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Orla Chennaoui climbs aboard the Turn the Tide on Plastic boat

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Orla Chennaoui finds out what conditions are like on board Sky's Turn the Tide on Plastic boat, as Annalise Murphy gives her a guided tour

Some of the world's finest sailors are in Cardiff for the Volvo Ocean Race and so is Sky Sports reporter Orla Chennaoui!

One of those world class sailors is Annalise Murphy, who was good enough to give Orla a guided tour of Sky's Turn the Tide on Plastic boat.

The boats are currently docked in Cardiff ahead of the penultimate leg of the amazing event.

Sky Sports News has been in the Welsh capital to get an insight into the race and [you can check out our live blog right here](#).

Meanwhile, click on the video link above to watch as Orla finds out where the intrepid sailors relax while they are not hard at work up on the deck, where they make their food and drink, and where they sleep.

"It's a really cramped space but it's part of the race and I guess that's one of the reasons people think we are all crazy!" joked Murphy - who is just two legs away from completing the race.

Take a look for yourselves!