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[Paddleboarders pass through Nantwich on 1,600km challenge](#)

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A couple aiming to become the first to Stand Up Paddleboard (SUP) from Land's End to John o'Groats passed through Nantwich on their journey yesterday (August 14)

David Chant and Sophie Witter are paddle-boarding the whole 1,600km journey in a bid to raise more than £24,000 for three charities RNLI, Wilderness Foundation UK, and Frontline Children.

The expedition – called [SUP IT & Sea](#) – is taking them on a mixture of sea, rivers and canals across



the UK – and it included a stretch of the Shropshire Union Canal through Nantwich and Cheshire.

The journey started from Land's End – 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, the pair will paddle demanding waters to Scotland.

It will take in both the West and East Coast of Scotland using the Caledonian canal to navigate between them before reaching the North Easterly point of Scotland at John O'Groats.

They have been travelling distances of around 40km per day weather dependent, and they aim to finish the challenge in the space of three months.

David and Sophie said the aims was to prove that adventure is open to everyone, and not just for the elite.

“We are motivated to show others that getting out into nature and onto the water is hugely important to both our physical and mental wellbeing as individuals and society.”

RNLI saves lives at sea. For 200 years, they've saved 143,000 lives through a 95% volunteer base operating from 238 stations around the UK and Ireland.

They also deploy lifeguards to 240 beaches in the UK, keeping thousands of miles of coastline safe for everyone to go and enjoy our Island nation each and every year.

Wilderness Foundation UK is a charity that provides access to therapy for Young Adults and Adults who have experienced grief, trauma, social isolation, anxiety and depression through nature immersion courses designed to help people get outdoors and find healthy coping mechanisms.

Frontline Children inspires hope through access to education for kids in some of the most remote and challenge areas on the planet, often in conflict and war zones.

The charity's motto – Be The Difference that Makes the Difference – resonates with their own voyage to create something that has a long lasting impact for these three worthwhile charities and the spirit they cultivate.

