



PARA CYCLING DEVELOPMENT PATHWAY

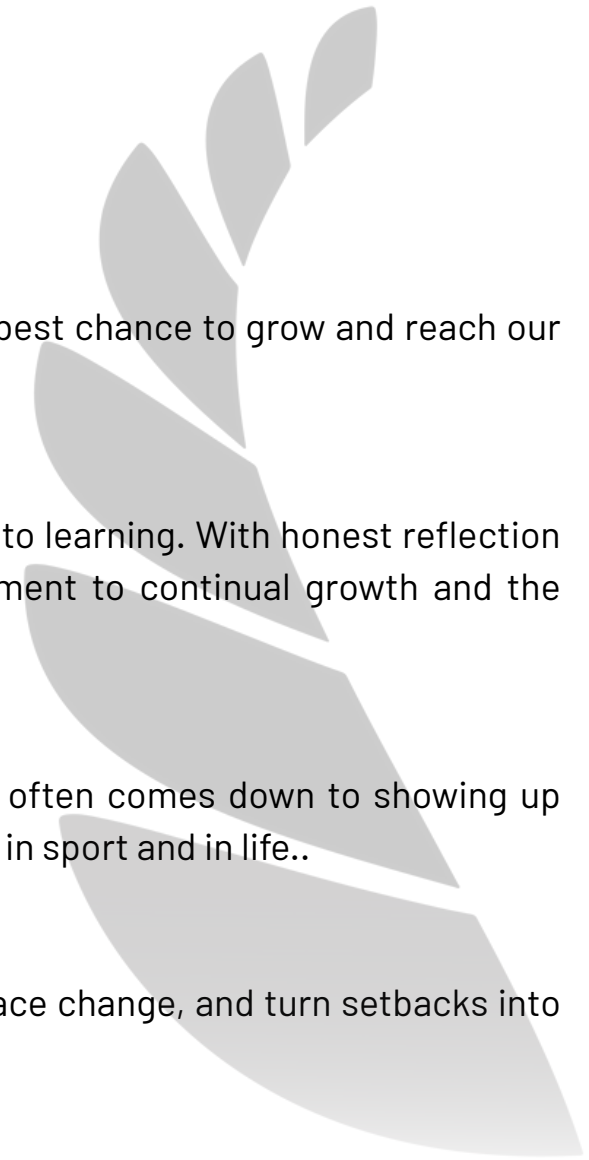
INTRODUCTION

At Cycling New Zealand, we are committed to helping and guiding athletes towards reaching their full potential, providing a clear pathway for those aspiring to compete at the highest level, including the Paralympic Games. The Para cycling National Development Programme is here to support and guide athletes with strong potential, giving them the tools, and opportunities they need to grow and succeed.

This Pathway Document outlines the journey within the Para cycling Development Programme, from talent identification to HP (High Performance). Selection into squads is based on progress, dedication, and race performance, with a strong focus on continuous improvement. As athletes advance, they will receive increasing support from High Performance Sport New Zealand (HPSNZ), with access to world-class training facilities.

Our goal with this document is to give you a clear understanding of the pathway ahead—the squads, the performance benchmarks, potential resource support and the key events that will help shape your development. We encourage athletes to actively engage in these opportunities, as consistent participation is key to growth and success in competitive cycling.

MINDSET AND ATTRIBUTES



Success in sport and life starts with strong core values. By embracing these, we give ourselves the best chance to grow and reach our full potential.

EXCELLENCE:

Aim to be just a little better each day. Challenge yourself, pay attention to the details, and stay open to learning. With honest reflection and a mindset focused on progress, growth naturally follows. True excellence lies in the commitment to continual growth and the discipline to refine and polish—day after day.

DISCIPLINE & ACCOUNTABILITY:

Being organised, dependable, and well prepared builds trust—in yourself and with others. Success often comes down to showing up consistently, managing your time well, and taking ownership of your actions. Lead with integrity, both in sport and in life..

