

September 15th 1989

Woke up in a really bad mood which is unlike me. I miss having doors to slam when I feel like this. Michele woke me at 0400 to ask if we should gybe. When the wind drops we gybe west as there is always wind out there but the course is not good. To our left we are level with Sierra Leone and to our right Guyana – slap bang in the middle of the Mid Atlantic Ridge which runs between S America and Africa – the Doldrums.

I'd have to say that we are all getting on each other's nerves today which is not surprising as it is so frustrating out here at the moment.

So many things are annoying me I spent the day trying not to lose my temper.

Had a nap this afternoon and then Dawn woke me up to gybe. The reports at 2100 were difficult to hear but what I did hear very clearly was that we have gained 21 miles on Rucanor. Not a happy bunny today so not going to write much.

Log Book reads - No bloody wind!!

