

Para-Cycling

Para-Cycling is cycling for people with impairments resulting from a health condition (disability).

Para-Athletes with physical impairments either compete on handcycles, tricycles or bicycles, while those with a visual impairment compete on tandems with a sighted 'pilot'.

Para-Cycling is divided into track and road events, with seven events in total.

Classification

In Para-Sport classification provides the structure for fair and equitable competition to ensure that winning is determined by skill, fitness, power, endurance, tactical ability and mental focus – the same factors that account for success in sport for able-bodied athletes.

The Para-Sport classification assessment process identifies the eligibility of each Para-Athlete's impairment, and groups them into a sport class according to the degree of activity limitation resulting from their impairment.

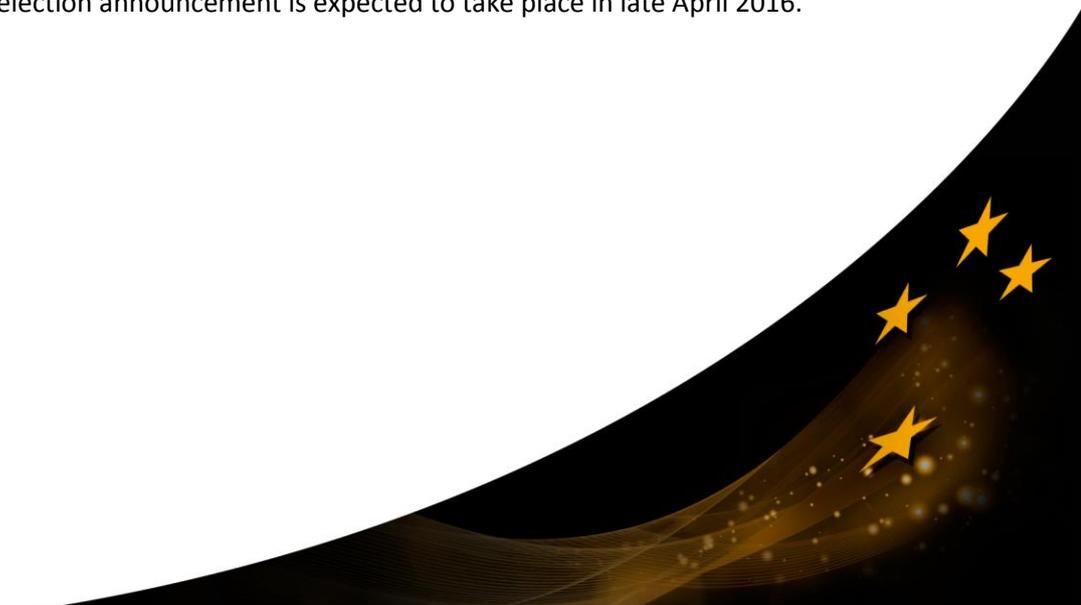
Classification is sport-specific as an eligible impairment affects a Para-Athlete's ability to perform in different sports to a different extent. Each Para-Sport has a different classification system.

More information on classification and sport classes is available under 'Classification detail' below.

Qualification – the road to Rio

Qualification to secure spots at the Paralympic Games is based on a nation's ranking in the UCI Para-Cycling Road and Track 'Combined' Nations Ranking Allocation system. Para-Athletes generate qualifying points for their nation, which contribute to their nation's world ranking, by competing at Union Cycliste Internationale (UCI) recognised events between 1 January 2014 and 21 March 2016.

The number of qualifying spots for New Zealand is expected to be announced in early April 2016. The New Zealand team selection announcement is expected to take place in late April 2016.



Rio 2016 Para-Cycling

ROAD EVENTS

Para-Cycling road events are held for men and women and for all functional classes (an outline of the classes is provided under 'Classification detail' below):

- Road race (men and women)
- Individual time trial (men and women)
- Handcycling relay.

Medal events: 33 in total comprised of 19 men's events, 13 women's events and one mixed event.

When: Flamengo Park, Copacabana.

Where: Wednesday 14 September to Saturday 17 September 2016.

More info: www.rio2016.com/en/paralympics/road-cycling

TRACK EVENTS

Para-Cycling track events are held for men and women, but only for the functional classes within the Standard Bicycle 'C1 – 5' and Tandem 'B' classifications (an outline of the classes is provided under 'Classification detail' below):

- Team sprint (men and women, mixed event)
- 500m time trial (men and women) or kilometre time trial (men and women)
- Individual pursuit (men and women).

Medal events: 17 in total comprised of nine men's events , seven women's events and one mixed event.

When: Thursday 8 September to Sunday 11 September 2016.

Where: Rio Olympic Velodrome.

As in the Olympic competition, the track events are divided into time trial, pursuit and sprint events. The race format and distances vary according to the event, but the dynamics are similar to Olympic track events.

More info: www.rio2016.com/en/paralympics/track-cycling



“We are targeting a total of four medals at the Rio 2016 Paralympic Games, including two gold medals. Significant planning, preparation and investment has gone into our Rio 2016 campaign over the last three years, and 10 months out from the Games we are on track to meet our targets. The team is headlined by our world champion tandem pairing of Emma Foy and Laura Thompson, who will be looking to cross-over and double up in both the Track Individual Pursuit as well as the Road Time Trial.”

*Jono Hailstone, Paralympics New Zealand Head
Performance Coach – Para-Cycling*

“The 2016 UCI Para-Cycling Track World Championships in March will provide a final opportunity to test our protocols and fine-tune our preparation before stepping onto the big stage in Rio. We have a very capable and tight-knit team of support staff helping to deliver world class training and preparation for our key athletes, and this is further supported by the world class training facilities available to us at the Avantidrome Home of Cycling.”

*Jono Hailstone, Paralympics New Zealand Head
Performance Coach – Para-Cycling*

Paralympic Medals Won

2 gold, 2 silver, 6 bronze

GOLD

- Women's 500m Time Trial LC3-4/CP3 (Beijing 2008) – Paula Tesoriero
- Women's Individual Pursuit B (London 2012) – Phillipa Gray/Laura Thompson

SILVER

- Mixed 1km Time Trial LC3 (Sydney 2000) – Mark Inglis
- Women's Time Trial B (London 2012) – Phillipa Gray/Laura Thompson

BRONZE

- Men's Road Race/Time Trial Bicycle LC3 (Athens 2004) – Paul Jesson
- Women's Individual Time Trial B VI 1-3 (Beijing 2008) – Jayne Parsons/Annaliisa Farrell
- Women's Individual Time Trial LC3-4/CP3 (Beijing 2008) – Paula Tesoriero
- Women's Individual Pursuit LC3-4/CP3 (Beijing 2008) – Paula Tesoriero
- Women's 1km Time Trial B (London 2012) – Phillipa Gray/Laura Thompson
- Women's Individual Pursuit C5 (London 2012) – Fiona Southorn

The Stars of Para-Cycling

THE BEST IN THE WORLD

Para-Cycling internationally attracts many former able-bodied sporting stars, including ex-Formula One driver and current H5 Para-Cycling Italian hero, Alex Zanardi. The USA, Italy, Great Britain, Australia, Germany and Spain have produced consistently strong athletes. Familiar names at world championships and Paralympic Para-Cycling events include Jody Cundy (Great Britain), Sarah Storey (Great Britain), Megan Fisher (USA), Alastair Donohoe (Australia), Susan Powell (Australia) and Jiri Jezek (Czech Republic).

NEW ZEALAND SUCCESS

New Zealand has had an extremely strong representation of Para-Cyclists on the world stage, including the multiple world champion tandem pairing of Emma Foy and Laura Thompson, who are the current world title holders and world record-holders in the individual pursuit. Emma and Laura have also won multiple medals at other World Championship and World Cup events in both road and track events. Kate Horan is another New Zealand star to look out for, currently ranked second in the world for C4 women on the track.

Did you know?

- There will be 230 Paralympians competing in the Para-Cycling events at the Rio 2016 Paralympics.
- The men's and women's road events (Time Trial, Road Race, Handcycle Relay) in Rio 2016 are straight finals. In the time trial events athletes start at 60-second intervals with their start order based on their previous results in this event. The road race is a mass start event and often merged with another class of similar speed. The team relay events will be conducted as mass start events on a looped course.
- Para-Cyclists must wear protective helmets, the colour of which reflects their classification. This is to assist in determining who is from each classification in a mass start race.
- New Zealander Kate Horan won a silver medal at the Beijing 2008 Paralympics in Para-Athletics and is now a Para-Cycling Rio 2016 medal hopeful.
- New Zealander Laura Thompson (sighted pilot) is a former Tall Fern basketball player.
- At the last two Paralympics Games (Beijing 2008 and London 2012), Great Britain topped the Para-Cycling medal charts with 17 gold and 20 overall medals in Beijing 2008 and 8 gold and 22 overall medals in London 2012. The USA finished second at both Games, followed by Australia in Beijing 2008 and China in London 2012.
- China improved from 16th place in the Para-Cycling medal charts at the Beijing 2008 Paralympics, with no gold medals, to third at the London 2012 Paralympics with six gold medals.
- After Para-Athletics and Para-Swimming, Para-Cycling today is the third biggest sport on the Paralympic Games programme in terms of medal events.

Terminology

Paralympian	A Para-Athlete who has taken part in Paralympic Games.
Para-Athlete	Refers to all athletes within the Paralympic movement from grass roots to elite level.
Factored event	An event which has more than one classification competing in it. In these events a factor (similar to a handicap in golf) is applied to different classes to make the race as fair as possible.
Pilot sighted	A Para-Athlete who rides on the front of a tandem bike. This Para-Athlete makes the calls on braking, gear changes and tactical decisions such as when to attack or open up a sprint, as well as pedalling the bike.
Stocker	Visually impaired Para-Athlete who rides on the back of a tandem. This Para-Athlete provides the horsepower.
Prosthetic	Name given to an artificial limb used by an amputee to enable them to perform a movement pattern.

Timeline

- 1984** Para-Cycling made its debut at the co-hosted Paralympic Games shared between New York and Stoke Mandeville in England. Only road races for Para-Cyclists with cerebral palsy were included.
- 1992** A number of different impairment classes introduced to the Para-Cycling programme for the Barcelona 1992 Paralympic Games.
- 1996** Track cycling added to the Paralympic programme at the Atlanta 1996 Paralympics.
- 2004** Handcycling introduced on to the schedule at the Athens 2004 Paralympic Games.
- 2007** First UCI World Para-Cycling Championship took place on the track. The road version was born two years later.
- 2012** At the London 2012 Paralympics, 225 Paralympians competed in 18 medal events on the track and 225 more competed in 32 medal events on the road. A total of 25 nations won medals across the various Para-Cycling events.



Classification detail

Para-Cycling sport classes

Handcycle sport classes H1 – 5:

There are five different sport classes for handcycle racing. The lower numbers indicate a more severe activity limitation. Athletes competing in the H1 classes have a complete loss of trunk and leg function and limited arm function, eg, as a result of a spinal cord injury. Athletes in the H4 class have limited or no leg function, but good trunk and arm function.

Para-Cyclists in sport classes H1 – 4 compete in a reclined position.

Para-Cyclists in the H5 sport class sit on their knees because they are able to use their arms and trunk to accelerate the handcycle. Athletes in this sport class might have leg amputations, paraplegia or mild to moderate athetosis or ataxia.

Tricycle T1 – 2:

Para-Athletes who ride a tricycle are unable to ride a bicycle safely due to impairment affecting their balance and coordination. They are divided into two classes, T1 and T2.

Sport class T1 is allocated to Para-Athletes with more significant loss of coordination or muscle power than those competing in sport class T2.

Bicycle C1 – 5:

Para-Athletes who are able to use a standard bicycle compete in one of five sport classes, C1 – 5. Para-Athletes in these sports classes might have amputations, impaired muscle power or a limited range of motion, and also impairments affecting coordination such as ataxia and athetosis.

Sport class C1 is allocated to Para-Athletes with the most severe activity limitation, while sport class C5 is allocated to those who meet the minimum disability criteria.

For example, Para-Cyclists with a double below-the-knee amputation who use a prosthesis are likely to compete in sport class C3, while those with a below-knee amputation and a prosthesis on one leg would compete in sport class C4.

Tandem TB:

Para-Cyclists with visual impairment race on a tandem bicycle with a sighted cyclist (pilot) at the front. Para-Cyclists with visual impairment either have a low visual acuity (less than 6/60) and/or a visual field of less than 20 degrees.

For further details please visit www.paralympics.org.nz or to www.hpsnz.org.nz