

Timecode	Footage	Voice Over Script/ IVs Transcribed
00:00	Knock down footage.. followed by big seas and crazy conditions.	<i>The Volvo Ocean Race returns to it's roots in the Southern Ocean – One of the most remote, and hostile environments on the planet</i> <i>The 6500 mile Leg 3 from Cape Town to Melbourne has certainly lived up to that reputation, after eight days at sea, the seven-boat fleet have battled giant waves, coupled with freezing conditions that have proven to test even the strongest sailors in the race.</i>
00:33	Actuality	<i>Actuality: Rob Greenhalgh (MAPFRE) getting taken out by a wave</i>
00:44	Shots of SHK Scallywag	<i>MAPFRE weren't the only team struggling to maintain control, finding the balance between speed and safety was proving to be difficult in the brutal conditions.</i>
00:47	David Witt Skipper Sun Hung Kai Scallywag	<i>IV</i> <i>"I told "Parko" to just sail at 95 percent, not 100. So he's doing 29 knots, so he must have taken a knot off"</i>
00:54	Actuality	<i>Actuality: Luke Parkinson getting hit by a wave and falling back off the steering wheel</i>
01:01	Luke Parkinson Crew Member Sun Hung Kai/Scallywag	<i>IV</i> <i>"Yeah I drove with no hands for a little bit there, didn't chinese and I didn't tack, so, it's ok"</i>
01:10	David Witt Skipper Sun Hung Kai Scallywag	<i>IV</i> <i>"He is a full blown lunatic"</i>
01:12	Tracker with onboard footage shots	<i>For the past week Dongfeng Race Team have led, but doggedly pursued by rivals MAPFRE. With double points up for grabs in this leg, a win will solidify the Spanish team's position at the top of the standings overall.</i>
01:25	Xabi Fernández Skipper MAPFRE	<i>IV</i> <i>"We are again in a close battle, especially with Dongfeng, and the next 48 hours will be important. We have big breeze coming. But right now we are sailing with 30 knots pretty much downwind, which is pretty good"</i>
01:40	3d Tracker and onboard shots	<i>The last week also saw Bouwe Bekking's Team Brunel and Charlie Enright's Vestas 11th Hour Racing continuously compete for third.</i> <i>Simon Fisher, navigator onboard Vestas 11th Hour Racing, made the decision to break away, positioning themselves in the middle of the split fleet.</i>
01:55	Simon Fisher Navigator Vestas 11 th Hour Racing	<i>IV</i> <i>"We sort of stuck to our plan for the second part of the race. With the first part of the low, and stay a bit north, potentially give us some options. And that's actually paid out pretty well, we're able to come down and consolidate third</i>

		<i>position after trailing for a little bit"</i>
02:11	Epic sailing conditions show boats reefing and sailors dealing with water in the slab reef Tracker and onboard footage	<i>On day 4, the fleet hurtled to the south east, and conditions began to deteriorate, a huge low pressure weather system enveloping them, bringing constant 30 – 40 knot winds and huge following seas. As the lead pack entered "boat breaking" conditions in the south, Dee Caffari and Turn the Tide on Plastic TOOK a more northerly course, away from the brunt of the low, in doing so preserving her crew and boat.</i>
02:34	Dee Caffari Skipper Turn the Tide on Plastic	<i>IV "We knew this low was coming, we had been talking about it in Cape Town during the preparation period. And that's why we have elected to go north, and pick the wind and the sea state that suits us. And we will see if those extra miles that it cost us, we can make up for in boat speed"</i>
02:55	Tracker of the AIEZ followed by onboard footage of lead boats. Archive footage of icebergs	<i>Almost a week after the start, the leading four boats reached the Antarctic ice exclusion zone, a safety measure implemented by Race Control, preventing the fleet sailing into areas where icebergs have been reported.</i>
03:07	team AkzoNobel footage of the bad gybe, lowering sail and sailing under the jib and J2 sails	<i>Four days into the leg, Team AkzoNobel suffered a major set-back, damaging their mast-track during an out of control gybe, forcing them to lower the mainsail and turn the boat away from the Exclusion Zone, continuing to limp forward using the boat's forward sails only.</i>
03:22	Chris Nicholson Watch Captain Team AkzoNobel	<i>IV "Thought we had a good wave to go down, as we're going down, sent the keel through, basically boat slowed up, stopped, and I should have pulled out of doing it, the worst part of it we've pulled the track off the back of the mast. So plan is to get the track glued back on or screwed back on, then we've got to repair some battens, the main sail, over the next day or two"</i>
03:52	Repairs and main being hoisted, full speed shot again	<i>Sailing north and into lighter conditions, Team AkzoNobel were able to perform sufficient repairs to rejoin the race, albeit now at the back of the pack, but at full speed once again.</i>
04:01	Fast sailing onboard footage	<i>The southern ocean has kept up its relentless assault on the boats and crew. The unpredictable sea state has at times caught several sailors unaware, with some crew members suffering more serious injuries.</i>
04:12	António Fontes Navigator Sun Hung Kai/Scallywag	<i>IV "We were re stacking the sails on the rail, I was pushing one sail and I fell on the cockpit. And I twist the arm, I don't know how badly but right now I cannot do anything with the arm"</i>
04:29	Annie Lush Crew Member Team Brunel	<i>IV "I was on deck, grinding on the aft pedestal, and a big wave came, and I don't</i>

		<i>know but it was pretty quick, I think Pete and I got smashed to the back of the boat. As I was getting up, I felt that one of the wires had done something inside. I couldn't use my right leg at all, so the guys had to drag me along the deck and downstairs into the bunk"</i>
04:51	Onboard footage of Dongfeng Race Team and MAPFRE, the two boats crossing from onboard MAPFRE	<i>For Charles Caudrelier and Dongfeng Race Team, defending their lead over MAPFRE continues to be difficult, as the Spanish team relentlessly attack for the lead, the pair skirting the ice exclusion zone, constantly within sight of one another.</i>
05:06	Charles Caudrelier Skipper Dongfeng Race Team	<i>IV</i> <i>"It's quite stressful because you have a lot of noise, you're always afraid to break something. You also have a lot of clouds with big gusts, that's where we scare more, especially in the night where you don't see them coming. You're always scared to break something, and the race is finished"</i>
05:24	Onboard images, big waves	<i>Conditions set to build along the favorable westerly storm track in the south, as the teams close in on the Melbourne finish – undoubtedly a welcome respite for all of the crews after their return to the Southern Ocean.</i>
05:41		END