

**East District Cross-Country Champs
& League Race 3
At Livingston - Saturday January 15th 2011**

Notes for Competitors

Location

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

The **new school** is 500m 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 23 minutes.

Parking

Parking is limited.

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

Courses

Are in Dechmont Law Country Park, behind the school. Access is now through the school. The course is signposted and is less than 400m from the west gate.

Some details are shown on the sketch map overleaf.

The courses are on sections used for previous events. They are based, all or in part, on the same 3.2k lap but avoiding some of the more exposed and soggy ground in favour of more on sheltered undulating terrain in woodland. **But you need to come prepared to run across high exposed ground in January weather.**

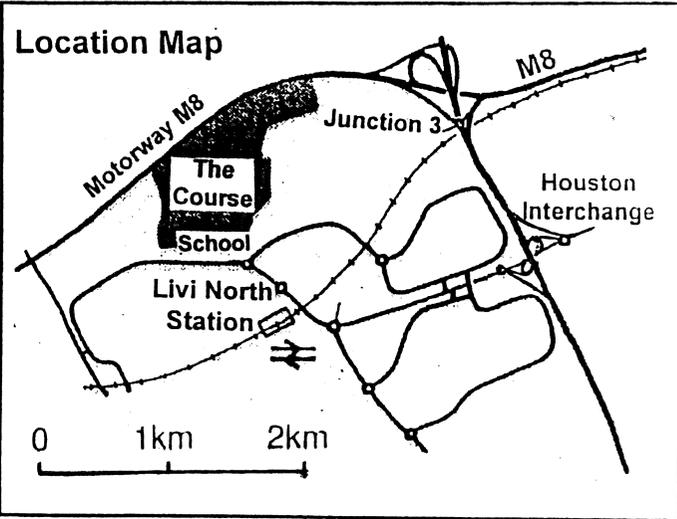
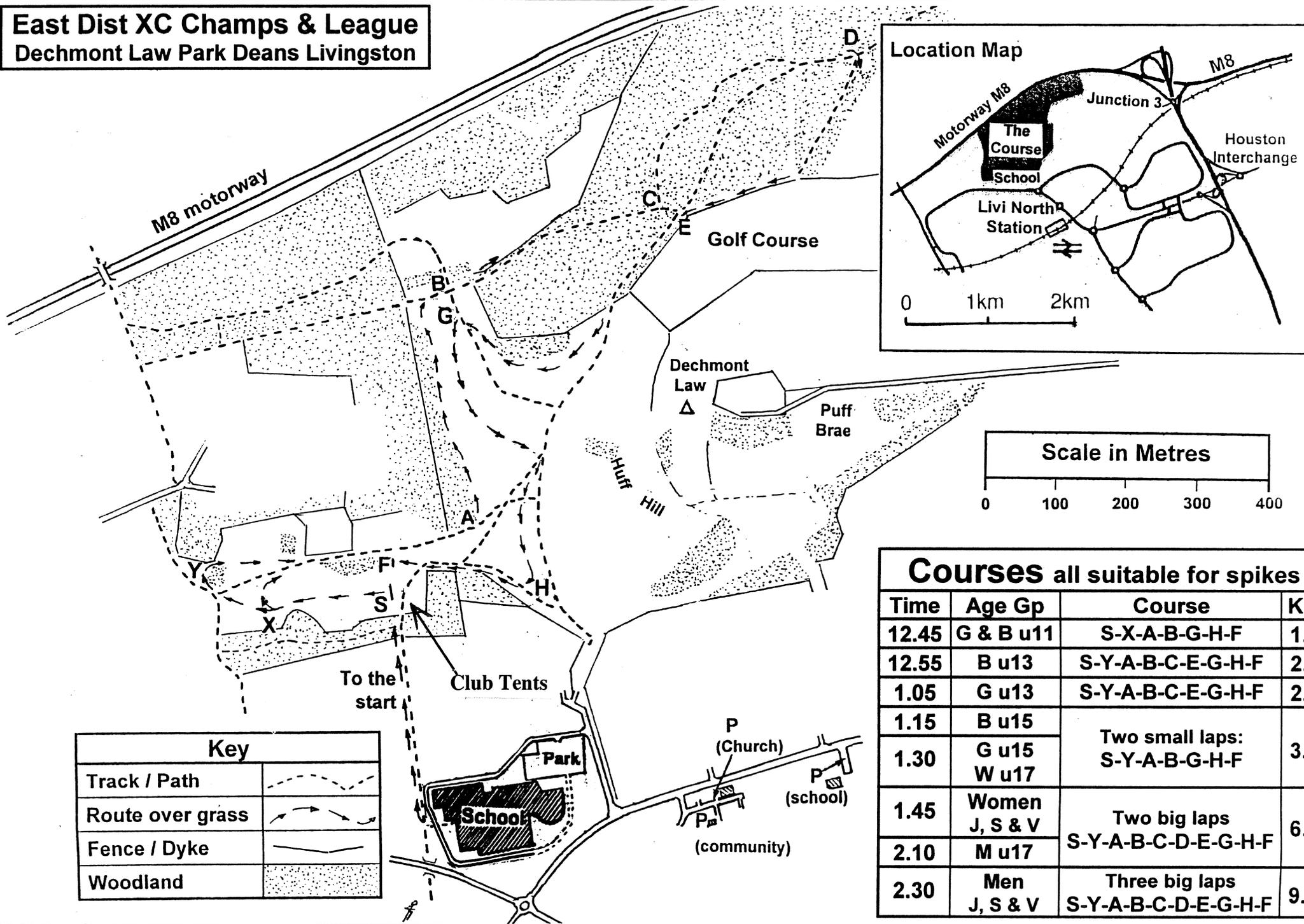
The courses are all suitable for spikes.

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 assistance in preparing the grass trails.

East Dist XC Champs & League

Dechmont Law Park Deans Livingston



| Key | |
|------------------|--|
| Track / Path | |
| Route over grass | |
| Fence / Dyke | |
| Woodland | |

| Courses all suitable for spikes | | | |
|---------------------------------|-------------------|---------------------------------------|-----|
| Time | Age Gp | Course | Km |
| 12.45 | G & B u11 | S-X-A-B-G-H-F | 1.5 |
| 12.55 | B u13 | S-Y-A-B-C-E-G-H-F | 2.5 |
| 1.05 | G u13 | S-Y-A-B-C-E-G-H-F | 2.5 |
| 1.15 | B u15 | Two small laps: S-Y-A-B-G-H-F | 3.5 |
| 1.30 | G u15 W u17 | | |
| 1.45 | Women J, S & V | Two big laps S-Y-A-B-C-D-E-G-H-F | 6.4 |
| 2.10 | M u17 | | |
| 2.30 | Men J, S & V | Three big laps S-Y-A-B-C-D-E-G-H-F | 9.6 |