



# RaceRunning Classification within World Para Athletics:

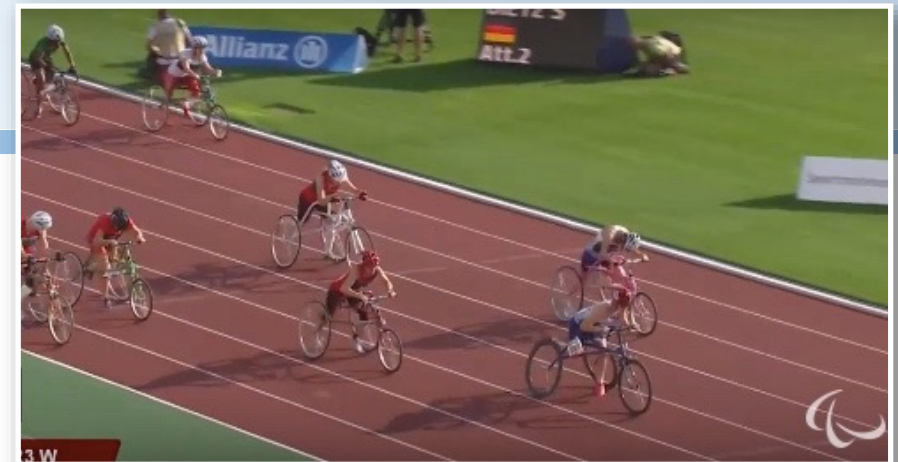
## A Consensus Statement

Martine Verheul, Marietta van der Linden,  
Nicola Tennant, Rianne Ravensbergen



# The History & Future of RaceRunning

- 2009: **CPISTRA classification** for RaceRunning first implemented: RR1, RR2, RR3 classes
- 2018: RaceRunning introduced at **WPA European Championships** (RR1, RR2/3)
- 2019: RaceRunning on the programme for **WPA World Championships** (RR2/3)
- 2020: Introduction **WPA Classification** for RaceRunning
- 2024: **Paralympic Games?**



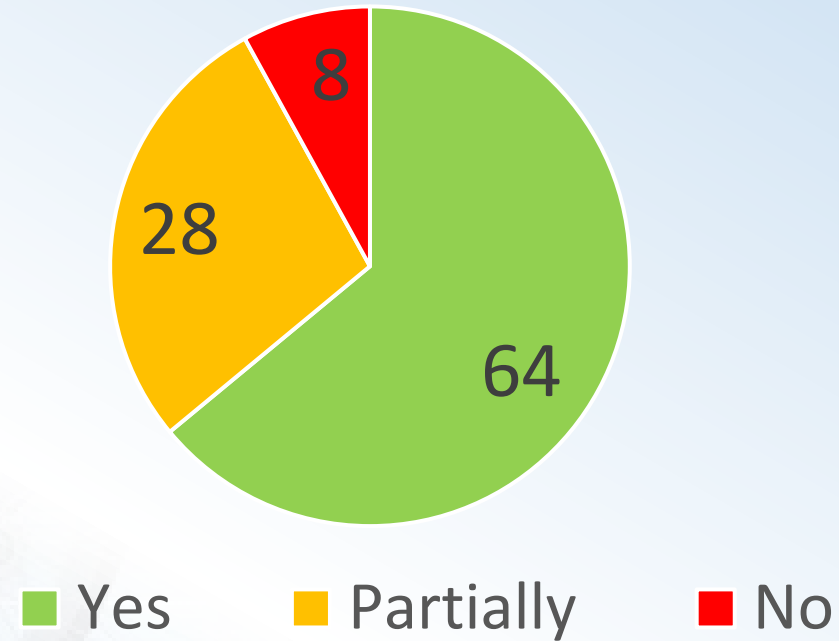
# RaceRunning Classification: A Delphi Study

- ✓ 3-round Delphi survey study
- ✓ Panel of 48 experts from 15 countries across 4 continents
- ✓ Current and former athletes, coaches, founders, classifiers (RaceRunning and other WPA/IPC events), sports administrators, health professionals and academics
- ✓ Consensus defined as >80% agreement amongst those who answered



