

## 30th October 1989

I got up at 0400 to do the weather charts and all hell broke loose. The wind went from nothing to 30 knots in ten minutes. Luckily we had just taken the spinnaker down to change to a headsail. Got dressed and we put the No. 4 up with two reefs in the main. Incredible wind – watched as it went up to 40 knots. Ugh. I steered whilst we took the No. 4 down and just sailed under the main for a while.

There was water all over the place, the seas were horrible smashing all over us. Put a third reef in and put the No. 5 up. We were managing course – sometimes. Then it got light – it was a dreadful grey day with very heavy seas and the wind finally stead at 30 knots.

The chat show at 1100 showed that everyone has the same weather – F&P managed a Chinese gybe. I spoke to Punta radio to ask for Duncan to be in the radio room tonight. Tried the telex and it went to reduced power. Talking seems ok though. We are getting weather maps from Bueons Aires (we replaced the machine in Punta).

It's interesting to see the route that everyone is taking.

British Defender, Gatorade, Rothmans and F&P are all heading for the South Pole. Steinlager is staying north, while Merit is doing the same course as us – that's good enough for me! Creightons turned back today – their cap shrouds have gone. Poor things – we all passed on our condolences.

We passed L'Esprit today – they were sailing without a main until they saw us! The wind gradually became easier so we put the No. 4 up. Rucanor is dead ahead and we caught up a lot during the storm. We can beat these guys with a lot of wind. I slept a lot today – we all did.

