now](#)

Meet INEOS TEAM UK Rescue Swimmer Carl Fereday.

Carl is a former member of the Royal Navy's elite special forces unit, the Special Boat Service (SBS), and brings a wealth of experience in high-risk situations.

[Read More](#)

Download your exclusive image:



[Download](#)

AC75 Britannia in action during winter camp 2020



# INEOS



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