

Timecode	Footage	Voice Over Script/ IVs Transcribed
00:00	<i>Fast sailing and big conditions on the boats</i>	<i>The 2017-18 Volvo Ocean Race continues to provide some of the closest, down to the wire, one design ocean racing to date.</i>
00:16	<i>MAPFRE, Leg 3 arrival in Melbourne in first place; Dongfeng Race Team and Vestas 11th Hour Racing</i>	<i>With three out of 11 legs completed, a clear split has developed between the podium and trailing pack, the Spanish team, MAPFRE, showing early dominance on 29 points, after taking back to back wins in Legs 2 and 3. Rivals Dongfeng Race Team are tied for second with Vestas 11th Hour Racing, both on 23 points.</i>
00:36	<i>Images of various weather conditions (archive)</i>	<i>Tricky trade winds, sub-tropical cyclone storms and another Doldrums crossing are just a few of the challenges that lay ahead for the crews as they set out on Leg 4, 6,000 miles from Melbourne to Hong Kong.</i>
00:50	<i>IV Phil Harmer Vestas 11th Hour Racing</i>	<i>"Leg 2 was freezing cold and this one is going to be boiling hot. I mean the temperatures inside the boat can get up to 50 degrees and when you're lying there trying to sleep after spending seven hours on deck – it's gonna be just as hard as trying to get some sleep in the cold"</i>
01:04	<i>Fast sailing on Dongfeng Race Team and MAPFRE</i>	<i>For Charles Caudrelier and Dongfeng Race Team, the pressure is on to unravel the speed and tactical edge that MAPFRE has established after the opening legs.</i>
01:13	<i>Pascal Bidégorry on board; Franck Cammas arriving; archive footage Groupama 2011-12</i>	<i>Loosing their navigator Pascal Bidégorry due to an injury during Leg 3 provides a set back, but stepping in to take his place is French sailing legend, Franck Cammas – winner of the 2011-12 Volvo Ocean Race aboard Groupama.</i>
01:28	<i>IV Franck Cammas Navigator Dongfeng Race Team</i>	<i>"I'm very happy to come back on the Volvo Ocean Race, with Charles was actually the last Volvo campaign with Groupama. I am very confident with him and he is very confident with me also, so we can communicate very well together and this is important in this kind of race"</i>
01:45	<i>Big conditions in Southern Ocean during Leg 3; MAPFRE sailors' parade before leg 4 start</i>	<i>Six out of seven teams made major crew changes ahead of Leg 4, replenishing the ranks by bringing in fresh substitutes after a gruelling Southern Ocean leg. Surprisingly, overall leaders, MAPFRE, have made no changes to their team, sticking with the lineup that brought them victory in Leg 3.</i>
02:03	<i>IV Xabi Fernández Skipper MAPFRE</i>	<i>"I think as we all say, preparation is very important and you need to be a little bit lucky as well. I think it is a combination, but the whole crew is in good shape, and we are lucky and we are happy of not changing anyone here. We've been lucky now for having a good week rest here in Melbourne, no one is injured and off you go".</i>
02:23	<i>Aerials of Melbourne docks; team AkzoNobel late arrival and images of repair during Leg 3</i>	<i>The week-long Melbourne stopover provided much needed respite for the crews, and time for repairs for all of the teams, in particular team AkzoNobel, who arrived two days after the Leg 3 leaders, due to damaging their mast track in the Southern Ocean.</i>
02:38	<i>IV Neil Cox</i>	<i>"The plan now is to have the rig totally stripped down and rotated so that the mast track is facing upwards and we just get through the list of checks that need to be done and get this work done; and I think that we should be as good</i>



	<i>Volvo Ocean Race Boatyard manager</i>	<i>as it needs to be.”</i>
02:55	<i>Leg 4 start in Melbourne</i>	<i>Melbourne city provided the backdrop as the seven teams lined up for the start of Leg 4, surrounded by spectators keen to bid the fleet farewell.</i>
03:04	<i>Virtual Eye animation and aerial footage of exit from Port Phillip Bay; Vestas 11th Hour Racing leading</i>	<i>Within hours the crews faced their first challenge, navigating the notorious exit from Port Phillip Bay, into Bass Strait Vestas 11th Hour Racing led the charge through Melbourne Heads, and into rugged conditions, before heading out into the Bass Strait. From there, it's north to the Solomon Islands, with the fleet expected to finish in Hong Kong in 20 days time.</i>
03:24	END plate	
03:28	END	