

Lizzie Deignan MBE

Road Cyclist

Olympic Silver medallist 2012, Winner of inaugural Paris-Roubaix Femmes 2021 World (2015), Commonwealth (2014) & National Champion (2011, 2013, 2015, 2017)



From: Otley, Yorkshire

Date of birth: 18th December 1988

Lives and trains: Yorkshire, UK

Team: Lidl-Trek

Lizzie Deignan (nee Armitstead) captured the nations heart as the first British athlete to win a medal - silver - at the London 2012 Olympics and remains the only woman to have won all of cyclings 'Monuments'. Lizzie has gone on to establish herself as the best British female road cyclist of all time and has achieved almost everything there is to win including Commonwealth Games gold in 2014, the World Championships in 2015, four national road titles, the overall Women's WorldTour on two occasions, the Tour of Flanders in 2016 and she represented Team GB in the Rio, Tokyo and Paris Olympics.

Lizzie took a season off racing in 2018 to have her first child, Orla. She announced her pregnancy alongside a desire to return to cycling at the highest level and joining the newly formed Trek-Segafredo women's road race team (now Lidl-Trek) who supported her through her pregnancy. She made her return to the peloton in 2019 winning the Women's Tour (of Britain), and finishing as the UCI Women's World Tour Leader in 2021 after key victories in Paris-Roubaix Femmes, GP de Plouay and La Course by Tour de France.

Lizzie's second child was born in 2022. She yet again returned to the peloton at the highest level supported by Lidl-Trek. She then announced that 2025 would be her final professional season, as road captain for the team.

Lizzie is excited about retirement and being able to support the sport from grass roots level, enjoying spending quality time with her young family. Alongside corporate opportunities, Lizzie also runs a professional coaching business, Deignan Performance, with her husband, Philip.

Lizzie's autobiography 'Steadfast', was published in April 2017 and tells the story of her meteoric rise and challenges along the way in her own words. Lizzie also received an MBE in the New Year Honours 2022.

Best career moment:

Olympic Silver - London 2012

Favourite ride route:

Wild Atlantic Way, Donegal

Favourite race:

Tour of Flanders

Role Model/Inspiration:

Denise Lewis

A career highlight was when Lizzie won the inaugural Paris-Roubaix Femmes in 2021 after pulling away from the peloton with more than 80km to go. "I feel so incredibly proud - women's cycling is at a turning point and today is part of history", Lizzie said after her victory.



For enquiries:

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Key Results

Lizzie Deignan



2024	Paris Olympics	GB Road Race Squad
2021	Paris Roubaix Femmes	WINNER
2021	Tour de Suisse	WINNER
		2020
2020	UCI Women's World Tour	Overall WINNER
2020	La Course by the Tour de France	WINNER
2020	Liege-Bastogne-Liege	WINNER
2019	Women's Tour	WINNER - GC
2017	Tour de Yorkshire	WINNER
2016	Tour of Flanders	WINNER
2015	UCI World Championships	GOLD - Road Race
2014	Commonwealth Games	GOLD - Road Race
2012	London Olympics	SILVER - Road Race
2011	British National Championships	WINNER - Road Race
2012		
2013		
2017		

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