

Timecode	Footage	Voice Over Script/ IVs Transcribed
00:00	Big sailing conditions, big waves, big hits on crews	<i>Leg 3 of the Volvo Ocean Race has been a physical battle and mental challenge, with winds rarely dipping below 25 knots, and freezing seas for the entire 6500 mile leg.</i>  <i>Day to day life proved to be strenuous, not only on deck but also below, as trade mark southern ocean conditions provided zero comfort for the teams.</i>
00:33	Jack Bouttell Dongfeng Race Team Bowman	<i>IV</i>  <i>"Yeah, it's been a very brutal leg so far, it's very demanding conditions, always fast, always wet. Everyone's feeling the push at the moment, everyone's pretty tired, you can sometimes the tiredness effects people a bit."</i>
00:48	Pod of Antarctic Minke Whales passing Sun Hung Kai Scallywag and team AkzoNobel	<i>Antarctic Minke whales provided some light relief to Sun Hung Kai/Scallywag and team AkzoNobel as they charged past at speeds much faster than the Volvo Ocean 65s.</i>
00:58	Tom Clout Sun Hung Kai Scallywag	<i>IV</i>  <i>"They were on a mission to get somewhere, we're calling it the bull rush, I think it's mating season, and they were rushing to get somewhere. They were doing like 17 knots, we were doing 16 and they were overtaking us"</i>
01:08	Martine Grael Team AkzoNobel	<i>IV</i>  <i>It was somewhere around 10 whales, and they were just super fast coming out of the water, sticking their full nose out, and it was quite special"</i>
01:18	Images onboard MAPFRE and Dongfeng Race Team	<i>Since leaving Cape Town the battle for the lead has been fierce, MAPFRE then broke the deadlock after 10 days at sea, snatching the lead from Dongfeng Race Team with just 1,500 nautical miles left to Melbourne.</i>  <i>For Dongfeng Race Team, déjà vu of Leg 2 struck, watching their training partner and rivals MAPFRE sail past them in the final stages of the leg.</i>
01:41	Xabi Fernández MAPFRE Skipper	<i>IV</i>  <i>"But we push hard and the average speed were high all the time, so we knew that we couldn't loose much, even if we were loosing. And of course when we saw we had gained, it was even better"</i>
01:53	Virtual Eye route animation, images onboard Team Brunel	<i>With a narrow 7 mile advantage over a hard-charging Team Brunel, Vestas 11<sup>th</sup> Hour Racing in 3rd pulled the trigger on engaging Stealth Mode, cloaking their position for 24 hours, in a bid to elude their Dutch competition and close the gap on 2<sup>nd</sup> place Dongfeng Race Team.</i>
02:09	Simon Fisher Vestas 11th Hour Racing Navigator	<i>IV</i>  <i>"Oh just hoping we gained, or at least held onto them, w'ere getting lifted now so it would be nice to see them getting lifted as well"</i>

02:18	Bouwe Bekking Team Brunel Skipper	<i>IV</i> <i>"This is us, we're going this way because it's lifting, and Dongfeng is going that way, so we go well behind"</i>
02:25	Crew repairing damage to the keel on Dongfeng Race Team	<i>Four days out from the finish, mechanical issues onboard Dongfeng Race Team threatened to end their leg, when a crucial control system for the keel broke on the port side.</i>
02:34	Jack Bouttell Dongfeng Race Team Bowman	<i>IV</i> <i>"Yeah, so basically the port keel ram, which pushes the keel from side to side, where it attaches to the actual boat, the whole fitting is cracked, we're not sure exactly how it happened or what, we think it's from the slamming. Yeah it's a bit of a mess at the moment"</i>
02:55	Images onboard boats and Virtual Eye route animation	<i>With 300 miles to run, heart rates were lifted onboard the Chinese flagged team, fabricating a temporary fix for the keel, but now only 10 mile separated Dongfeng Race Team, Vestas 11<sup>th</sup> Hour Racing and Team Brunel.</i>
03:08	MAPFRE arriving in Melbourne	<i>14 days after leaving Cape Town, MAPFRE crossed the line in Melbourne taking back to back leg wins, with double points awarded, solidifying their place at the top of the overall standings.</i>
03:22	Xabi Fernández MAPFRE Skipper	<i>IV</i> <i>"Well of course very happy after winning this third leg, and with the second one we won as well, it puts us in a good position on the leaderboard, but I think we know very well how much is left in this race, and how the things can go wrong, so we have to be very careful, enjoy the moment of course, but keep working as we are, and prepare the next leg starting in just under a week"</i>
03:47	Dongfeng Race Team and Vestas 11 <sup>th</sup> Hour Racing arriving in Melbourne	<i>Dongfeng Race Team sailed into Melbourne on Christmas Day to take 2<sup>nd</sup>, holding off Vestas 11th Hour Racing in 3<sup>rd</sup>. The two teams now sit tied for 2<sup>nd</sup> on the leaderboard.</i>
03:57	Mark Towill Vestas 11 <sup>th</sup> Hour Racing	<i>IV</i> <i>"Yeah, yeah we're happy to be here in Melbourne, another podium finish which is something you've always got to be happy with, nice to be here on Christmas, and you know it was a really tough leg, tough conditions, the boat held up well, and so did the crew, so I'm really proud of the effort we put forward".</i>
04:13	Teams arrivals	<i>Bouwe Bekking's Team Brunel finished 4<sup>th</sup>, holding onto 4<sup>th</sup> in the overall standings. Crossing the line on Boxing Day, Sun Hung Kai/Scallywag took 5<sup>th</sup> ahead of Turn the Tide on Plastic just 18 miles behind in 6th.</i>  <i>Team AkzoNobel crossed the line at the bottom of the standings 2 days behind the leaders, the pressure was now on repair and reinforce their mast which sustained heavy damage during a gybe in the Southern Ocean.</i>



04:36	Simeon Tienpont team AkzoNobel Skipper	<p><i>IV</i></p> <p><i>"Of course the mast is the main priority, I have to say we probably did a pretty good job out there on the ocean, yeah a very short timeframe now, it's a bit of a major, so we're getting the rig out, as soon as we've finished. Yeah it will be main priority, hopefully for them to get it done in time, and be ready for leg four"</i></p>
05:01	Teams on shore and boats at sea	<p><i>The teams have a week to rest and recuperate from the gruelling Southern Ocean leg, before heading north on Leg 4 to Hong Kong, starting 2<sup>nd</sup> of January.</i></p>
05:13	END	