

Timecode	Footage	Voice Over Script/ IVs Transcribed
00:00	Boats in big waves and strong winds	<p><i>The Southern Ocean...</i></p> <p><i>The Roaring Forties...</i></p> <p><i>This is where legends of the Volvo Ocean Race are made.</i></p> <p><i>And in a return to its roots, Leg 3 takes the 2017-18 fleet deep into the Southern Ocean, where storm systems circle Antarctica, unimpeded by any land mass. Towering waves, steady gale and storm force winds, and ice-cold temperatures are a daily feature of life in the south.</i></p>
00:31	Aerials of Cape Town and teams docking out	<p><i>After a couple of weeks of rest and recuperation from a gruelling second leg of the Volvo Ocean Race, it was time for the seven professional teams to face their biggest challenge yet...</i></p>
00:44	Graphics, animation of route and onboard shots	<p><i>Leg 3, from Cape Town to Melbourne, Australia is a nominal 6,500 nautical miles... But with a forecast the sailors are calling 'heinous', the teams are bracing to feel the full power of nature, in a place more remote than anywhere else on the planet.</i></p>
01:02	<p><i>Bouwe Bekking</i></p> <p><i>Skipper</i></p> <p><i>Team Brunel</i></p>	<p><i>IV:</i></p> <p><i>"Well better brace yourself on, because just the amount of pressure that is in the air, is just humongous. Of course then the water temperatures. But just imagine it's 2 or 3 degrees on deck, your fingers are frozen because you can't keep your gloves on, sometimes it's like a zombie movie, everything goes in slow motion. I sometimes have to laugh about it, because it's crazy what we do"</i></p>
01:21	<p>Boats in big waves and strong winds</p> <p>Onboard Turn the Tide on Plastic and team AkzoNobel</p>	<p><i>VO</i></p> <p><i>Deciding when to push for speed and when to throttle back to protect crew and equipment is a delicate balance.</i></p> <p><i>For under-performing teams, it was apparent that fast drivers were needed to be competitive.</i></p> <p><i>The stakes have been ramped up even higher with double points up for grabs in Leg 3... so fourth-place Team AkzoNobel is calling on ocean racing legends Alex Pella and Justin Ferris to join the team for the upcoming leg.</i></p>
01:47	<p>Simeon Tienpont</p> <p>Skipper</p> <p>Team Akzonobel</p>	<p><i>IV</i></p> <p><i>"Every leg is different, and for this leg, yeah, we tried to focus more on, to get more and more heavy downwind helmsmen, so we got Justin and Alex, very experienced guys in the offshore racing, so hopefully they will give us the edge, with the double points in mind to be on the podium. That's what we fight for very hard".</i></p>
02:10	B-roll of sailors parade and teams docking out.	<p><i>VO</i></p> <p><i>In fact, 6 of the 7 teams have made changes to their crews, rotating in fresh talent to the ranks...</i></p> <p><i>All except Vestas 11<sup>th</sup> Hour Racing, who will stick with their battle hardened Leg 2 crew line-up.</i></p>

	Scallywag and Antonio Fontes with family and Steve Hayles at nav station	<i>The biggest change is on board Sun Hung Kai/Scallywag, where 34 year old Portuguese native Antonio Fontes takes over the crucial role of Navigator, from the veteran Steve Hayles, who elected to leave.</i>
02:37	Antonio Fontes Navigator Sun Hung Kai Scallywag	<i>IV</i> <i>"Yeah obviously very excited, it's a major opportunity for me obviously. As Steve stepped down from the team, there was this gap, and I was the reserve sailor, so they called me to do this job. I will learn a lot, I'm already learning a lot, and it will be awesome"</i>
02:54	Fabien Deahaye stepping on the boat and b-roll of Daryl Wislang with Dongfeng Race Team sorting out the replacement	<i>VO</i> <i>Another young sailor being asked to step up is Dongfeng Race Team's Fabien Delahaye. He got the call just hours before the start, after Daryl Wislang, one of the best helmsman in the race, was forced to stay ashore with a back injury.</i>
03:11	Daryl Wislang Dongfeng Race Team	<i>IV</i> <i>"Just a small movement, twisted my back, and pretty much went down onto the ground. So it's seized up completely, and the Vesta's physio, he sort of confirmed it's a disk problem and not muscular. You know Bruno and Charles made the call it's better for me to stay on land for this one, and come back in Melbourne after the rehab. It's absolutely gutting for me, and you know, you let the team down"</i>
03:50	Images from Leg 3 start in Cape Town	<i>VO</i> <i>Table Mountain provided the iconic back drop for Sunday's start, as the 6-500 nautical mile leg to Melbourne got underway.</i> <i>The famed Cape Doctor – as the strong southeasterly wind is known - launched the fleet off the start line in 20-25 knots and past the southernmost point of Africa. Race leaders Mapfre and Dongfeng Race Team were neck and neck through the final start gate off Cape Town, leading the fleet South.</i>
04:20	Kevin Escoffier, Dongfeng Race Team	<i>IV</i> <i>"Good weather to start the new leg, 35 knots upwind, the wind right now should decrease all the night"</i>
04:31	Marie Riou, Dongfeng Race Team	<i>IV</i> <i>"We will have a beautiful sunset, on the Cape of Good Hope. But it's a bit bumpy"</i>
04:38	Images from Leg 3, big conditions after start in Cape Town	<i>VO</i> <i>The fleet rounded the Cape of Good Hope where the Indian and South Atlantic oceans meet. Plummeting into the unruly Southern Ocean, on their way to the Melbourne finish.</i>
04:52	<i>END</i>	