

LIZZIE DEIGNAN MBE

Road Cyclist – Team Lidl-Trek

Olympic Silver Medallist, World, Commonwealth & National Champion, Winner of Paris-Roubaix Femmes 2021

Date of birth: 18th December 1988

Lives: Monaco

Lizzie Deignan (nee Armitstead) captured the nations heart as the first British athlete to win a medal - silver - at the London 2012 Olympics. Lizzie went on to establish herself as a dominant rider on the international women's peloton, and has achieved almost everything there is to win including Commonwealth Games gold in 2014, a world title in 2015, four national road titles, and representing GB in Rio, Tokyo and Paris, alongside plenty of other prestigious victories.

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. Lizzie joined the newly formed Trek-Segafredo women's road race team (now Lidl-Trek) and made her return to the peloton in 2019 winning the Women's Tour, and finishing as the UCI Women's World Tour Leader in 2021 after key victories in GP de Plouay and La Course.

2021 had a mixed start with illness, but without doubt 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.

Lizzie's second child was born in 2022. She returned as a trailblazer and role model to others in the peloton, whilst assisting many team successes. She has announced that 2025 will be her final professional season, as Road Captain for the team.

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.



Lizzie Deignan - Key Results

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| 2021 | Paris Roubaix Femmes | 1 st |
| 2021 | Tour de Suisse | 1 st |
| 2020 | La Course | 1 st |
| 2020 | GP de Plouay | 1 st |
| 2019 | Women's Tour – General Classification | 1 st |
| 2017 | La Course | 2 nd |
| 2017 | Tour de Yorkshire | 1 st |
| 2016 | Tour of Flanders | 1 st |
| 2015 | UCI World Championships – Road Race | GOLD |
| 2014 | Commonwealth Games – Road Race | GOLD |
| 2011 | British National Champs | 1 st |
| 2012 | | |
| 2013 | | |
| 2017 | | |
| 2012 | London 2012 Olympics | SILVER |
| 2009 | UCI Track World Champs | 1 st Team Pursuit |
| 2008 | UCI Track World Cup | 1 st Points Race 1 st Scratch Race 1 st Team Pursuit |