

GIRLS GO BETTER BY CYCLE



Workshop Biogs



Liz Clarke relishes the challenge of being at the helm of a growing company and has grown BikeRight! from its inception to become the largest cycle training and development company in the UK with the most diverse range of services from child cycle training to cycle awareness training for other road users. BikeRight! is an award winning female owned social business delivering a wide range of cycling related services to public and private sector clients. BikeRight! Liz is a trustee of a Manchester based disability charity, Simply Cycling, and a supporter of LGBT youth Manchester. Liz has a passion for all things cycling and when time permits gets out on her bike whenever possible.

Cycling from girl to woman, **Martine Tommis** is a founder member of Team Glow, the Manchester based cycling network for women. In February 2011 we set out to make history when seven women set up Team Glow. By September 100 women and their bicycles gathered together to ride their bikes in the Manchester 100 sportive. We now have a paying membership of 127 and Facebook group of 700+, offering day rides, training, tours and more. I love sharing my lifetime affair with bicycles, like a classic steel ride, enjoy long day rides and have a passion for cycle touring - Iceland was fab. I am also a member of Lancashire Road Club, despite hailing from Yorkshire.



Gabriele Schliwa is managing the Manchester cycling Lab at The University of Manchester with the goal to turn Manchester into a real-life laboratory for the study of cycling. She has been using her bike to move around the city since she arrived from Germany a year ago. Interested in liveable cities and car-independent lifestyles, Gabriele discovered cycling as a fun and powerful tool to redesign cities at a human scale. She is now doing her PhD in Human Geography on the digital economy for sustainable transport transitions to continue research on collaborative urban innovation.

Rachel Scott has been working 'in' cycling and sustainable transport since 2002. I've worked on the TfGM Cycling Team since 2012, before that I spent 5 1/2 years working on the Lancaster Cycling Demonstration Town Project where I ran a number of activities under the Women on Wheels banner. A keen cyclist, I've tried many different aspects from touring to duathlon, track riding to mountain biking. This year's challenges include the Quebrantahuesos sportive in the Pyrenees. I think there really is something for everyone when it comes to cycling.



An ex-cycling officer from the south coast, **Jayne Rodgers** moved north at the end of 2013 to take up the post of Inclusive Cycling Officer for the CTC. I have been working to encourage women and children to cycle for everyday journeys for many years and have organised many rides and family bike club events. Children will do anything for a badge - but the adults have to come and take part as well. I believe that if the women in the family cycle, then often the children do too.

Becki Morris the Women's Network Project Officer for British Cycling is based in Manchester and supports the many active and vibrant Breeze Groups in Greater Manchester including Bury, Wigan, Manchester and Bolton. With a background in managing health and fitness initiatives, she's helping close the cycling gap and get more women into riding bikes for fun.



As well as being the driving force behind University of Manchester Bicycle Users Group and one of the University's growing number of Sustainability Enthusiasts, **Kathy England** is also a Breeze ride leader and a Bikeability instructor (although she says this is fairly infrequently). In addition, she's a commissarie at the Velodrome and is accredited to ride the track. She's also the Sustrans volunteer coordinator in Stockport, helping to look after the Trans Pennine Trail. She says, fitting all this in around her full-time job can be a bit of a challenge!

Anna Smith has spent the last ten years cycling across Manchester running community arts projects with schools and youth groups; with reams of willow balanced on handle bars and litres of paint dragged in trailers. The paint soon turned into pedal themed murals and rapidly progressed to form a perfect harmony between arts projects and cycling work - from free-lance instructing to community events and festivals, to bicycle generated cinemas. I'm currently running a pilot project for TfGM and CTC to develop Community Cycle Clubs across Greater Manchester - the dream! The idea behind the MCRwomenbike campaign which I'll focus on in the workshop was inspired from many of the amazing women from my budding community clubs.





In 2011 **Heather Bamforth** came back to competitive cycling in an effort to recover from chronic fatigue, an unwanted side effect of epilepsy medication. In 2012, noticing a distinct lack of opportunities for women in competitive cycling, I worked with BC to develop a series of races aimed at women who want to compete but may have other commitments preventing them from taking part. In 2013, the series launched to popular acclaim in the North West, and has since been used as a template across the UK. In 2014, I jointly set up the Racing Chance Foundation, a charity aimed at promoting cycle racing and training opportunities for women. When I'm not competing or training, you will possibly find me reporting on bike races for cyclingshorts.cc where I am Sub-Editor.

Hannah Reynolds is fitness editor for the UK's largest cycling magazine, Cycling Weekly and sister titles Cycling Active and Cycling Fitness. Hannah is also the author of three cycling books: 'Fitter, Further, Faster', 'Get on your bike', 'France en Velo' and freelance writing for Saddle-Skedaddle. As a writer and editor for fifteen years and a bike rider I understand the needs of my audience. I am committed and passionate about my work, I enjoy sharing the knowledge I have and helping readers and clients get the most from their cycling experience.



Rosslyn Colderley is the new Regional Director for Sustrans in the North West, the charity which helps more people to walk, cycle or use public transport for short journeys. Through her work she hopes to build a world where people choose to travel in ways that benefit their health and the environment. Sustrans are currently running some activities and events that focus on getting more women on bikes in the North West region – although mainly in Merseyside at the moment, they are keen to explore opportunities in and around Greater Manchester in the future.

Previous workshop in Edinburgh and the Women's Cycling Forum

In 2014 CTC held an inaugural women's cycling forum as part of the Edinburgh Festival of Cycling. The event was a partnership project and was incorporated into a wider Women on Wheels day.

It was a great success and everyone came away with a clutch of new contacts and the inspiration to make something happen, from a bike ride to a whole new women's cycling group.

After the first meeting of this kind, the women's cycling forum discussion has continued as has the growth of women's cycling groups in Scotland and we are hoping to inspire and engage new people in the debate following the Girls Go better by Bike workshop