



Sara Carrigan OAM

Address: PO Box 600, Mermaid Beach QLD 4218

Mobile: 0417 780 183

Email: sara@saracarrigan.com

Website: www.saracarrigan.com

Instagram: @scarrigans

Facebook Profile: Sara Carrigan

Twitter: @saracarrigan

Facebook Page: Sara Carrigan Cycling

***Sara Carrigan** has been an Australian Professional Cyclist who has enjoyed the sport of cycling since 1995 - 24 years. She 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 & being crowned Olympic Games Champion in the 130 km Road Race at the 2004 Athens Olympic Games, Commonwealth Games medallist, two-time National Champion, World Cup winner, 12-time Australian Championship medallist, Australian representative at 8 World Championships, 2 Olympic Games (2004 and 2008) and 2 Commonwealth Games (2002 and 2006), three-time 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, having a street named in her honour— Sara Carrigan Crt, and being inducted into both the Gold Coast & QLD Sporting Hall of Fame in 2012. Sara graduated from university with a Bachelor of Business majoring in Real Estate & Property Development and was awarded Academic Excellence top 5% of students.

After 10years of elite competition, Sara announced her retirement from professional sport in December 2008 following the Beijing Olympic Games. A few months later, she founded 'Sara Carrigan Cycling' providing coaching clinics to recreational riders in a friendly, fun and safe environment to deliver rudimentary cycling skill courses, group rides and safety sessions for all levels of ability, from riding a bike for the very first time. She is a Level 2 Cycling Australia accredited coach and has coached and mentored a range of athletes from junior talent right up to the elite level, coaching with both Triathlon Australia and Cycling Australia at World Championships. Sara has been inducted into the Gold Coast and QLD Sporting Hall of Fame and was an inaugural inductee into the Cycling Australia Hall of Fame.

Sara has been a magazine columnist, an Executive Board Member of QLD Olympic Council, a board member of Cycling QLD, and was involved in the 2018 Commonwealth Games as member of the 'Sport and Technical Committee' and the 'Athlete's Advisory Committee' and was co-Mayor of Athlete's Village.

Sara is now a mummy to 2 children with her husband and balances family life with my many other activities. Sara's passion is to continually be involved and is currently on the Cycling Australia Coaching Commission and is a coach educator delivering coach accreditation courses, whilst also serving as Director on the Events Management Queensland Board and as Mentor to athletes as part of the Gold Medal Ready program leading into Tokyo 2020.

Sara is one of Australia's most dedicated and passionate advocates of the sport.

Personal Details

Date of Birth	7 th September 1980
Place of Birth	Gunnedah, NSW
Resides	Mermaid Beach, Gold Coast, Queensland
Family	Husband and 2 children (1 & 3yr old)
Ambitions	Pass on years of cycling knowledge and experience Own and manage successful, inspirational business
Occupation	Coach, Owner/Director of Sara Carrigan Cycling
Education	Bachelor of Business (Real Estate & Prop. Dev) UCI/CA Level 1 Cycling Coach and Level 2 CA accredited Cycling Coach
Other languages	Some Italian & Japanese

Sports Background

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

Current Appointments

Sara Carrigan Cycling	Coach
Cycling Australia	Coaching Commission Member
City of Gold Coast	Active Travel Ambassador
Cycling Australia	Facilitator Coaching Accreditation Courses
Gold Medal Ready Program	Mentor
Events Management QLD	Director
Australian Olympic Committee	Olympics Unleashed Presenter

Past Appointments

QLD Olympic Council	Executive Board Member
Gold Coast 2018 Commonwealth Games	Sport & Technical Committee Athlete Advisory Committee Mayor of the Athlete's Village
Multisport Magazine	Columnist
Trinity Triathlon Program	Cycling Coach
Amy Gillet Foundation	Scholarship Selection Panel
Let's Ride Junior Program	Provider
Bicycle Gold Coast	President
Bid Team 2018 Commonwealth Games	Presenter, St Kitts & Nevis

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 Road Race Championships, Netherlands
Personal Best Sporting 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, 2006, 2005 & 2004 National Championships - Time Trial 2 nd 2006 & 2005 National Championships – Road Race 3 rd 2008 National Championships – Road Race 3 rd 2006 Commonwealth Games Melbourne - Time Trial 3 rd 2003 World Cup Spain – Road Race 3 rd 2004 National Championships – Road Race 4 th 2005 World Cup Russia – 3km individual pursuit 4 th 2003 Overall World Cup Standings 4 th 2002 World Championships Belgium – Road Race 5 th 2003 Overall World Ranking 5 th 2002 World Championships Belgium – Time Trial 5 th 2002 Commonwealth Games Manchester – Time Trial

Awards / Honours / Ambassadorships

2019, 18, 16, 15, 14, 13 Australia Day Ambassador – Mackay, Pittsworth, Caloundra, Normanton, Townsville, Charters Towers

2018 Challenge the Mountain Ambassador, Rockhampton

2018 Baton bearer for the Gold Coast 2018 Commonwealth Games – Gunnedah NSW

2018 Mentor AOC Champ Connect Youth Olympic Games - Buenos Aires, Argentina

2016, 15, 14, 13 Tour de Tamborine Ambassador

2015 Inaugural Inductee Cycling Australia Hall of Fame

2014 Panelist Australian Olympic Committee - Ignite Road to Rio

2014 Mentor AOC Champ Connect Program Youth Olympic Games - Nanjing, China

2013 Australian Youth Olympic Festival (AYOF) Ambassador

2012 AOC representative to attend International Olympic Academy

2012 Queensland Sport Hall of Fame inductee

2012 Gold Coast Sporting Hall of Fame inductee

2011 Medal of Honour - Gold Coast CATS Cycling Club

2010 Griffith Award for Academic Excellence (Top 5% of students)

2010 Gold Coast Business Excellence Award July

2010 Brisbane-Gold Coast 100km Cycle Challenge Ambassador

2010 North QLD Games Ambassador

2009 Public street named in honour called “Sara Carrigan Court”

2009 Western Games Ambassador

2005 Medal of the Order of Australia OAM

2006 Australia Day Ambassador – Gunnedah NSW

2008 Member International Golden Key Honour Society

2004 Alice Springs Masters Games Ambassador

2004, 2003, 2002 Australian Female Road Cyclist of the Year

2006, 2005 & 2002 QLD Female Road Cyclist of the Year

2006, 2005 & 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

2013 World Cup Teams Time Trial. SWEDEN (Coach)

2013 World Cup Road Race, SWEDEN (Coach)

2012 Junior World Road Championships, NETHERLANDS (Coach)

2011 Triathlon World Championships, ENGLAND (Cycling Coach)

2008 Olympic Games, CHINA

2008 World Cups, CANADA, BELGIUM

2007 World Cups, EUROPE

2007 Road World Championships, GERMANY

2006 Commonwealth Games, AUSTRALIA

2005 World Cups, EUROPE

2005 Road World Championships, SPAIN

2005 Track World Cup, RUSSIA

2004 Australian Olympic Team, ATHENS

2004 World Cups, EUROPE

2003 World Cups, EUROPE

2003 Road World Championships, CANADA

2002 World Cups, EUROPE

2002 Road World Championships, BELGIUM

2002 Commonwealth Games, ENGLAND

2001 World Cups, EUROPE

2001 Road World Championships, PORTUGAL

2000 World Cups, EUROPE

2000 Road World Championships, FRANCE

1999 World Cups, EUROPE

1999 World Road Championships, ITALY

1998 World Junior Road Championships, NETHERLANDS

1998 World Cup, SWITZERLAND

1997 Oceania Championships, NEW ZEALAND