



Welcome

This guide includes handy tips to help you get to your event and make the most of your Paralympic experience. So have a good read – and don't forget to bring it on the day!

Arriving at the venue

Gates will open 90 minutes before competition starts. The build-up will begin the moment gates open, so get there early and enjoy the show.

When you get to the venue, you'll be asked to go through airport-style security screening. With thousands of visitors arriving at the same time, there may be a queue.

One soft-sided bag is allowed per person – for example, a medium-sized handbag or small backpack (maximum 25 litres).

We want everyone to have a safe and enjoyable Games, so there are some things you can't bring into the venue. Go to london2012.com/paralympics/security for the full list, which includes water and other liquids.

Your ticket gives you general admission – see the venue map in this guide for where to watch the competition. There's limited seating in the grandstand.

Games Mobility

Inside the venue you can use our free Games Mobility service, which loans out mobility vehicles on a first come, first served basis. Audio description and guiding are also available.

Go to london2012.com/paralympics/accessibility for more information.

Top tips

- 1 Check the London 2012 website for the latest information** before you set off as plans may change
- 2 Remember your tickets!** Everyone needs a ticket for entry
- 3 Aim to arrive early** – gates will open 90 minutes before competition starts
- 4 The venue and local area will be very busy so leave plenty of time to travel and be prepared to wait**
- 5 You'll need to go through airport-style security** when you arrive so make sure you've **read the list of items that aren't allowed inside the venue** at london2012.com/paralympics/security
- 6 You can bring one small backpack or a handbag.** If you can manage without, even better – it will help speed up security checks
- 7 There's a wide variety of healthy and tasty food** inside the venue
- 8 You can pay by Visa (debit, credit or prepaid) or cash (£) only**
- 9 This is an outdoor venue with no shelter or shade so check the weather forecast and come prepared** – whether that means bringing a sun hat or rain jacket!
- 10 If you have any questions on the day, just ask a member of London 2012 staff** or visit an information point



London 2012 Paralympic Games Official spectator guide



Plan your travel

Getting to Brands Hatch

We strongly recommend you use public transport to get to Brands Hatch.

You can use the Games Travelcard sent to you with your ticket for free travel on National Rail between London and the recommended station for Brands Hatch on the day of your event, as well as on public transport in London zones 1–9. The recommended station is:

Sevenoaks

A shuttle service will run to the venue from the station (around 30-minute journey).

Direct train services run frequently to Sevenoaks station in Kent from Charing Cross, London Bridge and Waterloo East stations in central London.

Direct trains also run from Ashford, Hastings, Tonbridge, Tunbridge Wells and the Kent coast. Please note that journeys to/from these stations are not covered by the Games Travelcard.

It will be very busy so leave plenty of time to get to the venue and be prepared for crowds. Plan and book your journey at london2012.com/paralympics/travel and check it before you set off as things may change. You'll also find walking and cycling routes on the website.

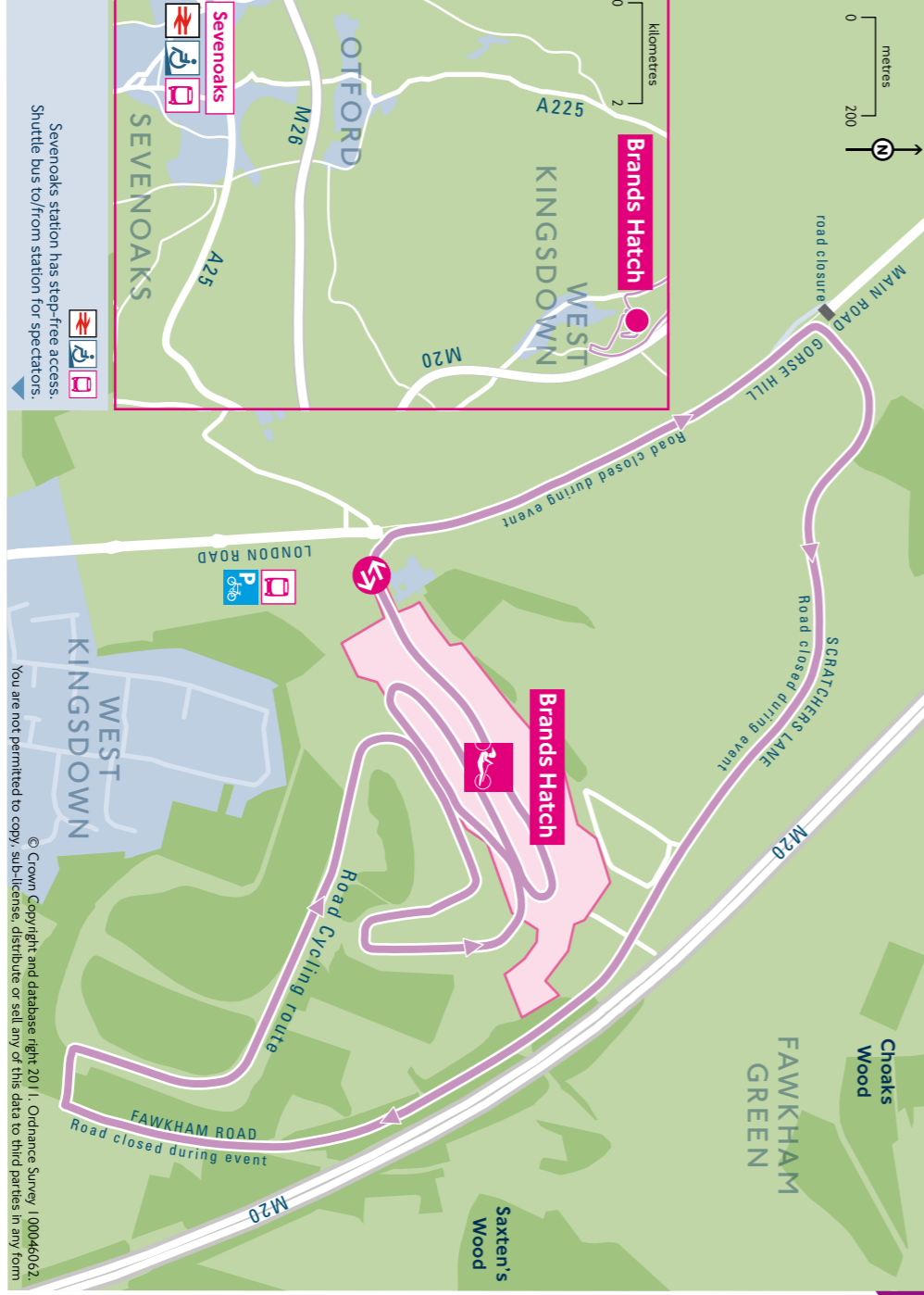
Been to Brands Hatch before? This area will be operating differently during the Games, with road closures in place, so please follow the signs and directions from staff.

