

Ann Williamson

A unique, inspiring individual, with great passion, energy and commitment to give back to her local community. Ann has been the driving force behind:

Women on Wheels (WoW) – Ladies Charity Cycle Ride. She is a WoW Ambassador, supporting new events. The Bury St Edmunds events only have raised £30,000 for the local hospice.

Bury Bicycle Collective (BBC) – a group Ann set up to enable ladies to cycle regularly

Rickshaw project - giving the vulnerable, elderly and less able bodied the opportunity to ride in a Rickshaw. Just for a ride, or stopping for a cup of tea or an ice cream.

Bury Goes Biking – a closed road, family ride around the local town. Fully funded and free for 500 people.

Fun and Fed - Something close to Ann's heart, worried how young people were not accessing food and activities, she arrange activity and lunch during the school holiday.

Ann's personal motivation is simple; to keep her body and mind in as good a condition as she can with the hope that she can reach 80 and still be fit and active. Being an asthmatic, having had three spinal surgeries and arthritis in her spine was not enough to deter Ann from taking up cycling in later life. She started at 62, but by 68 she was finding cycling difficult - the choice was to stay indoors or invest in an e-bike. She chose the e-bike - one of the best decisions she has ever made.

Moreover, Ann's motivation is encouraging and supporting others. The group of ladies Ann cycles with, see her as something to aspire to, being able to see someone much older than themselves still out there doing it, so why shouldn't they?

Ann's influence in ladies cycling was so successful, she and a friend created the BBC. The group functions through Facebook, arranging cycle rides and planning the must do 'coffee and cake' stop. There are now close to 300 ladies registered and they won Club of the Year at the West Suffolk Sports Awards in 2018.

BBC member Quotes

"BBC, you have change my life 100% for the better!"

"The BBC has had a positive effect on my health, fitness and wellbeing. I have always loved cycling but I lost confidence and lacked motivation for going out alone. I have never felt healthier"

It's thanks to Ann's hard work and dedication that so many people across West Suffolk have had the opportunity to positively impact their physical and mental Wellbeing. Whether it's ladies, families, children, the elderly or less able bodied, Ann is normally the driving force behind an initiate that will make a difference to people's lives.

Every community needs an Ann!