



READY TO RUN

Establishing RaceRunning for fun and fitness

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WHAT'S IN STORE?

- Take a look at the important role of physical activity
- Introduce you to the RaceRunner and the sport of RaceRunning
- Provide an introduction to the current Cerebral Palsy International Sports and Recreation Association (CPISRA) RaceRunning classifications for people with cerebral palsy
- Discuss the establishment of RaceRunning Australia
- Highlight ways in which you can get involved and try a RaceRunner for yourself

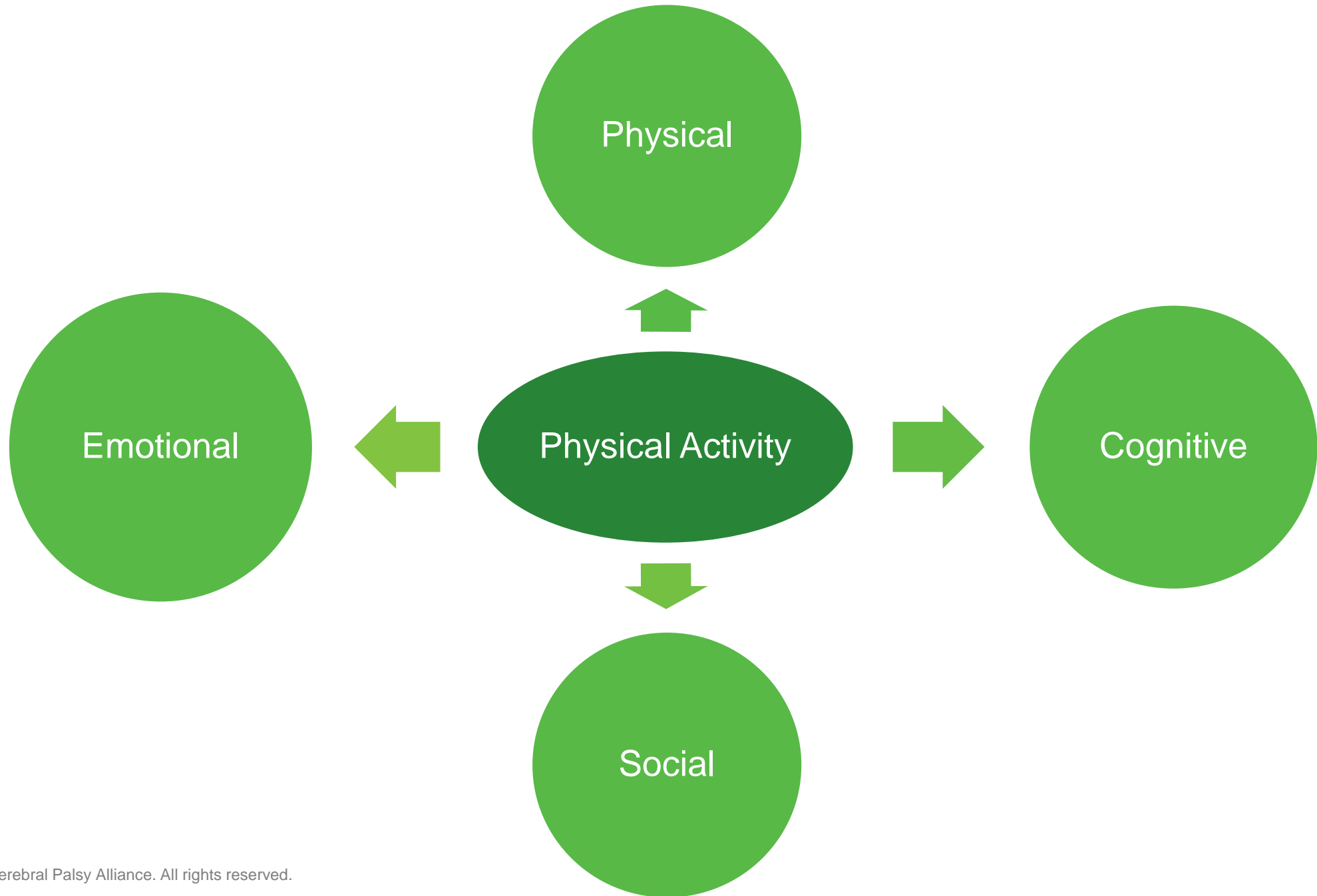
WITH THANKS.....