RESILIENCE & ADAPTABILITY:

Stay steady in tough moments and open to change when things don't go to plan—stay flexible, embrace change, and turn setbacks into opportunities to grow and move forward.

CONNECTION & COMMUNICATION:

Being organised, dependable, and prepared builds trust—in yourself and with others. When you lead with integrity and curiosity, show up consistently, manage your time well, and take ownership of your actions, success naturally follows.

PATHWAY FRAMEWORK

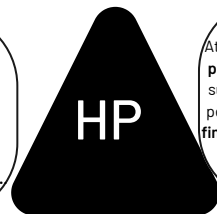
POTENTIAL SUPPORT

DESCRIPTION

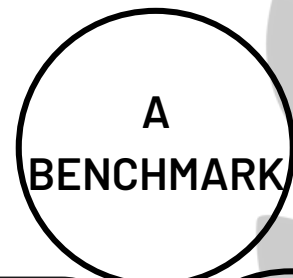
ASSOCIATED PERFORMANCE BENCHMARK

Tailored support aligned with the sport's Picture of Performance (POP) and the athlete's Individual Performance Plan (IPP), including **medical insurance, access to all HPSNZ facilities, and campaign support.**

Eligible for the **Elite or Potential Training Grant, the Excellence Grant, and the Prime Minister's Scholarship.**



Athletes who have demonstrated **realistic medal-winning potential** and are refining their performances for podium success at this cycle's pinnacle events, or those showing performance progression with a strong chance of a **Top 8 finish** in this cycle and/or the potential to medal in the next cycle.

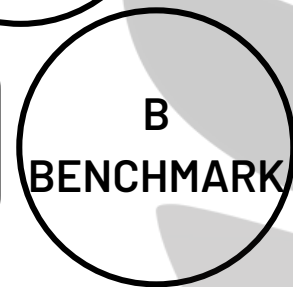


Tailored support aligned with the athlete's Individual Performance Plan (IPP), which may include **access to HPSNZ facilities** and in some cases **equipment.** Eligible for the **Excellence Grant** and may qualify for the **Prime Minister's Scholarship,** subject to criteria and prioritisation with NSOs.

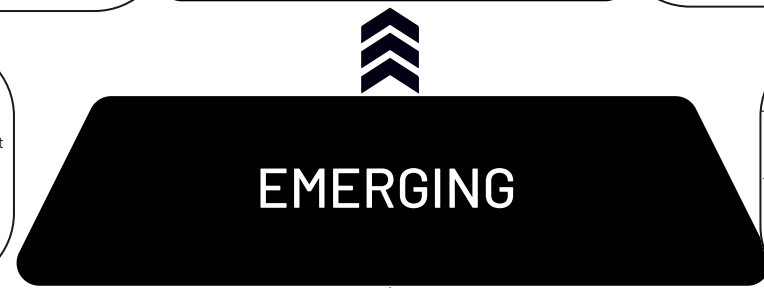
Invited to **development camps, workshops, training rides, testing days and skills sessions.** Coaching can be provided if needed.



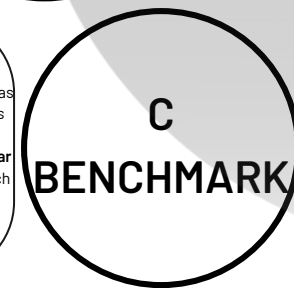
This athlete is demonstrating the attributes, ambition, and attitude required to achieve a **Top 8 finish or medal** at pinnacle events in upcoming and future cycles. They show clear future winning potential, are meeting key performance standards, and receive coaching support from a development coach. With a consistent training commitment of 8-12 hours per week, they are also demonstrating **ongoing progression** in both performance and mindset.



Invited to **development camps, workshops, training rides, testing days and skills sessions.** Temporary, short term **coaching support** can be provided until a permanent coach is found.



