

# tara neyland

track = road

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

nickname	date of birth	age	state	hometown
<b>TK</b>	<b>28/01/94</b>	<b>32</b>	<b>VIC</b>	<b>Brunswick CC</b>



coffee order

**Batch brew**

idol

**Grace Brown**

go-to comfort movie

**Harry Potter hahaha, ever since I was a kid**

favourite food

**Indian food or anything with noodles**

pump-up song

**Depends on the day of the week, there's often one song that I'm obsessed with and play it on repeat until I no longer like it haha**

favourite event to race

**I'm going to be annoying and say all. I love racing and competing, I love learning and challenging myself to see what I'm capable of**



" I went through a phase where I wanted to be a tattoo artist. I have a few tattoos myself. I think I have 11 tattoos



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

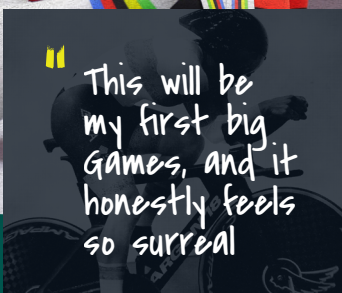
Neyland has delivered exceptional results on the road, including:

- 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