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PRESS RELEASE

Cycling nurse

A critical care nurse in Dudley who took up cycling as a way to unwind has raced for Team GB in the top amateur road race in the world.

Vicki Boddice, who has worked at Russells Hall Hospital since 1996, only took up cycling in 2015 after her husband surprised her with a bike for Christmas.

In September the 46-year-old, who lives in Bewdley, competed in the UCI Gran Fondo World Championship in Poland, finishing as fifth GB women and 32rd overall.

“The race took place over 93 miles and was incredibly hard and fast,” Vicki said.

“The temperature was over 30C with terrible road surfaces in places.

“Never in my wildest dreams did I ever imagine racing at this level, alongside other women from across the globe. Just four years ago I literally rode my bike for fun, a way to take my mind off the everyday stresses of life and keep fit!”

When Vicki’s husband bought her a bike she joined a local cycling club with her family. She enjoyed watching her children racing in the West Midlands Youth Cycling Championships and decided to give racing a go.

“I soon started to use a structured training programme and joined Success Cycling, a Kidderminster based training academy, in 2017 and was lucky enough to join their race team,” she said.

She qualified for the world championships – the pinnacle of amateur competitive road racing – by finishing ninth in her age category at The Tour of Cambridgeshire in June.

“The training is hard, both physically and mentally, but I’m incredibly fortunate to work part time and this helps me be able to train five days a week,” she added.

“However getting up for a three or four hour training ride at 5am on a Saturday morning in January is still incredibly tough, but has taught me to be disciplined. Training and racing has given me a great focus that helps me to unwind and forget the stresses of the day!”

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