# The Current Classification

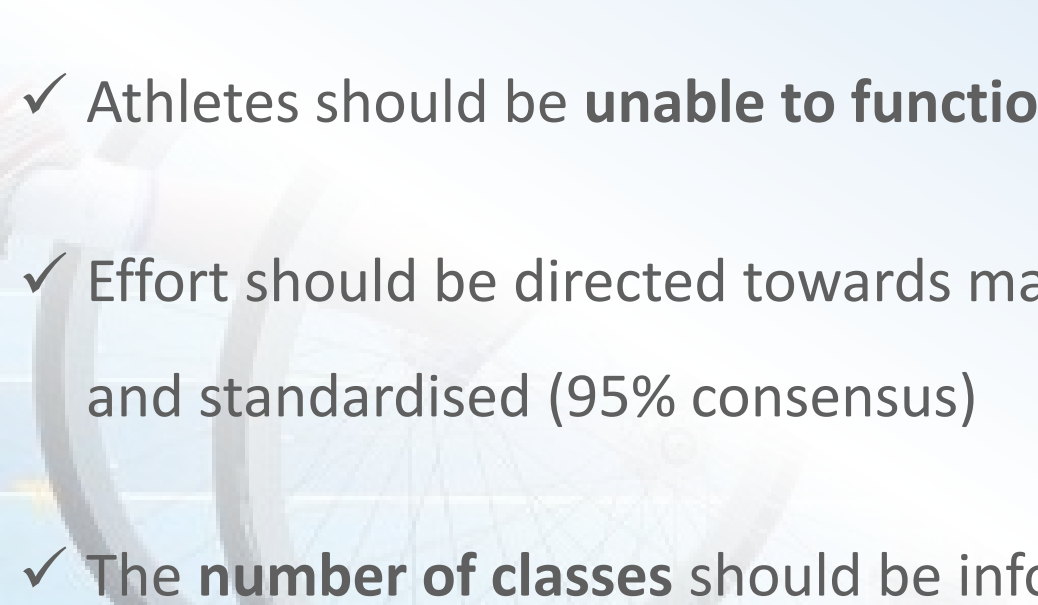
Does the CPISRA classification fulfil its aim to minimise the impact of eligible impairments on the outcome of competition?





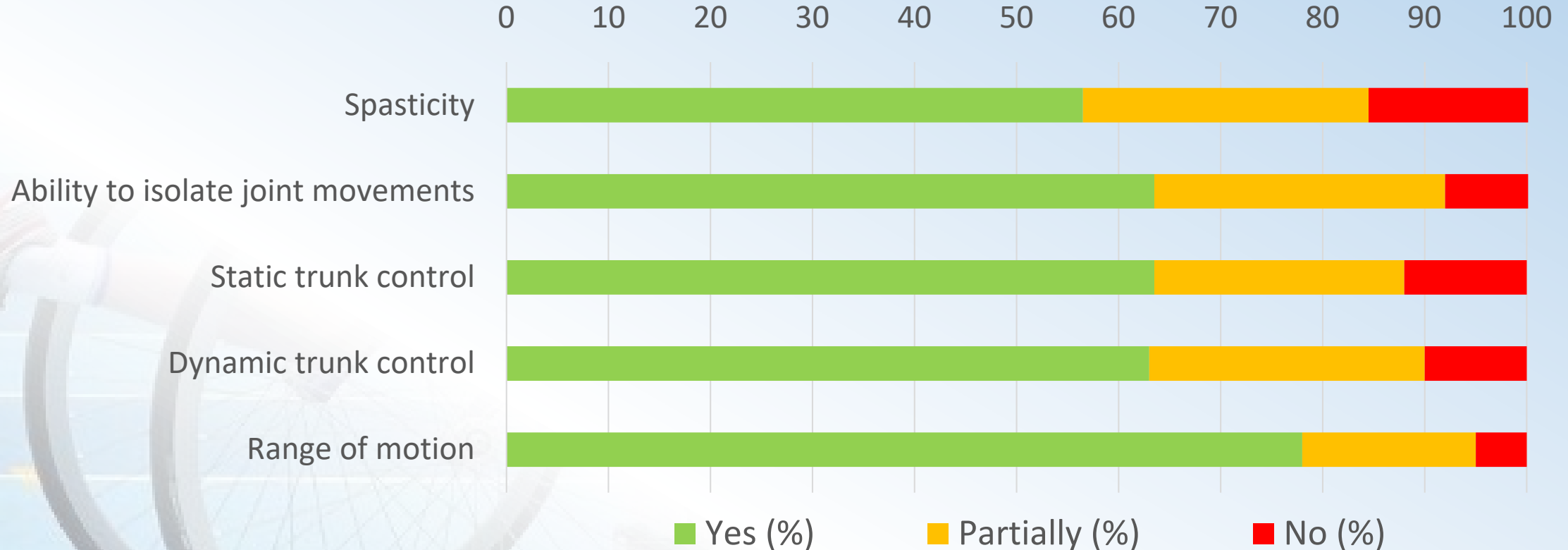
# Eligible Impairment Types, MIC & Classes

