

## LIZZY BANKS

### Road Cyclist

2019 and 2020 Giro Rosa stage winner, Tour de Yorkshire Queen of the Mountain

**From:** Sheffield, UK

**Date of birth:** 7<sup>th</sup> November 1990

**Lives & trains:** Sheffield, UK

Having started road racing at University of Sheffield in 2015 (buying a bike for £100 before her first sportive), Lizzie's rise to the WorldTour was a rapid one. Lizzy was seven years into her medical degree with only 9 months left before she quit medical school to pursue her cycling dream. She found her mind elsewhere and ultimately knew she didn't want to be a doctor, and made the emotional decision to leave.



The inaugural women's Tour de Yorkshire in 2015 was Lizzy's first race in the professional peloton. This progressed to racing in the National Series where she came third in her first race, before the following races proved not as successful with a dramatic crash and sustaining terrible concussion, to put her out for the rest of the season. In 2017 Lizzy came back strong and won the National Road Series overall.

In 2018, Lizzy signed her first pro contract and the 2019 season brought a stage win in the Giro Rosa, ninth overall in the Tour de Yorkshire and seventh overall in the Women's Tour. The broken up season of 2020 provided yet more good results including a breakaway stage win at the Giro Rosa. Lizzy joined Ceratizit-WNT Pro Cycling for the 2021 season however sadly crashed during the Strade Bianche sustaining concussion.

After suffering further injuries and a long time away from racing due to post-covid pericarditis Lizzie now focuses her mind off the bike. Lizzy has been a co-host of The Cycling Podcast - Service Course going behind the scenes with some of the leading kit manufacturers, designers and innovators in cycling. Lizzy also has a keen interest in supporting grass roots cycling projects, particularly with children from under-privileged backgrounds having spent time in care herself, and campaigning for athletes rights, along with a passion for woodwork.

#### Key Results

2020	Giro Rosa	1 <sup>st</sup> – Stage 4
2020	GP de Plouay	2 <sup>nd</sup>
2020	Omloop Het Nieuwsblad	6 <sup>th</sup>
2019	Women's Tour	7 <sup>th</sup> – General Classification
2019	Tour de Yorkshire	9 <sup>th</sup> – General Classification
2019	Giro Rosa	1 <sup>st</sup> – Stage 8
2018	Chrono Gatineau	9 <sup>th</sup>
2017	National Tour Series	1 <sup>st</sup> Overall