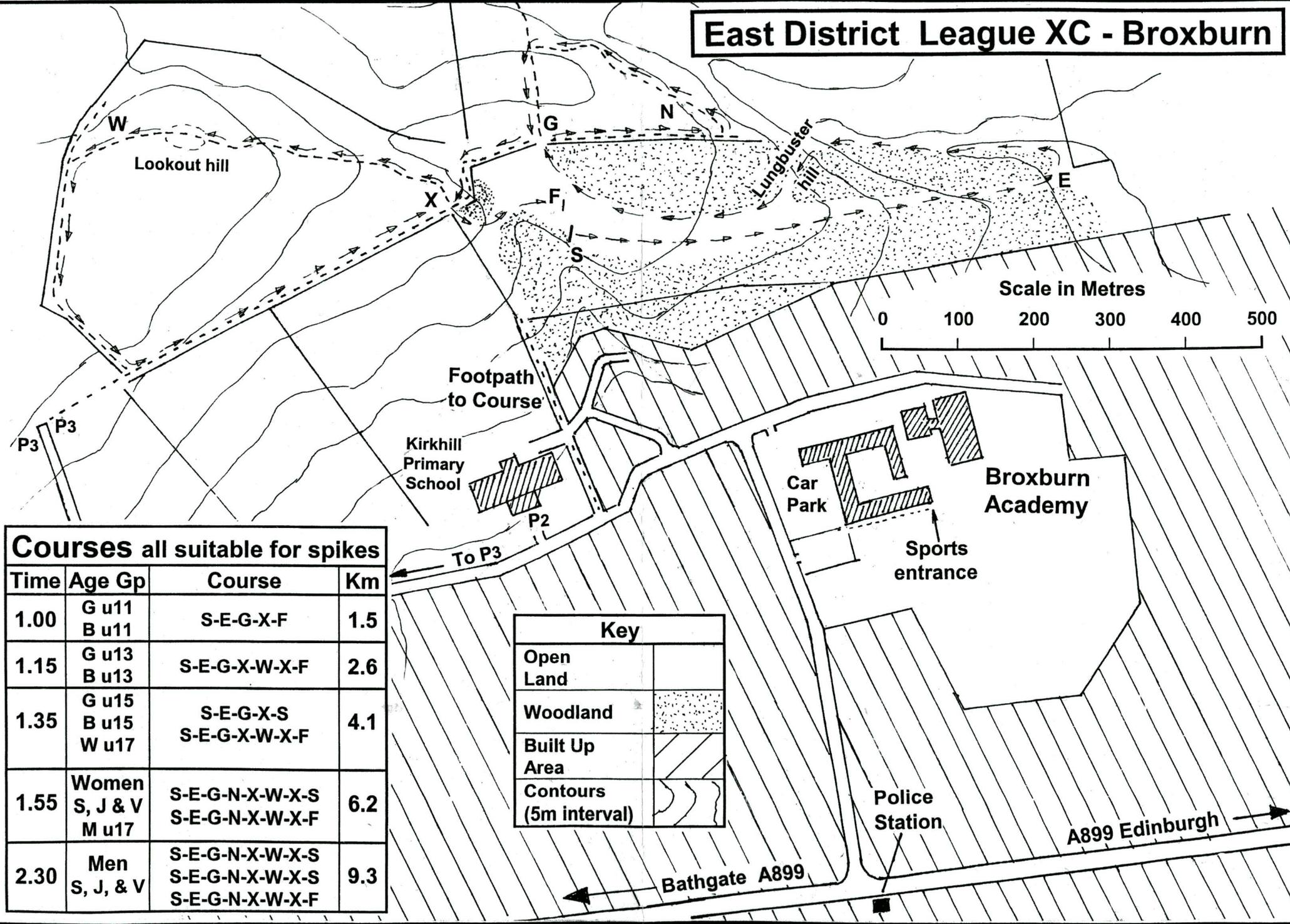


East District League XC - Broxburn



Courses all suitable for spikes

Time	Age Gp	Course	Km
1.00	G u11 B u11	S-E-G-X-F	1.5
1.15	G u13 B u13	S-E-G-X-W-X-F	2.6
1.35	G u15 B u15 W u17	S-E-G-X-S S-E-G-X-W-X-F	4.1
1.55	Women S, J & V M u17	S-E-G-N-X-W-X-S S-E-G-N-X-W-X-F	6.2
2.30	Men S, J, & V	S-E-G-N-X-W-X-S S-E-G-N-X-W-X-S S-E-G-N-X-W-X-F	9.3

Key

Open Land	[Blank]
Woodland	[Stippled pattern]
Built Up Area	[Diagonal lines]
Contours (5m interval)	[Wavy lines]