The panel agreed that:

- ✓ Eligible impairment types at elite level should initially be: **hypertonia, ataxia, athetosis** (81% consensus)
  - ✓ Athletes should be **unable to functionally run** (91% consensus)
  - ✓ Effort should be directed towards making the **description of the classes** more precise and standardised (95% consensus)
  - ✓ The **number of classes** should be informed by research (91% consensus)
- 

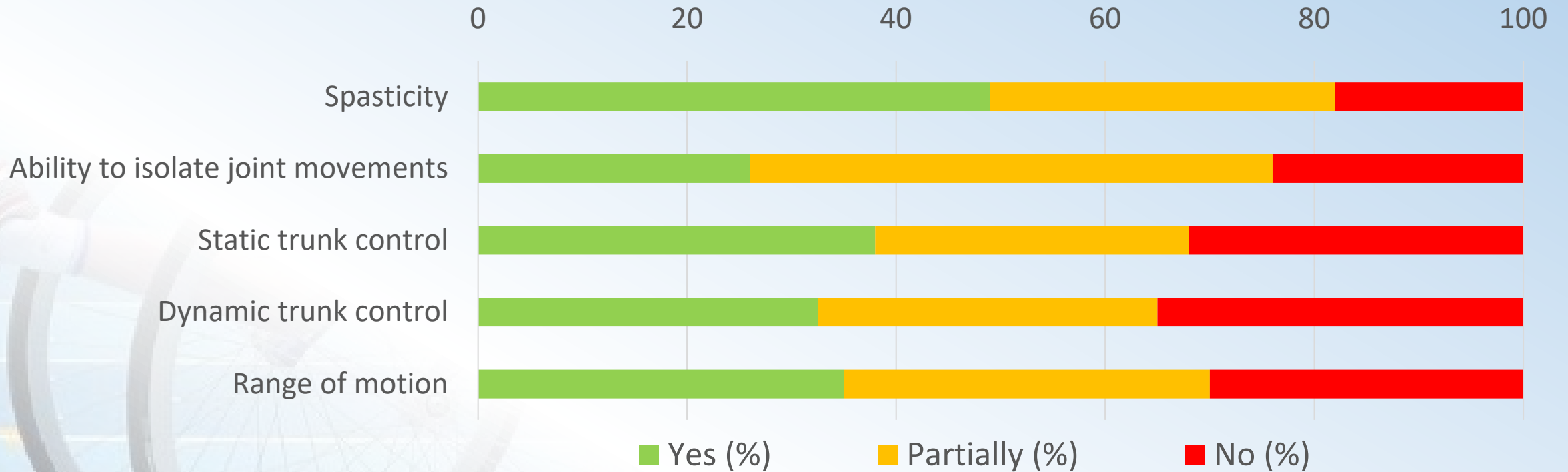
# The Physical Assessment: Quality of the Tests

Are the current components of the physical assessments **objective**?