This athlete holds a national Para cycling classification, has demonstrated clear future performance potential, and is committed to an individual training plan, consistently training 6-8 hours per week. They are **demonstrating clear progression** and their dedication and structured approach reflect a strong foundation for continued development.



If consistent progression is being demonstrated, athletes may be invited to **development camps, workshops, training rides, testing days and skills sessions.** Temporary **coaching support** may also be provided until a permanent coach is found.



This athlete has attended a Talent ID camp and has begun competing in local and regional competitions. They are **demonstrating steady progression,** both physically and mentally, showing promise through consistent development and engagement with the sport.



TRACK BENCHMARKS

RESULTS AND PERFORMANCE BENCHMARKS

Men						
		3000m Individual Pursuit		1000m Time Trial		Flying 200m
MC1	A	03:47.416	A	01:13.577	A	12.478
	B	03:54.490	B	01:17.549	B	13.435
	C	04:18.086	C	01:25.591	C	14.783
MC2	A	03:33.627	A	01:10.768	A	11.894
	B	03:39.461	B	01:13.670	B	12.324
	C	03:49.641	C	01:16.146	C	12.935
MC3	A	03:25.749	A	01:07.287	A	11.352
	B	03:31.968	B	01:09.851	B	11.889
	C	03:39.049	C	01:12.118	C	12.735
		4000m Individual Pursuit		1000m Time Trial		Flying 200m
MC4	A	04:34.514	A	01:05.521	A	11.096
	B	04:42.072	B	01:07.666	B	11.550
	C	04:50.135	C	01:09.124	C	11.823
MC5	A	04:26.314	A	01:04.561	A	10.747
	B	04:30.860	B	01:05.810	B	11.197
	C	04:36.734	C	01:06.823	C	11.484
MB	A	04:06.264	A	01:00.780	A	9.901
	B	04:13.859	B	01:02.024	B	10.203
	C	04:22.030	C	01:03.544	C	10.579

These track benchmarks are based on individual sport class results from the past four years of competitions at the Para cycling Track World Championships

Accurate at date of publication- April 2025

TRACK BENCHMARKS

RESULTS AND PERFORMANCE BENCHMARKS

Women						
		3000m Individual Pursuit		1000m Time Trial		Flying 200m
WC1	A	04:36.249	A	01:28.978*	A	15.240
	B	04:46.213	B	01:33.250*	B	15.807
	C	NO DATA	C	NO DATA	C	NO DATA
WC2	A	04:08.000	A	01:20.447*	A	13.776
	B	04:27.356	B	01:27.868*	B	15.019
	C	04:54.877	C	01:35.447*	C	16.641
WC3	A	04:00.379	A	01:18.200*	A	13.205
	B	04:08.915	B	01:23.152*	B	14.165
	C	04:24.595	C	01:26.682*	C	
		4000m Individual Pursuit		1000m Time Trial		Flying 200m
WC4	A	05:08.859*	A	01:12.342*	A	12.758
	B	05:20.032*	B	01:16.658*	B	13.590
	C	05:40.505*	C	01:21.334*	C	14.370
WC5	A	05:02.062*	A	01:12.444*	A	12.159
	B	05:14.338*	B	01:14.870*	B	12.633
	C	05:33.156*	C	01:19.973*	C	13.753
WB	A	04:38.876*	A	01:07.630*	A	11.147
	B	04:52.005*	B	01:09.854*	B	11.706
	C	05:05.074*	C	01:12.257*	C	12.680

*Times are estimated due to no historical data

These track benchmarks are based on individual sport class results from the past four years of competitions at the Para cycling Track World Championships

