



Sara Carrigan OAM

Sara Carrigan is an Australian Professional cyclist who has enjoyed a successful cycling career of over 13 years, which commenced at the age of fifteen after being identified through a High School Sports Talent Search.

Some of Sara's greatest successes include winning the Gold Medal in the 130 km Road Race at the 2004 Athens Olympic Games, 2006 Melbourne Commonwealth Games medallist, two-time National Champion, World Cup winner, medallist at every Australian Championships from 2002 to 2008, Australian representative at 8 World Championships, 2 Olympic Games (2004 and 2008) and 2 Commonwealth Games (2002 and 2006), being named Australian Female Road Cyclist of the Year 2002, 2003 and 2004, receiving the Order of Australia Medal (OAM) in the 2005 Australia Day Honours List.

Sara recently announced her retirement in December 2008 following her return from the Beijing Olympic Games. After recently establishing a Cycling School, Sara is now pursuing her ambition to pass on her years of cycling knowledge & experience to help others relish in the simple joys and wonders of riding a bike that she has enjoyed for half her life! www.saracarrigan.com

Personal Details

Date of Birth	7 th September 1980
Place of Birth	Gunnedah, NSW
Resides	Mermaid Beach, Gold Coast, Queensland
Ambitions	Pass on years of cycling knowledge and experience Own and manage successful business
Occupation	Cycling Coach
Education	Grade 12, Bachelor of Business (Property Development & Real Estate)
Qualifications	UCI/CA Level 1 Cycling Coach, Senior First Aid Certificate

Sports Background

Discipline	Road Cycling
Home Cycling Club	Gold Coast Cats Cycling Club
Home State	Queensland
Started Competitive Cycling	15 years of age
First Australian Team	1997 at 17 years of age – Selected for Oceania Championships, NZ

Career Highlights

Most memorable achievements	Gold Medal 2004 Athens Olympic Games - Road Race Awarded the Order of Australia Medal (OAM), January 2005 4 th 1998 Junior World Championships Netherlands – Road Race
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Personal Best Performances	1 st 2004 Olympic Games Athens - Road Race 1 st 2003 World Cup Australia – Road Race 1 st 2002 National Championships - Time Trial 1 st 2003 National Championships - Time Trial 2 nd 2008 National Championships - Time Trial
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2nd 2006 National Championships - Time Trial
 2nd 2005 National Championships - Time Trial
 2nd 2004 National Championships - Time Trial
 2nd 2006 National Championships – Road Race
 2nd 2005 National Championships – Road Race
 3rd 2008 National Championships – Road Race
 3rd 2006 Commonwealth Games Melbourne - Time Trial
 3rd 2003 World Cup Spain – Road Race
 3rd 2004 National Championships – Road Race
 4th 2005 World Cup Russia – 3km individual pursuit
 4th 2003 Overall World Cup Standings
 4th 2002 World Championships Belgium – Road Race
 5th 2003 Overall World Ranking
 5th 2002 World Championships Belgium – Time Trial
 5th 2002 Commonwealth Games Manchester – Time Trial

Major Awards / Honours

2010 Brisbane-Gold Coast 100km Cycle Challenge Ambassador
 2010 North QLD Games Ambassador
 2009 Public street named in honour called “Sara Carrigan Court”
 2005 Medal of the Order of Australia OAM
 2006 Australia Day Ambassador
 2009 Western Games Ambassador
 2004 Alice Springs Masters Games Ambassador
 2004 Australian Female Road Cyclist of the Year
 2003 Australian Female Road Cyclist of the Year
 2002 Australian Female Road Cyclist of the Year
 2006 QLD Female Road Cyclist of the Year
 2005 QLD Female Road Cyclist of the Year
 2002 QLD Female Road Cyclist of the Year
 2006 Griffith University Blue Award
 2005 Griffith University Blue Award
 1999 Griffith University Blue Award
 1999-2009 Griffith University Sports Scholarship
 Somerset College Honours Award
 1999-2008 AIS Scholarship
 1997-2008 QAS Scholarship

Australian Teams

2008 Australian Olympic Team, CHINA
 2008 World Cups, CANADA, BELGIUM
 2007 World Cups & World Championships, GERMANY
 2006 Commonwealth Games, AUSTRALIA
 2005 World Cups & World Championships, SPAIN
 2004 Australian Olympic Team, ATHENS
 2004 World Cups
 2003 World Cups & World Championships, CANADA
 2002 World Cups & World Championships, BELGIUM
 2002 Commonwealth Games, ENGLAND
 2001 World Cups & World Championships, PORTUGAL
 2000 World Cups & World Championships, FRANCE
 1999 World Cups & World Road Championships, ITALY
 1998 World Junior Road Championships, NETHERLANDS
 1998 World Cup, SWITZERLAND
 1997 Oceania Championships, NEW ZEALAND

Partnerships

Oakley Eyewear
Zipp Wheels
2XU
Sidi Shoes