



Coordinator Bio

South Lanarkshire Bikeability Scotland Coordinator

Lynsey MacPhail

Job title: Bikeability Scotland Coordinator
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Lynsey started as the South Lanarkshire Bikeability Scotland Coordinator in October 2021, having previously worked in transport planning and primary teaching. Lynsey is part of the Road Safety Team based in Hamilton and works Tuesday, Wednesday and Thursday. Within the authority, Lynsey primarily supports primary schools with the aim of getting them all participating in Level 2 Bikeability Scotland cycle training.

Earliest memory of cycling?

Learning to ride my bike without stabilisers in my back garden when I was about 4 or 5. My dad removed the stabilisers and off I went, never looked back!

What would you say to a school thinking about participating in Bikeability Scotland?

Give it a try, we are here to help and support your school. It's a valuable life skill for pupils and a fun outdoor learning experience. There are so many benefits to the pupils: learning about road safety, encouraging active travel, improving their health and fitness and thinking about the environment.

Best Bikeability Scotland moment?

Working with a group including a few hesitant riders on day one in the playground and seeing them progress as the sessions went on. It was amazing to see their confidence build over the course and to see them cycling confidently and safely on the roads.

Most likely to be heard saying....

Remember to look over your shoulder for your final check!