

Annabel Edwards



What activity are you involved in?

Canoe club.

What was the motivation for you getting involved?

It's a good mix of both a team sport (canoe polo) and also personal challenge of the river. I've always loved the outdoors and being involved in watersports. I like the feeling of being in a big supportive group, out on the river you have to look out for your friends and it's nice to know they've got your back too. I also like how it takes you to places you'd never normally go and get to explore the more wild parts of the UK.

What advice would you give other women who are unsure as to getting involve?

Give it a go, if you want to do something or get active, do it for yourself. Specifically for whitewater - everyone is scared, use that to your advantage and push yourself to get better.