DUMFRIES & GALLOWAY

PARA-CYCLING ROAD RACES

9-12 AUGUST 2023

cyclingworldchamps.com
#GlasgowScotland2023
“I warmly welcome you to the 2023 UCI Cycling World Championships. This is a ground-breaking event for cycling, and I am delighted that you are part of it! Thank you for supporting this event and the world’s best athletes. Excitement is guaranteed. Enjoy!”

David Lappartient
UCI President

“On behalf of the Scottish Government, welcome to the 2023 UCI Cycling World Championships. The Championships provides the opportunity to show the best of Scotland, including our people and our culture. Whether you live in Scotland or have travelled here for the event, we are very pleased to host you.”

Angus Robertson MSP
Cabinet Secretary for Constitution, External Affairs and Culture

“The 2023 UCI Cycling World Championships will help cycling inspire a generation by reaching new audiences, uplifting communities and inspiring positive change across Scotland, the United Kingdom and around the world. This event showcases UK Sport’s ambition to host the most innovative and exciting events in the global sporting calendar.”

Dame Katherine Grainger DBE
Chair, UK Sport

“Thank you for joining us for the 2023 UCI Cycling World Championships - we hope you have an unforgettable experience at the biggest cycling event ever! Our team has worked incredibly hard to deliver this inaugural event and I hope it proves, once again, why Scotland is the perfect stage.”

Paul Bush OBE
Chair of the 2023 UCI Cycling World Championships

“Glasgow knows a thing or two about sport – but, perhaps, even more about providing amazing support. So, no matter if you live here, or are just on loan to us for a few days, I know you will be ready to help create a special atmosphere. Enjoy yourself – and make sure they hear you!”

Susan Aitken
Leader, Glasgow City Council

“What really sets our country apart is the cacophony of noise our fans create in the velodrome, your encouragement on the roadside and mountainside and the overwhelming sense of joy and community you create. I hope that you enjoy your time at the event, and I’ve no doubt that you’ll do us proud once again.”

Jon Dutton OBE
CEO, British Cycling
WHAT IS PARA-CYCLING ROAD?

This is where the rubber meets the road for the world’s fastest and most fearless para-cyclists.

Every mile matters in ruthless contests of speed, stamina and guts. Smart racing will win the day as riders battle for every tactical advantage that will take them to gold medal glory.

Para-cyclists ride the exact same events under the same rules as their non-disabled counterparts. Aerodynamics are everything, so you’ll see futuristic bikes, helmets and skinsuits. With sheer speed being top priority, riders have to push the limit of safe racing lines as the twists, turns and tight corners could end a potentially medal winning run at any moment.
Para-cycling has four divisions, which are split into Sport Classes. The lower the number of the Sport Class, the greater the impact of the impairment on the function.

**B Tandem**
Athletes with partial or full visual impairments (stoker) ride on a tandem with a sighted pilot. Athletes are classified into B1-3 and compete together in one B class.

**C Bicycle**
Athletes are classified in classes C1-5 and ride a standard two-wheeled bicycle which may have adaptations to account for an Athlete’s impairment.

**H Handcycle**
Athletes who are unable to ride a bicycle or tricycle ride a handcycle. Athletes classified in H1-4 compete using an arm powered handcycle where a recumbent position is mandatory. Athletes classified in the Handcycle class H5 compete in an arm trunk powered handcycle from aneeling/sitting position.

**T Tricycle**
Athletes classified in classes T1-2 are unable to ride a bicycle due to lack of balance and/or severe restriction in pedalling due to a neurological impairment. These athletes ride a three-wheeled tricycle.

