

**East CC League
Dechmont Law
Livingston
Saturday 22nd January 2022**

Officials

Referee:	Dave Cairns
Clerk of Course:	Ted Finch
Timekeepers:	Alan Carruthers (Chief), Ian Docherty, Gary Barker
Time Recorders:	Douglas Carruthers (Chief), Ian Mann
Place Recorders:	Ian Hislop (Chief), Rachel Halliday, Linden Nicholson
Judges/Funnel Control:	Andy Law (Chief), Bill Gentleman, Alex Jackson
Starter:	Sandra Hardacre
Starter's Assistant:	Dave Hanlon
Officials Report:	Alex Jackson
Announcer:	Andy Ronald
Results:	Alex Jackson, Ron Morrison
Host Club(s):	Lothian AC/Linlithgow AAC

East District Cross Country League

Livingston, Deans, EH54 8PS

Saturday 22nd January 2022

(1) Parking

The car park at Dean Community High school is not large.

There is overflow parking at Middlewood Park as close to the course as the school.

(See course map)

(2) School/Toilets

There is NO ACCESS to Deans School for changing or toilets. Toilets are at the Course (see map)

(3) Recording Slips

Slips will not be given out on the day. See **NEW FOR 2021-22** on front page of East League website at East District League Home (salroadrunningandcrosscountrymedalists.co.uk)

(4) Scoring

Under 11, Under 13, Under 15 Boys and Under 15 Girls/ Under 17 Women races are all 3 to score

Senior/Junior/Master's Women are 4 to score

Senior/Junior/Master's Men are 6 to score

Master's Men and Master's Women are 3 to score.

Master's athletes (Over 40) should have a large "V" next to their club number

(5) Results/Trophy Presentations

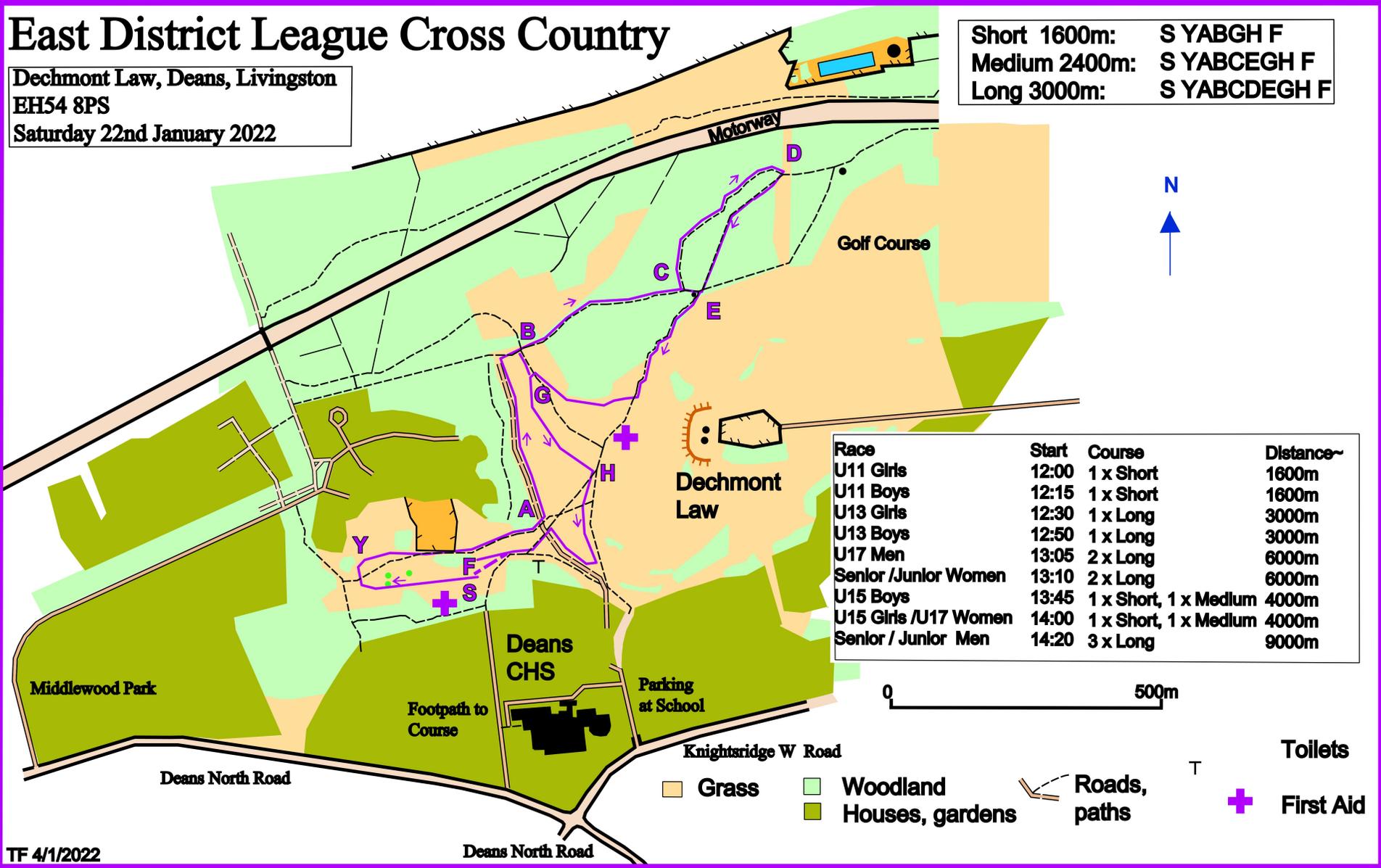
Results will be posted on the East League on the day after the event. There will be no trophy presentations on the day. The 13 league champion Trophies will be presented at appropriate times afterwards i.e., Club training nights.

Thanks to Lothian RC and Linlithgow AC for hosting to-days meeting and to Teviotdale Harrier and Dundee Hawkhill Harriers for hosting the other 2 league meeting in 2021-22

East District League Cross Country

Dechmont Law, Deans, Livingston
EH54 8PS
Saturday 22nd January 2022

Short 1600m: S YABGH F
Medium 2400m: S YABCEGH F
Long 3000m: S YABCDEGH F



Race	Start	Course	Distance
U11 Girls	12:00	1 x Short	1600m
U11 Boys	12:15	1 x Short	1600m
U13 Girls	12:30	1 x Long	3000m
U13 Boys	12:50	1 x Long	3000m
U17 Men	13:05	2 x Long	6000m
Senlor /Junlor Women	13:10	2 x Long	6000m
U15 Boys	13:45	1 x Short, 1 x Medium	4000m
U15 Girls /U17 Women	14:00	1 x Short, 1 x Medium	4000m
Senlor / Junlor Men	14:20	3 x Long	9000m