Hitchin Nomads CC

on behalf of London North DC

Present:

RTTC NATIONAL 10 MILE TIME TRIAL CHAMPIONSHIP

31st August & 1st September 2024







RTTC NATIONAL 10 MILE TIME TRIAL NATIONAL CHAMPIONSHIP

A CTT representive will be in attendance



CHAMPIONS CELEBRATION





OPEN

1st Gilt RTTC Medallion, Championship Trophy, Jersey & Cap

2nd Silver RTTC Medallion

3rd Bronze RTTC Medallion

FEMALE

1st Gilt RTTC Medallion, Championship Trophy, Jersey & Cap

2nd Silver RTTC Medallion

3rd Bronze RTTC Medallion

JUNIOR OPEN & JUNIOR FEMALE

1st Gilt RTTC Medallion, Championship Trophy, Jersey & Cap

2nd Silver RTTC Medallion

3rd Bronze RTTC Medallion

TEAM CHAMPIONS (Open, Female & Junior)

Gilt RTTC Medallions and Championship Shield

AGE AWARDS

Age awards to the fastest in each of the following:

Open / Female 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 etc.

Junior Open / Junior Female 12, 13, 14, 15, 16, 17 & 18 year old





Presents

RTTC 10mile Time Trial National Championship 2024

Promoted for and on behalf of Cycling Time Trials under their rules and regulations

Headquarters: Cambourne Village College

Sheepfold Lane

Cambourne CB23 6FR

Available from 12:30 on 31st August and 07:30 on 1st

September

Course: F2E/10

Organiser: Debbie Knott

35 Peregrine Road

Luton

LU4 0UY

07950 193977

Timekeepers: Mike Bannister

Annette Lacey
Gordon Hart

Martyn Anderson

Vince Freeley

CTT Board Representative: Rob Bailey

Marshals & Helpers: From Hitchin Nomads CC and all over London North

District CTT

Event HQ and Sign on: Cambourne Village College, Sheepfold Lane, Cambourne, CB23

Sign on will open from 12.30 August 31st and 7.30am 1st September

Please note that competitors are required to personally sign the signing-out sheet within a reasonable time after finishing. Failure to do so will result in the competitor being recorded as DNF.

For the Juniors event, please bring a completed copy of the CTT Parental Consent Form. Spares will be available at HQ.

F2E/10 Course Description:

START on Broadway, (off St Neots Road), south of Broadway A428 overbridge, at a point 5 yards south of first drain south of 'Give way 200 Yards' signpost. Proceed northwards on Broadway to junction with St Neots Road (YIELD), where turn left onto St Neots Road. Proceed westward for approx 1.1 mile to Cambourne north elevated RAB, where take first exit onto eastbound A428, (signed Cambridge). About 1 mile after Hardwick flyover, (after BLUE pedestrian overbridge), bear left onto A1303, signed Cambridge, pass over A428 to: TURN (6.05 miles.) at Madingley RAB. Retrace on A428 westbound (signed Bedford) to first A428 layby after Broadway overbridge, where:

FINISH at drain gulley, 20 yards before end of layby raised dividing strip.

Course Change - Only the start and finish points have changed. This will mean you will finish on the A428. This is due to safety concerns of the finish Area on the previous course.

Important Safety Note:

Warning - Madingley RAB - Potholes. We have marked out the Potholes on the Roundabout. There will be extra marshals at the RAB.

Route to Start

It is approximately 2 miles from the HQ to start.

The route to the start will be signposted from the HQ. Please follow the signs from the School to the A428 towards St Neots Road to Broadway.



Route from Finish to HQ

On Finishing, please take the first exit to Cambourne and follow the signs to BMW and College.

Local Regulations & Notes

- No parking on St Neots Road, especially near the start. There is plenty of Parking at the community College.
- No warming up on the course.
- Observers may be in attendance around the course
- Riders must not make U-turns in the vicinity of the start or finish
- No Parking at the Finish
- Care At Road Junctions. Riders must exercise care at all junctions. Any competitor
 whose riding line causes him/her to cross the white line when approaching or leaving
 a junction will be liable to disqualification and may be reported to the District
 Committee for further disciplinary action.
- Vehicles must not be parked, however briefly, at the start or finish

Timing

Timings will be relayed back to the HQ from the Finish Timekeepers and Finishing Marshalls.

