WHAT IS PARA TRIATHLON?
Para Triathlon is a multi-sport event which made up of three components and requires individuals to swim, cycle and run. The Para Triathlon is open to all athletes who are able to do all three components of the event. The Para Triathlon can occur on local, national and international levels.

WHO CAN TAKE PART?
All individuals who have physical and visual impairments are allowed to compete in the Paratriathlon, and will be classified according to their level of impairment.

CLASSIFICATION
Individuals who have Cerebral Palsy will be classed in either classification PT1. PT2. PT3 or PT4. Individuals who are able to use a bike and run, will be classified either in PT2, PT3 and PT4 where they will be assessed depending upon how their condition has affected them.

Individuals who cannot use a bike or are unable to run (i.e. a wheelchair user) will be classified as a PT1, and would need to be able to use a handbike within the cycling component and a racing wheelchair within the running component.