The purpose of Classification is to:
- Determine an athlete’s eligibility to compete
- Group athletes for competition based on functional ability (not performance)
- Minimise impact of impairment on competition outcome
PARA-CYCLING CLASSIFICATIONS

INTRO

PARA-CYCLING ROAD INTRODUCTION & CLASSIFICATION

UCI has set Minimum Impairment Criteria - Para-cycling recognizes 8 eligible impairments:

- **IMPAIRED MUSCLE POWER**
  Reduced ability to voluntarily contract one or more muscles

- **IMPAIRED PASSIVE RANGE OF MOVEMENT**
  Restriction of movement in one or more joints

- **LIMB DEFICIENCY**
  Total or partial absence of a limb

- **LEG LENGTH DIFFERENCE**
  A difference of minimum 7cm between both legs

- **HYPERTONIA**
  Increased muscle tension caused by damage to the central nervous system

- **ATAXIA**
  Uncoordinated movements caused by damage to the central nervous system

- **ATHETOSIS**
  Continual slow involuntary movements caused by damage to the central nervous system

- **VISION IMPAIRMENT**
  Reduced or no vision

### C CLASSIFICATION IN DETAIL (AND ONES TO WATCH)

- **C1**
  Limb deficiency or severe impairments affecting two or more limbs.

- **C2**
  Single above knee amputation or moderate to severe impairments affecting two or more limbs.

- **C3**
  Limb deficiency or moderate impairments affecting two or more limbs.

- **C4**
  Limb deficiency or mild to moderate impairments affecting one or more limbs.

- **C5**
  Limb deficiency or mild impairments affecting one limb.

### H CLASSIFICATION IN DETAIL (AND ONES TO WATCH)

- **H1**
  No lower limb function and trunk stability and severe impairments to their upper limbs with no handgrip.

- **H2**
  No lower limb function and trunk stability and impairments to their upper limbs.

- **H3**
  Impairments to their lower limbs and trunk with normal upper limb function.

- **H4**
  Impairments to their lower limbs which make it impossible to ride a bicycle or use the kneeling position on the handcycle.

- **H5**
  Impairments to their lower limbs which make it impossible to ride a bicycle - compete from a kneeling/sitting position.

### B CLASSIFICATION IN DETAIL (AND ONES TO WATCH)

- **B1-3**
  Partial to full visual impairments.

### T CLASSIFICATION IN DETAIL (AND ONES TO WATCH)

- **T1**
  Severe impairments affecting their coordination and/or pedalling, making it impossible to ride a bicycle.

- **T2**
  Moderate impairments affecting their coordination and/or pedalling, making it impossible to ride a bicycle.
Para-cycling Road

The rules of the road are simple: fastest wins.

But a rainbow jersey winning time comes down to more than just raw speed. Smart racing will win the day as riders battle for every tactical advantage that will take them to gold medal glory.

1. The Para-cycling Road Individual Time Trials will see different para-categories taking on different distances: 11.5km/16.9km/28.1km. New cycling legends will be made as para-athletes take on Scotland’s roads. Riders set off one-by-one at regular intervals of 1-2 minutes. There’s nowhere to hide, no slipstreams to conserve energy in, and nobody in front of you to beat. Just the clock. It’s every rider for him or herself.

2. The Para-cycling road races sees multiple events raced over 15.5km. Para-cyclists will battle it out for supremacy on Dumfries & Galloway’s roads. Every mile matters in ruthless contests of speed, stamina and guts.
The road races & the Para-cycling Road Mixed Team Relay taking place in Edinburgh, Balloch and Glasgow and the Individual Time Trials taking place in Stirling also form part of the 2023 UCI Cycling World Championships. Further information about these Championships is available by clicking on the links below.

- Road Races & the Para-cycling Team Relay Spectator Guide
- Individual Time Trials Spectator Guide

Schedule information is correct at time of publishing - any changes (and more non-competition related timings and information) can be found at: www.tissottiming.com/cyclingworldchamps.
RESPECT THE RACE

Watching the riders whoosh by is a thrilling experience - but please be mindful of your safety and take care not to block the route or impede the progress of riders.
Para-cycling Individual Time Trial - T1-T2 / H1-H2
Para-cycling Individual Time Trial - H3-H4-H5 / C1-C2-C3
Para-cycling Individual Time Trial - C4-C5 / B

Para-cycling Individual Time Trial

KEY
- Start
- Finish
- Roads
- Exposed

Altitude
- Low
- Moderate
- High

Route Map for Para-cycling Individual Time Trial - C4-C5 / B

Learn more about Para-cycling ITT on our website >>
On behalf of Dumfries and Galloway Council I’d like to extend the warmest of welcomes to all competitors, their support staff, family and friends, visitors and our local residents who come to take in the four days of World Para-cycling competitions here in Dumfries and Galloway. Cycling is growing in popularity here in our beautiful temperate region, and we are delighted and privileged to host the UCI World Paracycling Championships.

