

Cycle Sisters

Annual Impact Report

2024–2025

Message from our Chair & CEO



Assalamu alaykum, peace be with you

We're delighted to share some of the highlights from what has been a transformative year for Cycle Sisters.

Our beautiful community of riders, volunteers and partners continues to grow, and together we are creating inclusive and empowering spaces for Muslim and ethnically diverse women to cycle.

This year marked important milestones for us from delivering more rides than ever, to launching new partnerships, strengthening our volunteer development programme and securing our first local authority cycle training contract. These achievements reflect the dedication of our incredible volunteer Ride Leaders and team, and the trust placed in us by funders and partners.

We are deeply grateful to God for His blessings and guidance, and to everyone who has contributed to Cycle Sisters' success this year. With your support, we are continuing to grow our impact and work towards our vision of a society where Muslim women are visible, represented and leading active, connected lives.

Samra Said

Chair



Sarah Javaid MBE

CEO & Founder



Cycle Sisters is a charity supporting Muslim and ethnically diverse women to cycle with confidence, community and joy.

We run women-only cycle groups across London, offering empowering led rides and cycle lessons. Alongside this, we work with partners across the cycling and active travel sectors to increase the visibility and representation of Muslim women, and advocate for more inclusive cycling opportunities for all communities.

Cycle Sisters is rooted in Islamic values, reflecting Qur’anic teachings about caring for our health, living in balance with the natural world, strengthening community, and standing up for justice. These principles guide both our grassroots work and our advocacy to remove barriers to cycling.

Inclusion

“

People, We created you all from a single man and a single woman, and made you into races and tribes so that you should get to know one another.

Qur’an 49:13

Responsibility

“

Thus, We have made you a justly balanced nation so that you may be witnesses over humanity.

Qur’an 2:143

Leadership

“

Be a community that calls for what is good, urges what is right and forbids what is wrong; those who do this are the successful ones.

Qur’an 3:104

Our Impact At a Glance



After joining Cycle Sisters:

94%

improved
physical
health

88%

improved
mental
health

68%

use
their car
less

90%

feel more
connected
as part of a
community

99%

are
physically
active

63%

family &
friends
cycle more



Our Community Cycle Groups



We run community cycle groups in nine London boroughs, offering supportive spaces for women to cycle together and build their confidence and skills. Our groups are in Ealing, Hackney, Haringey, Hounslow, Lambeth, Newham, Redbridge, Tower Hamlets and Waltham Forest.

Over the last year, we ran 431 rides, led by trained volunteer Ride Leaders from the local community. Rides are entry level and explore the local area, making it easier for women to discover new places, feel connected to their communities and gain independence on the bike.

Our local partnerships with councils, corporates and funders enable us to offer this opportunity free of charge, including providing bikes to borrow so that women can discover cycling without financial barriers.

97% of women who have joined our rides said that their cycling skills and confidence have increased

Shanaz's Story

"At the time I joined Cycle Sisters I was going through a lot in my life. I had many health problems. The rides helped me so much, both mentally and physically. As I got fitter and stronger, I also felt free. Sometimes you feel like you're flying – it's such a powerful feeling to belong, to be moving forward, surrounded by women you trust. We all need that little push sometimes, but what you gain is truly life-changing."

Shanaz, Waltham Forest



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Photography by adamisfendiyar.com

Our Road Club offers women the opportunity to progress from local group rides to longer-distance rides and events such as sportives and time trials.

Led by trained volunteer Ride Leaders with British Cycling Ride Leadership Level 2 Accreditation, our club rides are an accessible, welcoming route into the world of road cycling.

Highlights include:

- Seven new volunteers trained to lead club rides, enabling us to offer increased rides with start points in east, west and north London.
- Our second Tour de Cycle Sisters in partnership with Hadley Property Group, an accessible sportive from London to Cambridge, bringing together women from across our network and raising more than £5,000 to support our work.

