



ATHLETE PROFILE

# IAM NICOLE FRAIN

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# ABOUT

Nicole came into cycling later than most, at the age of 26, after a year in triathlon and many years playing soccer. Growing up, she was always involved in sport, eager to try anything active. At the time of her transition to cycling, Nicole was working full-time in Research and Development for Bulk Nutrients Pure Supplements, Australia's largest supplement company. Their support was pivotal in helping her take the leap from a stable 9–5 career to pursuing cycling at the world level.

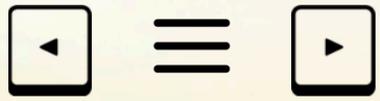
Alongside her athletic career, Nicole studies part-time with Federation University, completing a Bachelor of Bioscience with a major in Sport Performance Nutrition. Looking ahead, she aspires to complete a PhD and contribute to research in women's sport performance after her cycling career.

Nicole's progression in cycling was rapid. Starting on the road, she claimed a podium at the 2021 Australian National Championships in the Elite Women's Time Trial before making history in 2022, becoming the first Tasmanian to win the Elite Women's Road Race. That same year, she lined up at the inaugural women's Paris-Roubaix and the Tour de France Femmes.

After competing in the road peloton until 2025, Nicole signed with Ridley Racing Team to take on her first full season of gravel racing—a move that quickly proved successful. With a preference for hilly, rough, and technical courses, she secured victories at UCI World Cup Series events in Houffalise and Sea Otter, alongside multiple podium finishes throughout the season. Her consistency earned her the overall UCI World Cup Series title in 2025.

Now firmly established among the world's elite gravel racers, Nicole is driven to keep pushing her limits both physically and mentally, while continuing her growth and development beyond the bike.





# 2026 GOALS

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*“To make the full transition to gravel and get a few podiums on the way!”*

