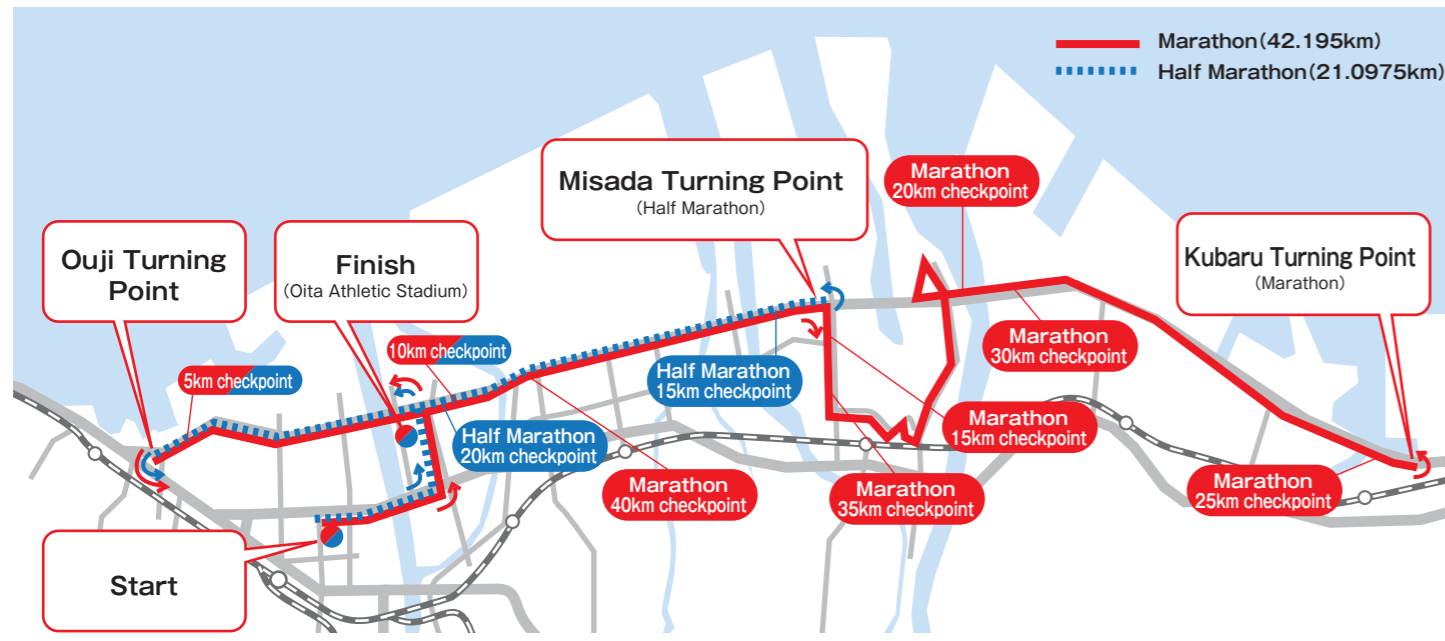


Course and Distance



Result of the 36th Oita

Marathon

| | | | |
|-----------|-------|--|---------|
| T51 | Men | 1 PIETER DU PREEZ (SOUTH AFRICA) | 2:30:53 |
| T33/52 | Men | 1 SATO TOMOKI (JAPAN) | 1:49:32 |
| | | 2 SANTIAGO SANTZ (SPAIN) | 1:53:38 |
| | | 3 TAKADA TOSHIHIRO (JAPAN) | 1:54:17 |
| T34/53/54 | Men | 1 YAMAMOTO HIROYUKI (JAPAN) | 1:26:02 |
| | | 2 SUZUKI TOMOKI (JAPAN) | 1:26:03 |
| | | 3 ERNST VAN DYK (SOUTH AFRICA) | 1:26:05 |
| T34/53/54 | Women | 1 KINA TSUBASA (JAPAN) | 1:44:56 |
| | | 2 MARGRIET VAN DEN BROEK (NETHERLANDS) | 1:45:43 |
| | | 3 ALINE DOS SANTOS ROCHA (BRAZIL) | 1:45:44 |

Half Marathon

| | | | |
|-----------|-------|--------------------------------|---------|
| T51 | Men | 1 ERNESTO FONSECA (COSTA RICA) | 1:25:11 |
| | | 2 NAGASAKI YUYA (JAPAN) | 1:28:08 |
| | | 3 KIYOTA SHINYA (JAPAN) | 1:34:46 |
| T33/52 | Men | 1 NODA AKIKAZU (JAPAN) | 56:44 |
| | | 2 MATSUMOTO NAOYUKI (JAPAN) | 58:17 |
| | | 3 JEONG JONG DAE (KOREA) | 1:03:32 |
| T33/52 | Women | 1 KIYAMA YUKA (JAPAN) | 1:11:14 |
| T34/53/54 | Men | 1 WATANABE SHO (JAPAN) | 43:46 |
| | | 2 KAWAMURO RYUICHI (JAPAN) | 46:10 |
| | | 3 JIN HUA (CHINA) | 46:23 |
| T34/53/54 | Women | 1 LIU WENJUN (CHINA) | 52:05 |
| | | 2 NAKAYAMA KAZUMI (JAPAN) | 52:50 |
| | | 3 YASUKAWA YURIKA (JAPAN) | 53:22 |

WEATHER CONDITION

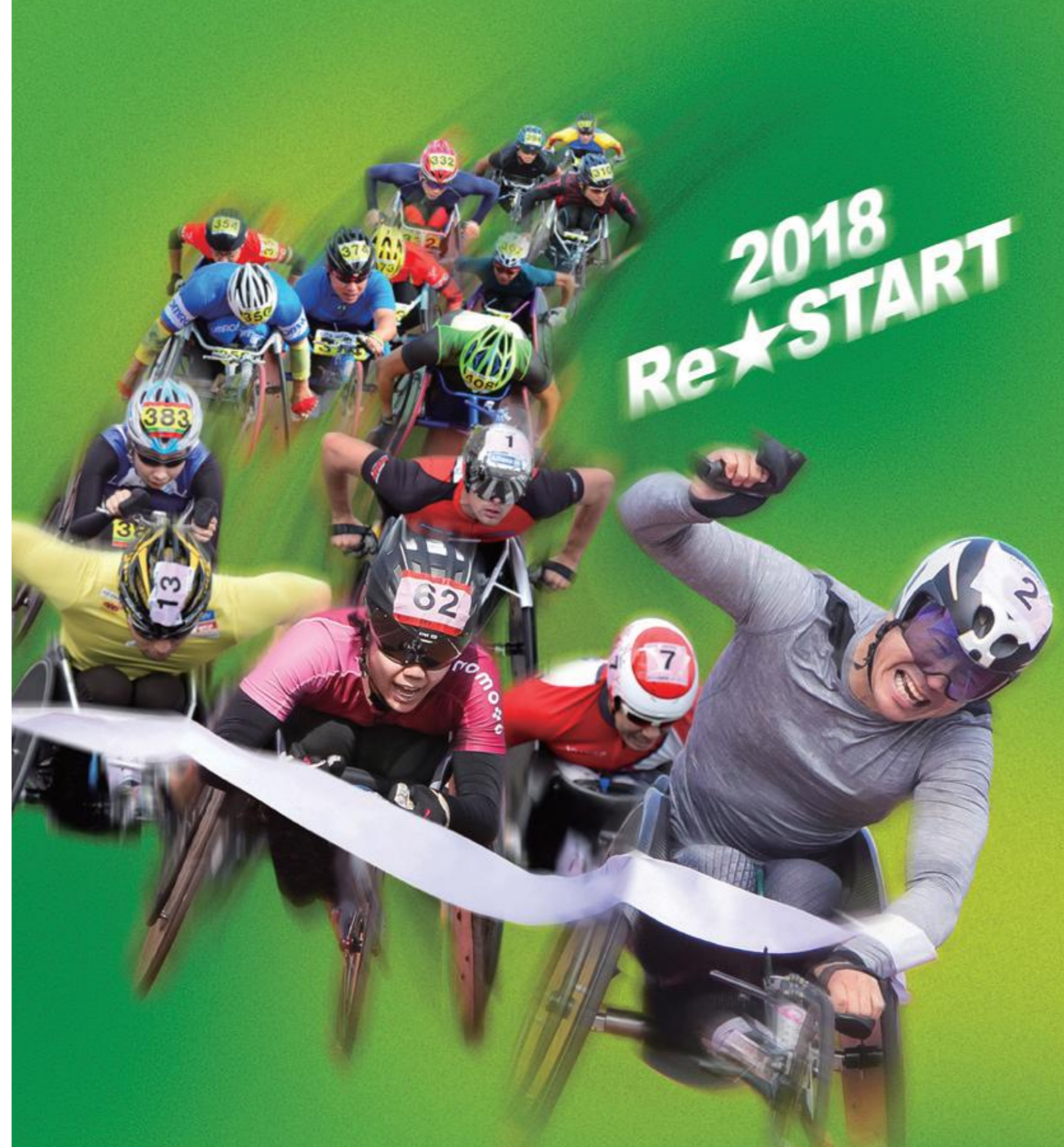
| | Nov.8, 2015 | Oct.30, 2016 |
|-------------------|-----------------|-----------------|
| Weather | Fine | Cloudy |
| Temperature | 26.3°C | 18.1°C |
| Humidity | 61% | 66% |
| Direction of Wind | South-southeast | North-northwest |
| Wind Velocity | 3.7m/sec | 1.8m/sec |

MAIL TO:

Oita International Wheelchair Marathon Organizing Committee
 Oita Sports Association for the Disabled
 Disability Inclusion Promotion Office,
 Welfare and Health Department,
 Oita Prefectural Government
 Oita Prefecture, 870-8501, Japan
 Phone: +81-97-506-2841
 Fax : +81-97-506-1736
 Email : kurumaisu-marathon@pref.oita.lg.jp
 URL : http://www.wheelchair-marathon.com/



●本大会は、「赤い羽根共同募金配分金」の助成をいただいています。



2018 Re★START

THE 38th OITA INTERNATIONAL WHEELCHAIR MARATHON

2018 11/18 (sun.) Start at 10:00
 Opening Ceremony 11/17 (sat.) 16:30~
 Closing & Awards Ceremonies 11/18 (sun.) 13:20~



MESSAGE

Katsusada Hirose

President
38th Oita International Wheelchair Marathon
Governor of Oita Prefecture



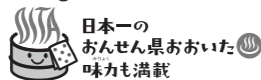
The Oita International Wheelchair Marathon was first held in 1981 in commemoration of the International Year of Disable Persons as the world's first international marathon event only for wheelchair users. The race is now officially recognized by World Para Athletics, with athletes participating from inside and outside Japan and also with world records for both men and women, and has become the highest-level competition in the world.

At the 37th event last year, there were a total of 224 athletes from 15 countries and from 31 prefectures around Japan. Unfortunately, however, we had no choice but to cancel the race for the first time in its history due to the bad weather by the approach of the typhoon. Presently, we are doing our best to prepare for the coming race to be held after two years, welcoming all of you in perfect conditions.

Through the wheelchair marathon, one of the severest sports, the para athletes pushing their limits will give deep inspiration and courage not only to the spectators cheering along the course but to the many people in the world beyond generations with much hope.

I sincerely hope that this year's event will be a heated race filled with excitement and drama, nurturing international friendship, and that through the promotion of para sports, we will be able to realize a society in which all people, both those with impairments and those without, will be able to live rich, fulfilling lives together.

I look forward to seeing you as autumn deepens in Oita, the number one hot spring prefecture in Japan.



THE 38TH OITA INTERNATIONAL WHEELCHAIR MARATHON GENERAL PROVISIONS

| | |
|----------------------|---|
| 1.Purpose | To encourage persons with physical disabilities in Japan and other countries and territories in further social participation, and to deepen people's understanding toward persons with disabilities through wheelchair racing. |
| 2.Name | The 38th Oita International Wheelchair Marathon |
| 3.Host | Oita Prefecture, Japanese Para-Sports Association, Japanese Paralympic Committee, Japan Para Athletics, etc. |
| 4.Approval | This event is approved by World Para Athletics (WPA) as an Approved Event. Only results established by an athlete who have a registered WPA License and have an international class shall be officially recognized by WPA. No results of the Half Marathon are officially recognized by WPA. |
| 5.Superintendent | Oita Athletics Association |
| 6.Support | Ministry of Foreign Affairs, Ministry of Health, Labour and Welfare, Japan Sports Agency, etc. |
| 7.Sponsors | Omron Co. Ltd., SONY Co. Ltd., Honda Motor Co., Ltd.etc. |
| 8.Cooperation | Oita Prefectural Police, etc. |
| 9.Time and Date | <p>November 17, 2018 (Sat.)</p> <p>09:00 - 15:00 Classification (Oita Municipal Athletic Stadium)</p> <p>11:00 - 12:40 Course Inspection</p> <p>12:00 - 15:00 Athletes Registration (Oita Pref. Government Building)</p> <p>16:30 - 16:50 Opening Ceremony</p> <p>16:50 - 17:10 Parade</p> <p>17:30 - 18:00 Athletes Press Conference</p> <p>November 18, 2018 (Sun.)</p> <p>08:00 - 09:25 Racing wheelchair Inspection & Warm-up (Castle Park)</p> <p>09:25 - 09:45 Final Call & Pre-lineup</p> <p>10:00 Marathon Start</p> <p>10:03 Half Marathon Start</p> <p>13:20 Closing & Awards Ceremonies (Oita Municipal Athletic Stadium)</p> <p>18:00 - 20:00 Farewell Party (Tokiwa Department Store Hall)</p> |
| 10.Course and events | Marathon Course (42.195km) and Half Marathon Course (21.0975km) in Oita City officially approved by the Japan Association of Athletics Federations |
| 11.Eligibility | All athletes must be over 14 years old as of November 18, 2018, and must satisfy the following requirements. [Marathon] ①Japanese athletes: Wheelchair users holding a physical disability certificate and registered with |

Japan Para Athletics, who also must be approved by the Organizer.

②Foreign athletes: Wheelchair users registered with the National Paralympic Committees in their respective countries or equivalent associations, who also must be approved by the Organizer.

[Half Marathon]

①Japanese athletes: Wheelchair users holding a physical disability certificate, who also must be approved by the Organizer.

②Foreign athletes: Wheelchair users approved by the Organizer.

| | |
|--|---|
| 12.Entry Fee | Entry fee for athletes is 5,000 yen for marathon and 1,000 yen for half marathon, <u>to be paid in cash at time of registration the day before the race.</u> |
| 13.Governing Rules | 2018-2019 WPA Rules and Regulations applicable on race day and Japan Para Athletics Rules, and Competition Rules of Oita International Wheelchair Marathon. All participating athletes must follow WPA Rules and Regulations regarding advertising and displays during WPA Recognized Competitions. |
| 14.Classification | (1) In both Marathon and Half Marathon, participants are classified into the following classes; T51, T33/52, T34/53/54 (three classes) (2) If necessary, classification process will be carried out during the Athletes Registration on November 17, 2018. These classes will not be recognized as international classes of WPA. (3) Decisions on placing or awarding will be conducted without regard to registration with IPC Athletics. |
| 15.Doping Control | Doping Control will take place at this event. |
| 16.Award | (1) The 1st - 3rd place finishers in each class of men and women will be awarded in both Marathon and Half Marathon. (2) In the event of Marathon, prize money will be given to the finishers who achieved outstanding results in placing or in time at this race, and the amount of money will be decided separately. (3) Decisions on placing or awarding will be conducted without regard to registration with IPC Athletics. |
| 17.Entry Application | A completed Entry Form together with other necessary materials including two copies of your face photo must be submitted by mail by August 31, 2018 (Fri). (Valid only if postmarked August 31, 2018. If you hope to apply by email, you are required to submit an application form along with an image file of your face photo. Please see the Application Instruction for details) |
| 18.Accidents during the race | In case of accident in the competition, first-aid treatment will be provided by the Organizer. Athletes must be responsible for the payment of medical service. The Organizer takes out accident insurance. |
| 19.In Case of Rain | In general, the competition takes place regardless of weather conditions. |
| 20.Race Cancellation Policy and Response to an Emergency | Follow the instruction in the crisis management manual of 38 th Oita International Wheelchair Marathon |
| 21.Healthcare | Participants are liable for their own health condition and race participation. Medical Check-ups by the organizer will not be held. |
| 22.Personal Information | The Organizing Committee will comply with the law of personal information. Athletes' personal information will be used for the following purposes; *examination of the athletes qualification *publication of programs and leaflets of the event *advertisement and promotion of the event *press release to the media *announcement of records, etc. |
| 23.Organizing Committee Secretariat | The Organizing Committee Secretariat is located in Oita Sports Association for the Disabled (c/o Disability Welfare Division, Oita Prefectural Government). Foreign participants may contact Oita Sports Association for the Disabled at the following: Address: Oita International Wheelchair Marathon Organizing Committee Oita Sports Association for the Disabled Oita Prefectural Government, Welfare and Health Department, Disability Inclusion Promotion Office 3-1-1, Ohte-machi, Oita City, Oita Prefecture, 870-8501, Japan Telephone: +81-97-506-2841 Fax: +81-97-506-1736 Email: kurumaisu-marathon@pref.oita.lg.jp URL: http://www.wheelchair-marathon.com/ |

GOVERNING RULES

(Agreed items for the 38th Oita International Wheelchair Marathon)

This marathon will be held in compliance with the World Para Athletics (formerly IPC hereinafter referred to as "WPA") Rules and Regulations for 2018-2019 and with the Competition Rules of Japan Para Athletics and also by common consent of the Oita International Wheelchair Marathon Organizing Committee.

- Marathon and Half Marathon will be held in this event.
- Wave start is used with 3 minutes' time difference between Marathon and Half Marathon. (Men and Women start at the same time)
- All participating athletes must follow WPA Rules and Regulations regarding advertising and displays on clothes and wheelchairs during IPC Athletics Recognized Competitions.
- Athletes must follow the designated lanes in the course from start to finish.
- Drafting (Sport Classes T33-34, T51-54). Drafting behind an athlete from another sports class or gender within a distance of 5m or less is prohibited.
- Any athletes who intentionally interfere with, or touch other athletes during the race will be disqualified.
- Wearing a helmet is required.
- Only the race officials or police officers are permitted to assist an athlete in case of crash or tumble during the race. Athletes will be disqualified if he/she is assisted in any manner influential to the better race result.
- Only the race officials are allowed to assist the repair of wheels and wheelchairs during the race.
- Athletes must retire immediately from the race when so ordered by the medical officials or the race officials so identifiable by their armbands.
- Athletes must obey the directions of the race officials and police officers.
- Athletes must ensure that no part of their lower limbs touch the ground or track during the event.
- Classification: Please refer to the International Classification System.
- Doping Control will be conducted at Oita Marathon.
- Athletes must reach the following checkpoints within the given times:

| | |
|-----------------|---------------------------|
| Marathon | |
| 5km checkpoint | 10:30:00 (30 min 00 sec) |
| 15km checkpoint | 11:00:00 (60 min 00 sec) |
| 30km checkpoint | 12:00:00 (120 min 00 sec) |
| Finish | 13:00:00 (180 min 00 sec) |
| Half Marathon | |
| 5km checkpoint | 10:33:00 (30 min 00 sec) |
| 10km checkpoint | 11:00:00 (57 min 00 sec) |
| 15km checkpoint | 11:30:00 (87 min 00 sec) |
| Finish | 12:10:00 (127 min 00 sec) |

If any athletes fail to arrive at any checkpoint in time, he / she will be forcibly picked up.

- Drinks
 - Drinks will be provided at the following points.
Marathon 10km, 20km, 30km, 40km
Half marathon 10km, 20km
 - The organizer will provide not refreshing drink but only water in paper cups.
 - Any athletes taking provisions in a place other than the designated areas will be disqualified. Assistance with provisions by only race officials is allowed at the designated areas.
 - We will set up misting stations at select points. If athletes would like to be sprayed with water, ask an official there. Only officials at these points will be allowed to spray water on athletes.
- Regulations for wheelchairs are as follows:
 - At WPA Competitions the wheelchair shall have two (2) large wheels and one (1) small wheel. In other Recognized Competitions the wheelchair may have two (2) large wheels and a maximum of two (2) small wheels. In all competitions the small wheel(s) must be at the front of the chair.
 - Wheelchair Dimensions. No part of the main body (defined as the vertical plane of the back edge and wheels including the seat) of the wheelchair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the wheelchair shall be 50 cm.
 - No part of the wheelchair may protrude behind the vertical plane of the back edge of the rear tyres.
 - Wheel Dimensions
The maximum diameter of the large wheel including the inflated tire shall not exceed 70 cm.
The maximum diameter of the small wheel including the inflated tire shall not exceed 50 cm.
 - Only one plain, round, push-rims allowed for each large wheel.
Note: This rule may be waived for persons requiring a single arm drive wheelchair, if so stated on their WPA Athletics Classification Card or at the discretion of the Technical Delegate in consultation with the Chief Classifier, if a Chief Classifier is available.
 - No mechanical gears or levers are allowed to propel the wheelchair.
 - The use of mirrors is not permitted in wheelchair track or road races.
 - Only hand operated, mechanical steering devices are allowed.
 - The athlete must be able to turn the front wheel(s) manually both to the left and to the right.
 - The use of fairings or similar devices specifically designed to improve the aerodynamic performance of the athlete in the wheelchair are not permitted.
 - Wheelchairs will be measured and inspected in the Call Room and once inspected must not be taken from the competition area before the start of the event. Wheelchairs can be re-examined by the officials before or after the event.
 - It is the responsibility of the athlete to ensure that no part of their lower limbs can fall from their wheelchair to the ground or track during the event.

CLASSIFICATION SYSTEM

T51

These athletes will usually have elbow flexion and wrist dorsiflexion muscle power to grade 5, a decrease of shoulder muscle power especially pectoralis major, and triceps muscle power from grade 0-3. Usually have no muscle power in the trunk.
Use elbow flexors and wrist dorsiflexors for propulsion. Sit in an upright position with knees under the chin. Usually have small push rims. Equivalent activity limitation to athlete with complete spinal cord injury at neurological level C5-6.

