



AGE GROUP ROAD  
NATIONAL  
CHAMPIONSHIPS



# AGE GROUP ROAD NATIONAL CHAMPIONSHIPS



# EVENT MANUAL

17 - 19 JULY 2020

WAIPUKURAU

[WWW.ROADNATIONALS.NZ](http://WWW.ROADNATIONALS.NZ)



Published 14 July 2020



## 1. INTRODUCTION

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On behalf of Cycling New Zealand, Cycling New Zealand Road and Track and Cycling CHB it's our pleasure to welcome riders, team managers, coaches, officials and supporters to the 2020 Vantage Age Group Road National Championships in Waipukurau.

We look forward to a great event and hope you have an enjoyable time during the Championships.

This manual provides useful information for all riders, team members and officials.

## 2. WELCOME

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On behalf of the Cycling New Zealand Road and Track Council, I offer you all a warm welcome to Waipukurau for the 2020 Vantage Age Group Road National Championships.

We are delighted these Championships are taking place despite the challenges of COVID19 and extremely pleased to see such strong support and participation for this rescheduled event with almost 500 riders from around the country representing their clubs.

We extend our thanks to the local volunteers from Cycling CHB and to our Commissaires who are all volunteering their time to ensure the event happens. Volunteers are truly the backbone of cycling in this country and we are grateful for the support of the people here this week but also to the hundreds of volunteers who work tirelessly behind the scenes at club events around the country.

We wish all the riders the best of luck and a safe and successful competition.

**Mike Sim**

**President, Cycling New Zealand Road and Track**

On behalf of Cycling New Zealand and our partners we welcome you all to the 2020 Vantage Age Group Road National Championships in Waipukurau.

This event is a highlight on the road cycling calendar and it's great to see so many of our members representing their clubs with pride. With over 60 national titles up for grabs across youth, masters and para-cycling grades, there's sure to be some tough competition and exciting racing on display.

With commitments such as education, work and family, it is heartening to see the number of not only riders participating in this event, but active members and supporters of local cycling clubs, helping to grow the sport of cycling in New Zealand. We acknowledge the part that coaches, managers and other support staff play in assisting the riders this week and thank them for their time and commitment to the sport.

We extend our gratitude to our naming rights sponsor of this event, Vantage Windows and Doors, for their ongoing support of national road and track events, and of our elite road and track programmes.

Special thanks to Cycling CHB and the volunteers for the commitment and passion they have shown for the event, and to the Cycling New Zealand Commissaires who play a fundamental role in ensuring racing is safe and fair.

To all the riders – we wish you all the best for the upcoming days.

**Jacques Landry**

**CEO, Cycling New Zealand**

### 3. KEY CONTACTS

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Event Director	Janette Douglas	027 644 8921
Event Manager	Charlotte Pearson	021 292 0563
Race Manager	Shanelle Barrett	0274 576 736
PCP (Chief Commissaire)	Mark Reynolds	0272 966 007
Technical Delegate	Mark Ireland	
Commissaire's Secretary	Cath Cheatley	
Assistant Commissaires	Graeme Bell	
	Penny Gough	
	Robin Wood	
	Tony Hartley	
	Wayne Silby	
	Mike Sim	
	Brendan Patterson	
	Olivia Spaans	
	Pam Coe	
	Ivan Aplin	

### 4. EVENT SUPPORTERS

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We would like to extend our thanks to the event supporters whom without their support the event would not be possible.



## 5. RACE PACK PICK UP

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Riders Packs will be distributed to one club representative (the Team Manager or alternative representative) not to individual riders (with the exception of non-championship riders). Riders should contact their Team Manager to arrange collection. Click [here](#) to see who your Team Manager is.

Rider Packs will be available for collection from 4.30pm Thursday 16<sup>th</sup> July from the CHB A&P Building, River Terrace, Waipukurau.

## 6. LICENSING

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Every person involved (riders and team managers) with the event needs to hold a **2020** Cycling New Zealand Licence.

