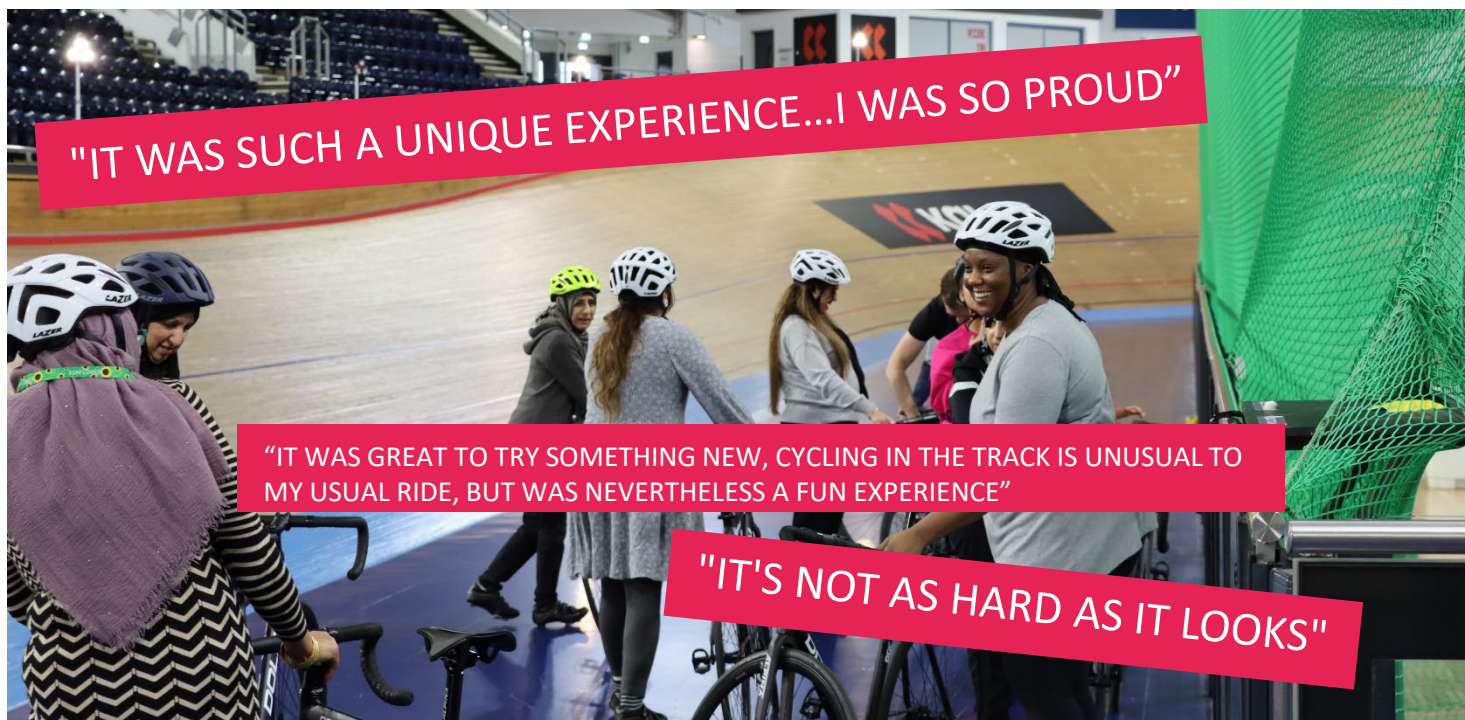


MCRactive REGAIN

2023

As part of #InternationalWomensMonth, we invited local cycling group Regain, made up of majority Muslim women from Cheetham to the National Cycling Centre for a taster session on the new velodrome track.

MCRactive



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"IT WAS GREAT TO TRY SOMETHING NEW, CYCLING IN THE TRACK IS UNUSUAL TO MY USUAL RIDE, BUT WAS NEVERTHELESS A FUN EXPERIENCE"

"IT'S NOT AS HARD AS IT LOOKS"

During #InternationalWomensMonth, ahead of the holy month of Ramadhan, we invited local cycling group Regain, mainly Muslim women from Cheetham to the National Cycling Centre for a taster session on the Velodrome track.

In recent years, cycling has seen a positive increase in female participation and representation. This has brought attention to the need for gender equality in cycling and the importance of providing equal opportunities and support for women in Manchester across all areas of cycling. With more women participating in cycling, we subsequently help break existing gender stereotypes and improve inclusivity in this sector.

Our Health and Wellbeing Team have been working with the University of Glasgow and British Cycling, researching whether targeted cycle training and support will improve cycling uptake in women from Cheetham. The team have been supporting a number workshops to discover the often-unseen barriers women face in cycling and how Manchester Active can support.

Many of the women from the study came along on the day. Some of whom could not ride a bike until weeks before



A few members of Regain spoke of their experience after their ride:

Sarah Airshad - *"I had an amazing time at the cycling session at the Velodrome. It was such a unique experience. At the start of the session, I thought I'm not sure if I'm going to be able to do it but at the end of the session, I was so proud of myself".*



Riffauth Hussain - *"It was a wonderful opportunity, when I told my daughter I had been at the velodrome track she was really pleased and excited by it, hopefully she'll get a go".*

Nazmin Khan - *"It was great to try something new, cycling in the track is unusual to my usual ride, but was nevertheless a fun experience"*

All the women had a fantastic time taking to the track, learning loads of new skills, and the group plan to come again soon for another go, with more of their members.

Only in Manchester can you learn to ride a bike, and then share the world-famous velodrome track with current and future Team GB stars!