

# Airlie Beach to Da Nang...



31

days at sea

6523  
miles



155,000  
suggested  
calorific intake  
for the journey



2253

miles more than originally in the plan



186

wet wipes

(we had to keep clean somehow  
and had a quota of 6 per day each!)



77

watches

(moving heavy stuff,  
grinding ropes, trying  
not to crash the boat...)



45°

angle of the toilet when  
at its most...challenging

41°

top temperature  
below deck



26

hours of continual sea  
sickness when starting the race



22

the length of the  
yacht in metres

21

crew on board



the position we  
finished in this leg

watches where sleeping on a  
wet sail bag was better than  
sleeping in my bunk

7



5¼ hours of sleep per day



4

loaves of bread  
that I baked

3.5

longest single  
sleep in hours



1



black eye from being hit  
in the face by the metal end of a sail

1

cameraman recording us to  
be broadcast on British TV



2

hemispheres  
travelled



0

emails, phone calls,  
and showers!  
Too painful to recount...