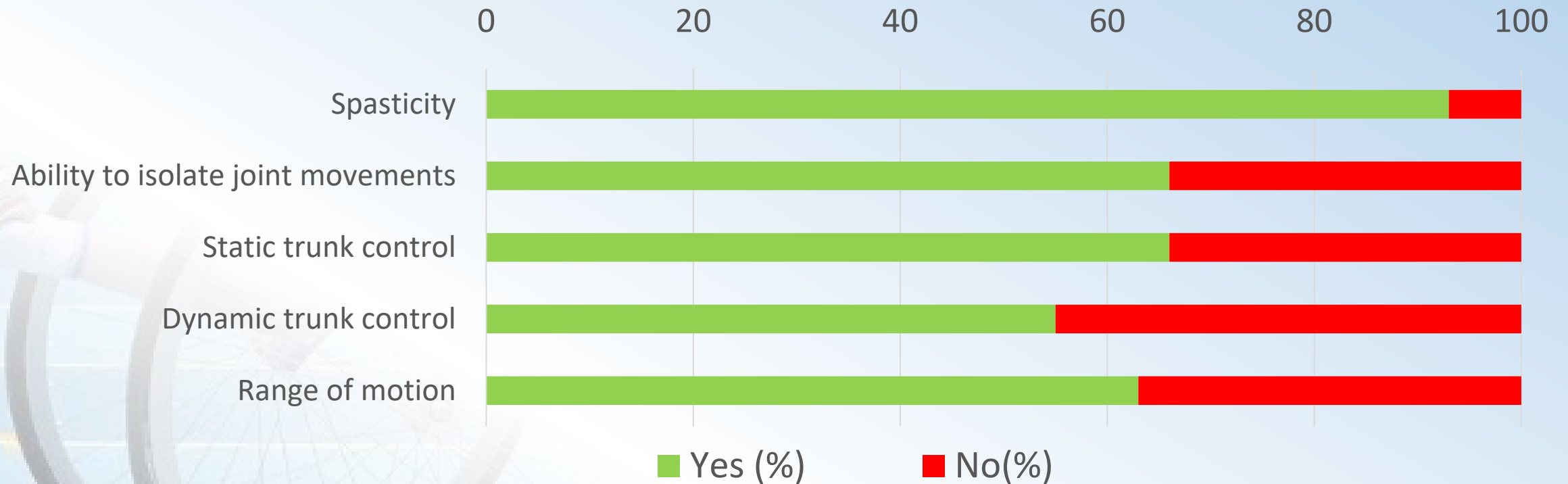
# The Physical Assessment: Quality of the Tests

Are the current components of the physical assessments **resistant to RaceRunning training**?



