

**East CC League
Dechmont Law
Livingston
Saturday 18th January 2020**

Officials

Referee:	Ron Morrison
Clerk of Course:	Ted Finch
Timekeepers:	Alan Carruthers (Chief), Ian Mann, Dave Cairns
Time Recorders:	Douglas Carruthers
Place Recorders:	Ian Hislop (Chief), Allan Smith, Linden Nicholson
Judges/Funnel Control:	Andy Law (Chief), Sandra Hardacre, Alex Jackson
Starter:	Barry Craighead
Starter's Assistant :	Richard O'Grady
Officials Report:	Barry Craighead
Announcer:	Graham Bennison
Recording Slips Collection	Bob Cherrie
Recording Slips	Phyllis Law
Results:	Moiria Reid, Marjory Cook, Alex Jackson, Ron Morrison
Host Club	Lothian AC/Linlithgow AAC

East District Cross Country League
Livingston, Deans, Saturday 18th January 2020

(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) Toilets

Toilets are in the school. There are also Toilets at the course (see "T" on course map)

(3) Recording Slips

Collected from declarations in the school

Recording slips should be filled in with athlete's initial and name in CLEAR writing.

For Under 15 Girls/Under 17 Women's race both age groups should be listed in finish order on one recording slip with an "L" beside each Under 17 Women's name.

Recording slips should be filled in with athlete's FIRST NAME and second name in CLEAR writing.

(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 at declarations in the school. League Trophies presented there at approx. 4.00pm

East District League Cross Country

Dechmont Law, Deans, Livingston
EH54 8PS
Saturday 18th January 2020

Short 1600m: S YABGH F
Medium 2400m: S YABCEGH F
Long 3200m: S YABCDEGH F

