September 22nd, 1989

The Argos positions at 1000 still put us in front of Rucanor but Steinlager is 1,569 miles in front; good grief – size actually does matter! Equity also seem to be steaming ahead. Then at the chat show at 1100 we found we are still in the lead – six miles now. We are having a match race in the middle of the Atlantic Ocean! Got up on deck at 1130.

Sat on deck this evening chatting to Sal and Nancy – they are both so solid, so stable.

At the chat show we found out we have lost 5 miles and are only 0.7 miles in front of Rucanor – stayed up all night watching the course.

Slept really well for four whole hours this afternoon. We put a reef in then took it out when I got up. With the No. 3 up we were overpowered and going sideways. It is so difficult living at this angle; it makes everyone grouchy and bad tempered.

When we were changing sails I asked the girls who weren’t wearing life harnesses to put them on. They said ‘oh it’s only 21 knots’. I made myself very clear on the point. Wear harnesses or don’t come on deck.

Anyway, we changed sails with harnesses on!