# The Physical Assessment: Quality of the Tests

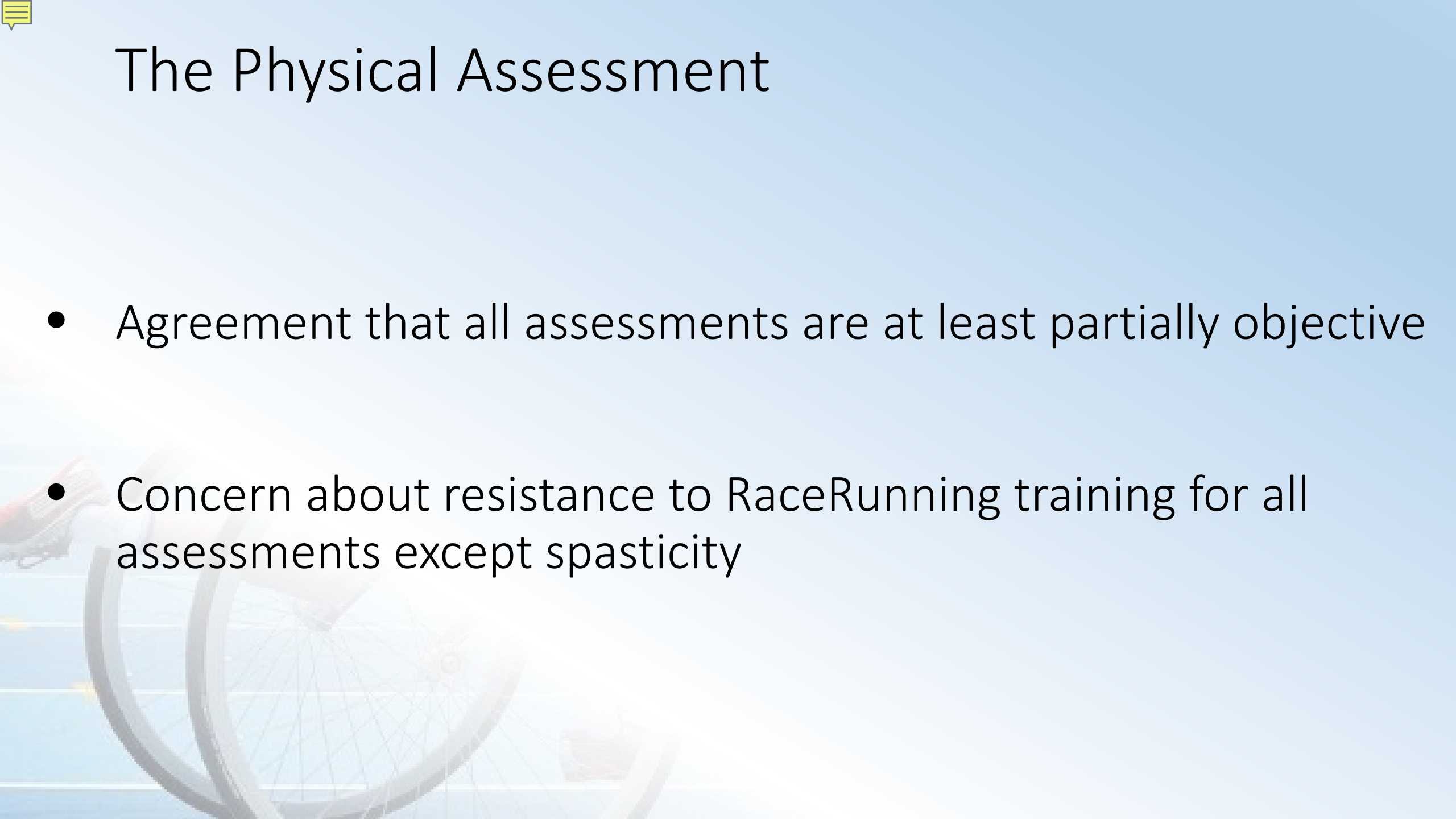
Are the current components of the physical assessments *sufficiently resistant to RaceRunning training*?







# The Physical Assessment

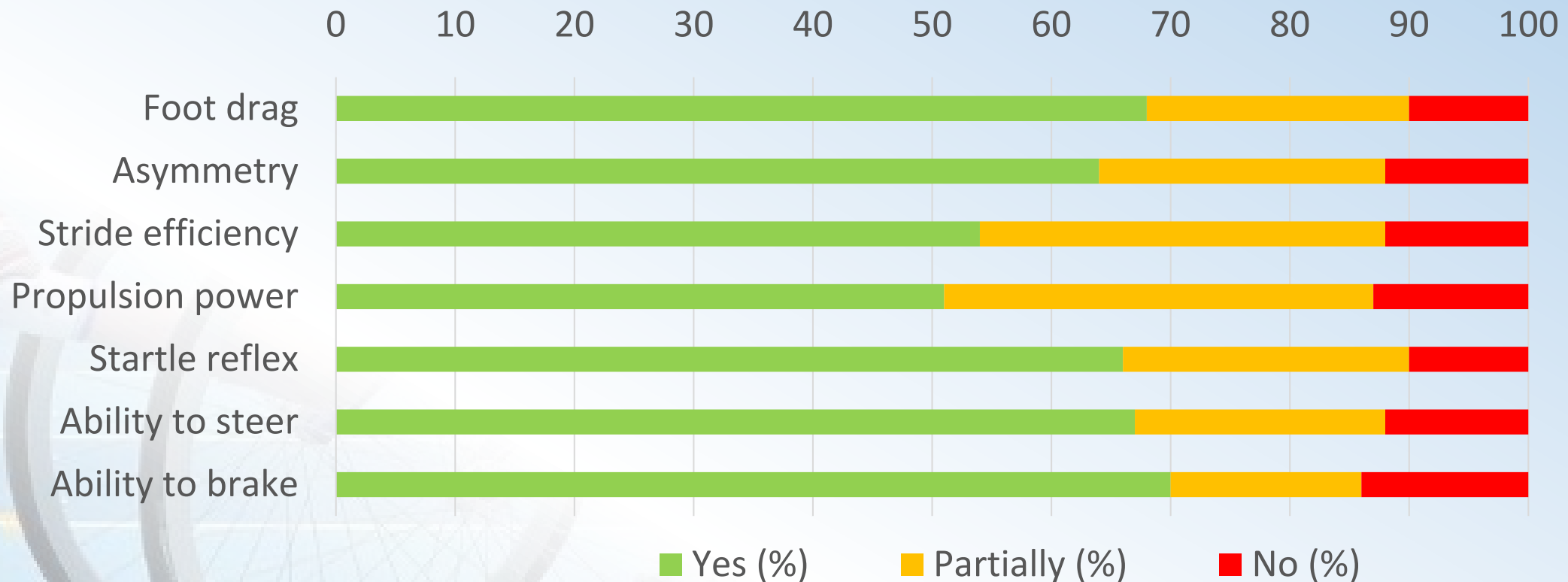
- Agreement that all assessments are at least partially objective
  - Concern about resistance to RaceRunning training for all assessments except spasticity
- 