Accommodation

Please contact the organiser if you need details where to stay.

Prize Presentation

The prize presentation will take place after all riders have finished on each day. If you can stay, please do and support the prize winners.

Refreshments

Refreshments for the event will be provided by a local Business









		RTTC NATIONAL 10 MILE	CHAMPIONSHIP 2024	
		Saturday 31st August		
	OPEN			
Number	Start Time	Name	Club / Team	Age / Ca
1	14:01:00	Mark Connelly	Essex Roads CC	
2	14:02:00	Andrew Jackson	Team Enable - M.I. Racing	D (55-59
3	14:03:00	Stan Nwaka	Verulam Really Moving	E (60-64
4	14:04:00	Richard Tully	Elite Cycling	B (45-49
5	14:05:00	Frazer Wallis	Spalding CC	C (50-54
6	14:06:00	Kevin Weymouth	Mid Devon Cycling Club	C (50-54
7	14:07:00	Jacob Leigh	trainSharp	<u> </u>
8	14:08:00	Liam Davison	ADDFORM Vive Le Velo	
9	14:09:00	Ethan Fowler	Elysium Kalas Race Team	
10	14:10:00	Hans Nilsson	London Phoenix CC	F (65-69
11	14:11:00	Michael Wills	Team Enable - M.I. Racing	F (65-69
12	14:12:00	Ian Cardy	Chelmer CC	E (60-64
13	14:13:00	David Waslin	City RC (Hull)	,
14	14:14:00	Simon Higgs	Essex Roads CC	C (50-5
15	14:15:00	Michael Weaver	Rockingham Forest Wheelers	D (55-5
16	14:16:00	Andrew Halliday	Westerley Cycling Club	C (50-54
17	14:17:00	Luke Marshall	Elysium Kalas Race Team	,
18	14:18:00	Andy Kennedy	Ipswich BC	D (55-59
19	14:19:00	lan Swinscoe	Royal Air Force Cycling Association	D (55-59
20	14:20:00	Lee Turner	VeloRefined Rule 5	D (55-59
21	14:21:00	Matthew Rowe	Hitchin Nomads CC	,
22	14:22:00	William Sawyer	Velo Club St Raphael	E (60-64
23	14:23:00	Abid Hussain	Icknield RC	B (45-49
24	14:24:00	Dave Nolan	trainSharp	C (50-5
25	14:25:00	Jez Willows	Sherwood CC	D (55-59
26	14:26:00	John Lacey	Hemel Hempstead CC	E (60-64
27	14:27:00	Edward Anderson	Banbury Star Cyclists' Club	B (45-49
28	14:28:00	Karl Roberton	Worthing Excelsior CC	B (45-49
29	14:29:00	Graham Heaton	City RC (Hull)	D (55-59
30	14:30:00	Vincent Douglas	Gloucester City Cycling Club	C (50-5
31	14:31:00	John Manlow	Ely & District CC/B&T Motor Repairs	D (55-59
32	14:32:00	Kevin Wood	Sherwood CC	E (60-64
33	14:33:00	Joseph Costello	Legato Racing Team (LRT)	F (65-69
34	14:34:00	Simon Hall	Stourbridge CC	A (40-44
35	14:35:00	Dan Whitehouse-Smith	Army Cycling	, , ,
36	14:36:00	Simon Law	Team Enable - M.I. Racing	D (55-59
37	14:37:00	Glenn Taylor	Shorter Rochford RT	D (55-59







