

alessia mccaig

track

nickname **Less** date of birth **24/04/03** age **23** state **VIC** club **Bendigo & District CC**



coffee order
Iced latte

pump-up song
Any Pitbull song

favourite food
Pasta

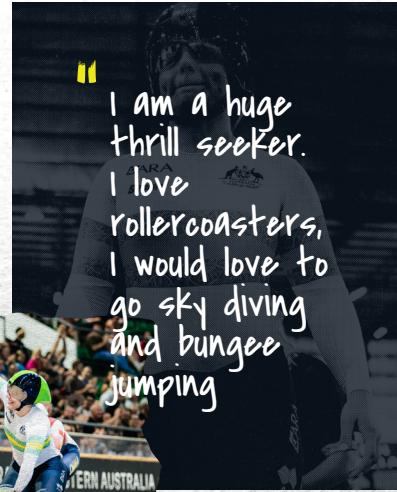
idol
Ash Barty

go-to comfort movie
Notting Hill

sports I follow & who
AFL – I support Collingwood

if I weren't a cyclist, I'd be...
A chiropractor

favourite event to race
Keirin. I love the unpredictable nature of the keirin, and relying on instincts and making split second decisions. I also love that it is not necessarily the fastest rider that wins



Alessia McCaig has rapidly established herself as one of Australia's leading track sprint prospects. Growing up in Bendigo in a cycling-focused family, she rose through the junior ranks with multiple national titles and Australian under-19 records before winning her first elite national title in 2021 and representing Australia at the 2022 Commonwealth Games as the team's youngest cyclist.

Alessia's key career highlights include:

- Multiple national titles across sprint, keirin, and time trial
- Represented Australia at the 2022 Commonwealth Games
- Bronze medal – Team sprint at the 2024 and 2025 UCI Track World Championships
- Gold medal – Keirin at the Perth 2026 UCI Track World Cup

proudest moment of the my career so far

The first bronze medal we won in the team sprint in Denmark at the 2024 World Championships - that was a big milestone for the women's sprint program. Or my 2026 Perth World Cup keirin win 😊

representing Australia means

It is an honour to wear the green and gold and represent myself and my country at one of the pinnacle events of my career. As a sporty Aussie kid growing up, I was always aspiring to be a professional athlete, so it is a dream come true to be going to my second Comm Games