Noor-ul-sabah's Story

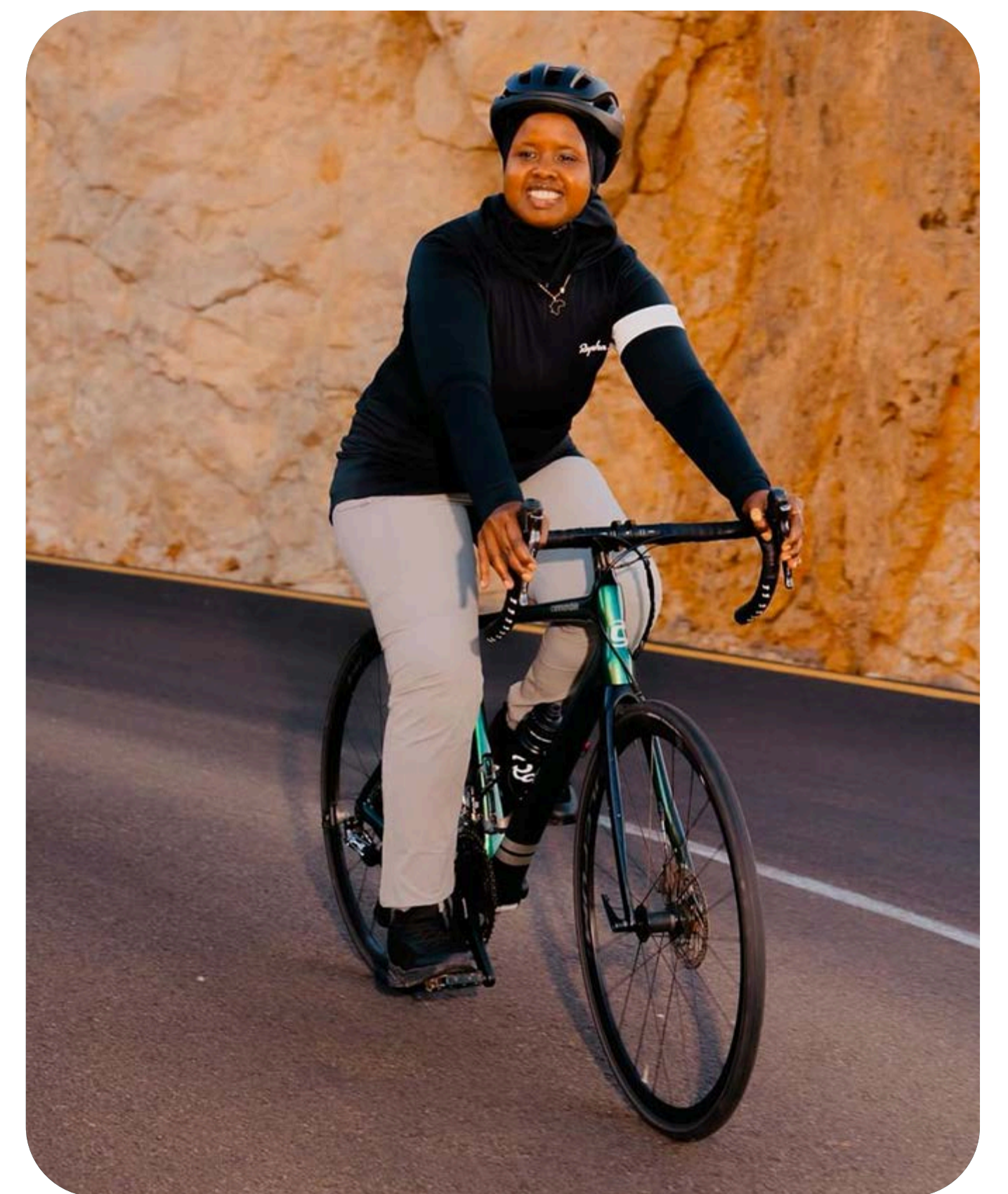
"Participating in the Tour de Cycle Sisters was an incredible experience. I loved being part of a supportive team, sharing the journey of cycling together. It gave me the confidence to push past my limits and embrace new challenges. I feel proud of myself for completing the challenge but most of all, I'm proud of being part of a movement that promotes inclusivity and inspires more women to take up cycling."

Noor-ul-sabah, Ealing



Highlights include:

- A partnership with the Women of Colour Cycling Collective to organise our first Women's Time Trial event at Lee Valley VeloPark.
- Coaching sessions at Hillingdon Cycle Circuit and Lee Valley VeloPark in partnership with Evolve and Lee Valley Regional Park Authority.
- The launch of the Rapha modest cyclewear range, developed in partnership with Cycle Sisters, offering high-performance kit that meets the needs of a wider range of women.



Celebrating our Volunteers



Our volunteers are the heart of Cycle Sisters – they lead our rides, support new women to join, and help create the sense of sisterhood that defines our community. This year we launched a strengthened Volunteer Development Programme supported by Islamic Relief UK.