# The Physical Assessment

- Agreement that all assessments are *at least partially* objective
- Scope for improvement: more use of standardised tests
- Panel agreed on the inclusion of (part of):
  - Selective Control Assessment of the Lower Extremity (SCALE) (96% agreement)
  - Trunk Control Measurement Scale (TCMS) (88% agreement)
  - Scale for the Assessment and Rating of Ataxia (SARA) (84% agreement)
  - Australian Spasticity Assessment Scale (ASAS) (83% agreement)
  - Passive Range of Motion (85% agreement)

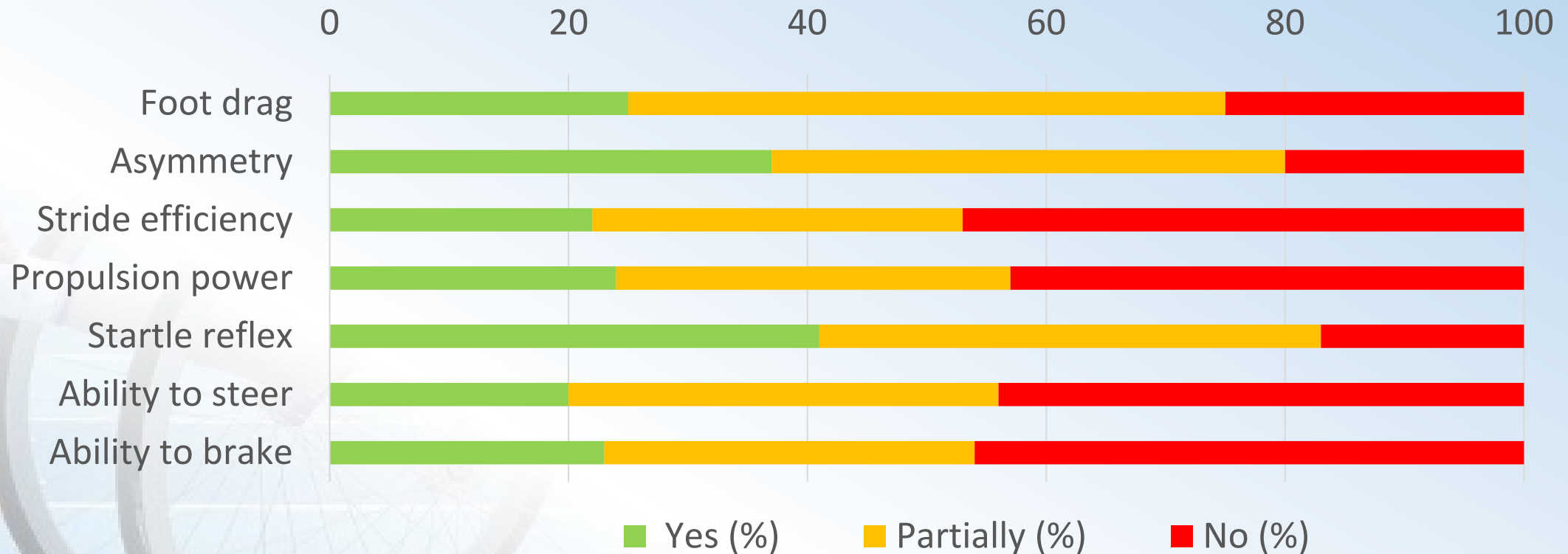
# The Technical Assessment: Quality of the Tests

Are the current components of the technical assessments **objective**?



