

LIZZY BANKS

Road Cyclist

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

From: Sheffield, UK

Date of birth: 7th 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), her rise to the WorldTour has been 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. Having taken time out to intercalate, she was just returning to finish her training and found her mind elsewhere and ultimately knew she didn't want to be a doctor, so after listening to many different opinions and pressure from all sides, with the support of her husband she made the emotional decision to leave.



The inaugural women's Tour de Yorkshire in 2015 was Lizzy's first race in the professional peloton after achieving enough points on the local circuit to get a start. This progressed to racing in the National Series and Lizzy was spotted by a domestic British team. Lizzy 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 with UnitedHealthcare Pro Cycling Team, claiming some solid results including 9th in Chrono Gatineau. The 2019 season brought a winning Stage 8 of the Giro Rosa, and she also finished ninth overall in the Tour de Yorkshire and seventh overall in the Women's Tour.

Lizzy started her 2020 season with a 6th position in Omloop Het Nieuwsblad, and once the calendar resumed in late 2020 she had quick success with a 2nd place at GP de Plouay, and 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 in early March. Lizzy finished the race, but began to experience concussion symptoms afterwards and experienced a long road to recovery throughout 2021.

In 2022, Lizzie returned to the start line, this time racing for Team EF Education-Tibco-SVB but sadly suffering further injuries and a long time away from racing due to post-covid pericarditis. Lizzy was thrilled to be back in the peloton and racing with her peers for the remainder of the 2023 season.

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. When Lizzy's not following her love of travel, she likes to cook her way around the world instead. 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.

Key Results

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