00	4.4.00.00	NII ala Laura a a	A supla dia DT	0 (50 54)
38	14:38:00	Nick James	Aerologic RT	C (50-54)
39	14:39:00	Jonathan Whittaker	Army Cycling	5 (15 15)
40	14:40:00	Daniel Wyatt	Hereford & Dist Whs CC	B (45-49)
41	14:41:00	Dan Jenkins	Hart Performance Coaching	D (55-59)
42	14:42:00	Adam Wells	Rockingham Forest Wheelers	
43	14:43:00	Mark Woolford	ZeroBC Race Team	D (55-59)
44	14:44:00	Philip Wilkinson	Rockingham Forest Wheelers	C (50-54)
45	14:45:00	Thomas Carroll	CC Breckland	A (40-44)
46	14:46:00	Renzo Casale	University of Bath Cycling Club	
47	14:47:00	Oliver Baylin	www.giant-helston.co.uk	
48	14:48:00	Issy Zimmerman	Regents Park Rouleurs	D (55-59)
49	14:49:00	Stu Wright	API/Anglia Sport	D (55-59)
50	14:50:00	Matthew Peck	Ipswich BC	A (40-44)
51	14:51:00	Stuart Henderson	ADDFORM Vive Le Velo	B (45-49)
52	14:52:00	Matt Hill	Zurbaran Racing	E (60-64)
53	14:53:00	Jack Rose	Elysium Kalas Race Team	
54	14:54:00	Grant Orsborn	Bedfordshire Road RT	E (60-64)
55	14:55:00	Neal Beauchamp	Kingston Wheelers CC	
56	14:56:00	Mark Wise	Team Enable - M.I. Racing	E (60-64)
57	14:57:00	Andrew Miller	ADDFORM Vive Le Velo	B (45-49)
58	14:58:00	David Clark	Eastbourne Rovers CC	D (55-59)
59	14:59:00	Jordan Black	West Suffolk Wheelers	
60	15:00:00	Joseph Grey	Cheltenham & County Cycling Club	
61	15:01:00	Ian Short	CC Sudbury	C (50-54)
62	15:02:00	Shaun Jarvis	St Neots CC	
63	15:03:00	Richard Santhouse	Banbury Star Cyclists' Club	
64	15:04:00	Benjamin Williams	Team Bottrill	
65	15:05:00	Martin Reynolds	Cambridge CC	E (60-64)
66	15:06:00	Mat Ivings	Buxton CC/Sett Valley Cycles	C (50-54)
67	15:07:00	Mark Hamer	Legato Racing Team (LRT)	B (45-49)
68	15:08:00	Ed Moss	Beacon Roads CC	C (50-54)
69	15:09:00	John Jones	Verulam Really Moving	D (55-59)
70	15:10:00	Jack Smy	Army Cycling	
71	15:11:00	Simon Butteriss	Ely & District CC/B&T Motor Repairs	B (45-49)
72	15:12:00	Louis Tate-Harris	Bedfordshire Road RT	
73	15:13:00	Lewis Roberts	Blackspokes RT	
74	15:14:00	Harry Nolan	trainSharp	
75	15:15:00	Tom Wade	Cambridge University CC	
76	15:16:00	Matthew Reader	Verulam CC	C (50-54)
77	15:17:00	Max Sahota	Team Bottrill	
78	15:18:00	Antony Brown	George Fox Cycling Solutions	F (65-69)
79	15:19:00	Matt Donovan	Bedfordshire Road RT	A (40-44)
80	15:20:00	Keith Dorling	Team Bottrill	F (65-69)
81	15:21:00	Jozsef Owen	ADDFORM Vive Le Velo	







