

erin rowell

track

Erin originally started cycling as training for motocross.

nickname	date of birth	age	state	hometown
Ezmay	19/01/1983	43	VIC	Torquay

☕ coffee order

An almond latte, or a long black with a splash of almond milk

🎬 go-to comfort movie 🎵 pump-up song

Fool's Gold **If you want blood – AC/DC**

🍴 favourite food

Vegemite cheese toast

🌟 idol

I don't really have one idol — I admire people who work hard, stay grounded and keep showing up through challenges

🏁 favourite event to race

The kilo. It's mentally and physically challenging but really rewarding when everything comes together

“ My husband and my son Jaxx are a huge part of everything I do, so sharing those moments with them means the most ”



After transitioning from a background in motocross, para-cyclist Erin Rowell quickly established herself on the international stage following her world championship debut in 2022.

Competing initially in the C5 category, Rowell made an immediate impact:

- Bronze medal – 500m time trial at the 2022 UCI Para Cycling World Championships

Reclassified to C4 in 2023, she continued her progression:

- Bronze medal – 500m time trial at the 2023 UCI Para Cycling World Championships

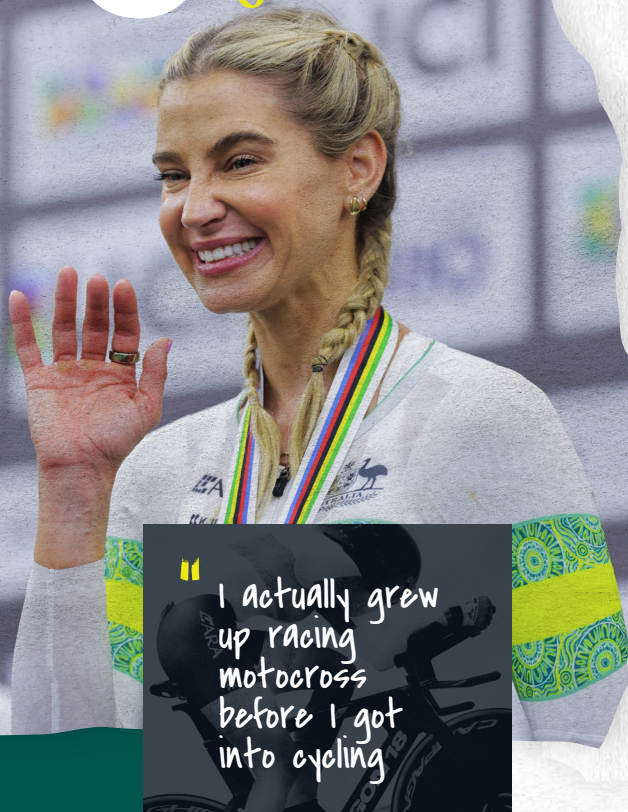
Rowell's breakthrough came in 2025 at the UCI Para Cycling World Championships in Rio, where she claimed:

- Gold medal – C4 sprint
- Gold medal – Mixed team sprint
- Bronze medal – C4 elimination race

Away from cycling, Rowell runs a fitness centre and pilates business in the Geelong and Surf Coast region.

🌟 one challenge I've had to overcome

Learning to balance elite sport with family life, business and everything outside of training. High performance sport takes a lot physically and mentally, so finding that balance has definitely been one of the biggest challenges



“ I actually grew up racing motocross before I got into cycling ”