There is limited spectator parking at the venue, including Blue Badge spaces. All parking must be booked in advance – visit london2012.com/paralympics/travel for details.

Accessible travel

If you've reserved Blue Badge parking, you'll receive details in the post soon. For more information, go to london2012.com/paralympics/bluebadge

Sevenoaks station has step-free access, with staff assistance available. The shuttle service running from the station to the venue is also accessible.



Key

- Sevenoaks
- Recommended station
- Event area during the Paralympic Games
- Venue entrance and exit
- National Rail
- Shuttle bus pickup/drop-off
- Station with step-free access and staff assistance
- Cycle parking
- Road Cycling route

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Cycling - Road

The 32 Road Cycling events at the London 2012 Paralympic Games require great stamina, powerful acceleration and a smart strategy.

Sports info

Medal events	32
Total athletes	225 (Road and Track Cycling combined)

Classification key

Code	Classification
B	Tandem
H1-H4	Handcycle*
T1-T2	Tricycle*
C1-C5	Bicycle*

*The lower an athlete's class number, the greater the impact of their impairment on their ability to cycle.

Session timetable

Day	1	2	3	4	5	6	7	8	9	10	11
Date	Thu 30 Aug	Fri 31 Aug	Sat 1 Sep	Sun 2 Sep	Mon 3 Sep	Tue 4 Sep	Wed 5 Sep	Thu 6 Sep	Fri 7 Sep	Sat 8 Sep	Sun 9 Sep
Morning/afternoon							10:30-18:50	10:30-16:50	10:30-19:10	10:30-19:00	

Gold medals will be decided and/or awarded in every session

The history

Paralympic Cycling was originally developed for blind athletes. Technological advancements have since opened up the sport to a wider range of athletes and it is now the third largest sport on the Paralympic programme.

Road Cycling was introduced as a Paralympic sport at the 1984 Games, which were held in Stoke Mandeville (UK) and New York (USA). Handcycling – for athletes with lower limb impairments – was introduced at Athens 2004.

Did you know?

The colour of the protective helmets worn by cyclists indicates the class in which they compete.

The basics

Paralympic Road Cycling comprises three types of races: Road Races, Time Trials and Team Relay. In the Road Races, all riders start together, and the first to cross the finish line wins gold. The Time Trials differ from the Road Races in that the riders set off at intervals, and the winner is the rider with the fastest time over the course.

