

Timecode	Footage	Voice Over Script/ IVs Transcribed
00:00	Action shots onboard all boats and whale feeding, Virtual Eye animation of route	<p><i>The new year has started in spectacular fashion for the 7 teams competing in the 2017 18 Volvo Ocean Race, as they launched into fantastic sailing conditions up the east coast of Australia, where flat seas and strong winds have accelerated the fleet north, on the 6000 mile leg 4 to Hong Kong.</i></p> <p><i>When the battle-scarred Team Akzonobel struggled for speed early on, skipper Simeon Tienpont and his crew sailed further offshore, away from the main pack, who were hugging the coastline.</i></p> <p><i>Finding better breeze and more favourable current, the team AkzoNobel crew soon found themselves near the front of the pack, chasing down early leg leaders Dongfeng Race Team.</i></p>
00:56	Simeon Tienpont Skipper Team AkzoNobel	<p><i>IV</i></p> <p><i>“Yeah moral onboard is good, since the start everyone is very eager, and we had a very good first night, everyone worked unbelievably hard, we played all the shifts, there was a good boat set up. It’s only Dongfeng in front of us, hopefully it’s going to give us a good set up getting into the doldrums, but for sure the cards will be on the table again”</i></p>
01:19	Images of Team Brunel	<p><i>After substituting in 4 new crew for leg 4, Bouwe Bekking and Team Brunel continued to struggle to match the leading boats for speed, a worrisome trend that has persisted since the start of the race, despite numerous changes on board.</i></p>
01:33	Bouwe Bekking Skipper Team Brunel	<p><i>IV</i></p> <p><i>“We have the feeling always, when we have this 20 to 25 knots of breeze, we’re not going as well as the other boats are going, we’ve seen it in all the legs so far. But it is a strange feeling, we know it’s a bit of an “Achilles Heel” we have, and we haven’t cured it yet. There’s plenty of time to catch up, and that’s just the way you have to approach it.”</i></p>
01:55	Images from Dongfeng Race Team, team AkzoNobel and Vestas 11th Hour Racing, MAPFRE	<p><i>Three days after the start, leaders Dongfeng Race Team continued to fend off relentless attacks by team Akzonobel.</i></p> <p><i>Vestas 11th Hour Racing held onto third, with newly appointed substitute skipper Mark Towill leading the way...</i></p> <p><i>... While the Spanish team MAPFRE struggled early on due to a series of poor tactical decisions out of Bass Strait. But the overall race leaders soon found their groove and were once again pushing hard for the lead.</i></p>
02:20	Actuality Dongfeng Race Team getting the scheduled position report	<p><i>Kevin Escoffier “Did you get the position report?”</i></p> <p><i>Voice of Franck Cammas “Akzonobel, second, 2.6 miles. Third MAPFRE, 7 miles behind”</i></p> <p><i>Jeremie Beyou “I like them [MAPFRE], but they are going a little too fast”</i></p>

02:36	<i>Rob Greenhalgh MAPFRE</i>	<i>IV</i> <i>"We've been making gains on the last couple of "scheds" on the leaders. You know, 4 or 5 miles at a time. So hopefully another 24 hours, we can close the deficit down on the leaders, and slowly get back into this race."</i>
02:53	On board Turn the Tide on Plastic	<i>Just under a week into Leg 4, Dee Caffari and Turn the Tide on Plastic find themselves in unfamiliar territory chasing down the head of the fleet. With world-record setting Navigator Brian Thompson on board for the first time in the race, the multi-national team continue to chip away at the leaders.</i>
03:09	<i>Dee Caffari Skipper Turn the Tide on Plastic</i>	<i>IV</i> <i>"We've got a yacht race going on, and we're in the middle of it, which is so nice. Because historically on the other legs, by now, we've dropped off everything. And it's putting pressure on, because now it's critical decisions, to make the right decision to stay where we are, but all good so far"</i>
03:31	Route animation; fleet sailing past the Solomon Islands	<i>After one week at sea, the fleet passed the Solomon Islands, charging north in trade wind conditions. But the leading group soon expanded to include five boats, separated by less than 6 miles, including overall race leader, MAPFRE.</i>
03:46	<i>Xabi Fernández Skipper MAPFRE</i>	<i>IV</i> <i>"Well it's true we've been in this situation before, leg 2 leg 3, leaving behind Dongfeng and trying to catch them all the time. It's happening again no? But we know it is a very strong team there is a lot to come, a lot of opportunities not only for us but also for the boats behind as well so we just need to try to sail it our race, not to make mistakes and try to keep it close.</i>
04:08	Fleet in quiet conditions; route animation	<i>The wind is forecast to ease as the fleet prepares to cross the equator. That means plenty of time dealing with clouds and hyper-localized weather. The pressure on each team now is to transition quickly through this area of unstable conditions and break into the Trade Winds, which lie in wait to the north.</i>
04:26	<i>Phil Harmer Vestas 11th Hour Racing</i>	<i>IV</i> <i>"This is the scenario what we call, the rich get richer. And if you can get North, all the new breeze is in the North. So if you get out into that wind first, and this guy starts speeding off, and this guy is still doing 4 knots, and this guy's doing 10, you can see that it extends. But then the rich are going to get richer, and hopefully we will have deep pockets."</i>
04:46	Fleet in flat sea; route animation	<i>Dongfeng Race Team once again find themselves defending a hard-earned early lead as they seek their first leg win of the race. With just over 3000 miles to Hong Kong, the fleet is expected to finish in 8 days.</i>
05:06	End plate	<i>END</i>