



Tracy Edwards Log Book

3rd January 1990

I was right about the strain. When I woke up my neck was a bit better but I had such a stomach ache. So today I was completely out of action – in absolute agony for 12 hours. I just lay in my bunk and let Dawn take over.

Claire was very worried – which hardly helped. She asked me what I normally do when I get like this and I told her 'I drink milk'. Fat chance of that!

We had really dreadful wind today and weather today. Ugh, ugh! I wish it was all over. Everybody is the same – none of us want to be out here a second longer than necessary. Today has just been beating, beating, beating. Hating it!!

