Para Cycling has been developed in order to include more people with a wide range of impairments and medical conditions. It can either be done as a general recreational activity where individuals can use a range of adapted bikes, or competitively at club, national and international level.

WHO CAN TAKE PART?
Anyone can take part in cycling recreationally or competitively. There are four bike options: normal two-wheeler bikes, three-wheeler trikes, handbikes (for those who are unable to balance on a two or three-wheeler) and tandem bikes (for people with a visual impairment).

CLASSIFICATION
The classifications for cyclists with Cerebral Palsy starts with Cl and goes to C5 for individuals on two-wheeler bikes, and starts with T1 and goes to T2 for individuals on three-wheeler trikes.

The para cycling classifiers look at how an individual's condition (including the tightness in their legs, balance and mobility of their limbs), affects their ability to cycle a bike or a trike. The more a condition causes the individual difficulty to cycle, the lower the classification will be for a cyclist.