

Live Music
coming to Cumnock!
30 Sept – 3 Oct 2021

The Cumnock Tryst
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News

21st September

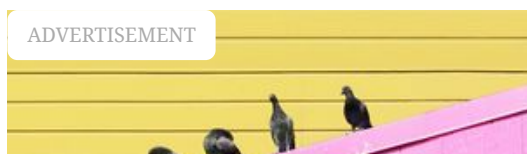
Britain paddleboard duo take on Largs and River Clyde over next 24 hours

By [Calum Corral](#) | [@CalumCorral](#)
Senior Reporter



UK wide paddleboard challenge to pass Largs and Millport

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Balance colours like a pro.

See how photographer Helin Bereket uses Adobe Lightroom to perfect her palette.

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Dedicated duo David Chant and Sophie Witter are aiming to become the first ever pair to stand up paddleboard from Land's End to John O'Groats - and this evening are about to reach West Kilbride waters before heading towards L

nation.

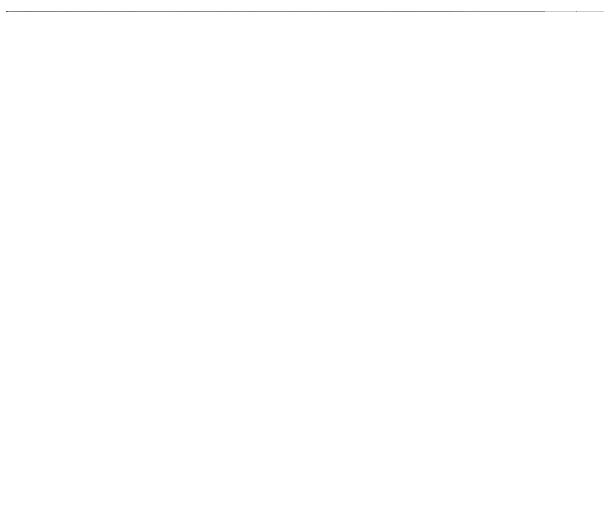
David said: The journey started from the south westerly point of mainland Britain up the Cornish and Devon coastlines before using the canal network of the Bristol Channel to the Irish Sea.

"From there, we headed up paddle demanding waters to Scotland, and then we are taking into both the West and East Coast of Scotland using the Caledonian canal to navigate before reaching the north easterly point of Scotland at John O'Groats." The challenge will be completed without a support boat using land support - this means David and Sophie will be travelling from beach to beach during the expedition, adding another challenging element to the expedition.

Average distances will be 40km per day weather dependent, and the aim is to finish the challenge in 2-3 months.

The vision is to prove that adventure is open to everyone, and not just for the elite. They are also wanting to promote the positivity of getting out into nature and onto the water which, they say, is hugely important to both our physical and mental wellbeing as individuals and society.

To donate and for tracking information, visit www.supitandsea.uk



SUP It & Sea will celebrate the value of community and connection, and one of the examples of this is the incredible support that they have received from fellow paddler Jordan Wylie and Frontline Children.

You can do the following to help support them in their amazing venture:

by Taboola

Drink This Before Bed, Watch Your Belly Fat Vanish

SUPPORT MY WEIGHT | SPONSORED

Bowels: A Simple Trick To Empty Them Completely

GUT SOLUTION | SPONSORED

Visit www.supitandsea.uk

CHEER THEM ON: by tracking their journey on the website....and coming out to see them.

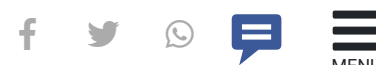
2. DONATE: to their 3 amazing charities.











3. SPONSOR: to help them cover costs to help them achieve their challenge.

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