

Timecode	Footage	Voice Over Script/ IVs Transcribed
00:00	Highlights	Title Sequence
00:09	Wet and fast sailing in the Southern Ocean; images of Auckland stopover; route animation; archive footage	<p><i>Ice cold temperatures, gale force winds and towering seas...</i></p> <p><i>It's the southern ocean.</i></p> <p><i>And it's the defining feature of an iconic Leg 7 of the 2017 18 Volvo Ocean Race.</i></p> <p><i>During the Auckland stopover the teams were racing and regrouping ahead of the 7,600 mile Leg 7 to Itajaí Brazil.</i></p> <p><i>Since the inception of the race, this epic leg has been a rite of passage for the world's best offshore sailors.</i></p>
00:37	Simon Fisher Navigator Vestas 11 th Hour Racing	<p><i>IV</i></p> <p><i>It's something very special for a sailor to do whether you are racing or not and it is no mean feat, it is also no secret that the race is also getting quite late in the season for doubling the horn in this race so you know, potentially the weather is getting worse and the low pressures are getting a bit more frequent and a bit more potent. So certainly in this race when we are rounding the Horn as late as we are it would be really nice to get round and then going up to the relative safety of the North Atlantic.</i></p>
01:05	Charles Caudrelier Skipper Dongfeng Race Team	<p><i>IV</i></p> <p><i>I think we have trained a lot in the strong wind to be ready – in the previous southern ocean leg and so we are ready for that of course. But we cannot also forget that last race we broke the mast in this leg and this is probably one of the legs where you have to think sometimes - ok, forget the race and keep your crew and your boat in good conditions.</i></p>
01:34	Images of Auckland Race Village and leg start	<p><i>On Sunday afternoon, the seven teams docked out in front of thousands of enthusiastic spectators, just some of the more than 504,000 to visit the race village over the duration of the stopover.</i></p> <p><i>The people of Auckland, the City of Sails, know this race well and love its sailors, and it's never easy to bid farewell to friends and family here.</i></p>
01:56	Brad Farrand Team AkzoNobel	<p><i>IV</i></p> <p><i>A lot of emotions but obviously trying to keep the mind on the prize and the stopover has been great and seeing family and friends all here on the water right now it is pretty special. Auckland has put on a great show and yes, it is a bit hard to leave New Zealand to be honest.</i></p>
02:12	Sailing action from leg start and rounding of New Zealand Coromandel peninsula and East Cape	<p><i>The opening in-port section of the leg start provided close and exciting action as the teams jostled for the lead... while hundreds of spectator boats watched from the course boundary.</i></p> <p><i>Overall race leaders Mapfre fought hard for the early lead with Dongfeng Race Team, Team Brunel, and Turn the Tide on Plastic all in close pursuit.</i></p> <p><i>MAPFRE led the fleet out of the Hauraki Gulf on a long upwind slog into a strong</i></p>

		<i>Easterly wind... out past the Coromandel Peninsula and East Cape, where they made turn to the south, making a beeline for the strong winds that await in the Roaring Forties and Furious Fifties.</i>
03:04	<i>Daryl Wislang Dongfeng Race Team</i>	<i>IV The first 24 hours were pretty brutal actually, the sea state not not as quite as bad as we were expecting but lot of manoeuvres, lot of tacks. Now we've come around the East Cape and lost sight of the Home Land. It's gone, the next land fall we see is going to be Cape Horn after a lot of underwater sailing.</i>
03:31	Route animation; fast sailing and aerials	<i>It was a quick transition south – and by Wednesday the navigators were starting the turn to the east, south of 50-degrees latitude – and into the Furious Fifties, with Vestas 11th Hour Racing leading the way. The Southern Ocean will test these sailors as never before. Rookies and veterans alike will be pushed to the limit with a weekend forecast for gale force winds and towering seas. A new generation of legends is in the making.</i>
03:59		<i>END plate</i>
04:02	End	<i>End</i>