26th March 1990 - 16°58'S 37°21'W

We have spent the past two days tacking in light breezes. Wherever we tried to go, that is where the wind came from.

We are doing the closest tack possible but this is our worst point of sail, Maiden hates it and so do we! L’Esprit is further out than us which is a shame.

Finally, late this evening, the wind swung aft on the starboard tack, picked up and off we went. L’Esprit and Rucanor had blitzed us by this time. Maiden is such a dog in these conditions.

Humour on board – amazingly – is still really good, and the atmosphere is great.

Sailing tonight is good: eight knots in the right direction with a scattering of stars looking down at us as we slide over the ocean.

Beautiful.