

TIMECODE	FOOTAGE	SCRIPT / VO / James West
00.00 - 00.26	B roll of boats going fast downwind	<i>Epic conditions awaited the Volvo Ocean Race fleet as the seven teams launched into the North Atlantic for the start of leg two, 7,000 miles from Lisbon to Cape Town.</i> <i>For rookies and professionals alike, the opening 48-hours turned into one solid test of character as the race fleet hurtled west, life above and below decks equally as challenging.</i>
00.26 - 00.32	IV	<i>KYLE LANGFORD team Brunel "I was pretty broken this morning, haven't had a lot of sleep, but this is only the beginning, so it's only going to get worse"</i>
00.32 - 00.44	B roll of the start and bridge	<i>The fleet started in the protection of the Tagus River, passing under the 25 de Abril Bridge, before bidding Lisbon farewell and blasting into 30 knot winds and three metre Atlantic swells.</i>
00.44 - 01.10	IV's with sailors	<i>Annie Lush team Brunel "Quite breezy and just the wave state is pretty big right now"</i> <i>Stacey Jackson Vestas 11th Hour Racing "Yeah it was hectic, lot's happening, heaps of puffy wind coming out of the river, and now we're sending it in thirty knots, quite a big sea way, we're already very wet, and we've only been going an hour and a half"</i> <i>Simon Fisher Vestas 11th Hour Racing "Been a bumpy ride so far, but it's getting nicer, see if we can find a nicer ride to the south"</i>
01.10 - 01.16	B roll of Turn the tide on plastic	<i>For the first-timers, it proved to be an eye-opening start, in more ways than expected.</i>
01.16 - 01.30	IV	<i>Bianca Cook Turn the Tide on Plastic "So, I just went to windward, to go and get the halyard to tie it off, and sat in front of the winch, to try and clear it just as the wave came, the wave took me out, but I was clipped on mum don't worry"</i>
01.30 - 01.55	Wipe Out Highlight onboard	<i>Racing one-design boats, this is a test of every team's nerve, pushing harder than the competition often the only advantage, a tactic that carries it's own risks ... Hong Kong's Sun Hung Kai / Scallywag discovering the line, wiping out when they lost steerage.</i> <i>[actuality / upsot]</i> <i>Skipper David Witt getting them quickly back under control and in pursuit of the leaders, the wet conditions a constant challenge above and below decks.</i>
01.55 - 02.16	IV	<i>Steve Hayles Sun Hung Kai/Scallywag "Few issues onboard, we've got a big leak in the nav station, and we've wiped out our main navigation computer. Which is pretty annoying 7 hours into a 21 day leg"</i> <i>David Witt Sun Hung Kai/Scallywag "I have a couple of favourite words in the english dictionary, one is ointment, that means it's too serious for cream, and that it needs ointment, and that is going to be my bum in the next few days if it doesn't dry out. And the second one is moist, and that's all I can do to describe the last 24 hours, very moist, fast and moist"</i>
02.16 - 02.28	B roll onboard and Map	<i>After 48 hours, the teams faced their first big strategic decision, which side to pass Maderia, every boat opting to round to the west to stay in the strong winds, MAPFRE and Dongfeng Race Team at the front of the group.</i>
02.30 - 02.44	Map followed by B roll shots	<i>Leg 1 winners Vestas 11th Hour Racing hang onto third, but continue to fend off the back four, lead by Team Brunel and team Akzonobel, Turn the Tide on Plastic and Sun Hung Kai/Scallywag also in the pack. For some, the ranking reports are tough on morale.</i>
02.44 - 02.53	IV	<i>Liz Wardley Turn the Tide on Plastic " So, we got the position report in, bit disappointed, thought we'd been pushing quite hard, but obviously not as hard as the others, so we're going to have to try a bit harder"</i>
02.53 - 03.06	B roll of Burling and GraeL steering	<i>Few rookie sailors in the Race have the chance to steer the boats downwind in heavy weather conditions, whereas aboard team Brunel and team Akzonobel, 49er Olympians Martine GraeL and Peter Burling were quick to show their natural ability.</i>
03.06 - 03.19	IV	<i>Martine GraeL team Akzonobel "It's pretty big waves, and steep. So it was pretty challenging. But it was like driving the 49er with 25 knots, not a lot of difference"</i>
03.19 - 03.32	B roll shots onboard	<i>With the temperature forecast to rise and the wind set to ease as the boats close in on the equator, the teams next challenge is to head west fastest to benefit from the trade winds, in search of a quick passage through the often problematic Doldrums.</i>
03.32 - 03.39	Slate	<i>SOCIAL MEDIA SLATE</i>