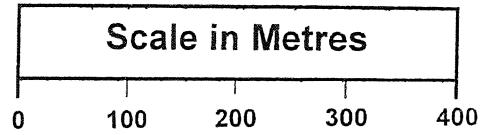
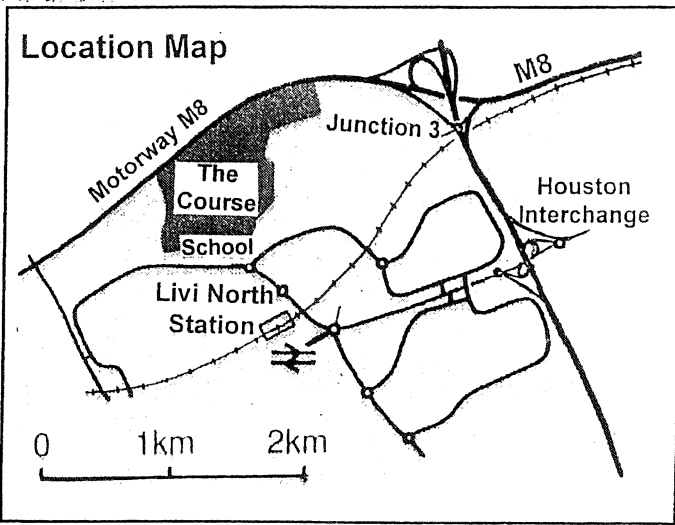
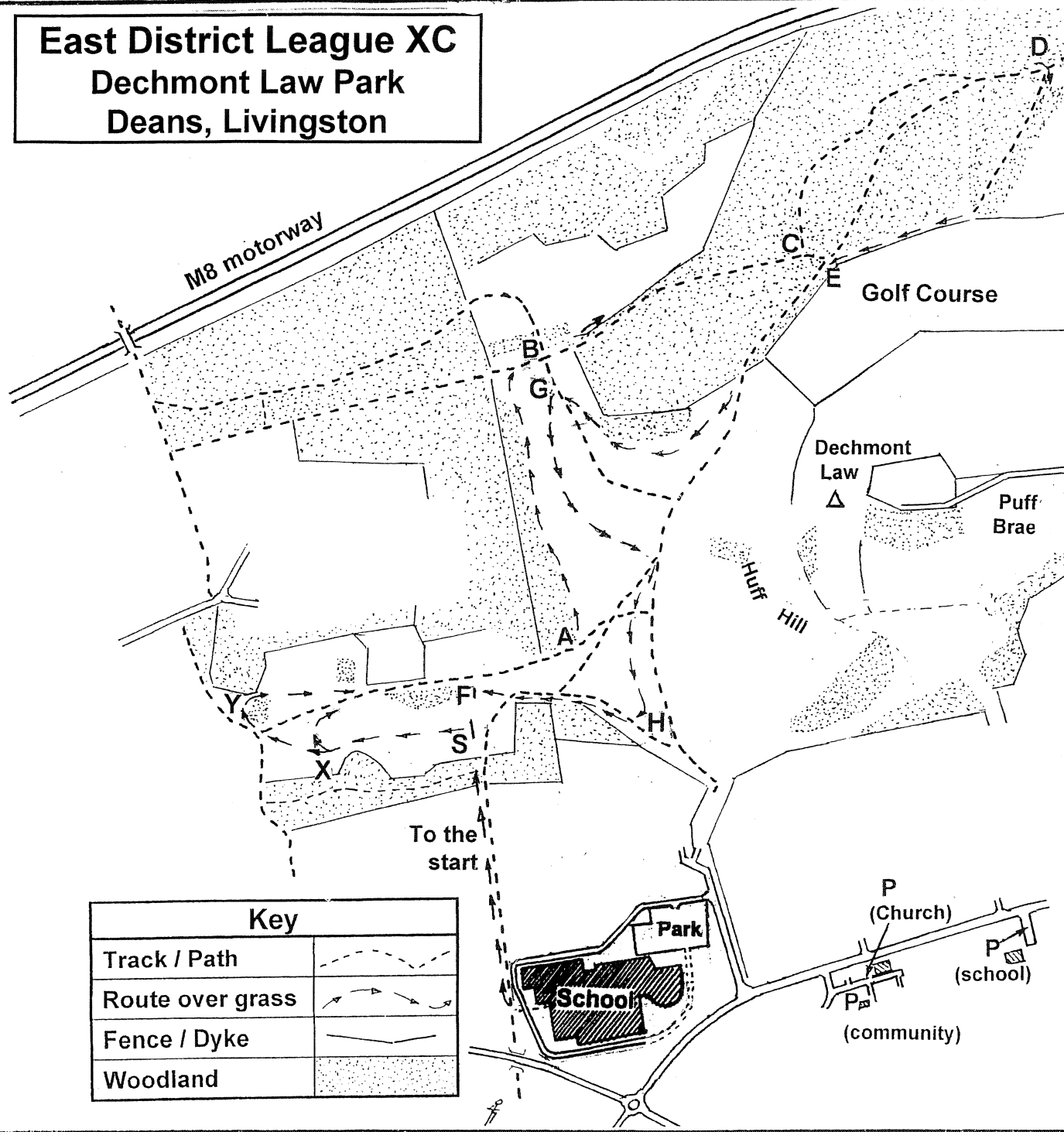


**East District League XC
Dechmont Law Park
Deans, Livingston**



Key	
Track / Path	
Route over grass	
Fence / Dyke	
Woodland	

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