Highlights include:

- 19 new volunteers gained British Cycling Ride Leadership Level 1 accreditation.
- Skills sessions on topics including neurodiversity and mental health awareness, route planning with Komoot, and bike maintenance refreshers.

89% of our volunteers say they have improved their wider skills such as problem-solving and social skills

Rahma's Story

"When I joined Cycle Sisters, I found not only support but also a community where I felt seen and encouraged. That inspired me to train as a Ride Leader so I could help other women, especially Black Muslim women like myself, feel confident, comfortable, and protected on their cycling journeys. What I enjoy most is seeing the growth in others, their achievements, confidence, and joy. It's so rewarding to know that we've inspired women who now look up to us as role models."

Rahma, Tower Hamlets



Celebrating our Volunteers



Highlights include:

- On-ride mentoring visits to support volunteers in developing their confidence and leadership.
- Annual volunteer celebration event, including a new Volunteer of the Year Award.

Congratulations to six of our volunteer Ride Leaders for being recognised in Cycling UK's 100 Women in Cycling list this year!



[Read more](#) 

Our cycle lessons complement our led rides by giving women the skills and confidence they need to begin their cycling journey. Our instructors teach complete beginners to ride for the first time, help women build their on-road cycling skills, and support them to cycle independently for everyday journeys.

A core strength of our approach is that our instructors come from the same communities we work with. Seeing women who look like them, understand their experiences and act as relatable role models makes a significant difference in building trust and showing that cycling is truly for everyone.

Highlights include:

- Secured our first local authority contract in Waltham Forest, after being rated as the top scoring supplier in the specialist cycle training lot in the new Cycle Training Framework.
- Supported 3 more women to train as National Standards Instructors.

Sajida's Story

"I was very scared, it took me a long time to learn, but Seema (the instructor) was so helpful and kept me motivated all the way. Cycling has really helped me, not just physically with my arthritis, but socially too. I've met amazing women through the lessons and feel more connected. I'm so grateful to all the instructors who supported me. Without them, I wouldn't have come this far. I've now bought my own bike and can't wait to continue!"

Sajida, Waltham Forest



Highlights include:

- New partnership with The Hill Group to offer small group lessons in Redbridge.
- Trained 4 of our instructors to deliver e-bike training sessions across London in partnership with Lime.
- Delivered targeted group lessons for Somali women in Tower Hamlets and Turkish women in Hackney, with the support of Community Ambassadors who conducted outreach and provided language support.



Our active travel campaigns play an important role in helping women build everyday cycling habits and stay motivated throughout the year.

Switch Your Journey

[Read more](#) 

We launched a new campaign to encourage women to replace car or public transport journeys with cycling.

Taking place in July, the challenge supported participants with free access to Brompton and Santander bikes, tips and advice, and online webinars on topics such as route planning with Komoot. Journeys were logged using the Love to Ride platform and in just two weeks, over 400 journeys were switched to cycling!

87% of Switch Your Journey participants reported they were likely or very likely to continue cycling for their daily journeys

Najiya's Story

"Previously I would have to depend for most of these journeys on my husband who drives due to me having epilepsy, meaning many small uneconomical car journeys. Having participated in Switch your Journey, I really feel a big sense of accomplishment, all praise to God – a feeling of independence, being eco-friendly, achievement towards my daily fitness goals, and breaking free from stereotypes and social norms."

Najiya, Redbridge



Smiles & Miles

[Read more](#) 

Our February challenge encouraged women to keep cycling through the colder months by setting personal mileage goals from 50 to 600 miles. The challenge created a real sense of community energy, with many of our Cycle Sisters groups organising extra rides and cheering one another on.

Participants were supported by fun weekly themes and prizes, including awards for the most inspiring story, highest mileage and most supportive Ride Leader.

More than 220 women took part, collectively cycling over 29,000 miles in just one month.



Teen Bikers continued to thrive across Hounslow, Redbridge and Waltham Forest, creating safe, fun and inclusive spaces for 13 to 17 year-old girls to cycle.

Supported by Go! London, the programme plays an important role in engaging girls at an age when physical activity levels typically decline sharply, helping them build confidence and independence.

Highlights include:

- Ran 23 led rides across the three boroughs, reaching 116 girls.
- Offered 1 to 1 cycle lessons for girls and their Mums during school holidays, to teach complete beginners how to cycle, and support the wider family to be able to make cycling part of their day to day lives.
- Piloted rides at a Islamic secondary girls' school in Waltham Forest as part of their enrichment programme.