82	15:22:00	Tom Quinlan	FTP (Fulfil The Potential) Race Team	
83	15:23:00	John Routledge	GTR - Return To Life p/b Streamline	A (40-44)
84	15:24:00	Tim Radley	Gloucester City Cycling Club	C (50-54)
85	15:25:00	Neil Cleminshaw	ADDFORM Vive Le Velo	C (50-54)
86	15:26:00	Joe Shillabeer	Clifton CC York	
87	15:27:00	David Glossy	Elysium Kalas Race Team	C (50-54)
88	15:28:00	Steven Cottington	Bath Cycling Club	E (60-64)
89	15:29:00	Richard Harrison	DRAG2ZERO	B (45-49)
90	15:30:00	Sam Harding	Rugby Velo	
91	15:31:00	Alfie Salmon	Hart Performance Coaching	
92	15:32:00	Simon Bowler	AS Test Team	D (55-59)
93	15:33:00	Piers Mahn	Mid Devon Cycling Club	
94	15:34:00	Nic Pillinger	St Neots CC	B (45-49)
95	15:35:00	Sean O'Sullivan	Hart Performance Coaching	
96	15:36:00	Paul Jay	DRAG2ZERO	B (45-49)
97	15:37:00	Lee Watson	Army Cycling	
98	15:38:00	Paul Jones	Primera-Teamjobs	C (50-54)
99	15:39:00	Daniel Chambers	Bicester Millennium CC	
100	15:40:00	Darran Bennett	Ely & District CC/B&T Motor Repairs	C (50-54)
101	15:41:00	David Mead	Team Enable - M.I. Racing	B (45-49)
102	15:42:00	Adam Baker	Royal Air Force Cycling Association	
103	15:43:00	Sam Mcdonald	St Neots CC	
104	15:44:00	Colin McDermott	Festival Road Club	D (55-59)
105	15:45:00	Rob Graham	GTR - Return To Life p/b Streamline	
106	15:46:00	Max Belcher	Elysium Kalas Race Team	
107	15:47:00	Joe Laverick	Ribble Cycles	
108	15:48:00	Timothy Torrie	trainSharp	
109	15:49:00	Howard Bayley	a3crg	C (50-54)
110	15:50:00	Samuel Thienel	Elysium Kalas Race Team	
111	15:51:00	James Pearcy	Mid Devon Cycling Club	
112	15:52:00	Neil Mackley	a3crg	E (60-64)
113	15:53:00	John Brearley	ADDFORM Vive Le Velo	
114	15:54:00	Michael Hutchinson	Arctic Aircon RT	C (50-54)
115	15:55:00	David Halliday	Team Bottrill	A (40-44)
116	15:56:00	James Richards	WardPerformanceUK.com	
117	15:57:00	William Taylor	Go Fast Turn Left	
118	15:58:00	Anthony Turner	Mickey Cranks Cycling Club	C (50-54)
119	15:59:00	Steve Lampier	Kernow Racing Team	A (40-44)
120	16:00:00	Will Deely	George Fox Cycling Solutions	
121	16:01:00	Ian Inglis	Vive Le Velo	
122	16:02:00	Jonny Allen	Elysium Kalas Race Team	
123	16:03:00	Ryan Witchell	Royal Leamington Spa Cycling Club	
124	16:04:00	Aaron Freeman	London Dynamo	
125	16:05:00	Rob Francis	Team Bottrill	







126	16:06:00	Paul Smith	VeloRefined Rule 5	C (50-54)
127	16:07:00	Chris Smart	GTR - Return To Life p/b Streamline	A (40-44)
128	16:08:00	Ollie Hucks	TAAP Kalas	
129	16:09:00	Paul Pardoe	Peterborough CC	A (40-44)
130	16:10:00	Joshua Knowles	TAAP Kalas	
131	16:11:00	Liam Maybank	Twickenham CC	C (50-54)
132	16:12:00	Jacob Storey	trainSharp	
133	16:13:00	Christopher Mcnamara	Sigma Sports Race Team	B (45-49)
134	16:14:00	John Wingfield	Elysium Kalas Race Team	
135	16:15:00	Thomas Lee	Sheffrec CC	
136	16:16:00	Kevin Chant	Wightlink Wight Mountain Race Team	
137	16:17:00	Richard Oakes	Team Ohten Aveas	D (55-59)
138	16:18:00	Alex Pickering	Elysium Kalas Race Team	
139	16:19:00	Will Lowden	Cambridge University CC	
140	16:20:00	George Fox	George Fox Cycling Solutions	
142	16:22:00	Tom Ward	WardPerformanceUK.com	
144	16:24:00	Jake Sargent	Team Bottrill	
146	16:26:00	Paul Burton	Paceline RT	A (40-44)
148	16:28:00	Joshua Williams	Team Bottrill	
150	16:30:00	Nicholas Trbovic	Elysium Kalas Race Team	
152	16:32:00	Piotr Zulawski	Cambridge CC	
154	16:34:00	Adam Duggleby	ADDFORM Vive Le Velo	
156	16:36:00	George Peden	Team PB Performance	
158	16:38:00	James Jenkins	Hart Performance Coaching	
160	16:40:00	John Archibald	HUUB WattShop	
	RESERVES			
161		Joseph Shaw	Ipswich BC	
162		Justin Layne	AS Test Team	B (45-49)
163		Simon Hunt	VéloElite RC	C (50-54)
164		David Prom	Abellio - SFA Racing Team	C (50-54)
165		Richard Mellor	Team Bottrill	D (55-59)
166		Daniel Ramsbottom	Royal Air Force Cycling Association	(3.3.3.7)
167		Roger Whittle	Gloucester City Cycling Club	D (55-59)
168		Stewart Harrison	Team Bottrill	D (55-59)
169		Peter Noble	Ely & District CC/B&T Motor Repairs	D (55-59)
170		Richard Hutt	Harp RC	F (65-69)
		Nicholas Senechal	Hitchin Nomads CC	E (60-64)
171				D (55-59)
171 172		Andrew Vaughan	City RC (Hull)	ומכ-ככן ע
172		Andrew Vaughan Jamie Fox	City RC (Hull) Hitchin Nomads CC	D (55-59)
		Andrew Vaughan Jamie Fox Patrick Miles	Hitchin Nomads CC Verulam CC	G (70-74)







