September 7th 1989

I called the office and spoke to Poodle (Ian Bruce) about the problems with the runner blocks and the vang seal and the deck compasses which are both reading wrong. At 1000 I plotted the positions of the other boats on the chart; actually doesn’t look that bad.

Not all doom and gloom then. We had a good course and a good breeze today. We are also going in the right direction as a bonus! I did some stuff on the computer; difficult. I felt really ill by lunchtime. Coughing, nose running, headache, body ache. Went to bed and slept on and off.

It is a bit of a problem with people learning to steer, but better now than on the next leg. There was a beautiful starry night, tonight, a quarter moon hanging in the sky in front of us, making a silver sea for us to sail on. A huge, huge sky. I lay on deck for hours with Clannad playing. One of those nights were you just can’t stop thinking. There has to be a God; how could anything so beautiful just happen, just be random, with no mind behind it.

24 hour run of 204 miles.

4,873 miles to go.

There was lots of joviality on deck. Sally is so funny, she really is the joker in the pack. I felt even worse this afternoon; oh for a nice warm bed and someone to look after me – and give me a cuddle. I am feeling quite lonely and depressed today – on top of which the log started reading backwards. The wind was consistent all day – it came around a bit. We were doing 8-9 knots most of the time.