T33/52

T33

• **Quadriplegic, triplegic, severe hemiplegic** - Moderate (asymmetric or symmetric) quadriplegic or severe hemiplegic in a wheelchair with almost full functional strength in least impaired upper extremity. It is rare for an athlete with athetosis to be included within this class unless he/she presents with a predominantly hemiplegic or triplegic profile with almost full function in the least impaired upper limb. Can propel a wheelchair independently.
• **Upper extremities** - Moderate limitation spasticity Grade 2 in least impaired arm shown as limitation in extension and follow through. Least impaired hand may demonstrate cylindrical and spherical grasp.
• **Trunk control** - When pushing chair but forward trunk movement is often limited by extensor tone during forceful pushing. Spasticity Grade 2.
• **Lower extremities** - Spasticity Grade 4 to 3, some demonstrable function can be observed during transfer. May be able to ambulate with assistance or assistive devices but only for short distances.
• In order to differentiate between Class T33 and T34, trunk mobility in propulsion of the chair, and hand function are important. If an athlete demonstrates a very poor ability to use rapid trunk movements in the pushing motion, or significant asymmetry in the arm action or grasp and release which impedes the development of forward momentum, s/he is a Class T33. An athlete using only one arm for wheelchair propulsion may have long strokes and rapid grasp and release in the least impaired arm and still be Class T33.

T52

• These athletes will usually have normal shoulder, elbow and wrist muscle power, poor to normal muscle power of the finger flexors and extensors with there being wasting of the intrinsic muscles of the hands.
Use shoulders, elbows and wrists for propulsion. Usually have no muscle power in the trunk. May use gloving techniques similar to the next two classes. Equivalent activity limitation to athlete with complete spinal cord injury at neurological level C7-8.

T34/53/54

T34

• **Diplegic** - Moderate to Severe involvement. Good functional strength with minimal limitation or control problems noted in upper limbs and trunk.
• **Upper extremities** - the upper limbs often show normal functional strength. Minimal limitation of range of movement may be present but close to normal follow through and propulsion is observed when throwing or wheeling. With hand function, normal cylindrical/spherical opposition and prehensile grasp is seen in all sports. Limitation if any is usually apparent only during rapid fine motor tasks. It should be remembered that diplegia implies that there is more spasticity in the lower than the upper extremities. Some involvement spasticity Grade 2 to 1 can be seen particularly in functional movements of the hands, arms and trunk.
• **Trunk** - Spasticity Grade 2 to 1. Minimal limitation of trunk movements when propelling a wheelchair. In some athletes fatigue can increase spasticity which can be overcome with proper positioning. When standing, poor balance is obvious even using assistive devices.
• **Lower Extremities** - Moderate to severe involvement in both legs Spasticity Grade 4 to 3 usually rendering them non-functional for ambulation over long distances without the use of assistive devices. When propelling the chair the athlete is able to perform long and forceful strokes, with rapid grasp and release, although fine movements of the hands may be affected. During propulsion these fine movements are not essential. Strong trunk movements in forward and backward direction support the arm strokes. If these movements do not occur the trunk is well balanced and forms a stable base for the arm movements. When the wheelchair makes a curve, the trunk follows the wheelchair without disturbance of balance.

T53

• These athletes will have normal arm muscle power with no abdominal or lower spinal muscle activity.
Use different techniques to compensate for lack of abdominal musculature including lying horizontal. In general when acceleration occurs, the trunk rises off the legs due to a lack of abdominal muscles to hold the trunk down; there is no active downward movement of the trunk to assist with propulsion.
Usually have to interrupt the pushing cycle to adjust the compensator. Equivalent activity limitation to athlete with complete spinal cord injury at neurological level T1-7.

T54

• These athletes will have normal arm muscle power with a range of trunk muscle power extending from partial trunk control to normal trunk control. Athletes who compete in this group may have significant leg muscle power.
These athletes have reasonable to normal trunk control which allows them to hold their trunk down when the propulsion force is applied to the push rim. Usually do not interrupt the pushing cycle to adjust the compensator. Can shift direction of the wheelchair by sitting up and applying a trunk rotational force to the wheelchair. Equivalent activity limitation to athlete with complete spinal cord injury at neurological level T8-S4.
Athletes competing in this class must meet one or more of the MDC presented in Section 2.1.4 (limb deficiency), 2.1.5 (impaired PROM) and 2.1.6 (impaired muscle power) or 2.1.7 (leg length difference).

** For further information, please refer to the following WPA website.

<http://www.paralympic.org/Athletics/Rulesandregulations/Classification>