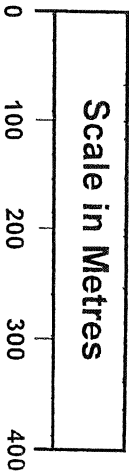
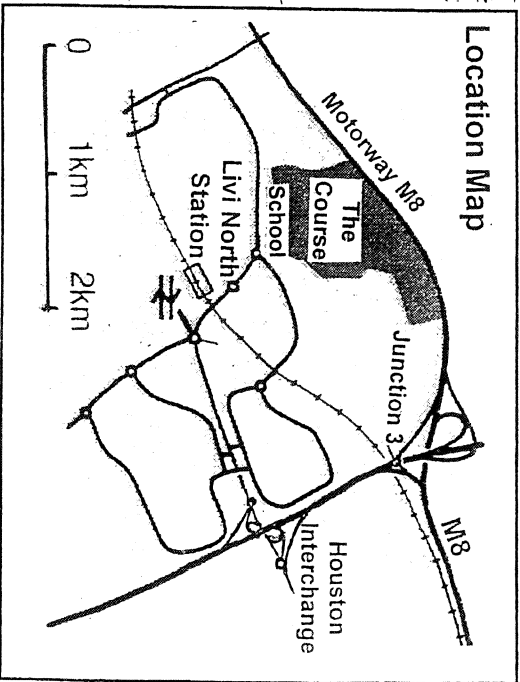
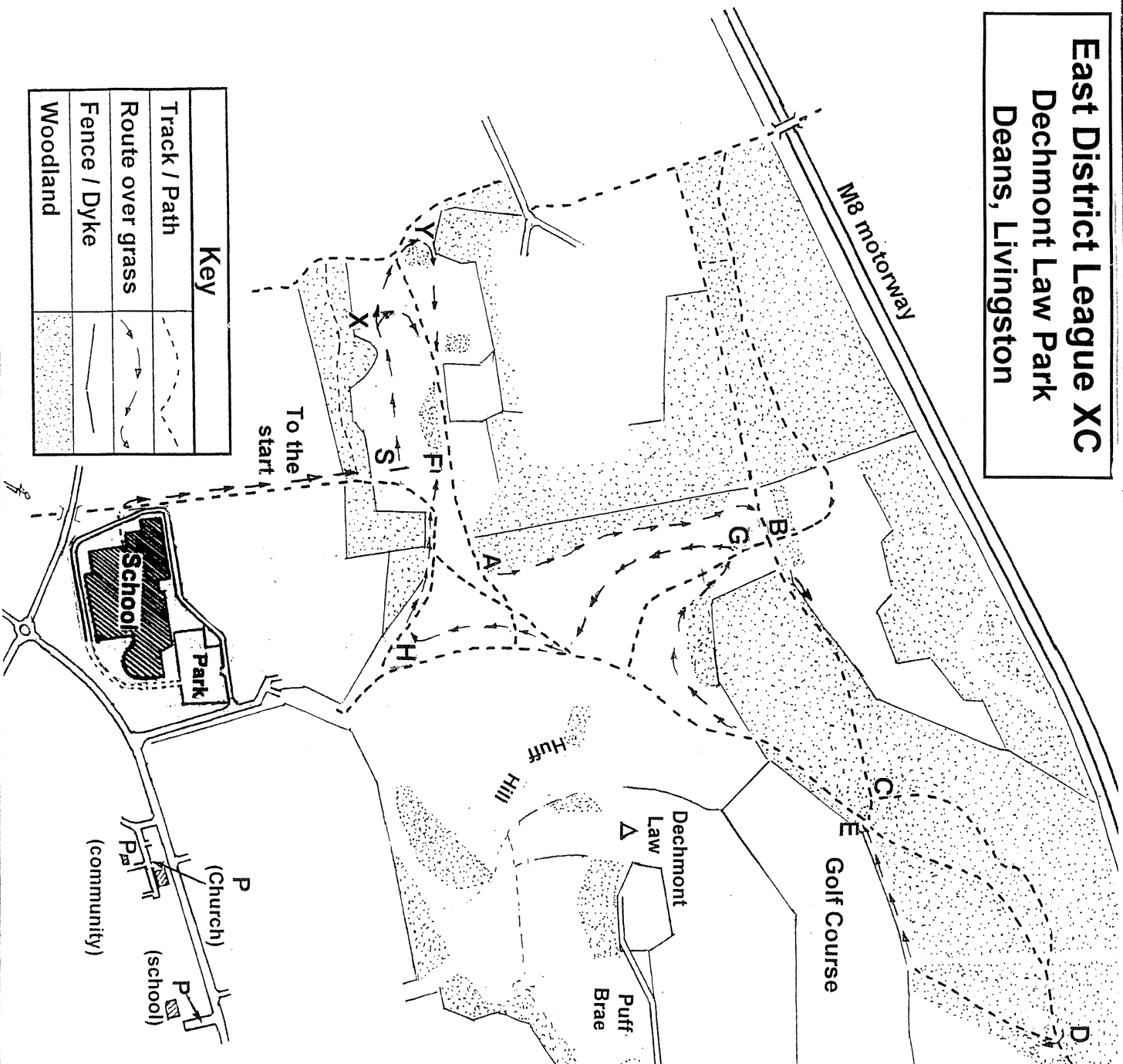


**East CC League
Dechmont Law
Livingston
Saturday 20th November 2011**

Officials

Referee:	Ron Morrison
Assistant Referee:	Dave Cairns
Clerks of Course:	Martin Hyman
Timekeepers:	Joe Bruce, Alan Carruthers
Time Recorders:	Sandy Cameron, Ian Mann
Place Recorders:	Ian Hislop, Allan Smith, Rachel Halliday
Judges:	Andy Law, Ian Clifton, Neil Donachie, Phyllis Law
Funnel Control:	Bill Grant, Fred McCluskie
Starter:	Barry Craighead
Starters Assistant	Henry Muchamore
Numbers Check:	Sandra Hardacre
Officials Report:	Barry Craighead
Announcer:	Alex Jackson
Recording Slips Collection:	Bob Cherrie
Recording Slips:	Jen Jackson
Results:	Marjory Cook, Sheila Smart, Marion Donachie, Alex Jackson
Host Club:	Lothian RC

East District League XC Dechmont Law Park Deans, Livingston



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

East District League Cross-Country - Race 2

At Livingston - Sunday November 20th 2011

Notes for Competitors

Location

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

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

Trains every **30** minutes from Edinburgh Waverley, and Haymarket, take **20 & 16** minutes respectively.

Parking

Parking is very 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 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 based on a 3.2k lap which avoids some of the more exposed and soggy ground in favour of more sheltered undulating terrain in woodland. **But you need to come prepared to run across some exposed ground in winter 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 splendid assistance in preparing the grass trails.