Joanna Rowsell

Joanna Rowsell is a cyclist on the Great Britain Cycling Team. She competed in the London 2012 Olympics winning Gold in the Women's Team Pursuit, she repeated this feat in 2016 winning Gold again at the Rio Olympics. She is currently the National, European and World Champion, and also the World Record Holder for this event. On her way to Olympic glory the team set their 6th successive World Record for the 3km event.

Joanna started racing in 2005 having being spotted at school. She joined British Cycling's South East region "Talent Team" where she was taught the various cycling disciplines and began racing at a local level. She progressed rapidly and in August 2005 won her first National Title at junior level in the individual pursuit. This result gained her a place on the Junior National Squad the following year where she represented Great Britain for the first time at the Junior World Championships.

Having finished her A-levels at school in the summer of 2007, Joanna moved to Manchester to be a full time cyclist on British Cycling's Academy programme. The full time training paid off as in March 2008 Joanna won her first World Title at senior level in the Women's Team Pursuit. This wasn't an Olympic event at the time but in 2009 it was announced the women's Team Pursuit would be included in the London 2012 Olympics.

She successfully defended her title at the 2009 World Championships and went on to break the World Record later that year.

2010 was a tough year for Joanna where she had a bad crash knocking out her front teeth, followed by glandular fever and then a broken elbow in the winter. As a result Joanna was reserve for the 2011 World Championship Team. She bounced back in the autumn of 2011, picking up 2 National titles and then helping the team to the European title in the Team Pursuit.

2012 began very well with a gold medal and a new World Record in the Team Pursuit at the Olympic Test Event in February, followed by an individual gold in the non Olympic Individual Pursuit as well!

Joanna Rowsell knows exactly what it takes to get the best out of a team. She explains the importance of leadership and shows how to succeed through training, teamwork and motivation.