



LOGBOOK

Friday 11th March 2011

MIRABAUD IS BACK IN THE FIGHT

TWO ROLLS OF THE DICE

THE TOUGH WORLD OF TRIMMING BALLAST

RANKING: 6th

WEATHER: Low pressure from the West, grey skies, showers.

Rising temperatures

WIND: North-westerly 18 knots

BOAT SPEED: 12 knots

BREAKFAST: Cereal

MEAL N°1: Sweet and sour chicken + chocolate mousse

MEAL N°2: Beef

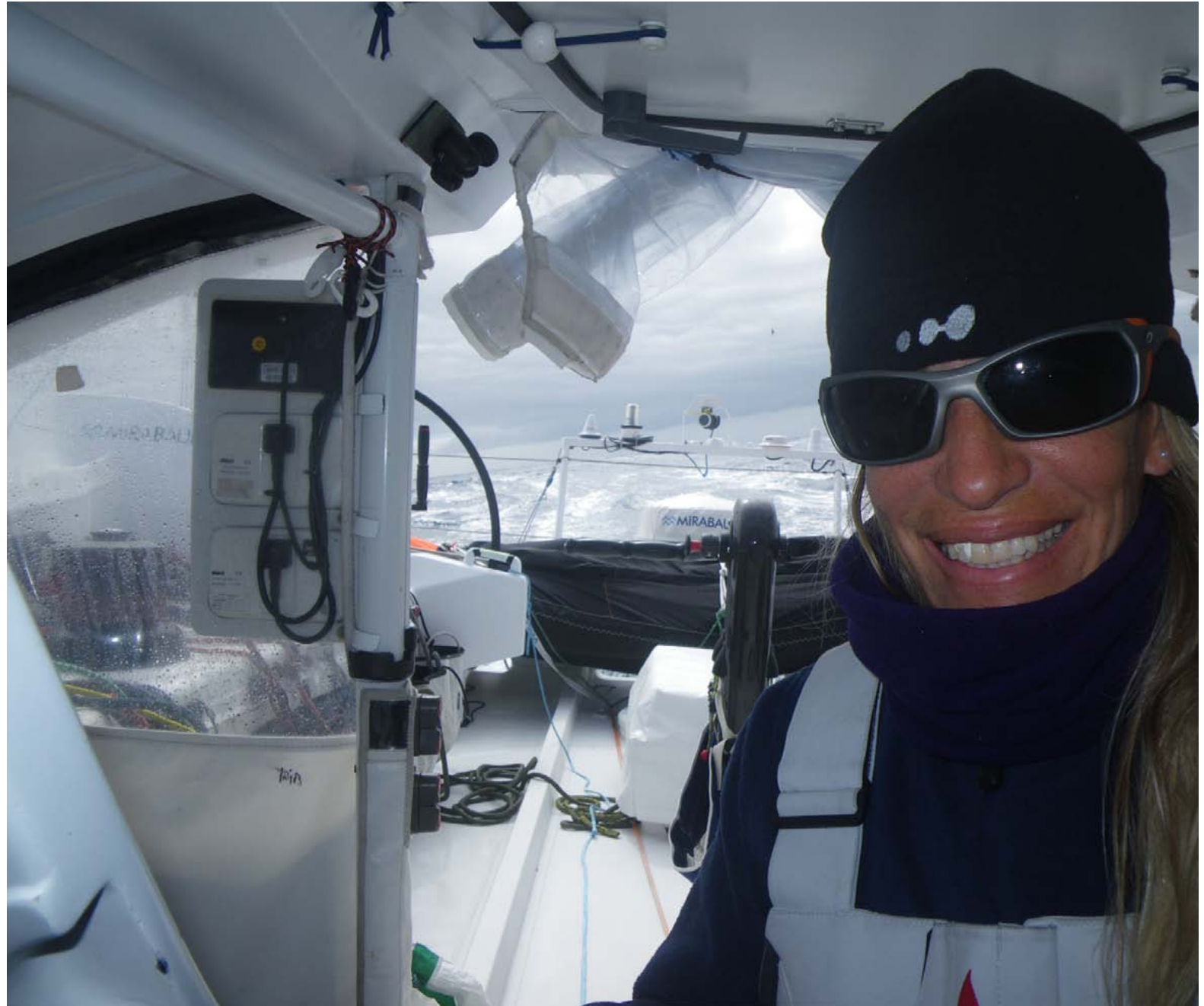
MIRABAUD IS BACK IN THE FIGHT

After a Pacific crossing marred by Michèle's health problems, the team on board Mirabaud are getting back to their previous form and have changed their configuration for the last part of the race: the Atlantic crossing, followed by the Mediterranean and home to Barcelona.

"Things are getting better every day, and Michèle has been doing much better over the last few hours," explains Dominique Wavre. "We've just been through a manoeuvre and Michèle was on deck with me. She's still very tired and she's resting at the moment after the effort. But it's a huge achievement as it's the first time she's been able to get up on deck for the last week."

Sailing neck and neck alongside the Spanish boat 'Estrella Damn', spirits are high onboard Mirabaud as she sets off up the Atlantic. "The weather situation is pretty complex which should leave plenty of room for opportunities," admits Dominique, who is keeping a close eye on the boats in front of them. "We have to be ready to make the most of any situation that might allow us to eat into their lead."

In comparison to the majority of her counterparts, Mirabaud hasn't suffered from any technical problems since the start of the race, and they are going into the last phase of the race in full form. "We're not yet 100% back up to speed, but at least the boat is raring to go. I'm a lot more positive now about the rest of the race than I was when we rounded the Horn."



TWO ROLLS OF THE DICE

Yesterday, Mirabaud passed the Falkland Islands and, for the first time since passing the Cook Strait, had a temporary respite from the rough seas.



