

LOGBOOK

Friday 07th January 2011

RANKING: 3RD

WEATHER: SUNNY

WIND: NW 8 KNOTS, DECREASING THIS AFTERNOON

SPEED: 10 KNOTS

MENU:

Breakfast: Brioche/pastries

Lunch: Aligot (mashed potato with cheese) + chocolate mousse

Diner: Reindeer stew

"WE'RE GOING THROUGH A VERY CHANGEABLE PERIOD"

THE NEXT OBJECTIVE: THE NORTH ATLANTIC TROPHY.

A CHANGE OF MENU



“WE’RE GOING THROUGH A VERY CHANGEABLE PERIOD”

After having to contend with light and variable winds and Moroccan customs officials in the Mediterranean, Mirabaud sailed through her first low-pressure system yesterday, before setting course for the south. Dominique and Michèle are still holding onto third place but with the rest of the pack hot on their heels.



“Since last night, we’ve been in a real period of transition,” comments Dominique. “The wind has gone from south-west to west and is now mainly from the north-west, but sometimes from all over the place! We have to constantly change and trim the sails and as a result the lack of sleep we’ve experienced since the start hasn’t got any better.”

The yachts are currently heading south. Yesterday Mirabaud passed Madeira to

starboard, whereas the two leaders Virbac Paprec and Foncia just managed to pass to the west of the island, avoiding the leeward side.

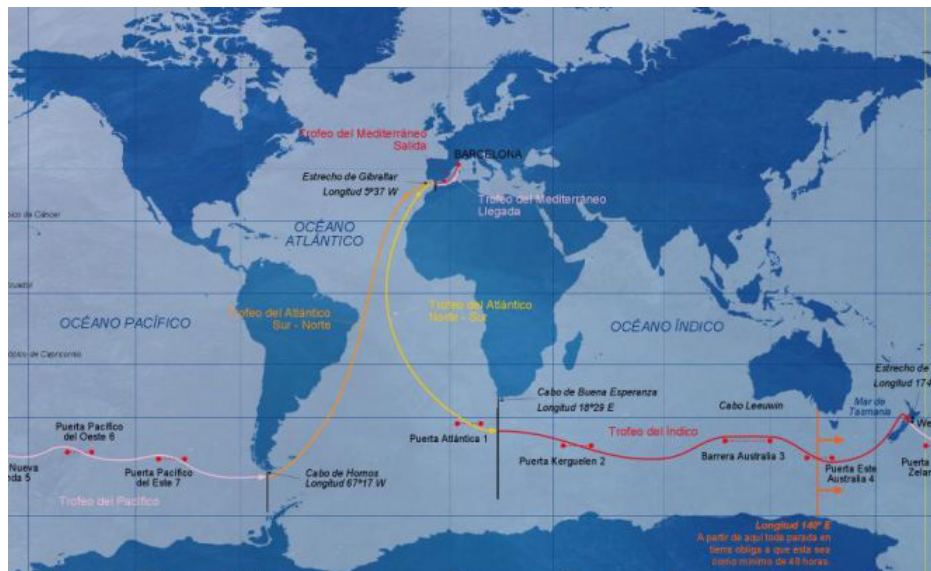
A huge zone of high-pressure systems off the west coast of Africa is making conditions very variable and is considerably slowing the fleet down. “Yesterday we were soaked and shaken about all over the place,” explains Michèle. “You get used to the uncomfortable conditions after a while,

but we’re obviously delighted to be back in the sun, sailing in gentler conditions. The autopilot is working well and we’re using it around 50% of the time. We’re trying to save a little energy now and keep our eyes on the ball as we have the majority of the fleet behind us waiting to pounce. We need to stay lucid and be able to jump into action and make the right decisions when the need arises.

The north-east trade winds should establish themselves soon and carry the fleet down to the next hurdle: The Doldrums. “We don’t have our game plan for crossing The Doldrums in place yet but we’re constantly monitoring the situation,” confirms Dominique.

THE NEXT OBJECTIVE: THE NORTH ATLANTIC TROPHY.

The overall winner of the Barcelona World Race will be the first yacht to sail non-stop around the world and cross the finish line in Barcelona, but other prizes are up for grabs.



These 'Speed Trophies' will be awarded to the fastest boats over defined legs of the course, irrespective of their position entering the section or the general ranking.

The first of these awards, the Mediterranean Trophy (between Barcelona and Gibraltar), was won by Jean-Pierre Dick and Loïck Peyron's 'Virbac-Paprec 3', with Dominique and Michèle picking up third place. The next challenge is The North-South Atlantic Trophy, for the passage between Gibraltar and The Cape of Good

Hope. This will be followed by The Indian Ocean Trophy, The Pacific Trophy, The South-North Atlantic Trophy and finally The South-North Mediterranean Trophy between Gibraltar and Barcelona, towards the end of March.

A CHANGE OF MENU

The stock of fresh produce aboard Mirabaud is all but used up after the first week of racing, and the sailors have no choice but to move onto a diet of freeze-dried food.



"We brought some fresh fruit, a few vegetables, dried sausage and bread for the first few days at sea," explains Dominique. "It was a real luxury but now we've pretty much finished everything. I managed to eat a banana this morning but we'll now have to get used to the type of food we'll be eating for the next three months. We just have a little fresh fruit left. Having said that, at the moment we're being shaken about a lot, so to be honest we don't really feel much like eating. In these kinds of conditions the freeze-dried food is pretty handy; you just pour on the hot water and wolf it down!"

RANKING: THE 7th JANUARY 11 PM

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|--------------------------|--|
| 1) VIRBAC-PAPREC 3 | 8) GROUPE BEL (+159.1) |
| 2) FONCIA (+13.1 MILLES) | 9) GAES (+169.2) |
| 3) MIRABAUD (+63.0) | 10) RENAULT Z.E. (+269.8) |
| 4) ESTRELLA DAMM (+72.6) | 11) CENTRAL LECHERA ASTURIANA (+289.1) |
| 5) PRESIDENT (+123.0) | 12) WE ARE WATER (+291.1) |
| 6) NEUTROGENA (+154.8) | 13) FORUM MARITIM CATALA (+299.9) |
| 7) MAPFRE (+156.9) | 14) HUGO BOSS (+359.8) |



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