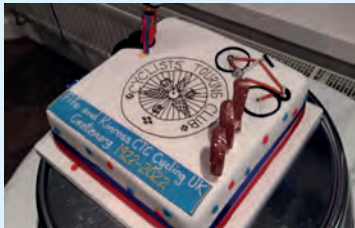


## Member groups

### FIFE & KINROSS CENTENARY

Fife and Kinross CTC are having a final fling for their centenary with a Christmas ceilidh on 3 December. It rounds off a year of celebrations, which included a club dinner and several commemorative rides, including a weekend visit to the group's very own hut. Fife and Kinross offer 'rendezvous rides' on Wednesdays and Saturdays year round. [cyclinguk.org/local-groups/fife-kinross](http://cyclinguk.org/local-groups/fife-kinross)



## Family cycling

### CHILDREN CYCLING BENEFITS ALL

When children cycle, it brings financial, health and practical benefits to the wider family – as well as advantages for the children themselves. So says recently published research conducted by Cycling UK and commissioned by Transport Scotland. Interviews with parents across Scotland showed that when children cycle, benefits include saving money and creating quality family time. [cyclinguk.org/new-research](http://cyclinguk.org/new-research)



Teenage climate activist Jessie Stevens

Left: Jordan Gibbons

## Awards

### 100 WOMEN IN CYCLING 2022

**N**ow in its sixth year, Cycling UK's list celebrating the achievements of outstanding women in cycling was revealed in November.

At Cycling UK, we believe representation matters and is crucial in guiding behaviour – if we see people like ourselves doing something, we're more likely to believe we can do it too. That's why, since 2017, we've been releasing our annual list of 100 Women in Cycling, which recognises the achievements of women empowering other women to get on their bikes.

Men who cycle still outnumber women, a discrepancy we want to redress given the myriad benefits and joys cycling offers. By and large, taking up cycling can seem more challenging to women than men, whether the obstacles are real or perceived – from safety concerns, to care duties, or the fact that the cycling world can seem a dauntingly male-dominated environment. In some cases, women were simply never encouraged to ride a bike as a child if it was not considered a thing girls should be doing.

The 100 Women in Cycling 2022 list again celebrates achievements in four different categories: sporting accolades; industry trailblazing; influencer storytelling; and

grassroots campaigning and community support. All are equally important in improving the visibility of women's cycling.

To give a flavour of this year's list, we've given away gongs to para-cyclist pair Sophie Unwin and Jenny Holl, alongside 10-year-old BMX champion Amelie Eaton. We're also shining a spotlight on climate activist Jessie Stevens, who was just 17 when she cycled all the way from Dartmoor to Glasgow for COP26, and Caroline Burrows, who uses poetry to tell stories about cycling. And there's a whole host of community champions who campaign tirelessly for active travel and inspire others through leading rides, fixing bikes, and organising inclusive group activities.

[cyclinguk.org/100women/2022](http://cyclinguk.org/100women/2022)

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years ago Cycling UK organised a mass trespass on Dartmoor over its bike ban: [cyclinguk.org/dartmoor-1998](http://cyclinguk.org/dartmoor-1998)