Riders are to ensure they have a valid 2020 Licence card (National Youth or National Adult Licence) and have it readily available, at all times during the Championships. If the licence is still being processed, a receipt of payment from Cycling New Zealand and a form of photographic identification (e.g. drivers licence, passport) should be brought to the event.

All Australian riders must have a current 2020 Cycling Australia domestic license and appropriate travel insurance to cover riding and racing while in New Zealand. Riders must be prepared to provide proof of insurance if required.

A special event license is included in the entry fee for all riders in the non-championship Time Trial.

Team Managers will NOT be required to collect and present licences at the Managers meeting.

Riders who have TUE's (Therapeutic Use Exemptions) should have these available at the event, ready to be presented should it be required by Drug Free Sport New Zealand.

## 7. RIDER'S APPAREL

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Riders must wear their approved Club jerseys and shorts. Shorts may only display sponsors that are detailed on the rider's Cycling New Zealand Membership. Plain black shorts are permitted.

Members of a UCI international trade team or registered NZ domestic trade team are permitted to wear their team shorts but must wear club jerseys.

Non-Championships riders are required to wear a jersey with sleeves and a pair of shorts, possibly in the form of a one-piece skinsuit. By shorts it is understood that these are shorts that come above the knee. Sleeveless jerseys are not permitted.

A start may be refused for any incorrectly attired rider. If you have any queries over this matter, please contact [events@cyclingtonewzealand.nz](mailto:events@cyclingtonewzealand.nz) prior to the event.

## 8. HEALTH AND SAFETY

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The safety of the riders, officials, volunteer and spectators are included in the event planning. This includes (but not limited to) road restrictions, traffic management and event advisories to the local businesses and residents. Refer also to the CNZ Road & Track Technical Regulations 6.1, 6.2, 6.3 & 72.7

The event takes place a mix of urban residential and rural roads. It is your responsibility to manage your own safety during the event, to be aware of other road users at all times and to make responsible decisions. There is traffic management in place however, **the roads are OPEN** and there will be public and official traffic on the circuit during your race. Riders must never cross the centreline during the event, and where there is no centreline riders must stay on the left half of the road.

We do also ask that whether you are racing, warming up, training or just riding back to accommodation, that you show other road users and residents courtesy, adhere to all road rules and respect the environment.

If you have any questions or concerns regarding Health and Safety please report to the Event Director or Race Manager.

## 9. SPECTATOR INFORMATION

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Parts of the race circuits are on narrow and some busy roads, so it is essential that spectator vehicle traffic is kept to an absolute minimum.

The official viewing area for spectators during the Road Race is the top of Waiou Hill. To get to this location you must use Takapua Road then turn onto Hatuma Road and slowly head up (following any cyclists) the hill to the parking area at the top, where you **MUST** park in the paddock as signed. When you leave the viewing point you must continue in the same direction as the cyclists and turn **RIGHT** onto Maharakeke Road to return to the race venue via Takapau Road.

**This is the only area to view the race during the Road Race.**

For the Time Trial you may head along Takapau Road, Hatuma and reach the intersection of Hatuma/Woburn/Arlington Road (16km TT turn). You must park well off the road on Hatuma Road.

## 10. COVID CODE

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Contact Tracing QR Codes will be displayed at the Race Office and around the event venue. These are optional, however we highly recommend you use these. While the risk of exposure to COVID-19 is now low, there are some Golden Rules we should all follow to help prevent future spread.

- If you're sick, stay home. Please do not turn up at the event.
- If you have cold or flu symptoms call your doctor or Healthline and make sure you get tested.
- Wash your hands. Wash your hands. Wash your hands.
- Sneeze and cough into your elbow, and regularly disinfect shared surfaces.
- If you are told by health authorities to self-isolate you must do so immediately.
- If you're concerned about your wellbeing or have underlying health conditions, work with your GP to understand how best to stay healthy.