- Connie Hansen, Denmark
- Arran Keith, Australia
- CPISRA



RACE RUNNING AUSTRALIA





PHYSICAL ACTIVITY IN AUSTRALIA

- People with disability are 15% less likely to participate in sport and active recreation than the general population
- Overall participation rate 64% among able bodied adults
 - Greatest participation among 15-17 yr olds at 74%
 - Lowest participation among people over 65 yrs at 48%
 - ACT reported the highest participation rate at 73%
- Overall participation rate 24% among people with disability

Australian Bureau of Statistics

PHYSICAL ACTIVITY CHALLENGES IN DISABILITY

Increased energy expenditure
& increased fatigue

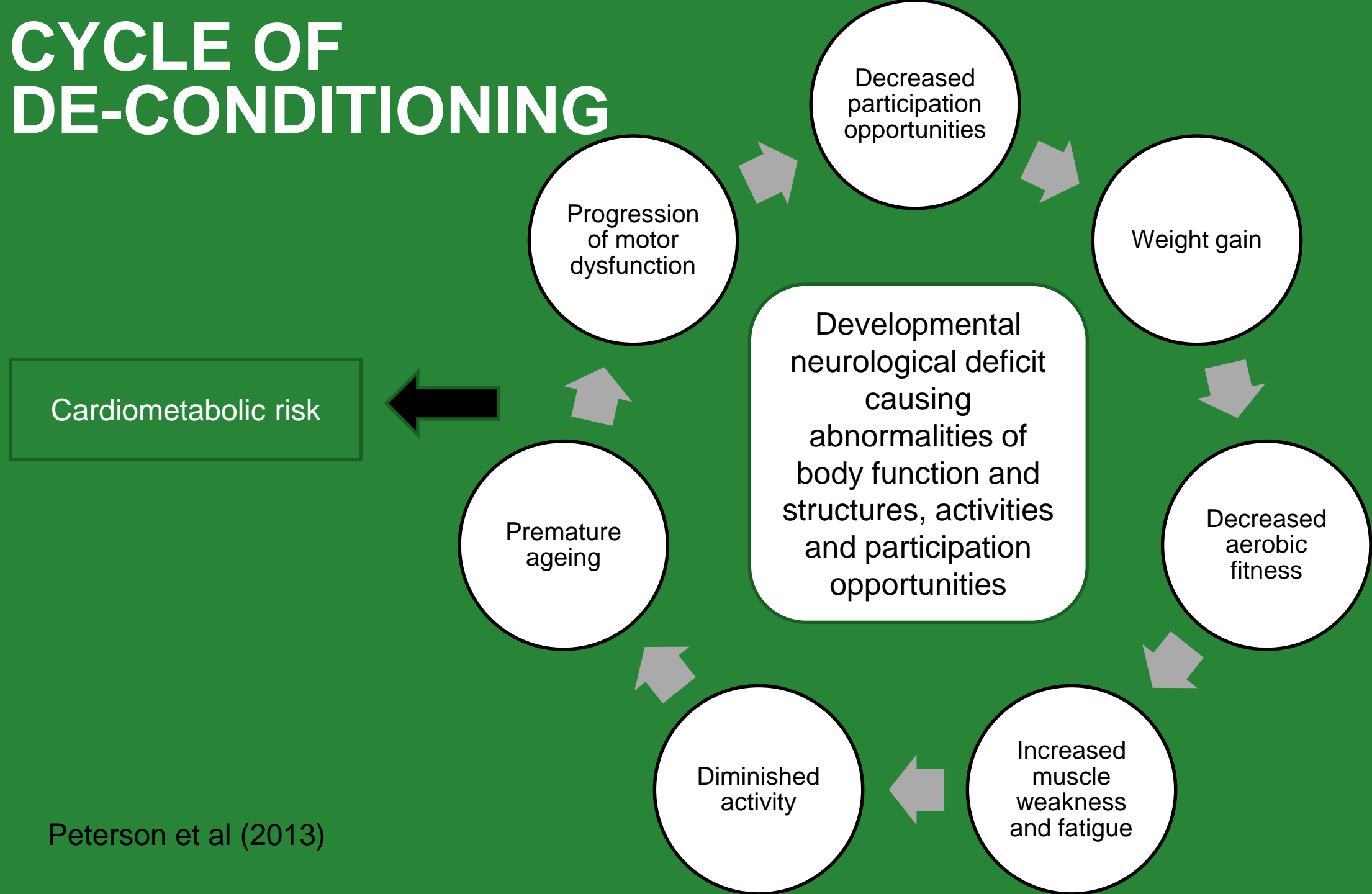
Lower fitness and less
muscle mass

Increased activity
limitations and participation
restrictions

Increased risk of sedentary
lifestyle

Increased risk of chronic
health conditions

CYCLE OF DE-CONDITIONING



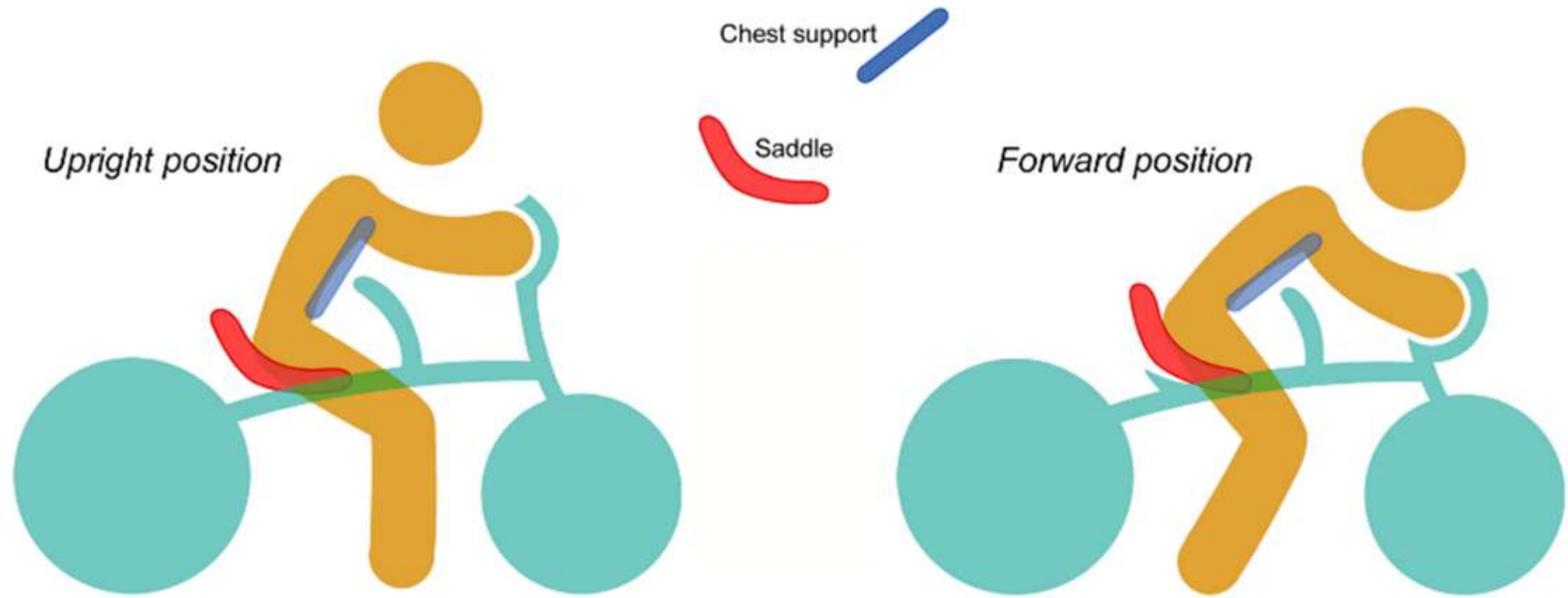
WHY RUN?

- Running has many positive health benefits
 - help to build strong bones, as it is a weight bearing exercise
 - strengthen muscles
 - improve cardiovascular fitness
 - burn plenty of kilojoules
 - help maintain a healthy weight
- Running (physical activity) has been shown to minimise mental decline and maintain cognitive functioning (particularly attention and memory)
- Running (physical activity) has been shown to improve mood
- Running can be a social activity, bonding communities and raising social capital

THE RACERUNNER







Images courtesy of Connie Hansen

RACERUNNING

.....a sport for people with physical disability who have impaired balance and who are not able to functionally run

.....for ages 3 to 93

RACERUNNING

- 1991 Sport founded in Denmark
- 1998 Exhibition event IPC Athletics World Championships
- 2009 CPISRA held first World Championships
- Oct. 2017 - International Paralympic Committee announced RaceRunning to be a World Para Athletics event and would occupy the current T31 and T32 classes
- 2018 1st official 100 m/f class 1 and 2-3 combined Euro Para Athletics Berlin