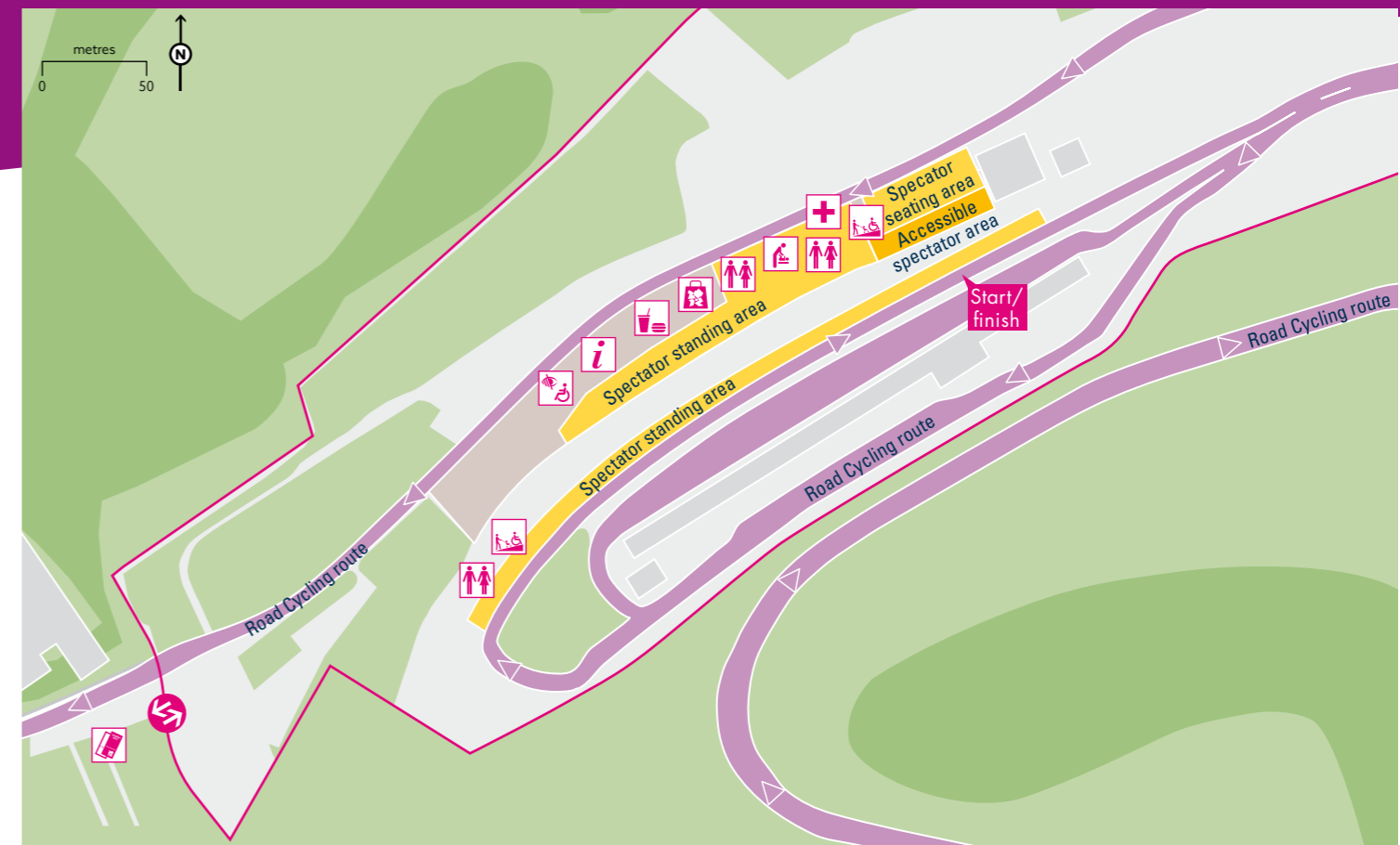
In the Team Relay, each rider of the three-rider team completes one lap before handing over to his or her teammate. The winning team is the one that crosses the line first.

There are four types of cycles used in Paralympic Cycling: a tandem, used by athletes with a visual impairment and with a sighted pilot at the front; a handcycle, with two wheels at the back and one at the front; a tricycle, normally used by athletes whose balance means they are unable to race on a two-wheeled bike; and a bicycle, often with modifications.

Find out more about Road Cycling – pick up an official London 2012 daily or souvenir programme at the event.



Brands Hatch



Key

Venue entrance and exit	Games Mobility	Ramp
Toilets	Spectator medical	Information, pushchair and wheelchair storage and lost and found
Baby changing facilities	London 2012 Shop	Road Cycling route
Ticket box office and ticket resolution office	Food and drink	

Scan me now or go to london2012.com/paralympics/mobileapps to find out about the official London 2012 apps, with sports results, spectator information and more.



Inside the venue

Please do your bit for the environment – take your rubbish home or help us recycle it by following the coloured icons on the bins, and on food and drink packaging.

Smoking is not permitted, except in designated areas.

VISA In recognition of Visa's longstanding support of the Paralympic Games, only Visa (debit, credit and prepaid) and cash can be used for purchases inside the venue. Contactless payment is also available.

Out and about

Find out what's on at a London 2012 Live Site near you or discover the great range of Paralympic, London 2012 Festival and other events taking place across the UK at london2012.com/paralympics/joinin

Get the perfect souvenir or gift – including exclusive merchandise only available in venues – at the London 2012 Shop. Or go online at london2012.com/shop



Delivering a memorable Paralympic Games to inspire a generation with the support of our Partners



This guide is available on request in other formats up to and including 30 June 2012. To obtain these please quote reference number LOC2012/PSG/04. Email info@enquiries.london2012.com. Phone +44 (0)845 267 2012. This guide is also available to download at london2012.com/paralympics



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