

## 100 Women

# INSPIRING CYCLISTS

Cycling UK's 100 Women in Cycling 2024 list was announced in December. **Martin Hofschroer** introduces you to three of its influential honourees

**C**ycling UK's 100 Women in Cycling celebrates those who are making an extraordinary impact through the power of cycling. This year's list showcases a diverse group of people who inspire, lead and transform their communities. Among the 2024 honourees are three women whose remarkable stories highlight cycling's ability to create happier, healthier and greener lives.

### CECE BALFOUR Championing joy and accessibility on wheels

With her infectious positivity and determination, CeCe Balfour is redefining what's possible in cycling, making it more accessible and inclusive for everyone. Despite living with severe learning disabilities, autism, epilepsy, visual impairment and hypermobility in her joints, CeCe has turned her love of cycling into a mission to inspire and empower others. As a ride leader for the New Forest Off Road Club and a member of the Kent-based Limitless Club at Cyclopark, CeCe's story is one of resilience, enthusiasm and community.



CeCe rides an ICE Adventure trike with electric assistance

Right: Honor Elliot LOUD MOBILITY. Top: Emmie Collinge



CeCe leads the way on a family ride to Whitby on the Cinder Track

CeCe's cycling journey began on a pull-along trike as a child, riding behind her mum. Now she uses an ICE Adventure trike to ride off road and is beginning to tackle longer distances. For CeCe, cycling has been transformative, providing joy, independence and a sense of freedom. "What does cycling mean to me? It makes me feel happy," she explains.

Her journey hasn't been without challenges. Living with conditions that affect her coordination, strength and vision means that cycling requires adaptations and perseverance. But CeCe has never let barriers hold her back – instead, she uses her experiences to inspire others. "Being near someone supportive helps me concentrate and gives me confidence," she says, demonstrating the empathy and understanding that make her such an effective mentor.

Through her leadership roles with the New Forest Off Road Club and the Limitless Club, CeCe has made cycling a tool for building confidence and community. She has led rides tailored to those who, like her, face additional challenges or simply find longer, faster rides difficult. She focuses on making others feel comfortable and supported. "When people are nervous, I talk to them and help them feel comfortable," she says.

Her mum, Vicky, reflects on her daughter's journey: "CeCe started cycling on a pull-along trike and loved it. She still rides that if we're going on roads or longer distances, but now she's taken things further with the ICE Adventure trike. Despite the challenges she faces, cycling brings her so much joy, and she loves sharing that joy with others."

CeCe's inclusion in the 100 Women in Cycling highlights her remarkable determination and her ability to inspire others. She is a role model not only for young, disabled cyclists but for anyone seeking joy and freedom through cycling. Her story is a powerful reminder that with the right support and mindset, barriers can be overcome and life-changing opportunities can be embraced.

### Find out more

The 100 Women in Cycling awards shine a spotlight on the incredible contributions women make to the world of cycling. The list includes sporting heroes, industry moguls, community champions and more.

Cycling UK created this annual list to highlight stories that break barriers and challenge stereotypes, inspiring more people – especially women and girls – to take up cycling. By recognising these exceptional women, we aim to foster a culture where cycling is seen as inclusive and accessible for all. Read more about this year's winners: [cyclinguk.org/100Women](https://cyclinguk.org/100Women)