Accurate at date of publication- April 2025

ROAD BENCHMARKS

RESULTS AND PERFORMANCE BENCHMARKS

Men				
Time Trial				
Class	Standard			Average speed in km/h for up to 40mins in duration
	A	B	C	
B	47.976	46.273	44.140	
C1	41.278	38.485	34.716	
C2	44.168	42.542	41.234	
C3	44.099	43.102	41.582	
C4	43.429	42.054	41.025	
C5	45.583	44.582	42.783	
H1	26.469	24.139	22.487	
H2	36.118	30.112	29.939	
H3	40.101	39.010	38.467	
H4	42.373	40.523	39.374	
H5	41.068	38.638	36.947	
T1	31.177	27.575	23.694	
T2	35.987	34.675	32.207	

Women				
Time Trial				
Class	Standard			Average speed in km/h for up to 40mins in duration
	A	B	C	
B	40.960	38.583	36.174	
C1	33.490	29.489	NO DATA	
C2	36.979	34.131	30.719	
C3	38.448	36.248	35.186	
C4	36.474	31.106	32.155	
C5	39.570	37.115	33.012	
H1	16.207	NO DATA	NO DATA	
H2	27.214	17.064	NO DATA	
H3	34.619	32.086	26.456	
H4	34.141	32.480	32.124	
H5	34.253	29.512	30.344	
T1	26.750	27.197	NO DATA	
T2	31.013	26.024	23.210	

These road benchmarks are based on individual sport class results from the past four years of competitions at the Para cycling Track World Championships

Accurate at date of publication- April 2025

WHAT DO THESE BENCHMARKS MEAN

Cycling New Zealand has performance benchmarks that set target times for riders progressing along the Para cycling pathway.

These times are used as guidelines rather than strict criteria. While they help assess an athlete's potential, other important factors—such as **commitment**, **high-performance behaviours**, and **overall progression**—are also taken into account. These standards assist in determining who may be invited to programme events and who might be eligible for support grants.

C Benchmark (Emerging)

This serves as a guide for identifying emerging and developing athletes, offering a pathway for riders who show potential. While it helps inform invitations to development events, there is flexibility to recognise talent beyond the set criteria, ensuring opportunities remain open to those who demonstrate promise through other means.

B Benchmark (Development)

This represents the next stage of progression, indicating potential for selection to the Cycling New Zealand Para cycling Development Squad and eligibility for tailored support. It may also serve as a benchmark for selection events. While achieving this standard is an important factor in international team consideration, it does not guarantee selection. Final decisions are based on a range of factors beyond performance times alone, including behaviours, consistency, and overall readiness for competition.

A Benchmark HP (High Performance)

This represents the standard of international podium-level racing and aligns with the demands of top-tier competition. It serves as a benchmark for athletes aspiring to compete at the elite level and is the performance standard required for selection into the High Performance Squad.

RESULTS AND PERFORMANCE BENCHMARKS

WHERE NEXT?

Connect with Cycling New Zealand

Connecting with Cycling New Zealand is your first step. They will be able to provide you with all the information you need to begin your journey.

Classification:

To compete in Para cycling, you must have an eligible impairment that meets the minimum impairment criteria for Para cycling. For guidance on eligibility, please visit [Cycling New Zealand](https://www.cyclingnewzealand.nz) or contact Jack Cooper at jack.cooper@cyclingnewzealand.nz

Talent ID Camp:

Once you have provisional classification, the next step is attending a Talent ID camp, where you'll take part in testing, workshops, and track and road riding alongside other athletes at a similar stage in their development to you.

Connect with a club or coach:

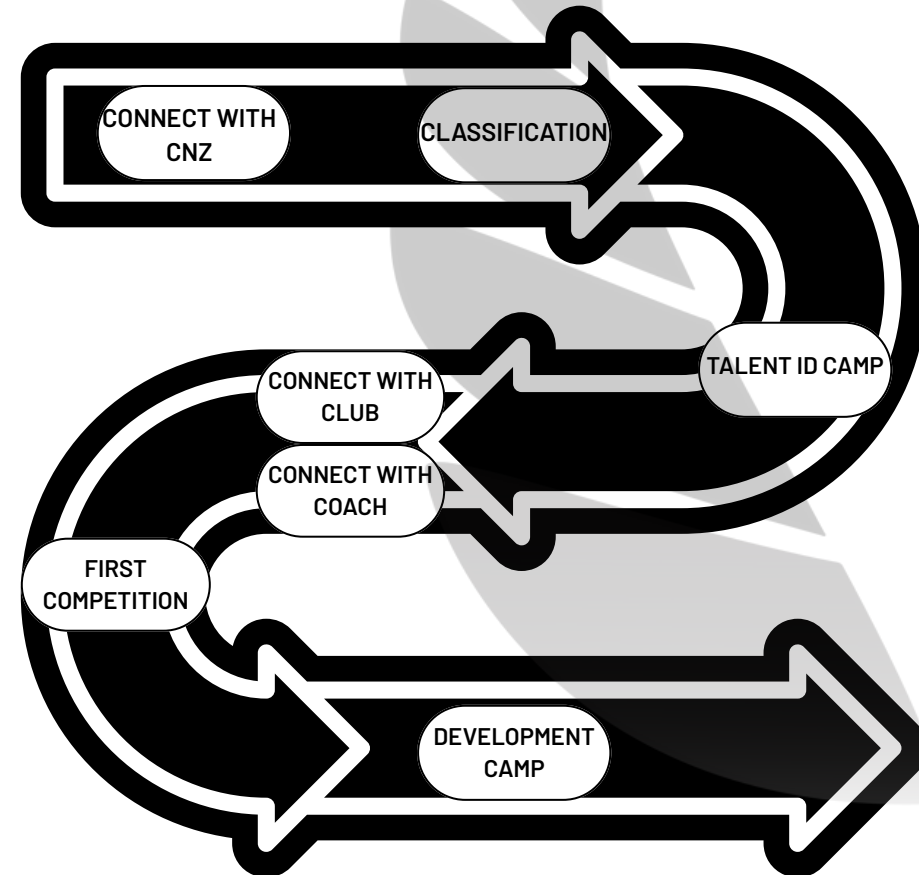
Connecting with your local club or coach is a great way to learn more about the sport, get involved in local events, and build a strong support network to help guide your development. You can find a list of clubs on our website [Cycling New Zealand Affiliated Clubs](https://www.cyclingnewzealand.nz/affiliated-clubs)

First Competition:

There are numerous opportunities to compete throughout the year, allowing you and the program to assess your current performance and identify areas for improvement.

Development Camp:

These camps provide a supportive environment for athletes with disabilities to develop their cycling skills, gain confidence, and learn about the high-performance pathway. These camps focus on skill-building, fitness, and introducing riders to competition and classification.