- Keep track of where you've been and who you've seen to help contact tracing if needed. Use the NZ COVID Tracer app as a handy way of doing this.
- People will have had different experiences over the last couple of months. Whatever you're feeling — it's okay. Be kind to others. Be kind to yourself.

## 11. EQUIPMENT/BIKE CHECK/GEARING

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Bicycles must conform to current [UCI regulations](#). Refer Part 1 General Organisation, Chapter III with the exception of the Non-Championship Time Trial where Bicycles do not need to comply with the UCI Rules, but must however be fitted with two brakes, free wheel and be road worthy.

Helmets must be compliant with appropriate NZ Transport Agency Standards for use on open roads, including those used in the Individual Time Trial and must be worn at all times when riding your bike.

All riders will be required to attach timing transponders to their bikes, to enable the electronic timing to operate. These will be provided in the race pack.

**Time Trial:** Pre-checks will be available from 1 hour before racing commences near the start line. Riders are still required to present to the start with their bicycle approximately 10 minutes prior to their start time for their final technical checks and for junior grades rollout measurement, otherwise a start will be refused. Once the final technical check is completed, the bicycle must remain at the start area.

**Road Race:** For road races, a check will take place prior to each event for all riders and for the first five place getters immediately following the race. Other riders may be randomly selected. All race placings are provisional until the post-race check has been completed.

The following gear restrictions for Junior riders apply in both the Time Trial and the Road Race:

- A maximum gearing of 6.61 metres rollout applies to all U15 Riders.
- A maximum gearing of 7.00 metres rollout applies to all U17 Riders.
- A maximum gearing of 7.93 metres rollout applies to U19 Riders.

## 12. RULES AND REGULATIONS

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Racing will be conducted under [UCI regulations](#) and [Cycling New Zealand Road & Track](#) Technical Regulations. The Cycling New Zealand Road & Track scale of penalties will apply. Clubs will be invoiced post event for any sanctions incurred.

As all events take place on open roads, it is a condition of racing that New Zealand Traffic Regulations are adhered to. It is also mandatory that helmets are worn at any time a rider is on their bike. Riders must keep left and, must not cross the road centre line, or centre of the road (if unmarked) at any time.

## 13. EVENT VILLAGE

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**The Event Village for Friday and Saturday will be at the Church, 96 Racecourse Rd. The Event Village for Sunday will be at Lakeview Kindergarten, 10 Lakeview Rd.**

The Event Village is where the Race Office will be situated. Communiques, Start lists & confirmed results, medal presentations and food/coffee providers will be available in the Event Village. There will also be

some space for clubs to set up tents, you will be required to bring your own weights to secure your tent. Overnight security will be in place for Thursday, Friday and Saturday nights however we request that you lower your tent to reduce the risk of your tent blowing away or getting damaged if it is windy.

#### 14. START/FINISH LINE

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The Start and Finish lines for the Time Trial and Road Race will be held on Racecourse Road. For the Road Race, there will be a neutralized start for the Road Race for up to 800m (Graingers Lane), until Commissaires determine it is safe to start the race, when no oncoming cyclists are coming to the finish area.

#### 15. PARKING

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Event parking is on the surrounding streets, outside of the restricted access area on Racecourse Road, which is between Lakeview Road and Graingers Road. No parking is allowed on the course

#### 16. TEAM MANAGER'S MEETING

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All clubs/teams are required to nominate a Team Manager (can be a rider or non-rider). You can find out who your team manager is [here](#) or nominate a team manager by emailing [events@cyclingnewzealand.nz](mailto:events@cyclingnewzealand.nz).

A Team Managers Meeting will take place 5.00pm Thursday 16<sup>th</sup> July at the CHB A&P Building, River Terrace, Waipukurau.

Important information such as confirmation of starters, distribution of race numbers and transponders and any updated programme information will be provided at this meeting. Attendance by each Team Manager is compulsory and representatives will be required to sign in.