Cllr Ian Blake
Chair of the Communities Committee, Dumfries & Galloway Council
With miles of rocky shorelines and acres of dense forests, this region of Scotland is a peaceful place to explore and boasts the UK’s first international Dark Sky Park at Galloway Forest Park.

The more relaxed way of life here attracts hundreds of artists and holidaymakers, and the region boasts Book, Food and Art towns in Wigtown, Castle Douglas and Kirkcudbright. Dumfries itself is a historic market town with special connections to Scotland’s National Bard, Rabbie Burns.

The rolling countryside around Dumfries is the perfect location for the UCI Para-cycling Road Championships, offering challenging routes without steep climbs.
Dumfries is located in south-west Scotland, approximately 122km south of Glasgow and about 116km south west of Edinburgh.

Dumfries has great public transport links and walking and cycling provision. Some roads will be closed for the events so we recommend leaving your car at home for an easier journey.

When planning your journey

- Road traffic and travel updates are available on the Traffic Scotland website.
- Public transport updates are available on the Traveline Scotland website and on the Traveline Scotland app.
- You can also phone the Traffic Customer Care Line on 0800 028 1414 for road travel information and Traveline Scotland on 0141 465 1878 for public transport information.

Location of Whitesands start/finish line

Whitesands, Dumfries, DG1 2QN (what3words///yard.marketing.misfits)

Location of The Crichton start/finish line

Crichton Estate, Bankend Road, Dumfries, DG1 4ZE (what3words///licensed.obstruction.hang)

Available modes

- Rail
- Blue Badge parking
- Bus
- Walk, wheel & cycle

Rail

Travelling by train is a great option to get to Dumfries with links to and from Glasgow Central and Carlisle stations (there are no direct trains, so remember to change at Kilmarnock Station).

Dumfries Station is located to the north of the town centre, approximately a ten-minute walk to the start and finish line of the Individual Time Trails at Whitesands. Dumfries Station offers step-free access to both platforms, but there are stairs between platforms.

For more information on travel by train, visit National Rail or ScotRail. For more information and to plan your journey, visit Traveline Scotland.

Bus

There are several bus routes serving Dumfries town centre, with a local hub located at Buccleuch Street. Services connect Dumfries with Glasgow and other destinations within the region.

Bear in mind bus services will be impacted by road closures. Plan ahead and allow extra time for your journeys.

For more information and to plan your journey, visit Traveline Scotland.
| **Walk, wheel & cycle** | Walking, wheeling and cycling is a great way to get around and see the races. Bear in mind that parts of the road network will be closed to facilitate the event so you may need to hop off your bike. You’ll be able to cross the route at pedestrian crossings (though not all pedestrian crossings will be open) and there will be course marshals to help you out. There are cycle parking facilities throughout Dumfries town centre and within The Crichton. These are non-staffed/managed areas. Please remember to bring a lock to secure your bike. Please do not lock or chain your bike to fencing or barriers. |
| **Car** | Driving may be difficult within Dumfries and the surrounding area due to road closures and limited parking, so avoid using the car if you can. If you need to drive, please allow plenty of time for your journey. Please avoid the start and finish lines if you intend to drive in town. Road closures will be in place within Dumfries and the surrounding area. For road closure information and an interactive map of the routes, please visit the [Dumfries & Galloway Council website](#). There will be no dedicated spectator parking in the town centre for these events. If you do need to drive, please park responsibly. Do not park on the race routes, in laybys or on road verges. Public car parks will still be available within Dumfries, but these will be busier than usual. Bear in mind there will be road closures and parking restrictions related to the events, so where possible please avoid travelling by car. |
| **Accessible parking** | Please note there is no dedicated Blue Badge parking for Dumfries and Galloway that can be booked in advance for these events. You will need to make use of existing public provision within the town centre and at The Crichton. For further information on venue accessibility, please read on to the [accessibility section (page 20)](#) of this guide. |
| **Camping and camper vanning** | Please be aware that there is no provision for campervans, other than at local commercial camp sites. If you are considering camping or using a campervan during your trip, please read the [Scottish Outdoor Access Code Guide to Responsible Camping in Scotland](#) to make sure you and others have the best possible experience. Please book your campsite space in advance. Alongside the many private and community-operated caravan and camping sites across the region, Dumfries and Galloway Council operate two sites and details can be found here. |
Hints & tips for your journey