The next hurdle to overcome will be getting round the Saint Helena's High, which proved to be so much of a headache for the crew last time they sailing through the Atlantic. Two months ago, the boats were sailing with the wind behind them but this time it looks like it will be dead on the nose.

In just under a week, Mirabaud should be into the south-westerly trade winds followed by the Doldrums at the Equator: tricky passages during which crucial miles can be gained or lost. As for

the temperature, the mercury should go from 5 degrees to 30 degrees in a week's time!

In short, it's still all to play for, and there could be several potential traps before the teams reach the Mediterranean, itself unpredictable

THE TOUGH WORLD OF TRIMMING BALLAST



In order for a boat to sail as quickly as possible, it has to sail flat, not too far over on its side. To counteract the forces of the wind that heel the boat over, naval architects use a number of tricks including swinging keels and ballast tanks. For their part, the sailors have the tough job of trimming the moveable ballast onboard. Basically this means moving anything that's not fixed down from one side to the other as the boat changes tack, and that includes cabin and deck gear!

As we near the final stages of the Barcelona World Race, the equivalent of tonnes and tonnes of equipment has been moved every time the boat tacks or gybes, and all with muscle power alone! Onboard Mirabaud, Michèle is not yet strong enough to help again, leaving Dominique to deal with this arduous task alone. When we see him in Barcelona in a few weeks time, we're expecting a Schwarzenegger lookalike!

CHECK OUT THE LATEST ONBOARD VIDEO DIARY

<http://www.youtube.com/user/dominiquewavre>

RANKING

THE 11TH MARCH 08:30 AM GMT

- | | |
|----------------------------|---|
| 1) VIRBAC PAPREC 2 (+0.0) | 7) GROUPE BEL (+2308.6) |
| 2) MAPFRE (+526.8) | 8) HUGO BOSS (+2464.6) |
| 3) RENAULT Z.E. (+1268.9) | 9) GAES (+2493.0) |
| 4) NEUTROGENA (+1648.7) | 10) FORUM MARITIM CATALA (+4422.8) |
| 5) ESTRELLA DAMM (+1710.4) | 11) WE ARE WATER (+6664.8) |
| 6) MIRABAUD (+1755.1) | 12) CENTRAL LECHERA ASTURIANA (+6922.4) |



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