

Girls Who Grew Up to Change the World



Ellen MacArthur
(Born 1976)



In the book, *Swallows and Amazons*, two families of children spend a summer sailing their boats around a lake, camping under the stars and fishing for their dinner.



As she lay in bed reading it, Ellen dreamed of one day captaining her own boat.



She saved her school dinner money for three years, until finally buying her first dinghy. It was named Threp'ny Bill, after an old British coin that used to be worth one eightieth of a pound.



When she was eighteen, Ellen sailed around the whole of Britain.



She was hooked and started racing in competitions that spanned the globe.



After several failed attempts, she tried to break the world record for fastest solo around the world journey. Ellen sailed non stop for twenty-four hours a day, never sleeping for longer than twenty minutes at a time.



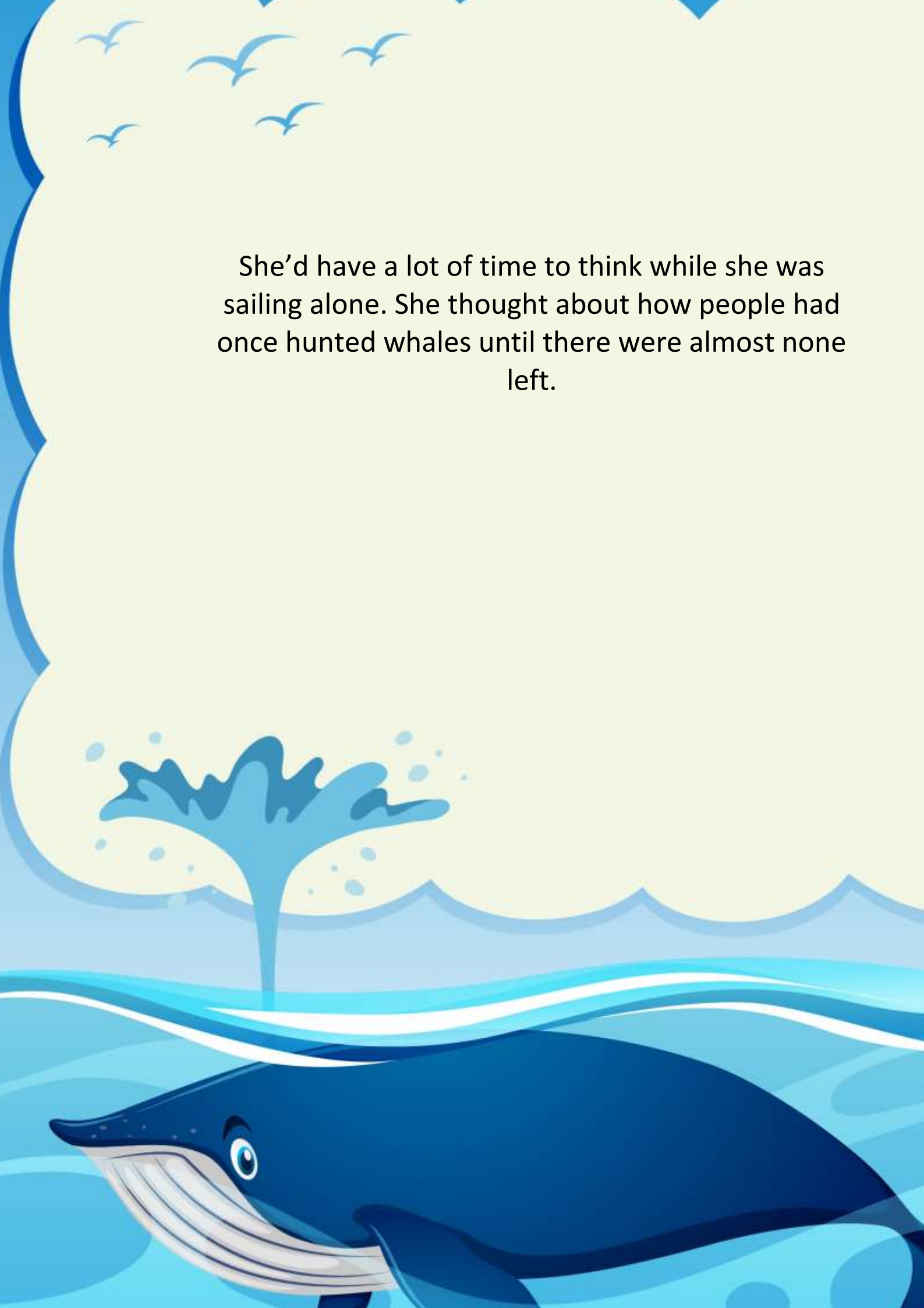
But she had support.

The British public cheered on from their living rooms, following her progress through video diaries recorded as her boat was thrown mercilessly about by fifty-foot waves.



Ellen broke the record, completing the trip in seventy-one days, fourteen hours, eighteen minutes and thirty-three seconds. Her voyage made her famous and Ellen wanted to do something useful with her fame.



The illustration features a dark blue whale breaching the water surface, creating a large splash of lighter blue water. The whale is shown in profile, swimming towards the left. The water is depicted with stylized, layered blue waves. In the upper portion of the image, several light blue birds are flying against a pale yellow sky. The overall style is clean and modern, with a focus on blue and yellow tones.

She'd have a lot of time to think while she was sailing alone. She thought about how people had once hunted whales until there were almost none left.

She thought about how, unless something changes,
by 2050 there will be more plastic in the ocean
than fish.



She realised that unless we changed the way we were doing things, we were going out to use up everything on our planet.



It hurt but she decided to walk away from racing to set up her own charity. The Ellen MacArthur Foundation aims to shift the world towards a more sustainable way of living. Hopefully, it will help preserve the ocean for future generations of young sailors.





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