		RTTC NATIONAL 10 MILE	CHAMPIONSHIP 2024	
		Sunday 1st September		
	JUNIORS			
Number	Start Time	Name	Club / Team	Age / Cat
5	9:05:00	Beau Jeffery	St Ives CC	13
6	9:06:00	Nina Reid	Thanet RC	F 15
7	9:07:00	Charlotte Hall	Team Milton Keynes	F 16
8	9:08:00	Iggy Campbell	Solihull CC	F 17
9	9:09:00	Rosie Wingate	Liv CC Halo Films	F 14
10	9:10:00	Charlie Upton	CC Sudbury	15
11	9:11:00	Sophie Heighton	Ferryhill Whs	F 17
12	9:12:00	Poppy Kisley	Banbury Star Cyclists' Club	F 18
13	9:13:00	Evelyn Field	Solas Race Team	F 17
14	9:14:00	Freya Johnson	Gosforth RC	F 16
15	9:15:00	Toby Mannall	St Ives CC	18
16	9:16:00	Elijah Storti	Welwyn Whs	14
17	9:17:00	Maia Howell	Matlock CC	F 15
18	9:18:00	Iris Gray	Welwyn Whs	F 15
19	9:19:00	Ewan Cook	Wightlink Wight Mountain Race Team	17
20	9:20:00	Asher Gray	Welwyn Whs	13
21	9:21:00	Toby Barnes	D A P Cycling Club	16
22	9:22:00	Noah Wheller	Preston Park Youth Cycling Club	16
23	9:23:00	Nathan Levitt	Hillingdon Slipstreamers	17
24	9:24:00	Thomas Percival	Velo Club Cumbria	15
25	9:25:00	Matthew Thompson	Rugby Racing Cycling Club	17
26	9:26:00	Emil Howell	Harrogate Nova Race Team	17
27	9:27:00	Roch Morgan	Derby Mercury R C	15
28	9:28:00	Ollie Boarer	Tofauti Everyone Active	18
29	9:29:00	Aidan Worden	360cycling	18
30	9:30:00	Rhys Edwards	trainSharp	18
32	9:32:00	Matthew Kent	Tofauti Everyone Active	16
34	9:34:00	Charles Langford	Southend Wheelers	15
36	9:36:00	Luca Bednarek	Team Bottrill	17
38	9:38:00	Douglas Tulett	Thanet RC	15
40	9:40:00	Joe Cosgrove	Team Bottrill	18
	FEMALES			
Number	Start Time	Name	Club / Team	Age / Cat
42	9:42:00	Kirsty Cook	Wightlink Wight Mountain Race Team	C (50-54)







