

# tara neyland

track = road

Recently I've been loving Lego. Especially the tower bouquets.

nickname **TK** date of birth **28/01/94** age **32** state **VIC** club **Brunswick CC**



coffee order

**Batch brew**

idol

**Grace Brown**

go-to comfort movie

**About Time**

favourite event to race

**The Kilo**

favourite food

**Indian food or anything with noodles**

pump-up song

**Money on the Dash Sped up  
- Elley Duhé, Whethan**

sports I follow & who

**I've got a strong bias for cycling...  
but I've always been a fan of swimming.  
Otherwise, I'm just a big fan  
of supporting women in sport**

**"Representing Australia is an incredible honour and privilege. I now get to do what I love, on the world stage, how incredibly special is that"**



Tara Neyland is one of Australia's leading para-cyclists, achieving remarkable success across both track and road disciplines.

Neyland has delivered exceptional results on the road, including:

- Gold medal – C4 time trial at the 2025 UCI Para Cycling Road World Championships
- Gold medal – C4 road race at the 2025 UCI Para Cycling Road World Championships

She continued her outstanding form on the track in 2025:

- Gold medal – Elimination race C4 at the UCI Para Cycling Track World Championships
- Gold medal – 1km time trial C4 at the UCI Para Cycling Track World Championships
- Gold medal – Scratch race C4 at the UCI Para Cycling Track World Championships

A three-time track and two-time road world champion in her first year with the ARA Australian Cycling Team has swiftly established her as one of the next big stars of para cycling.

**"This will be my first big Games, and it honestly feels so surreal"**

one challenge I've had to overcome



**Accepting the reality of my diagnosis has allowed me to be here today. Without that, I would still be quietly struggling, and this door would never have opened for me. I now ride and race with a greater sense of urgency, purpose and gratitude**

ARA  
**australian  
cycling team**

visiting the Victorian High Country is one of my favourite places to ride