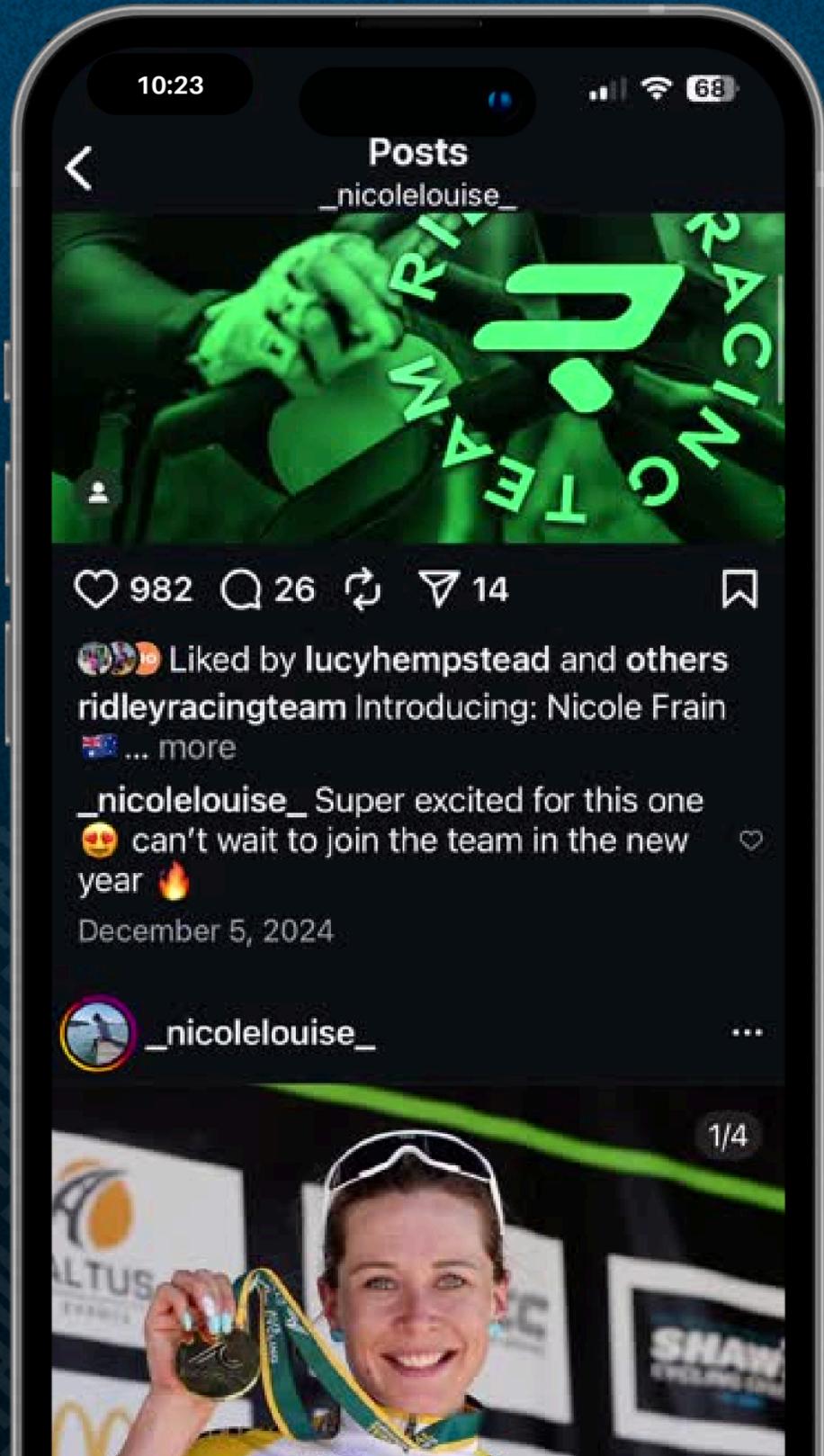
*~Nicole Frain*



# CAREER HIGHLIGHTS

- 1<sup>st</sup> - Sea Otter Europe 2025
- 2<sup>nd</sup> - 66 Degrés Sud - Le Gravel 2025
- 1<sup>st</sup> - Houffa Gravel 2025
- 2<sup>nd</sup> - La Monsterrato 2025
- 2<sup>nd</sup> GG - Gravel, Grit 'n Grind 2025
- 2<sup>nd</sup> - stages 1, 2, 3 Gravel, Grit 'n Grind 2025
- 3<sup>rd</sup> - Stage 1, Tour de Feminin 2025
- 7<sup>th</sup> - The Traka 200 2025
- 2<sup>nd</sup> - Monaco Gravel Race 2025
- 6<sup>th</sup> GC - Santa Vall 2025
- 2<sup>nd</sup> - Houffa Gravel 2024
- 2<sup>nd</sup> GG - Gravel, Grit 'n Grind 2024
- 2<sup>nd</sup> - stages 1, 3 Gravel, Grit 'n Grind 2024
- 7<sup>th</sup> GC - Tour de Charente-Maritime Féminin 2024
- 1<sup>st</sup> - Stage 1, Tour de Charente-Maritime Féminin 2024
- 2<sup>nd</sup> - The Gralloch 2024
- 2<sup>nd</sup> - RADL GRVL 2024
- 1<sup>st</sup> - Australian Road National Championships 2022





