

# East District League Cross-Country

## 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.

There is a new Start/Finish from previous meetings at this course.

See the course map.

There is also a new gravel path that goes West to East from approx 100 metres West of "G" to "C".

Spikes can still be used but if athletes have other racing shoe options they should make them based on conditions on the day.