

5th April 1990

Last night there were loads of flying fish on the boat. One landed on Sally and she went berserk. Everyone just cracked up laughing and after the shock so did she! This morning Maiden looked like a fishing boat; they were everywhere. Jo put them in the frying pan, pronto.

We have discovered a crack in the Boom. It is just at the junction of where the Vang meets the boom, an area of great pressure. All this dreadful beating will not have helped any weakness there. However, the good news is it has come a little further north than L'Esprit has paid off; we have taken 80 miles from them in five days. There is a high pressure to the north of us which should make the wind swing aft. It's been forward for a while which has been a good speed at least – three sail reaching – Maiden loves it.

But now is the eternal problem until it swings round; course or speed? L'Esprit and Rucanor are doing course now and we have come down a bit. I hope it swings quickly. The last few days have been very pleasant, with us reaching in heavy conditions at times. We are 1,000 miles from Antigua where we turn the corner for Ft Lauderdale. The last time we were here we had just won the Route of Discovery Race.

It hasn't been so hot down below for the past couple of days and everyone has been sleeping like the dead. I can't get enough sleep at the moment – don't know why. I feel so drained all the time trying to figure out one step ahead of the other boats the whole time. I can't switch off when I am sleeping.

The crack in the Boom is getting bigger. Michele is making plates for it today to strengthen it behind the Vang Saddle as it seems to be weakest there and as the Boom pumps, the crack works and gets bigger. The Boom looks like a patchwork quilt. We need to get it repaired properly in Ft Lauderdale. The worry that it will go completely must have some subconscious effect on how we sail the boat.

The Reacher is slightly torn at the Clew but it should last until we can take it down and med it. The Genoa staysail is very effective and gives us an extra half knot. The sun is out again today after two cloudy days. Roll on FT Lauderdale, clean, still beds and lots of junk food! I am Duty Boat today and I can hear the Charter Boats in the Caribbean on six Megs. It makes me feel even more homesick but a little stronger too, to be racing past my second home. I'll try and call Jol and Judy in Antigua as we go past.