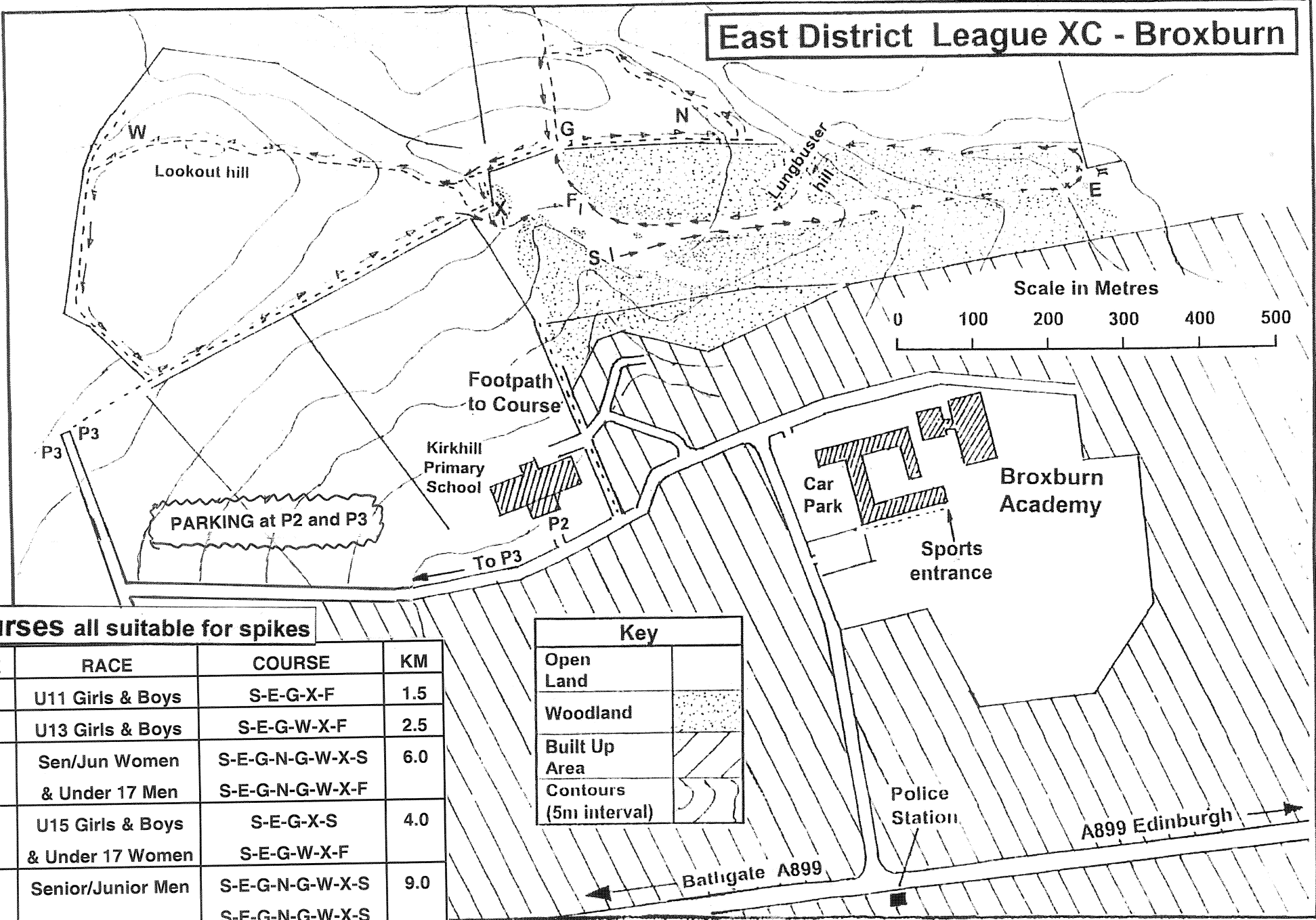


East District League XC - Broxburn



Courses all suitable for spikes

TIME	RACE	COURSE	KM
1.00	U11 Girls & Boys	S-E-G-X-F	1.5
1.15	U13 Girls & Boys	S-E-G-W-X-F	2.5
1.35	Sen/Jun Women & Under 17 Men	S-E-G-N-G-W-X-S	6.0
		S-E-G-N-G-W-X-F	
2.10	U15 Girls & Boys & Under 17 Women	S-E-G-X-S	4.0
		S-E-G-W-X-F	
2.30	Senior/Junior Men	S-E-G-N-G-W-X-S	9.0
		S-E-G-N-G-W-X-S	
		S-E-G-N-G-W-X-F	

Key	
Open Land	
Woodland	
Built Up Area	
Contours (5m interval)	