

Timecode	Footage	Voice Over Script/ IVs Transcribed
00:00 – 00:10	Highlights	Title Sequence
00:10	<i>Fleet sailing fast and John Fisher tribute with Cape Horn rounding moments (quick grabs) – Dee Caffari, Turn the Tide on Plastic; Kyle Langford, Team Brunel;</i>	<p><i>Following two weeks of relentless southern ocean conditions, the 2017 18 Volvo Ocean Race fleet rounded the famed Cape Horn, a monumental landmark for any offshore sailor, and iconic milestone for the teams.</i></p> <p><i>Celebrations were muted this time however, as all the sailors reflected on the loss of John Fisher, who only days earlier had been lost at sea of Team Sun Hung Kai/Scallywag</i></p> <p><i>UPSOT John Tribute plus Cape Horn rounding moments (quick grabs)</i></p> <p><i>After successfully defending their lead for almost a week, Bouwe Bekking’s Team Brunel took the extra bonus point for rounding Cape Horn first...</i></p> <p><i>But the team now faced a demanding North Atlantic passage to the finish in Itajai, Brazil.</i></p>
01:17	<i>Bouwe Bekking Skipper Team Brunel</i>	<p><i>IV</i></p> <p><i>“It is always a good feeling to get around there. This leg was really hard, I think one of the hardest I have ever done. And I have been there eight times before. Through the Horn and you can just see it on the faces of the crew. There is coming, finally some smiles appearing on the faces again. But of course, the thing was that of John Fisher of Scallywag. Even if we had a little celebration... we did a little toast for him as well</i></p>
01:43	<i>MAPFRE sailing and images of main sail damages</i>	<p><i>After suffering damage to their mast track only days into the leg, overall race leaders MAPFRE had fought back, and were doggedly chased the leading trio into Cape Horn. But as the Spanish flagged team rounded the Cape, their leg took a turn for the worse.....</i></p> <p><i>UPSOT moment when the sail rips</i></p>
02:02	<i>Xabi Fernandez Skipper MAPFRE</i>	<p><i>IV</i></p> <p><i>“What happened I think is the consequence of the problems we’ve been having from day 2 or 3 I don’t remember any more, where a part of the mast track unglued from the mast and today when we were just passing the Cape Horn, we sheet a bit harder because there was not that much wind anymore, and one third of the main sail and now we have an opportunity to drop the main. We are lucky as well that we had a plan with our shore team and right now they are waiting for us around the corner, and hopefully - I’m sure they will give us a big hand putting this together”</i></p>
02:42	<i>Images of the repairs of MAPFRE’s main sail</i>	<p><i>Forced to suspend racing, the team conducted repairs with their shore team, sheltered in a nearby bay, and 13 hours later, MAPFRE were back in the leg, with a battle-scarred main sail.</i></p> <p><i>But the team had lost precious miles on the leaders.</i></p> <p><i>Winds of 30-35 knots and a short sea states tested boats and crews as Team AkzoNobel fought hard to catch in the leading duo of Team Brunel</i></p>