	1			_
43	9:43:00	Mona Chammas	PDQ Cycle Coaching	A (40-44)
44	9:44:00	Dea Ditchfield	Total Tri Training	D (55-59)
45	9:45:00	Lorna Rowland	Twickenham CC	C (50-54)
46	9:46:00	Abigail Bremner	Beccles Tri Club	
47	9:47:00	Lynne Scofield	Rockingham Forest Wheelers	A (40-44)
48	9:48:00	Harriet Orridge	Bicester Millennium CC	C (50-54)
49	9:49:00	Gillian Reynolds	Willesden CC	H (75-79)
50	9:50:00	Lucy Griffin	Cambridge CC	
51	9:51:00	Caroline Harding	Velo Club St Raphael	B (45-49)
52	9:52:00	Amy Sole	Full Moo Cycling	C (50-54)
53	9:53:00	Maria Weymouth	Mid Devon Cycling Club	C (50-54)
54	9:54:00	Jen Clegg	Team Bottrill	G (70-74)
55	9:55:00	Elizabeth McKie	Verulam Really Moving	D (55-59)
56	9:56:00	Ann Shuttleworth	Cambridge CC	D (55-59)
57	9:57:00	Peggy Simpkins	Banbury Star Cyclists' Club	
58	9:58:00	Maria Cayford	Kettering CC	
59	9:59:00	Hebe Picking	Jadan Vive Le Velo	
60	10:00:00	Lisa Davies	VMCC powered by Y Beic	
61	10:01:00	Sophie Holmes	Saint Piran	
62	10:02:00	Beth Grogan	Selby CC	
63	10:03:00	Emily Varley	Hitchin Nomads CC	
64	10:04:00	Emma Wyatt	Hereford & Dist Whs CC	B (45-49)
65	10:05:00	Vanessa Barker	Hull Thursday RC	B (45-49)
66	10:06:00	Alice Connor	London Academy Racing	
67	10:07:00	Diana Egerton-Warburton	Team Enable - M.I. Racing	B (45-49)
68	10:08:00	Kirsty Mcseveney	a3crg	A (40-44)
69	10:09:00	Claire Hall	Parenesis-TougHuman Cycling	C (50-54)
70	10:10:00	Denise Hurren	Sole Bay Cycle Sport	D (55-59)
71	10:11:00	Hazel Smyth	Vive Le Velo	A (40-44)
72	10:12:00	Claire Emons	a3crg	D (55-59)
73	10:13:00	Laura Pittard	FTP (Fulfil The Potential) Race Team	
74	10:14:00	Kim Barfoot-Brace	Team Bottrill	A (40-44)
75	10:15:00	Deborah Beare	Icknield RC	A (40-44)
76	10:16:00	Lauren Creamer	Velo Fixers	
77	10:17:00	Keri Parton	Team Bottrill	
78	10:18:00	Louise Robinson	Shaftesbury CC	B (45-49)
80	10:20:00	Anastasia Bowler	Saint Piran	
82	10:22:00	Alex Clay	Team Bottrill	
84	10:24:00	Laura Davies	Jadan Vive Le Velo	
86	10:26:00	Emily Martin	Team Bottrill	
88	10:28:00	Victoria Smith	Alba `development Road Team	
90	10:30:00	Kate Allan	Team Bottrill	



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NOTES TO COMPETITORS

NUMBERS: CHAMPIONSHIP CONDITION 2(i)

Competitors must only use the numbers supplied by the event organiser. Body numbers should be fitted in accordance with Regulation 16. Arm numbers should be fitted to the upper arms facing forwards.

USE OF MOTOR VEHICLES

This event is under 100km. Riders should not be preceded, accompanied, followed by or in anyway receive assistance from a motorised vehicle.

REGULATION 14(j)

(i) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

REGULATION 14(k)

(j) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

REGULATION 15

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

REGULATION 17: SIGNING-ON SHEET AND SIGNING-OUT SHEET

- (a)The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official Signing-on Sheet when collecting their number.
- (b)In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s) and (ii) sign the official Signing-out Sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.
- N.B. Extenuating circumstances may be considered.

THIS EVENT MAY BE SUBJECT TO A DOPING CONTROL

As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is upto you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay