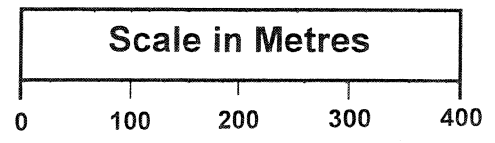
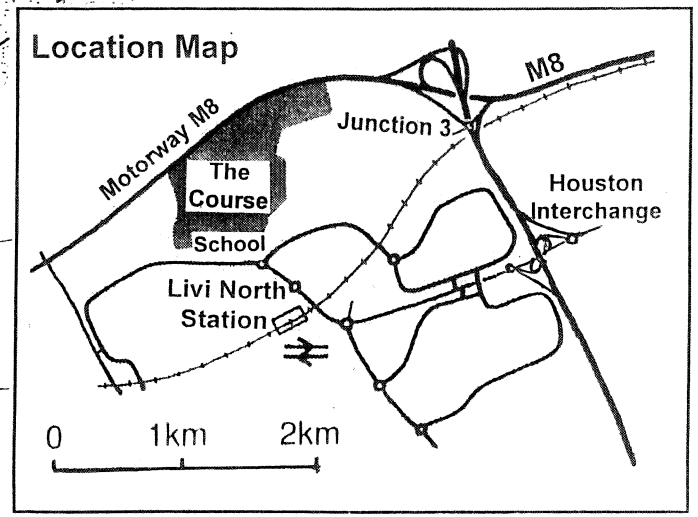
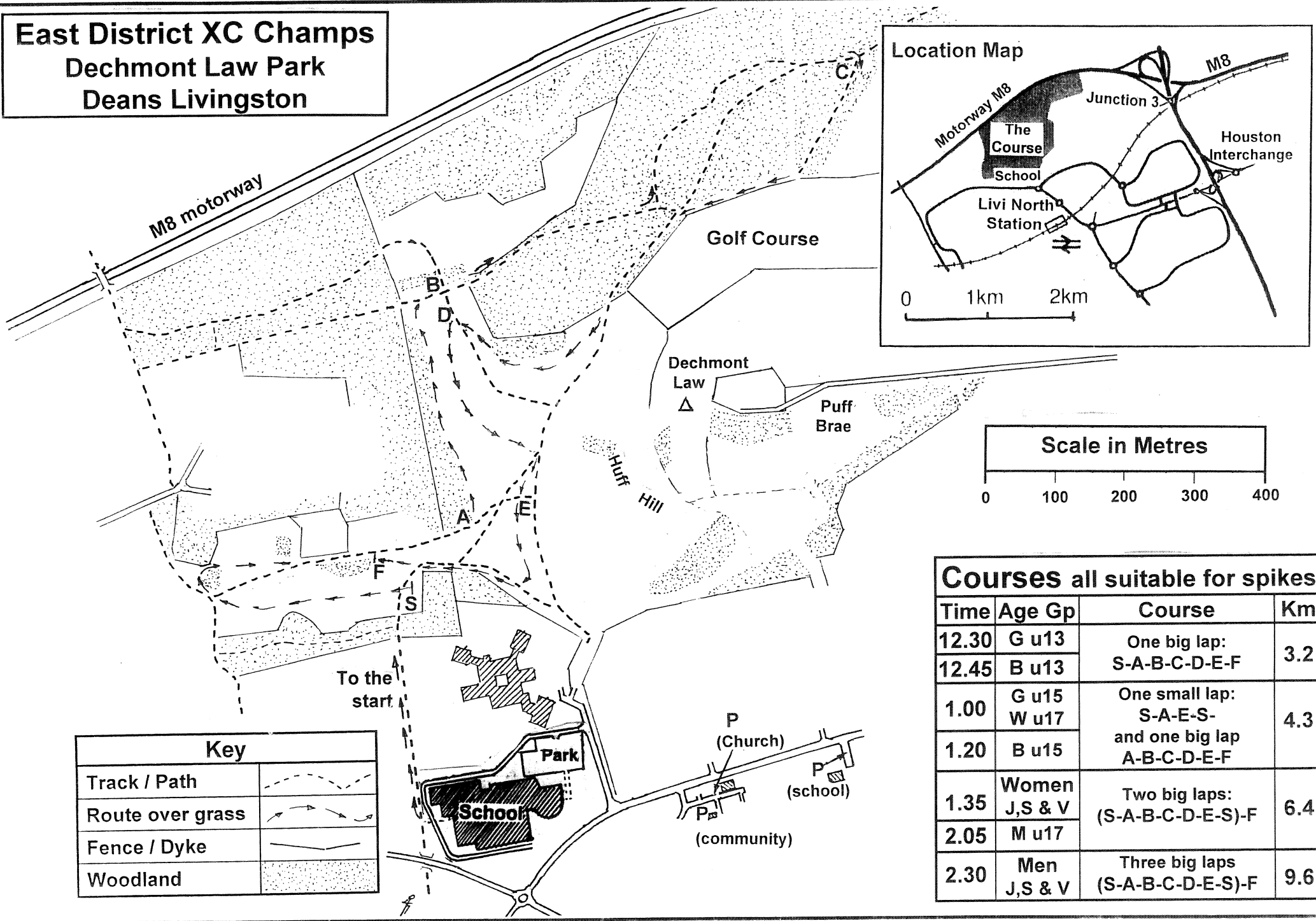


East District XC Champs
Dechmont Law Park
Deans Livingston



Key	
Track / Path	
Route over grass	
Fence / Dyke	
Woodland	

Courses all suitable for spikes			
Time	Age Gp	Course	Km
12.30	G u13	One big lap: S-A-B-C-D-E-F	3.2
12.45	B u13		
1.00	G u15 W u17	One small lap: S-A-E-S- and one big lap A-B-C-D-E-F	4.3
1.20	B u15		
1.35	Women J,S & V	Two big laps: (S-A-B-C-D-E-S)-F	6.4
2.05	M u17		
2.30	Men J,S & V	Three big laps (S-A-B-C-D-E-S)-F	9.6