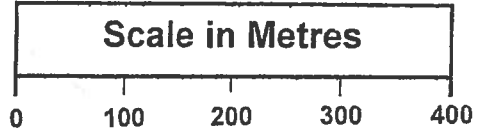
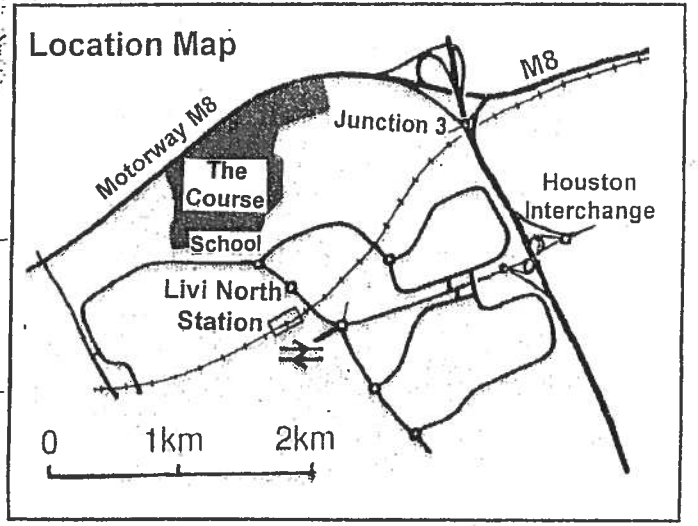
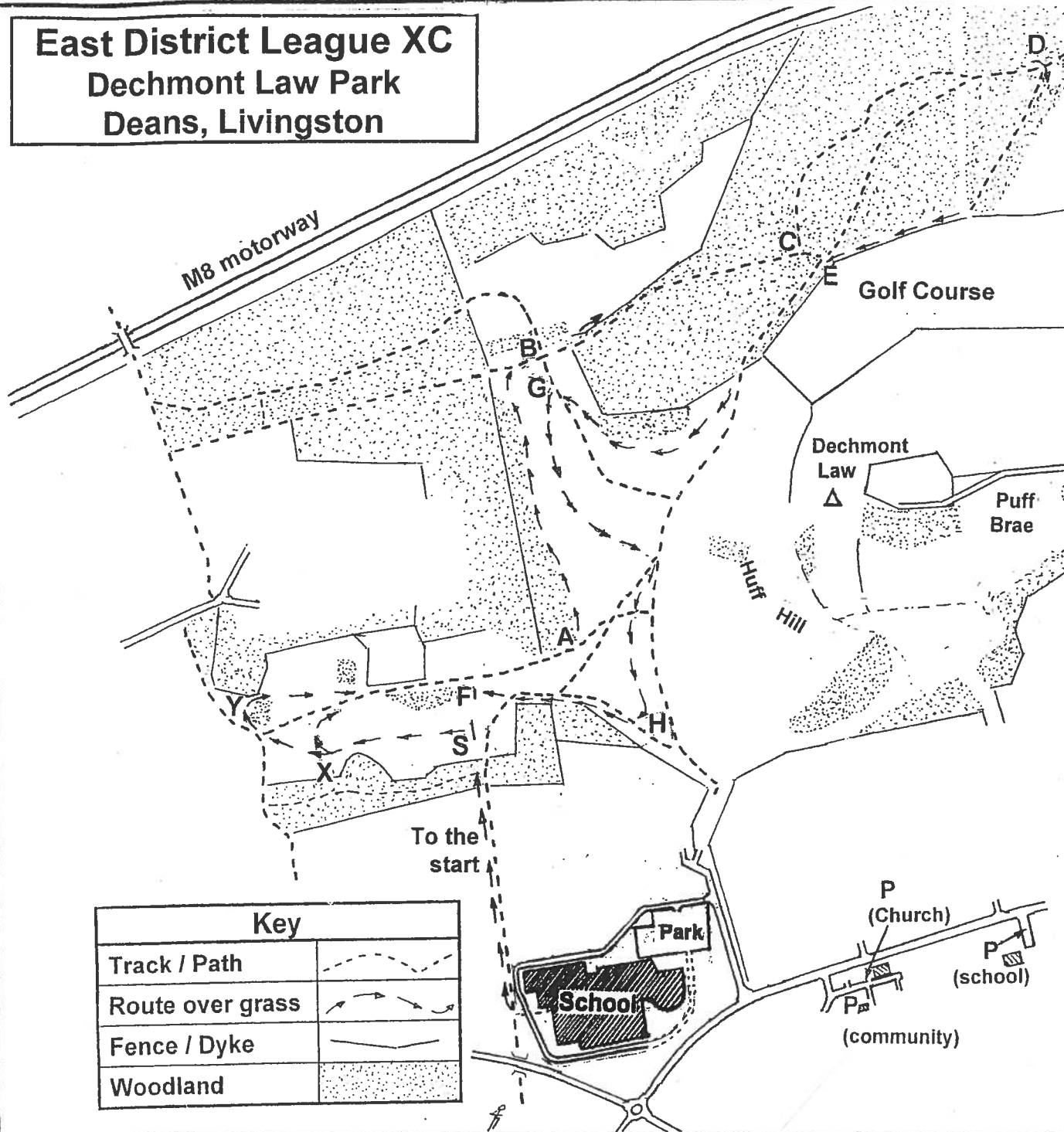


**East District League XC  
Dechmont Law Park  
Deans, Livingston**



Key	
Track / Path	
Route over grass	
Fence / Dyke	
Woodland	

<b>Courses all suitable for spikes</b>			
Time	Age Gp	Course	Km
12.30	G & B u11	S-X-A-B-G-H-F	1.5
12.45	G & B u13	S-Y-A-B-C-E-G-H-F	2.5
1.05	Women J, S & V M u17	Two big laps: S-Y-A-B-C-D-E-G-H-F	6.4
1.40	G & B u15 W u17	Two small laps: S-Y-A-B-G-H-F	3.5
2.00	Men J, S & V	Three big laps S-Y-A-B-C-D-E-G-H-F	9.6