

# East District League Cross-Country

## Broxburn Saturday 16<sup>th</sup> January 2010

### Notes for Competitors

#### Location

Changing, showers and refreshments are at  
**Broxburn Academy**

The academy is approached and signposted from the old Edinburgh to Glasgow road, A899, a mile west of Broxburn centre. (This is on the old E-G Relay stage 3 route.)

The turning is opposite the police station (see map overleaf.)

Please enter the school by the sports entrance at the south east corner.

#### Parking

Parking space at the school is limited so please share transport if possible, to avoid problems.

Extra parking is available at Kirkhill Primary School.  
(P2 on map overleaf.)

Cars can also park along Loaninghill Road near the west end of the course. (P3 on map.) There are no houses here.

*Please do not park on narrow estate roads.*

#### Courses

The start and finish are 500m from the car-park. You will have to walk (or jog) 200m through estate roads, which are too narrow for parking, and another 200m uphill on a footpath.

The courses are the same as before but with one small revision making them slightly shorter. They all start with the east loop which descends for 500m then turns and re-ascends, with a short steep section.

Some courses also use a 500m north loop, which is fairly flat, over narrow paths through scrub-land.

The 1100m west loop is over open country.

The courses are nearly all on grassy going and are suitable for spikes.

Because the start, finish, and repeat lap connection are all close together, competitors and spectators are asked to take special care not to impede races in progress.