		<p><i>and Dongfeng Race Team.</i></p> <p><i>UPSOT Nicolai Sehested Nose</i></p>
03:23	<p><i>Chris Nicholson</i> <i>Team Akzonobel</i></p>	<p><i>IV Chris Nicholson 180330</i></p> <p><i>UPSOT Akzonobel moment off the wheel Chris Nicholson</i></p> <p><i>“Yeah a wave came in from the side, I saw it coming, gave a round of heads-up and held on tight... I just go washed back on my arse on the deck, back of the boat, then stood back up and there you go again”</i></p>
03:45	<p><i>Route animation, fast sailing, Turn the Tide on Plastic rig issue</i></p>	<p><i>As the leaders passed further east of the Falklands, winds gusted as high as 45 knots, producing sharp, choppy seas.</i></p> <p><i>Turn the Tide on Plastic’s rigging soon showed signs of the relentless onslaught.</i></p>
03:58	<p><i>Dee Caffari</i> <i>Skipper</i> <i>Turn the Tide on Plastic</i></p>	<p><i>IV about rig problem.</i></p> <p><i>“Now Liz has the unenviable task of going up there and find out what the problem is”</i></p>
04:05	<p><i>UPSOT Liz up mast</i></p>	<p><i>“I found the problem!”</i></p>
04:14	<p><i>Dee Caffari</i> <i>Skipper</i> <i>Turn the Tide on Plastic</i></p>	<p><i>IV</i></p> <p><i>I’m smiling because we’ve just had a call at the very end of the day, we thought we were stuck with three reefs and a J3 to just plodding along, but they vocate us to go with one reef and a J1 and a fractional, but no mast head sail, that’s a much bigger sail plan, changes all our options massively. So it is good news, we are going to get sailing again!”</i></p>
04:36	<p><i>Vestas 11th Hour Racing</i> <i>sailing and dismasting</i></p>	<p><i>Vestas 11th Hour Racing’s hopes of a good result in leg 7 came to an end, as their boat dismasted only 1500 miles from the finish. All crew were reported safe, the team were forced to motor to the Falkland Islands just over 100 miles away.</i></p>
04:52	<p><i>Simon Fisher</i> <i>Navigator</i> <i>Vestas 11th Hour Racing</i></p>	<p><i>IV</i></p> <p><i>I was driving at the time and there was a big bang and the rig broke just above the first spreader. Everything all the instruments the bracket, the radar exploded, the cameras on the front of the rig exploded and the top of the mast landed in the water with the stump sticking up.</i></p>
05:10	<p><i>Stacey Jackson</i> <i>Vestas 11th Hour Racing</i></p>	<p><i>IV</i></p> <p><i>I think that just tells the story of this race, it is about overcoming difficulties. We can’t really overcome this one now but we can make a planning forward and try our hardest to keep in the race.</i></p>
05:30	<p><i>Simon Fisher</i> <i>Navigator</i> <i>Vestas 11th Hour Racing</i></p>	<p><i>IV</i></p> <p><i>lose the rig at this stage, 1500 miles to the finish is a bit disappointing but... We got a great team, we will bounce back.</i></p>

05:40	<i>Dongfeng Race Team sailing, route animation</i>	<i>Minimising their mistakes, and capitalising on opportunities, Dongfeng Race Team chased hard on the heels of Team Brunel, hungry to grab their first leg win of the race.</i>
05:50	<i>Charles Caudrelier Skipper Dongfeng Race Team</i>	<i>IV (in French) "Well we are pretty lucky with a fast arrival because we have 20/25 knots downwind, which is pretty rare in this area so we cannot complain, and we can still fight for the win, Brunel has a short lead of 14 nautical miles, but a lot of things are still going to happen with the choice of sails and the fast run to the finish"</i>
06:14	<i>Team Brunel and Dongfeng Race Team duelling and crossing the line</i>	<i>Leg 7 came down to the wire, the leading duo separated by less than 2 miles as they approached the Itajai finish, Team Brunel holding out to take their first leg victory.</i>
06:27	<i>Bouwe Bekking Skipper Team Brunel</i>	<i>IV This has been a really tough leg especially emotional of course with the loss of John that sits really really deep I think especially being a skipper you feeling all that responsibility for the crew members and the family members at home. But as well it has been so windy but I think sportive we can be really really happy because all the points that were for grab at stake we won, and all of a sudden the scoreboards looks a little bit more on our favour"</i>
06:52	<i>Dock in of Team Brunel and images of all other teams</i>	<i>Team AkzoNobel are on target to claim third, whilst behind them Turn the Tide on Plastic are doing everything they can to hold off Spain's Mapfre, who, if they can pass Dee Caffari's team, will maintain a slender one point overall race lead. Fail, and they relinquish a lead they've held since leg two. Whilst Vestas 11th Hour Racing is undergoing repairs in the Falklands, doing their best to rejoin the fleet restart to Newport, Sun Hung Kai/Scallywag made landfall on the west coast of Chile. Team AkzoNobel are due to finish overnight mid-week, Turn the Tide on Plastic and Mapfre during the weekend.</i>
07:28	<i>END plate</i>	
07:32	<i>END</i>	<i>END</i>