

**990 miles
away: we
seem to
be alone**

^{22.1.71}
From **DOUG TARBET**
aboard **CARIAD I**

WE are just one of a cluster of tiny crosses on our navigator's chart, but for all the life we have seen in the last two days we might just as well be alone in the South Atlantic.

It is difficult to remain aware that we are in a competition as no yachts have been sighted.

Although we know there are some yachts over the horizon, only the nightly positional reports from Tafelberg lend a sense of urgency to the progress of Cariad I.

The cross that represents Cariad I shows we were 990 miles north-west of Cape Town at 10 a.m. local time. We are still awaiting the strong winds which are supposed to be normal in these latitudes.

FOOD

Meanwhile, we eat handsomely. A typical breakfast is porridge, deviled kidneys on toast, and toast and marmalade — washed down with scalding hot coffee.