

ZOE BACKSTEDT

Track, Road & Cyclocross Cyclist – EF Education-Tibco-SVB / GBCT

Multiple Junior World Champion 2022 – Road Race, ITT and CX, National Junior Champion 2022 – Road and Time Trial, 2019 National Youth and Junior Champion in 5 disciplines, European Youth Olympics – Gold in ITT and Road Race

From: Pontyclun, Wales

Date of birth: 24th September 2004

Lives & trains: Pontyclun, Wales

Born into a family with cycling pedigree, Zoe is sister to rising star Elynor Backstedt and her father, Magnus won the Paris-Roubaix classic in 2004, in addition to stage wins in both the Tour de France and Giro d'Italia, whilst her mother, Megan, competed for Wales at the Commonwealth Games – so it's not surprise she has taken to the pedals!

Zoe is a force to be reckoned with, and a young star who is leading the ranks in competition, spreading her skills by cycling across various disciplines of track, road and cyclocross. At just 15 years old, Zoe achieved some impressive results over the 2019/2020 season, and followed up with an extremely successful 2021 season – topping it in Flanders and becoming Junior World Champion in the road race – awarded the coveted rainbow colours. To add to this, Zoe also won silver in the Junior Time Trial.



Zoe has been riding for the Tormas-Acrog CX team since 2021, and is enjoying racing across multiple disciplines. Cyclocross is her focus over the winter months, with some outstanding results being achieved throughout the 2021/2022 season. With multiple World Cup victories in the bag, Zoe was the firm favourite on the start line at the Cyclocross World Championships in Fayetteville, and rose to the occasion with a dominant victory and awarded another World title in the Junior race.

On the track, Zoe is a three time European Junior Champion, and holds a Junior World Record for the Individual Pursuit.

In 2022, in Wollongong at the Road World Championships, Zoe won the rainbow stripes in the ITT with a 1'35 advantage, and also won the Road Race convincingly after an impressive solo attack of 57km.

January 2023 saw Zoe win her first Elite title at the British National Cyclocross Championships with an incredible performance on a technical course (with lots of mud!) so hopefully the start of wins to come.

As a multiple Junior World Champion, Zoe is a real star of the future and is extremely excited to be a key member of EF Education-Tibco-SVB in 2023 (having joined as a trainee in 2022). She loves her training and uses her natural cycling genes to gain more successful results and, alongside Elynor, continue to take the family's success to the next level.

Key Results

2023	British National Cyclocross Champs	1 st Elite
2022	Road World Championships	1 st Junior Road Race
2022	Road World Championships	1 st Junior Individual Time Trial
2022	U19 Ronde van Vlaanderen	1 st
2022	Omloop van Bersele	1 st General Classification
2022	Junior Cyclocross World Champs	1 st Female
2022	Junior National Champs	1 st Individual Time Trial, 1 st Road Race
2021	Junior Road World Championships	1 st Road Race, 2 nd Individual Time Trial
2021	UEC European Junior Track World Champs	1 st Individual Pursuit, 1 st Madison, 1 st Team Pursuit
2021	Junior National Champs	1 st Individual Time Trial
2021	Junior Cyclocross European Champs	1 st Female