

Source: Guardian, The {Sport}  
Edition:  
Country: UK  
Date: Monday 2, November 2009  
Page: 16  
Area: 134 sq. cm  
Circulation: ABC 311387 Daily  
BRAD info: page rate £11,400.00, scc rate £42.00  
Phone: 020 3353 2000  
Keyword: Artemis Ocean Racing

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## What's rocking sport

If the boat is sailing fine and I know that conditions are stable and manageable, I put my music on. Mostly to relax though also for motivation. Sunset is a bit of a James Blunt time for me. Earlier in the day it would be Queen, but I enjoy loads of stuff: Eminem, Led Zeppelin, the Blues Brothers plus girl singers such as Lily Allen, Kate Nash, Cyndi Lauper and Bananarama.

Dire Straits remind me of taking my first steps in offshore life, with my parents. Dad liked them. I was 12 then but I'm still listening to Brothers in Arms. And Eddie Vedder's soundtrack for Into the Wild brings back memories of watching the film as I went around the world in last year's Vendée Globe.

I've lived in France since 2004. Their music culture is quite different to Britain's. The French listen to the

words and believe that a good song tells a story rather than worrying too much about the music. A friend asked me to translate a load of songs by the Cure into French as she'd tried and couldn't understand them. So I tried as well: I had no idea either. They must be on another planet.

What's broadcast on French radio will generally be a few months behind the UK, so I'll hook into Radio 1 online if I want to hear English being spoken.

I met Simon Le Bon once, about 10 years ago. I was crewing for Tracy Edwards and we made him sign the galley wall. He's into sailing and I respect anyone who loves the sport I love. Among other music celebs, I'd be happy to take Robbie Williams out on my boat whenever he wants.

### Top five albums

- 1 **Abba** *Gold*
- 2 **Robbie Williams** *Escapology*
- 3 **Dire Straits** *Brothers in Arms*
- 4 **Pink Floyd** *The Dark Side of the Moon*
- 5 **James Blunt** *Back to Bedlam*

**Sam Davies, 35, sails for Artemis Ocean Racing in the Transat Jacques Vabre race from France to Costa Rica, which starts in Le Havre on Sunday**

