



Sara Carrigan OAM

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Sara Carrigan has been an Australian Professional Cyclist who has enjoyed cycling for 19 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 in the 130 km Road Race at the 2004 Athens Olympic Games, 2006 Melbourne 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), 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, 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 announcing her retirement from professional sport in December 2008 following the Beijing Olympic Games, Sara 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.

Sara is a Level 2 Cycling Australia accredited coach and also coaches and mentors a range of athletes from junior talent right up to the elite level and has been selected as one of only 15 coaches across all sports within Australia as part of the AIS High Performance Coaching & Leadership Program in 2013-14. Sara has coached with both Triathlon Australia and Cycling Australia at World Championships, is a magazine columnist, is an Executive Board Member of QLD Olympic Council, and is a member of the 'Sport and Technical Committee' of the 2018 Commonwealth Games.

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
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 Cats 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
QLD Olympic Council	Executive Board Member
GC 2018 Commonwealth Games	Sport & Technical Committee
Multisport Magazine	Columnist
Gold Coast City Council	Active Travel Ambassador
Gold Coast Cycling Club	Junior Coach
Trinity Triathlon Program	Cycling Coach

Career Highlights

Most memorable achievements

Gold Medal 2004 Athens Olympic Games - Road Race
Awarded the Order of Australia Medal (OAM), January 2005
4th 1998 Junior World Road Race Championships, Netherlands

Personal Best Sporting Performances

1st 2004 Olympic Games Athens - Road Race
1st 2003 World Cup Australia – Road Race
1st 2002 National Championships - Time Trial
1st 2003 National Championships - Time Trial
2nd 2008, 2006, 2005 & 2004 National Championships - Time Trial
2nd 2006 & 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

2014 Mentor AOC Champ Connect Program Youth Olympic Games - Nanjing, China
2014 Australia Day Ambassador – Townsville QLD
2013 Tour de Tamborine Ambassador
2013 Australia Day Ambassador – Charters Towers QLD
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

Updated: 18 August 2014