Here’s our top travel tips to get you to and within Dumfries to enjoy the Championships:

- Road closures will be in place in Dumfries, Terregles, Shawhead, Crichton and Glencaple. There’s no need to travel to the start or finish areas – leave your car at home and walk or cycle to your closest part of the route for the easiest way to catch the action.

- Bus services will be impacted with diversions in place and changes to timetables. Visit Traveline Scotland or check with your operator before travelling.

- Parking is limited with additional restrictions in place. If you do need to drive, park responsibly. Do not park on the route, in laybys or verges.

- Remember to be responsible and watch from a safe location.
Event Village at Whitesands

KEY
- Course route
- Spectator area
- Race start
- Race finish
- Accessible viewing platform
- Large screen
- Assistance dog spending area
- Award ceremony

DUMFRIES & GALLOWAY VENUE MAPS

DUMFRIES - WHITESANDS
Para-cycling Road Individual Time Trials
VENUE MAPS

Event Village at The Crichton

DUMFRIES - CRICHTON
Para-cycling Road Race Start & Finish Venue

VENUE TIMINGS

Dumfries & Galloway venue opening/closing times

<table>
<thead>
<tr>
<th>Venue &amp; dates</th>
<th>Whitesands</th>
<th>The Crichton</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 - 10 August</td>
<td>09:00</td>
<td>08:00</td>
</tr>
<tr>
<td>11 August</td>
<td>08:00</td>
<td>07:45</td>
</tr>
<tr>
<td>12 August</td>
<td>08:00</td>
<td>07:45</td>
</tr>
</tbody>
</table>

Gates open

Gates close
30 minutes after final medal ceremony

Last entry to venue when capacity reached.
## Dumfries & Galloway venue facilities

<table>
<thead>
<tr>
<th>Location</th>
<th>Whitesands</th>
<th>The Crichton</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location</td>
<td>Para-cycling Individual Time Trial start/finish line: Whitesands, Dumfries, DG2 7BE (what3words://gift.marriage crossword)</td>
<td>Para-cycling Road Race start/finish line: Crichton, Dumfries, DG1 2QN (what3words://broth.heave.limelight)</td>
</tr>
<tr>
<td>Facilities</td>
<td><img src="Image" alt="Large screen and on-screen commentary" /></td>
<td><img src="Image" alt="Spectator activations" /></td>
</tr>
<tr>
<td></td>
<td><img src="Image" alt="Food &amp; drink (Dumfries town centre)" /></td>
<td><img src="Image" alt="Food &amp; drink (spectator expo)" /></td>
</tr>
<tr>
<td></td>
<td><img src="Image" alt="Merchandise stall" /></td>
<td></td>
</tr>
<tr>
<td>Cycle parking</td>
<td>• Only existing provision within town centre for bike parking.</td>
<td>• Cycle parking is located near the Expo area – signposted on venue (see map on <a href="#">page 18</a>).</td>
</tr>
<tr>
<td></td>
<td>• Please do not attach bikes to heras fences, trees or barriers.</td>
<td>• Cycle parking is open during the venue opening times shown above and is free to use.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Please do not attach bikes to heras fences, trees or barriers.</td>
</tr>
<tr>
<td>Transport route</td>
<td>Whitesands is located in the town centre by the River Nith and is around a 10-minute walk from Dumfries Station.</td>
<td>Services 5 and 5A connect Dumfries Town Centre with The Crichton for the start and finish line of the road race. Journey time from the town centre is just 15 minutes.</td>
</tr>
<tr>
<td>Key distances</td>
<td>• Main venue is situated within Dumfries town centre and is a compact venue with access points.</td>
<td>• Spectator zone to main entrance: 230m.</td>
</tr>
<tr>
<td></td>
<td>• The venue footprint is 270m by 60m.</td>
<td>• Main spectator zone to start line: 140m.</td>
</tr>
</tbody>
</table>