[Watch our Teen Biker video](#) 

Malaika's Story

"Being part of Teen Bikers has helped me build confidence cycling on the road and feel safer riding in different environments. It has also given me the chance to explore places I wouldn't normally visit and learn new skills along the way. One of the best parts has been meeting new people and making great friends who share the same interests."

Malaika, Hounslow



Tri Sisters supports women to progress from cycling into new sports

by creating an accessible pathway into running, swimming and multi-sport activities. Many women begin with our community rides and then discover the confidence to try new challenges, from open-water swimming to their first triathlon.

A key focus of the programme is improving access to events, ensuring that Muslim and ethnically diverse women feel welcomed and included in spaces where they have traditionally been underrepresented.

This year, with support from London Marathon Events, LYRA Modest, Inspire Hounslow and Sport England, we delivered women-only swimming lessons, open-water coaching, running sessions and cycle coaching.

94% of women said that being part of Tri Sisters helped them participate in a new sport

Samira's Story

"I never thought as a Muslim woman, I'd be taking part in events like the Swim Serpentine and T100. Just knowing that someone is working on this to make it more accessible is so heart-warming. It makes me feel so happy, empowered, and I would be so excited to see more Muslims on the race course to represent our community and to inspire the next generation!"

Samira, Waltham Forest



Highlights include:

- Supported 59 women to take part in mass-participation events including Swim Serpentine, T100 Triathlon and The Big Half, with six women achieving the London Classics medal.
- Trained two new volunteer Run Leaders, who went on to deliver regular training sessions in east and west London.
- Advocacy in partnership with Women in Tri, leading to the organisers of the T100 and Dorney Lake triathlons providing private changing facilities to make their events more accessible.
- Partnership with LYRA Modest which provided free modest swimming outfits, removing financial barriers and enabling more women to take part in swimming and open-water activities.
- Named a finalist for the Swim England's Aquatics Champion Award.



Cycle Sisters plays an active role in promoting greater inclusion across the cycling and active travel sectors. By amplifying the voices of Muslim and ethnically diverse women, we help influence decision-making and shape a system where all communities feel represented. Our advocacy spans partnerships with major brands, engagement with policymakers, and participation in national conversations on equity in cycling.

Highlights include:

- Recognition of our Chair, Samra Said, as BBC Sports Personality of the Year Unsung Hero Award for the London Region.
- Part of the advisory board for the the All-Party Parliamentary Group for Cycling and Walking's Active Travel and Social Justice Inquiry.
- Collaborated with Project Centre and Ealing Council on an engagement ride to gather insight on local cycling infrastructure.
- Contributed to Sport England's This Girl Can new campaign launch by being part of the Advisory Panel.
- Represented our community at sector events, including an Active Travel England webinar on diversity and London Sport's Manifesto event.



Thank you!



We'd like to extend our heartfelt appreciation to the following organisations and individuals for their support over the past year:

A & S Cycles	Islamic Relief UK	PTO
Active Travel England	Jenna Selby	Rapha
BeEndurance	Komoot	Redbridge Council
BCBN	Lambeth Council	Regal Foods
Bikeability Trust	Lee Valley Regional Park Authority	Safe for All CIC
Bikeworks	Lee Valley VeloPark	Santander Cycles
Black Tri Tribe	Lime	Science in Sport
British Cycling	Litelok	Share the Joy
Brompton	London Borough of Hounslow Swim Club	Sport England
COSARAF Foundation	London Cycling Campaign	St Stephen's Health Centre
Cycle Confident	London Marathon Events	SunnaMusk
Cycle Spirit	London Marathon Foundation	Sustrans
Cycling Instructor	London Sport	The Bike Club
Cycling UK	Love to Swim	The Fore
Ealing Council	Love to Ride	The Hill Group
Eden Girls School	LUCA	Transport for London
Evolve	LYRA Modest	Tom Moreland
Foundation for Integrated Transport	Motiv	Tower Hamlets Council
Full Gas	Muc-Off	Tower Hamlets GP Care Group
Fund Her Tri	Muslim Charity	UCL
Funders in Good	National Trust at Osterley Park	Waltham Forest Council
Go! London	Newham Council	Wesleyan Foundation
Hackney Council	Palmers Green Mosque	Women in Tri
Hadley Property Group	Peddle My Wheels	Women of Colour Cycling Collective
Haringey Council	Project Centre	Viewtube
Heathrow Community Trust		
Hounslow Council		
Inspire Hounslow		

How to get involved



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