

#SHEPADDLES AMBASSADOR

British Canoeing, Canoe Wales and the Scottish Canoe Association choose a series of inspirational #ShePaddles ambassadors every year, with the aim of promoting the fantastic variety and benefits of paddle sports, and encouraging more women and girls onto the water.

One of the #ShePaddles ambassadors revealed in 2021 was Charlotte Ditchburn. Charlotte works on public rights of way for a local authority, and fits her paddleboarding into her spare time when she's not volunteering. Charlotte is also an ambassador for Ordnance Survey and 'This Girl Can Suffolk', where she inspires women and girls to get moving, regardless of their shape, size or ability.

Charlotte got involved with paddleboarding in 2020 through a group called The Outdoorsy Type UK. During her first lesson she fell in several times but loved every minute of it. Buying her own board a few months later meant she could head out for trips to the Yorkshire coast, the Lake District and even the Outer Hebrides.

Charlotte would love to see more women on the water, no matter their experience. She says: "Paddling makes me feel free; free from the stresses of my working week, free from my social commitments and free from any expectations from others. I would say to someone thinking of trying kayaking, canoeing or stand-up paddleboarding to give it a go!"



Charlotte Ditchburn, #ShePaddles Ambassador
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