## ACCESSIBLE FACILITIES

<table>
<thead>
<tr>
<th>Accessible facilities</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Terrain</strong></td>
<td><img src="Image" alt="The venue is within the town centre and on paved roads and pavements." /></td>
</tr>
<tr>
<td><strong>Accessible spectator viewing</strong></td>
<td><img src="Image" alt="The venue is within the Crichton estate and primarily on a grass field, with some access via accessible trackway." /></td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td><img src="Image" alt="There are two raised viewing platforms, accessible via a ramp. These are situated by the start/finish line and will be available on a first-come, first-served basis." /></td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td><img src="Image" alt="There is one raised viewing platform, accessible by a ramp. This is situated by the start/finish line and will be available on a first-come, first-served basis." /></td>
</tr>
</tbody>
</table>
DUMFRIES & GALLOWAY
ACCESSIBLE FACILITIES (CONT.)

<table>
<thead>
<tr>
<th>Accessible parking</th>
<th>Blue Badge parking available within Dumfries town centre (first come, first-served).</th>
<th>Blue Badge parking is not available.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other facilities</td>
<td>Spectator medical</td>
<td>Water refill point</td>
</tr>
<tr>
<td></td>
<td>Assistance dog spending area</td>
<td>Quiet space</td>
</tr>
</tbody>
</table>

REASONABLE ADJUSTMENTS

If you have any questions about the accessibility information included within this guide, or need to discuss your particular needs, please contact us at accessibility@cyclingworldchamps.com.

ROUTES

The start/finish venues will be the best locations to watch races, however if planning to watch the races along the routes, be mindful that there may not be spectator facilities such as toilets available for you to use.

Dedicated pedestrian crossing points across the race routes will be in operation to get you across safely. Please note not all existing pedestrian crossings will be open. Just ask any of our stewards/volunteer team for assistance if you require it.

BE A CHAMPION SPECTATOR

Follow these handy tips for your visit:

- **Be A Good Sport:** We’d love to see your photos on social media - don’t forget to tag #PowerOfTheBike and #GlasgowScotland2023!
  - Filming and photography must be for personal, non-commercial purposes only.
  - Flash photography and drones are prohibited.
  - When taking pictures, make sure to stay behind the course boundary and stay safe.
DUMFRIES & GALLOWAY
BE A CHAMPION SPECTATOR (CONT.)

• If you’re planning to watch the action along the route, please don’t park on the race routes, in laybys or on road verges. Don’t get in the way of the peloton or individual riders or take selfies as the race approaches or goes past you.

• Be A Team Player: When enjoying the race at the start and along the course, keep to the paths (where available), respect the local community and take your rubbish with you when you leave.

• Children: Always supervise children and keep them safe.

• Dogs: Keep dogs on leads. Although dogs can be brought to the route, only assistance dogs are permitted in enclosed areas of the start and finish venues.

• Don’t impede the barriers or branding.

STAYING LONGER IN DUMFRIES & GALLOWAY

Dumfries & Galloway is a beautiful part of Scotland, so why not stay longer and recharge your batteries?

• The historic market town and Royal Burgh of Dumfries is best known for its association with Scotland’s national bard, Robert Burns – you can even call into his favourite pub (or howff) in the town. You’ll find a wide variety of shops, restaurants and places to stay here, so why not support local businesses while you’re here, and explore all this lovely town has to offer?