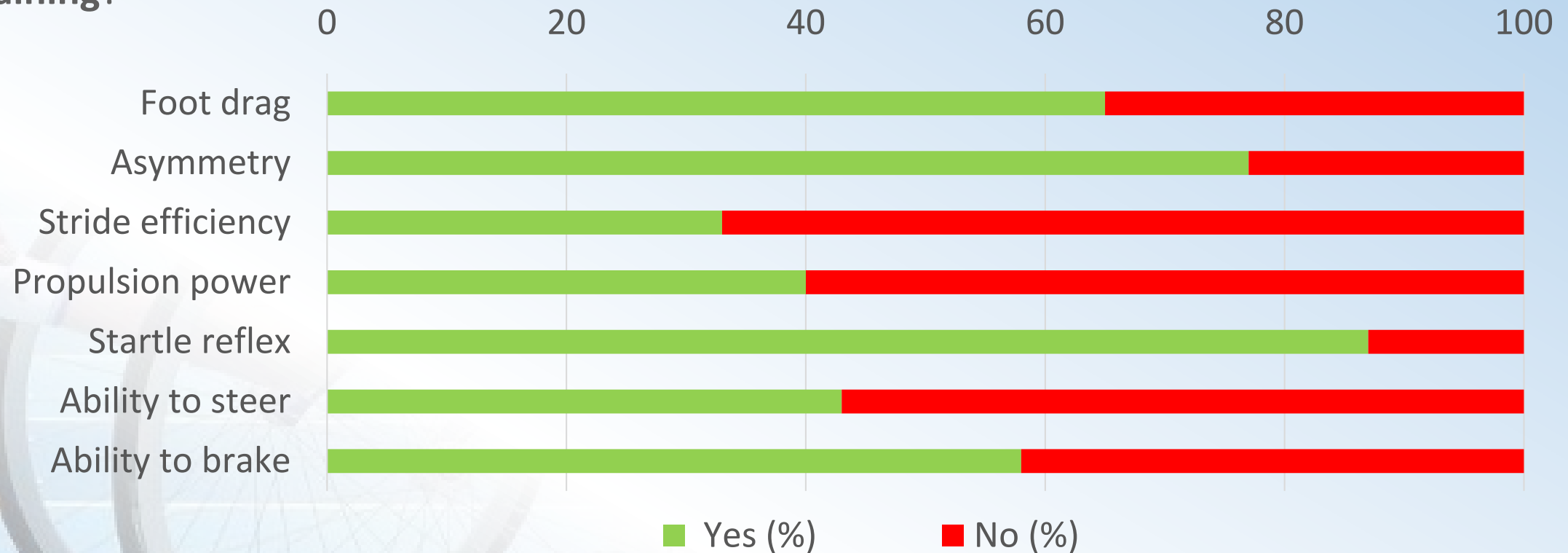
# The Technical Assessment: Quality of the Tests

Are the current components of the technical assessments **resistant to RaceRunning training**?




# The Technical Assessment: Quality of the Tests

Are the current components of the technical assessments *sufficiently resistant to RaceRunning training*?





# The Technical Assessment

- Agreement that all assessments are at least partially objective
  - Concern about resistance to RaceRunning training for all assessments except the startle reflex
- 

# Conclusion RaceRunning Classification

- WPA Classification should be based on CPISRA classification
- Classification should use standardised tests of impairments that are associated with activity limitation in RaceRunning
- Classification test scores should be longitudinally monitored to gain insight into the effect of sport-specific training
- Number of classes should be determined by research





A woman in a purple hoodie and black shorts is riding a stationary bike. She has her arms outstretched and is smiling. The background is a blurred outdoor setting. Overlaid on the image is the text 'HVOR SVÆRT KAN DET VÆRE!' in large, white, spaced-out letters.

H V O R

S V Æ R T

K A N

D E T

V Æ R E

!

A massive thank you to the panel!