A third day has been added to Prudential RideLondon, the world’s greatest festival of cycling, with a programme packed with exciting competition and free family entertainment on Friday 29 July at the Lee Valley VeloPark in Queen Elizabeth Olympic Park.
This is the first time that events will be held on the Friday of the festival, now in its fourth year, and adds BMX racing to the Prudential RideLondon Grand Prix programme.

Legendary stunt rider Danny MacAskill, whose videos are watched by audiences of 20+ million on YouTube, will perform in the Festival Zone.

Racing will take place on the Lee Valley VeloPark road circuit and BMX track with family entertainment in the Festival Zone. Entry is free of charge.

The programme for the Prudential RideLondon Grand Prix runs from 13:00-20:30 and includes:

- Two handcycling races: the Prudential RideLondon Handcycle Grand Prix for injured veteran servicemen and women and the Prudential RideLondon Elite Handcycle Grand Prix for top international handcyclists
- The Prudential RideLondon Youths Grand Prix: a programme of four races with a boys and girls race for the Youth A category (open to riders aged 13-14 years) and a boys and girls race for the Youth B category (open to riders aged U14)
- The Prudential RideLondon Youths BMX Grand Prix for boys and girls in four age categories (for riders aged U8, 9-10 years, 11-12 years and 13-14 years)
- Danny MacAskill brings his world famous Drop and Roll Tour, sponsored by Continental Tyres, to the Festival Zone and features the world's top street trials riders performing breathtaking stunts on a state-of-the-art custom built rig
- The Festival Zone will also feature other family-friendly activities that will then move to other locations on Saturday 30 July for the crowds to enjoy during Prudential RideLondon FreeCycle

The Mayor of London, Sadiq Khan, says: “Sport is a fantastic way of bringing communities together and my team at City Hall will do all we can to enable and encourage more people to participate and compete at every level. This extra day of the Prudential RideLondon festival illustrates that aim by bringing a fabulous mix of young riders, BMX and handcyclists together. We hope it will inspire many more people from many different communities to take to two wheels.”

John Foley, Chief Executive of Prudential UK & Europe, said: “Now in its fourth year, Prudential RideLondon has grown to become the world's greatest cycling festival and one of Britain’s largest charity fundraising opportunities.

“The addition of a third day of activities will further increase the diversity of exciting displays and events for people of all ages and abilities to enjoy.”

Hugh Brasher, Event Director for Prudential RideLondon, said: “In Olympic year, it is very fitting that this hugely successful legacy event should feature competition in Queen Elizabeth Olympic Park. The addition of BMX to the programme brings a different genre of cycling to the festival. The Youths races will feature a new generation of riders, many of whom will have been inspired by watching London 2012, and the added day means that the handcycling races will now be showcased as a highlight of the programme.”
ABOUT HANDCYCLING
The para-cyclists have lower-limb impairment that necessitates the use of a hand-operated cycle. There are five classes of handcycling:

**H1** is for tetraplegics from C6 and above with severe upper-limb and lower-limb impairment.

**H2** is for tetraplegics C7/8 with minor upper-limb impairment and complete loss of trunk control or severe athetosis/ataxia/dystonia. A recumbent position is mandatory.

**H3** is for paraplegics with impairments corresponding to a complete lesion from TH1 to TH3. They have limited trunk control or severe hemiplegia or diplegia.

A recumbent position is mandatory.

**H4** is for athletes with paraplegia from lesions from TH11 or below with no lower-limb function or limited function and normal trunk control. Minimal diplegia and athetosis and hemiplegia. A recumbent position is mandatory.

**H5** is for athletes who can kneel on a handcycle, but can also be recumbent if mobility restricts kneeling. Mild hemiplegia and athetosis, a category that includes paraplegics and amputees.

Men and women from all classes compete against each other in the Prudential RideLondon Grand Prix races.
PRUDENTIAL RIDELONDON
HANDCYCLE GRAND PRIX
The Prudential RideLondon Grand Prix will open with a 30
minute criterion race which is open to all handcyclists who
do not meet the criteria for the Prudential RideLondon Elite
Handcycle Grand Prix later in the day.

The race has been developed especially for war veterans
and injured servicemen or women and for those new to
handcycling.

In order to encourage as many handcyclists as possible
to participate, entrants to the Prudential RideLondon
Handcycle Grand Prix do not have to hold a British
Cycling licence. Registrations will be permitted on the day.

PRUDENTIAL RIDELONDON
ELITE HANDCYCLE GRAND PRIX
For 2016, the elite handcycle race has been moved from
Sunday morning to be showcased in the new third day of
the festival at LeeValley VeloPark.

In the first year of Prudential RideLondon, the handcycle
event was part of the series of criterium races in St
James's Park. In 2014, it moved to the Sunday morning
and the race started at Kingston Upon Thames and
covered the last 15 miles of the route of the sportive,
finishing on The Mall. Now the world's top handcyclists
will take centre stage in the new Prudential RideLondon
Grand Prix.

2015 champion Brian Alldis (GBR) returns to defend
his title and will be challenged by current world and
Paralympic champion Walter Ablinger (Austria), who won
the event in 2013 and 2014 but was unable to compete
last year as the event clashed with a major Paralympic
qualification event. The field also includes current world
gold and silver medallist and Paralympic champion Heinz
Frei (Switzerland).

