

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.