

Profiles

100 Women in Cycling

Cycling UK's 2025 list of inspiring women cyclists was launched in December last year. **Rebecca Armstrong** spoke to three of the winners

IT'S STILL, sadly, the case that far fewer women cycle than men, with three-quarters of cycling trips in the UK made by men. This means that women are missing out on the many benefits of cycling.

With women under-represented at all levels of cycling, Cycling UK's 100 Women in Cycling award highlights some of the women who are doing amazing things to promote cycling to all kinds of audiences. Here are three of the winners of the 2025 awards.

DARCEY THEOBALD

Current U10 Welsh Circuit Champion

At just 10 years old, Darcey is our youngest winner this year – and she's already a champion sportswoman. She competes in triathlons, cyclocross, mountain biking and circuit races, and she has a string of medals to her name. But what really makes her special is how much she loves it. She might not always come first, but she always has a smile on her face after even the toughest of races.

She got her first pedal bike on her third birthday because, she says, "I became too fast on my balance bike."



She also joined Wrexham Cycling Club. She says that cycling "makes me feel strong and happy, like I can do anything. I love being outside and racing with my friends."

During lockdown, when Darcey was just four years old, she and her family decided they would ride their bikes every day. "We ended up cycling 1,000 miles in 121 days and raised more than £3,000 for local charities."

Darcey says she is very excited to be among our 100 Women in Cycling; it makes her feel like people believe in her even though she's only 10. "I hope it shows other girls that they can be part of cycling too," she adds.

Her cycling inspiration is Aisling Charlesworth, who was one of our 100 Women in 2023. "She always cheers me on in my Wrexham Cycling Club. I also look up to the girls and women I see racing. We are lucky to have female coaches in my MTB club, One Planet, and in Wrexham Cycling Club."

Darcey's advice for any women and girls out there who want to start cycling is simple. "Give it a go!" she says. "You don't have to be the fastest, you just have to enjoy it. Riding with friends makes it even better. Everyone encourages you and cheers you on every time you learn something new."

cyclinguk.org/darcey-theobald →



Top left: Darcey wins the Welsh under-10 circuit race in Aberystwyth. Above: aged four, she rode 1,000 miles in 121 days

Who else is on the list?

Every year, our 100 Women in Cycling awards celebrate just some of the fantastic achievements and contributions women make to the world of cycling. With far fewer women cycling than men, we believe in the adage 'you can't be it if you can't see it'.

This list shines a light on the women who are doing it, showing others they can do it too, whether that's aspiring young sportswomen or having the courage to make the first step towards learning to ride a bike. Our 100 Women are breaking down barriers for everyone.

You can read more about this year's winners at cyclinguk.org/100Women.