Also lining up on the road circuit will be up-and-coming
handcyclists from Battle Back who are looking to target
selection for the Tokyo Paralympic Games in 2020.

Battle Back is a Ministry of Defence initiative, based at
Headley Court near Epsom, to encourage seriously injured
service personnel to participate in sport and adventurous
training as part of their rehabilitation process and beyond.

The Battle Back riders include Steve Arnold, Josh Boggi
and Ben Zissman.

Paralympic and world champion Sandra Graf (Switzerland)
tops the women's entries with Renatta Kaluza (Germany),
the world bronze medallist, also in the field.

The confirmed line-up (subject to change)
is listed below:

MEN
Walter Ablinger (AUT) H3
Brian Alldis (GBR) H4
Steven Arnold (GBR) H4
Josh Boggi (GBR) H3
Rafa Botello-Jimenez (ESP) H4
Alex Brooke-Turner (GBR) H4
David Cooke (GBR) H4
Heinz Frei (SUI) H3
Patrick Gabriel (GER) H3
Kenneth Herriot (GBR) H3
Daniel Hopwood (GBR) H3
Luke Jones (GBR) H3
Kim Christiansen (DEN) H4
Chris Madden (GBR) H3
Dan Metcalfe (GBR) H3
Giovanni Strawbridge (GBR) H4
Rob Whickham (GBR) H3
Ben Zissman (GBR) H3

WOMEN
Sandra Graf (SUI) H3
Renatta Kaluza (GER) H4
Caroline Wareing (GBR) H4
Elizabeth McTernan (GBR) H4
PRUDENTIAL RIDE LONDON YOUTHS GRAND PRIX

The Youths A and B races, for boys and girls aged under 14 (B) and under 16 (A) will showcase Britain’s next generation of Olympic cyclists.

This is the fourth year that Youths races have featured in Prudential RideLondon and many of the young riders have gone on to achieve notable results at national and international level. These riders include:

Charles Page (U14 winner in 2013 and second in U16 in 2015) has gone on to win the 2015 Junior Madison Championships and the 2016 UCI Junior race in Herelbeke

Eleanor Dickinson (second in 2014) won the 2016 Junior National Road Championships

Ethan Hayter (first in 2014) won the Junior Kuurne-Brussel-Kuurne in 2016

Sophie Capewell (first in 2014) won three track titles at the 2015 British Cycling National Youth and Junior Track Championships

The Youths will race on the Lee Valley VeloPark road circuit which is a lap of one mile. Each race will be 40 minutes racing plus five additional laps (total duration of each race will be approximately 50 minutes).

Each of the British Cycling regions has been invited to enter two teams of girls and two teams of boys (a boys and girls team for each age category) to give the cycling stars of the future the opportunity to compete in professional conditions at a high profile event at the Lee Valley VeloPark.

Teams are confirmed from the following regions:

- Central Region
- East Midlands Region
- Eastern Region
- North East Region
- South Region
- South East Region
- South West Region
- West Midlands Region
- Wales
- Scotland
- Channel Islands
- London

See pages 30 and 31 to see the colours for the youth team jerseys.

The prize pool is £5,280 in total with prize money awarded to the top five teams and the top 10 individual finishers in each race. The first-placed Youths A team (boys and girls) will receive £300 and the first Youths B team will receive £240. The first boy and girl across the line in the Youths A race will win £200 and the first boy and girl in the Youths B will receive £160.

“Youth development is key to British Cycling’s success both in terms of growing participation and also in the supply of talented riders to represent the country at the highest level,” said British Cycling chief executive Ian Drake. “So this is the perfect event for British Cycling’s regional youth teams. It gives them the chance to race in professional conditions at a high profile event at the Lee Valley VeloPark.”

PRUDENTIAL RIDE LONDON YOUTHS BMX GRAND PRIX

BMX becomes part of the Prudential RideLondon festival for the first time in 2016.

BMX has been the entry point to competitive cycling for many riders including Sir Chris Hoy, who went on to win seven Olympic gold medals.

The young riders will have the chance to compete on the legacy track from the London 2012 Olympic Games. The competition will follow the standard BMX format of motos (qualifications), quarter finals, semi finals and finals to identify the winner in each age group.

There will be BMX races for boys and girls in four different age categories: riders aged under 8 years, 9-10 years, 11-12 years and 13-14 years.

Prize money will be awarded to the top four ranked riders in each age group and the top three overall clubs. The total prize fund is £2,440.

Riders have entered from BMX clubs in London, Surrey and Essex. A large contingent of riders is expected from Peckham BMX, founded by CK Flash and featured in the film ‘1 Way Up’. The London Marathon Charitable Trust awarded a grant of £100,000 to the development of the new BMX track in Peckham.

FESTIVAL ZONE

The legendary Danny MacAskill, whose videos are watched by audiences of 20+ million on YouTube, brings his world famous Drop and Roll Tour, sponsored by Continental Tyres, to the Festival Zone. It features the world’s top street trials riders performing breathtaking stunts on a state-of-the-art custom built rig.

Danny MacAskill and his team will be performing two shows, each followed by an autograph signing session.

The Festival Zone will also feature other family-friendly activities that will then move to other locations on Saturday 30 July for the crowds to enjoy during Prudential RideLondon FreeCycle.
Youth Team Jerseys by Region

WEST MIDLANDS

SOUTH WEST

LONDON

EAST MIDLANDS

WALES

SCOTLAND