



Tough guys ... Camron Wills (left), and Shaun Pammenter, the Durban crewmen on board South Africa's Shosholoza, have the hardest jobs - and have been bulking up for the task ahead

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PICTURE: DI MEEK

# Crewmen tuck into special diet for Cup

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WHILE all their colleagues on the Shosholoza yacht have had to lose weight for the new America's Cup season, the two Durban crewmen, Shaun Pammenter and Camron Wills, have done the opposite.

For the past three months they have been tucking into a special high-protein diet to add some 5kg to get them to 105kg.

They have the most gruelling job on board and maximum strength and stamina are needed for the new season of pre-race regattas which start in Valencia, Spain, today.

They are both grinders and have the extremely physical job of working the winches

that control the sails.

Shosholoza is the first entry from Africa and will compete next year.

"The team were big and bulked up as part of the off-season bulking period when they were home in South Africa for the Christmas break," explained team bio-kineticist Julian Calefato, who has been assigned by Cape Town's Sports Science Institute to look after the team's fitness and dietary needs.

"We gave ourselves three months to look at individual weights and sculpt the fat accordingly," he said.

The America's Cup has a strict weight specification of 1 570kg for 17 crew.

But with a pool of 27 sailors, the load had to be scientifically worked out so that when sailors change around, they still stay within the weight limits.

The complex pre-regatta measurement certification process takes into account everything from the weight of the yacht, sails, crew and even the energy drinks and lunch packs.

The navigator, Marc Lagesse, has now lost 10kg and this allowed the weight to be shifted to the tough guys: Pammenter, from La Lucia, and Wills, from Westville.

Their diet included eggs, fish, meat, protein drinks - lots of it - and supplements.

Wills lost more than 20kg last

year after a winch handle broke his ribs, resulting in fluid settling on his lung. He was admitted to hospital and had to undergo rehabilitation to regain fitness and muscle strength.

Calefato said the team was the most conditioned and fit that he had ever seen and they were in the same good shape as any national sports squad.

Meanwhile, the event marketing company, H-Factor, is adding its voice to the many supporters who have been wishing the team success in its America's Cup challenge. "Team Shosholoza is the embodiment of all that makes us proud to be South African," said Heloise Fourie of H-Factor.