

# East District League Cross-Country

## At Livingston - Saturday October 18<sup>th</sup> 2008

### Notes for Competitors

#### Location

Changing, showers and refreshments are at  
**Deans Community High School.**

The school is ½ mile north of Livingston North Station and Carmondean Shopping Centre (see inset location map overleaf).

Trains from Edinburgh Waverley, at 18 & 48 minutes past each hour, (via Haymarket & Edinburgh Park) take 24 minutes.

Express buses Between Edinburgh and Glasgow stop by the school.

#### Parking

**Parking is very limited.**

*Please share lifts, walk, cycle, hitch-hike, or come by bus or train.*

#### Courses

Are in Dechmont Law Country Park, behind the school.

Some details are shown on the sketch map overleaf.

We are using the same courses as we tried last winter, using more grassy trails and less cinder tracks than previously.

There are some muddy soggy patches, especially so following a wet summer.

The sharp climbs on Huff Hill & Puff Brae are demanding.

The courses are all suitable for spikes.

Competitors are advised to recce their course, but should take care not to impede races in progress.

**We are grateful to West Lothian Council for splendid assistance in preparing the grass trails.**

***The courses cross exposed high ground, so bring appropriate clothing.***