The role of the Team Manager includes (but not limited to):

- Officially representing the Club at the event
- Connecting with all riding club members
- Ensuring that all riding club members have a current licence
- Managing the relationship with Event Officials on behalf of club members
- Attending the Team Managers meeting
- Collecting and distributing Race Numbers to club members
- Circulating Event Information to club members
- Ensuring place getters attend the Medal Ceremony
- Ensuring riding members have the required information to help them have a safe and fair race.

#### 17. SIGN ON

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'Sign on' by each individual rider (prior to each road race) is required. The Sign On will close 10 minutes prior to your category race start. Sign on is not required for the Time Trial. **Sign on will be situated under the CNZ Tent near the start line.**

What is Sign on? Sign on is the act of each rider signing their name prior to their race to confirm to the event officials that they will be competing in that event. It is the individual responsibility of each rider to sign on in the specified times.

## 18. WITHDRAWING FROM THE RACE

Any rider withdrawing from a race must remove their race numbers and advise the Event Manager, Race Manager or a Commissaire. All riders must remember to return their timing transponder to either the Timing Team at the finish line or the Race Office in the Event Village.

## 19. PROTESTS

Any protests are to be made to the President of the Commissaires' Panel (PCP) within 30 minutes of completion of the event. Only a Team Manager is permitted to protest, on behalf of the rider and must do so in a courteous and professional matter. Any decision of the Commissaires' Panel is final, there are no appeals.

## 20. FOOD AND BEVERAGES

There will be a food truck and coffee cart at the Event Village. We also encourage you to support our local shops/cafes in Waipukurau.

## 21. TIME TRIAL INFORMATION

### Friday 17<sup>th</sup> July

Age Category	Distance	Start Time
U15 Boys & Girls	16.9km	First rider will provisionally start at 8.30am and riders will start at regular intervals in their age groups. Start lists are available on the event website.
Masters Women (4 – 9)	16.9km	
Masters Men (6 - 10)	16.9km	
U17 Boys & Girls	16.9km	
U19 Women	16.9km	
T1 – T2 Para Cycling	16.9km	
C1 – C3 Para Cycling	16.9km	
H1 – H5 Para Cycling	16.9km	
C4 – C5 Para Cycling	25.6km	
B/VI Para Cycling	25.6km	
Non Championship	25.6km	
Masters Women (1 – 3)	25.6km	
Masters Men (1 – 5)	25.6km	
U23 Women	25.6km	
Senior Women	25.6km	
U23 Men	25.6km	
Senior Men	25.6km	
U19 Men	25.6km	

### Race Numbers and Timing Transponders

One required, centrally placed on the lower back. NO frame number required. Timing Transponders will be issued and must be fitted correctly, as per the instructions on the bag the transponder is in. If you are competing in both the TT and RR, you will receive separate transponders for each event. Please return your timing transponder to the Event HQ/Race Office as soon as possible after your race. Riders will be charged \$150+gst for any timing transponder not returned.



### **Warm Up**

Only riders who are in competition are to be on the time trial course. Warm ups are not permitted on the course. The best options for warm up are the use of rollers/wind trainers or head back towards Waipukurau township, away from the course.

### **Start**

Riders will be held on the start line but not restrained. Accordingly, riders who break the start may incur a time penalty. A rider having missed their start time may, at the discretion of the Starter, be allowed a start which will be from a stationary, held position. The race time will be taken from the rider's original allocated start time.

### **On the course**

The "field of play" for the Time Trial is the left half of the left lane. Riders must ride well left to allow traffic and faster riders to overtake.

There is no rider support permitted and no vehicles following or out on the course, other than those of the Commissaires or race officials. Sanctions may be imposed if non-authorized rider or supporter's vehicles are seen following riders on the course

### **Finish**

Once riders have crossed the finish line they should return to the Event Village using caution and obeying NZ Road Rules.

### **Presentations**

Presentations shall take place in the Event Village.

10.00am: U15 boys & girls, Women Masters 4-8

11.00am: Men Masters 6-10, U17 boys & girls, Women U19

1.00pm: Para Cycling, Non Championship, Women Masters 2-3, Men Masters 1-5

2.30pm: Women U23 & Snr, Men U23 & Snr, Men U19

### **Course Maps**

Long course Strava link [here](#)

Short course Strava link [here](#)

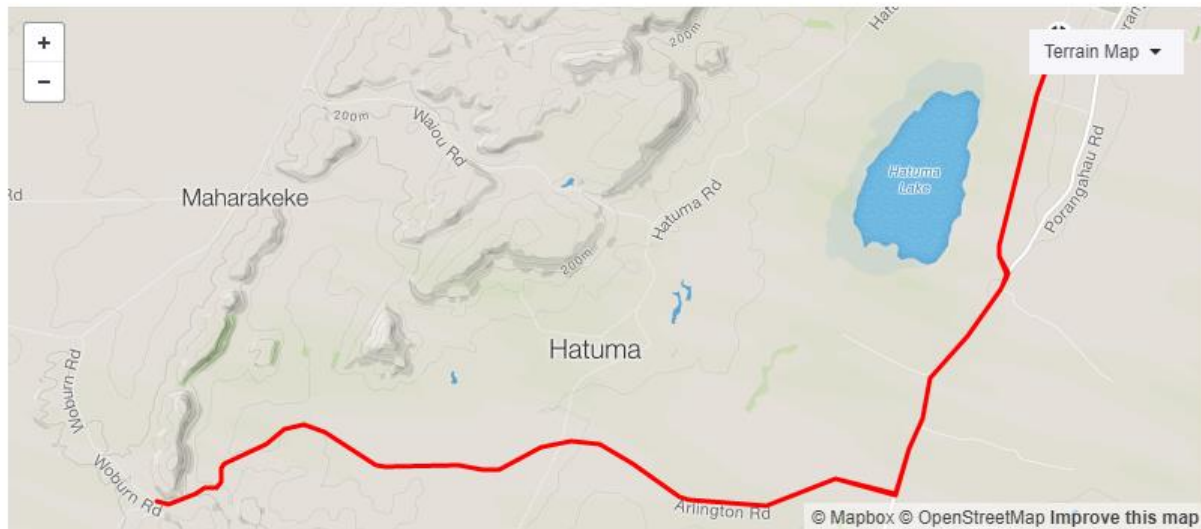


## TT- Short





## TT - Long



## 22. ROAD RACE INFORMATION

Saturday 18 <sup>th</sup> July – Road Race			
Age Category	Distance	Laps	Provisional Start Time
T1 – 2 Men / Women	25km		8.00am
H1 – H2 Men / Women	40km		8.05am
C1 – 5 Men / Women	66km	3 short laps	8.20am
B / VI Men / Women	66km	3 short laps	8.25am
U15 Boys	33km	1 short lap	8.35am
U15 Girls	33km	1 short lap	8.45am
U17 Boys	66km	3 short laps	9.05am
Masters Men 5	66km	3 short laps	9.15am
Masters Men 6	66km	3 short laps	9.25am
U17 Girls	66km	3 short laps	11.30am
Masters Women (3-4)	66km	3 short laps	11.40am
Masters Women (5-9)	66km	3 short laps	11.50am
Masters Men (7-10)	66km	3 short laps	12.10pm
Masters Men 3	87.4km	1 short lap, 2 long laps	1.00pm
Masters Men 4	87.4km	1 short lap, 2 long laps	1.10pm



Sunday 19 <sup>th</sup> July - Road Race			
Age Category	Distance	Laps	Provisional Start Time
Masters Women 1-2	87.4km	1 short lap, 2 long laps	8.30am
U19 Women	87.4km	1 short lap, 2 long laps	8.35am
Masters Men 1	98.1km	3 long laps	9.15am
Masters Men 2	98.1km	3 long laps	9.30am
U23 & Senior Women	98.1km	3 long laps	9.35am
U23 & Senior Men	114.5km	1 short lap, 3 long laps	11.35am
U19 Men	114.5km	1 short lap, 3 long laps	12.20pm

### Race Numbers/Timing Transponders

Two numbers must be worn on the jersey, one on the lower pocket area, the other on the left flank. Numbers are not to be altered or folded in any way. Timing Transponders will be issued and must be fitted correctly, as per the instructions on the bag the transponder is in. If you are competing in both the TT and RR, you will receive separate transponders for each event. Please return your timing transponder to the Race Office as soon as possible after your race. Riders will be charged \$150+GST for any timing transponder not returned.

### On the course

Only cyclists who are in competition are to be on the race circuit. Supporters and any unauthorized vehicles are not to follow riders or interfere with the official race convoy. Cycling spectators may only ride in the opposite direction to the race and can only view at the official viewing area as indicated above

### Feeding

The Commissaires' Panel has determined that there **will be no** feeding of riders in any of the races. Riders need to be self-sufficient with their own food and drink from the start of the race.

### Litter

No litter is to be dropped around the race circuit. Litter includes gel packs, bottles or fruit skins. However a Litter Drop Zone will be provided for riders on Hatuma Road, just beyond the Arlington/Woburn intersection. If you wish to drop litter it must be done in this zone. There are signs to indicate the start and finish of the zone.

### Neutral Support

We would appreciate your support in providing neutral spare wheels for each race. Spare Wheels may be left at the vehicle staging area at the Event Village and must be placed there no later than 30 minutes prior to your event start time. Please ensure your race number is placed firmly on your wheels and identifying if your cassette is 10 or 11 speed. Wheels can be picked up from the same location at the completion of your race. Officials will aim to get the correct wheel to a rider but no guarantee can be given. Priority for service will be to those riders in medal contention. In all cases, service will be on the left side of the road only and riders must be stationary.

Riders using Disc Brakes need to be aware that neutral wheel service will be very limited or not available at all, due to the specific design of each bike. We recommend that these riders carry their own tyre repair equipment

**Course Maps – both shown in first image and then each individual circuit in following images**

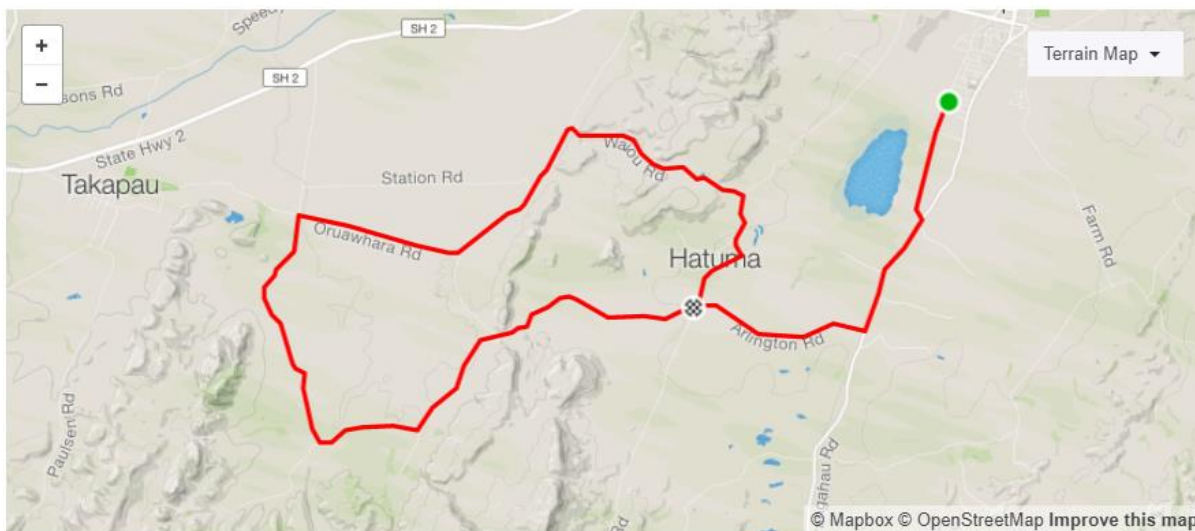
Long circuit Strava link [here](#)

Short circuit Strava link [here](#)

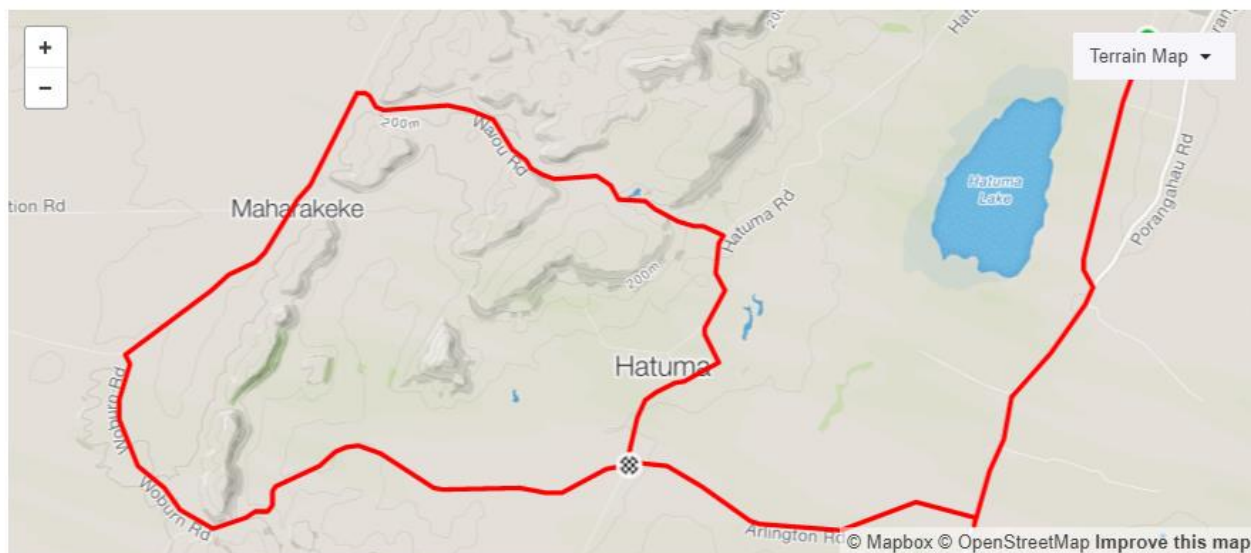




## Waipukurau Long Circuit



## Short Circuit



## 23. MEDICAL

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Pro Med Event Medical Services will be present at the start/finish line and at the Event Village. Please notify an event official in the case of medical attention being required. In the event of an emergency please call 111.

The nearest medical centre/s are:

**Tuki Tuki Medical Centre**

Open Monday – Friday 8.30am – 5.00pm, and emergency clinic, Saturday – Sunday 10.00am – 12.00pm  
1 Cook Street  
Waipukurau  
Ph: 06 858 7767

The nearest hospital is:

**Hawke's Bay Fallen Soldiers Memorial Hospital**

Open 24 hours  
398 Omahu Rd  
Hastings  
Ph: 06 878 8109

## 24. SOCIAL MEDIA

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We encourage you to get involved in the event through social media. The key links are provided below:

Event Facebook	<a href="https://www.facebook.com/CyclingNZL">https://www.facebook.com/CyclingNZL</a>
Instagram	<a href="https://www.instagram.com/cyclingnewzealand">https://www.instagram.com/cyclingnewzealand</a>
Twitter	<a href="https://twitter.com/CyclingNZL">https://twitter.com/CyclingNZL</a>
Website	<a href="http://www.roadnationals.nz">www.roadnationals.nz</a>
Key Partners	@VantageWindowsNZ
	@centralhawkesbaynz
	@CHBDistrictCouncil
Event Hashtag	#agegrouproads
	#roadnats

## 25. MEDAL CEREMONY PROTOCOL

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Team Managers are responsible for ensuring their riders are at the presentation area at least 10 minutes prior to the presentation taking place. Medal winners must make themselves known to medal ceremony officials upon arrival. Due to the tight scheduling of the event programme a medal ceremony protocol has been established to keep these presentations streamlined.

1. Riders will be lead to the podium by officials and the riders will stand in front of the podium (not on podium).
2. Each rider will be acknowledged by name and representing club.
3. Riders receive their medal
4. Rider step onto podium.
5. Once the 1<sup>st</sup> place has been presented a photo will be taken.
6. Riders leave the podium and return to the waiting area lead by officials.



7. Riders are required to leave their medal on until they return to the waiting area.
8. All trophies presented are to be returned to Event Organisers before the end of the event.

Medal Ceremony for Time Trials will take place throughout the day. Approximate times will be published after entries close.

<b>MEDAL CEREMONY TIMES FOR ROAD RACES</b>	
<b>Please note these are approximate and will be confirmed prior to the event.</b>	
<b>Day/Time</b>	<b>Races</b>
<b>Saturday</b>	
11.00am	Para-Cycling (T1-2, H1-5), U15 Boys and Girls
12.30pm	Para-Cycling (C1-2, B/VI), U17 Boys, Masters Men 5-6
3.30pm	U17 Girls, Masters Women 3-9, Masters Men 7-10
4.30pm	Masters Men 3-4
<b>Sunday</b>	
1.00pm	Masters Women 1-2, U19 Women, Masters Men 1-2, U23 & Senior Women
4.00pm	U23 & Senior Men, U19 Men

## 26. MEDAL CEREMONY PROTOCOL

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Medals are awarded on the following basis:

If there are 3 riders in a race category, only a gold medal is awarded, 4 riders gold and silver and 5 riders & above, gold silver and bronze will be awarded.

For Masters events only, where there are fewer than 5 entries, medals will be awarded as detailed in the CNZ Road and Track Technical Regulation No 125 and 126.

Para cycling medals will be determined by Para cycling officials, using a formula based on race time against World Podium Standard.

Where categories are combined due to entry numbers, medals will still be awarded for each category within the combined race.

Any change to medal numbers or change to the basis for awarding medals in a given race category will be determined by the Commissaires' Panel and advised by way of Communique prior to race start.

## 27. PARA CYCLING

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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 Para athletes 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 explained**

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, and not just based on impairment.



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.

### **Mixed Classification Format**

Para cycling races at the 2020 Vantage Age Group Road National Championships will be run in mixed classification format. Para cyclists with different classifications will compete in the same race with the winner of each race calculated by applying a factor.

### **Standard Classification in detail**

#### **Sport Classes**

The sport class names in Para cycling consist of a prefix "H", "T", "C", or "TB" and a number. The prefixes stand for the type of bike and the number indicates the sport class the athlete competes in.

#### **Handcycle Sport Classes H1 - 5:**

There are five different sport classes for handcycle racing. The lower numbers indicate a more severe activity limitation:

- Para cyclists competing in the H1 classes have a complete loss of trunk and leg function and have limited arm function.
- Para cyclists in the 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.

#### **Tricycle T1 - 2:**

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

#### **Bicycle C1 - 5:**

Para cyclists who are able to use a standard bicycle compete in one of five sport classes, C1 - 5. Para cyclists in these sports classes might have amputations, impaired muscle power or range of motion and also impairments affecting co-ordination.

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

#### **Tandem BVI:**

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 less than 20 degree.

The New Zealand Para Cycling Programme is run by Paralympics New Zealand. For further information visit [www.paralympics.org.nz](http://www.paralympics.org.nz)