• First built in the 13th century, Caerlaverock Castle is Britain’s only triangular castle, and is only seven miles south of Dumfries, on the edge of Caerlaverock National Nature Reserve. A stronghold of the Maxwell family, the remarkable Nithsdale Lodging inside the castle walls built in the 1630s has ornate Renaissance stone carvings on its attractive façade. The castle was besieged many times including, in 1300, by Edward I and, lastly, in 1640, due to Lord Maxwell’s loyalty to Charles I during his struggles with the Covenanters, after which its defensive south wall was destroyed.
• Caerlaverock National Nature Reserve (NNR) is set amidst dramatic coastal scenery and is home to a rich range of wildlife. The mudflats and saltmarsh – or merse – here provide a winter feast for thousands of birds such as barnacle geese, bar-tailed godwit and knot.

• The 7stanes – five of the seven world-class 7stanes mountain biking centres are located in Dumfries & Galloway and offer some of the best mountain biking in the country on award-winning trails.

• During the winter months, the Solway Firth becomes home to thousands of migratory birds that arrive to spend the winter here: whooper swans from Iceland, pink-footed geese from Iceland and Greenland, barnacle geese from Svalbard (almost the entire population from Svalbard overwinter on the Solway). The best places to see them are at WWT Caerlaverock and RSPB Mersehead.

• The Galloway Red Kite Trail was established after the successful re-introduction of this majestic bird of prey in the late 20th century. Bellymack Hill Farm is on the Trail and feeds these magnificent birds every day at 2pm, providing an amazing spectacle for visitors.

• Galloway Forest Park has been a designated International Dark Sky Park since 2009 and was the UK’s first. It’s one of the best places in the UK to see the night sky.

• The South West Coastal 300 follows the breathtaking south-west coast of Dumfries & Galloway and South Ayrshire. With sandy beaches, rugged clifftops, rolling hills and a multitude of charming towns and villages along the way, there’s also beautiful forest trails and incredible wildlife to see and enjoy.
A number of items are forbidden on site, including:

- glass bottles
- flares, fireworks or sparklers
- bang bang sticks
- foam fingers or cardboard hands
- hand-waving flags
- balloons

**LEAVE AT HOME**

- Bring a full reusable water bottle to stay hydrated – there will be places to refill water bottles at all Start and Finish venues.
- Cycling is an all-weather sport and Scotland’s temperate maritime climate means the weather can change quickly in one day. Remember to check the weather forecast before travelling and pack appropriate clothing and footwear.
- We also recommend that spectators bring sunscreen, sunglasses and non-aerosol insect repellent.
We have some top things to keep in mind so you, and others, can enjoy the races safely:

Routes will be marked with yellow advanced warning signs in the run up to the race. Please don’t park on the route on the day: if necessary, vehicles may have to be removed.

There will be an advance vehicle 10 minutes ahead of the race, keeping you up to date with what is happening in the event.

Please keep children back from the edge of the road and animals on a lead, away from the roadside. Riders pass by very quickly, and while we encourage support, please keep flags, objects, and photography equipment out of the road.

Remember, taking selfies is fun, but turning your back on the race is never a good idea. Please face the oncoming riders and race convoy at all times.

The race is escorted along the route by trained police officers and escort motorcyclists. If you are asked to stop or move out of the way by an officer, please listen carefully and obey their instructions.

NHS 24’s summer health campaign page on NHS inform has great advice on how to stay well during the hotter months.

If you become unwell while visiting Scotland during the 2023 UCI Cycling World Championships or need help with urgent care (in an emergency dial 999) or minor injuries, details on how to get medications or where to access health and care services, you can get help and advice from NHS 24.

Stay safe and healthy while attending the World Championships, visit NHS inform or download the NHS 24 online app from the Apple Store or Google Play for quick, accurate and trusted health advice.
RESPECT, PROTECT & ENJOY
VISIT RESPONSIBLY

• Whether you’re a visitor from Scotland or are travelling from across the UK or internationally, consider the area you are visiting and how best to plan and enjoy a responsible trip.

• Responsible tourism aims to make places better for people to live in and visit, maximising the positive benefits for everyone - spectators, visitors, local communities, businesses, and the environment.

• For more information and hints and tips, look at the sustainable travel section on VisitScotland.com.

• Many of the 2023 UCI Cycling World Championship events take place in or pass through rural areas, and the Scottish Outdoor Access Code (SOAC) is another useful reference point for guidance on how to engage responsibly with Scotland’s landscapes and local communities.