PARA CYCLING **CAMP SCHEDULE** **2025**



30TH MAY-1ST JUNE NORTH ISLAND TALENT ID CAMP - CAMBRIDGE,
WAIKATO

19TH-20TH JULY NORTH ISLAND DEVELOPMENT CAMP -
CAMBRIDGE, WAIKATO

26TH-28TH SEPTEMBER NORTH ISLAND TALENT ID CAMP -
CAMBRIDGE, WAIKATO

1ST-2ND NOVEMBER NORTH ISLAND DEVELOPMENT CAMP -
CAMBRIDGE, WAIKATO

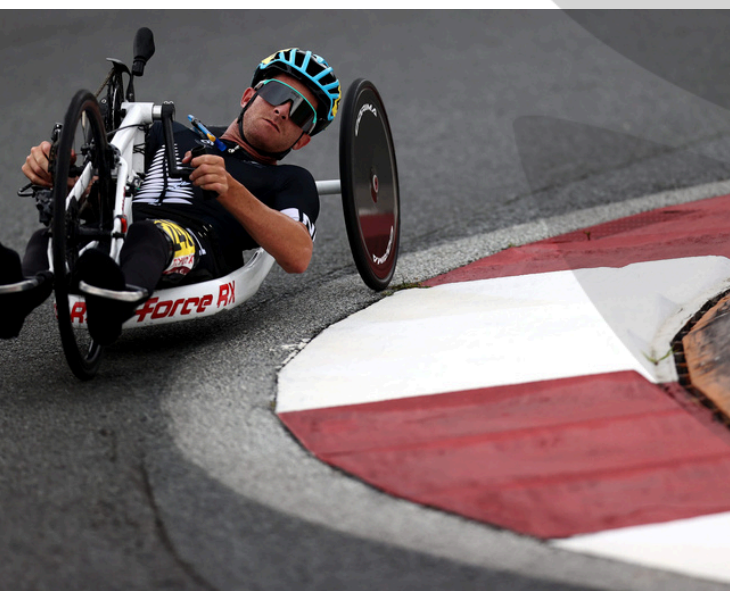
7TH-9TH NOVEMBER SOUTH ISLAND TALENT ID CAMP,
CHRISTCHURCH, CANTERBURY

CYCLING NEW ZEALAND ARE LOOKING FOR THE NEXT
GENERATION OF HIGH-PERFORMANCE PARA CYCLISTS.

IF YOU HAVE A PHYSICAL OR VISUAL IMPAIRMENT AND A STRONG
BACKGROUND IN SPORT OR FITNESS, YOU COULD HAVE WHAT IT
TAKES TO COMPETE ON THE WORLD STAGE.

TRIKES | TANDEMS | HAND BIKES | SOLO BIKES

FOR MORE INFORMATION CONTACT
JACK.COOPER@CYCLINGNEWZEALAND.NZ





WHATS HAPPENING IN 2025

STARTING 26TH MARCH WEEKLY COACHED SPRINT AND ENDURANCE NIGHT - GRASSROOTS TRUST VELODROME, CAMBRIDGE

11TH-12TH APRIL PARA ROAD NATIONALS - CAMBRIDGE, WAIKATO

STARTING 15TH APRIL THE PAVEMENT PANTHERS WEEKLY TRACK SERIES - GRASSROOTS TRUST VELODROME, CAMBRIDGE

25TH APRIL BICYCLE REVOLUTION ANZAC DAY ROAD CRITERIUM - CAMBRIDGE, WAIKATO

3RD-4TH MAY TA ROAD TOUR, WAIKATO

31ST MAY-1ST JUNE NTS, INVERCARGIL

5TH JUNE 20TH JULY 24TH AUG 28TH SEPT 2ND NOV VELO TRACK SERIES - GRASSROOTS TRUST VELODROME, CAMBRIDGE

14TH JUNE 28TH JUNE 12TH JULY - MEADOW MUSHROOMS TRACK SERIES - GRASSROOTS TRUST VELODROME, CAMBRIDGE

5TH-6TH JULY NTS, CAMBRIDGE

15TH-17TH AUGUST DROME MASTERS TRACK CARNIVAL - GRASSROOTS TRUST VELODROME, CAMBRIDGE

5TH SEPTEMBER INDIVIDUAL PURSUIT NIGHT - GRASSROOTS TRUST VELODROME, CAMBRIDGE

9TH - 14TH DECEMBER WEEK OF SPEED - GRASSROOTS TRUST VELODROME, CAMBRIDGE

I'LL MAKE SURE ORGANISERS ARE AWARE OF ANY SUPPORT OR ACCESSIBILITY NEEDS YOU MAY HAVE. NOT ALL CLASSIFICATIONS ARE SUITABLE, SO FEEL FREE TO REACH OUT IF THERE'S ANYTHING YOU'D LIKE ME TO PASS ON

FOR MORE INFORMATION CONTACT
[**JACK.COOPER@CYCLINGNEWZEALAND.NZ**](mailto:JACK.COOPER@CYCLINGNEWZEALAND.NZ)