# SOCIAL MEDIA ENGAGEMENT

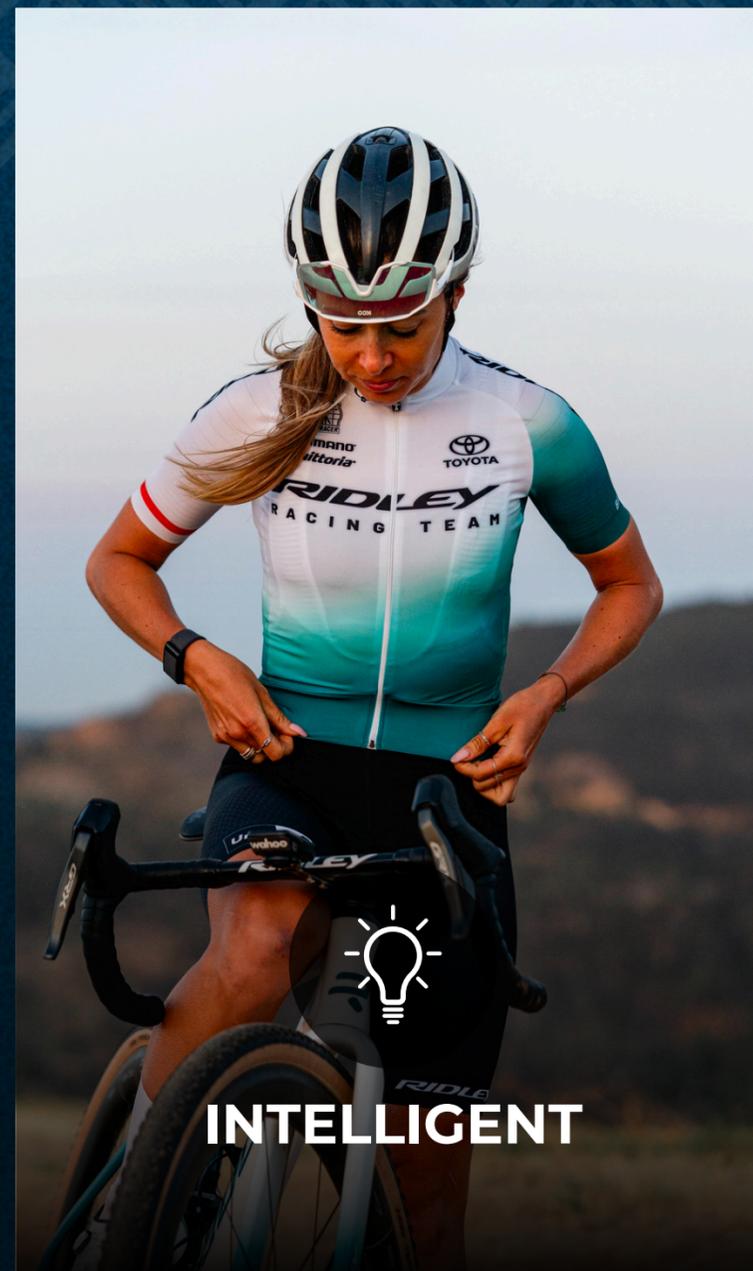
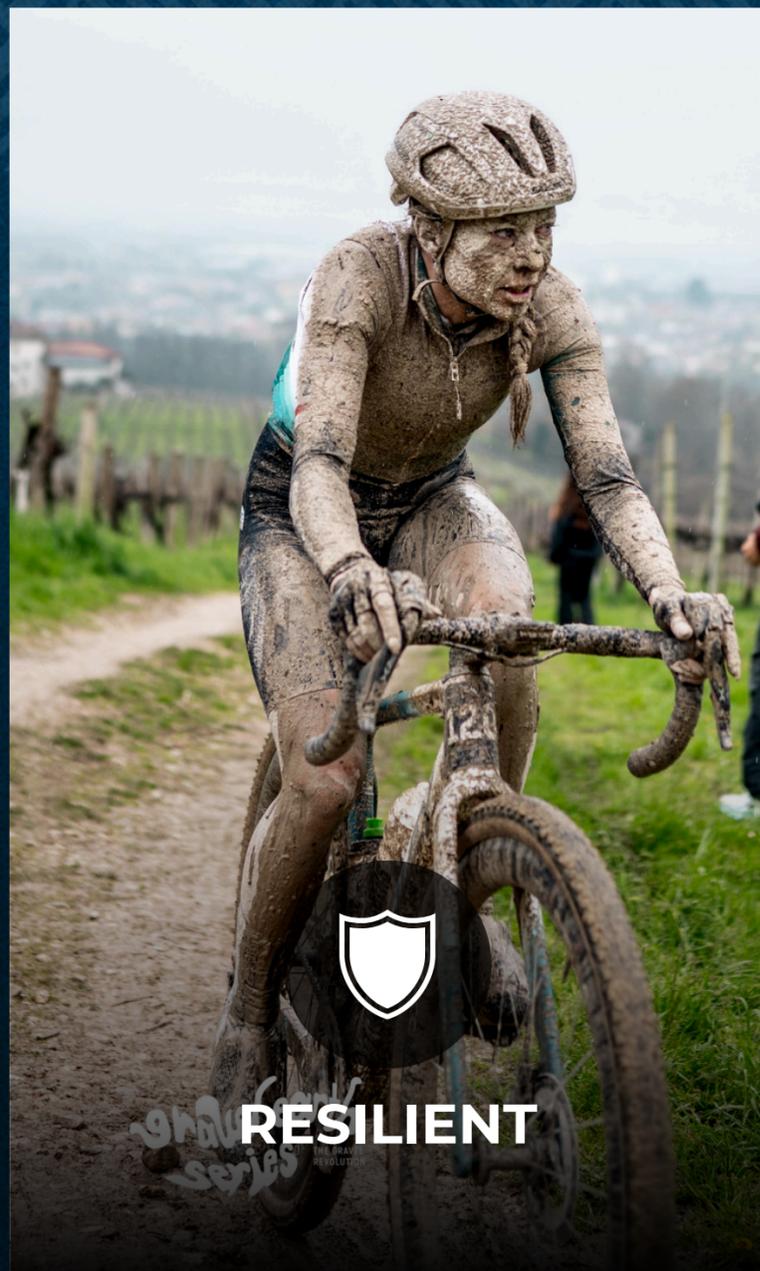


@\_nicolelouis\_ ↗

**14.8k Followers**



# DEFINING TRAITS





# 2026 SCHEDULE

- JAN** SBT Gravel  
RDL Grvl
- FEB** Santa Vall
- MAR** The Hills  
114 gravel race
- APR** Giro Sardegna Marvel
- MAY** Traka 200  
Gralloch  
Unbound
- JUN** Wish One Millau Grands Causses  
Eislek Gravel
- JUL** Hegau Gravel  
Fravel Suisse  
The Rift
- AUG** Monsterrando  
Houffa
- SEP** 66 Degrés Sud  
Sea Otter Europe  
Ranox
- OCT** UCI Gravel World Championships





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