- July 2018 - Our first Australian to compete – Arran Keith wins Gold in the European Championships, competing alongside 81 athletes from 11 countries



RACERUNNING CLASSIFICATIONS

CPISTRA and World Para Athletics (WPA) are currently working together to develop and classify RaceRunning. Both CPISTRA and WPA organise and endorse RaceRunning events; including the annual RaceRunning Camp and Cup in Denmark, and the WPA World Championships.

RACERUNNING CLASSIFICATIONS



- demonstrate activity limitations as a result of at least one of the following impairments

Hypertonia

Spasticity

Rigidity

Ataxia

Athetosis/Chorea

RACERUNNING CLASSIFICATIONS

RR1 – RaceRunner 1

- Severe involvement of lower limbs and trunk, ineffective leg propulsion, poor trunk control and upper limb involvement

RR2 – RaceRunner 2

- Moderate involvement of lower limbs and trunk. Asymmetry but more effective propulsion than RR1

RR3 – RaceRunner 3

- Mild to moderate involvement of one or both upper limbs, fair to good trunk control. Good push off and no startle reflex

awareness

inspire



develop

promote

RACE RUNNING AUSTRALIA

HOW TO GET INVOLVED



RACE RUNNING AUSTRALIA

<https://www.sports.org.au/racerunning>

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CPI SRA



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Kingswood

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Kingswood NSW 2751
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Liverpool

Community Access Centre
14A Mill Rd, Liverpool NSW 2170
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Marsfield

Community Access Centre
74 Agincourt Road
(02) 9805 0625

Penshurst

469 Forest Road
Penshurst NSW 2222
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Prairiewood

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Ryde

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St Ives

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Wetherill Park

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NSW REGIONAL

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