

Lindsays scottishathletics East District Cross Country Championships
Deans Community High School, Livingston EH54 8PS
Saturday 9th December 2017

PARKING

Parking at the school will fill up before the 1st race starts. There is ample alternative parking at Middlewood Park (see course map) 5 minutes' walk to the Start. **PLEASE CAR SHARE IF POSSIBLE**

TRAINS

Livingston North Railway Station is 10 minutes' walk from the course

There are 4 trains per hour from Edinburgh Waverley to Livingston North on Saturday 9th December

e.g.

Depart EDB 11:08 EDB 11:21 EDB 11:37 EDB 11:50

Arrive LSN 11:29 LSN 11:44 LSN 11:59 LSN 12:10

Ref: <https://www.buytickets.scotrail.co.uk/>

Up to two children, aged 5-15, can travel free with each adult when you travel off-peak.

DECLARATIONS/CHANGING/TOILETS

At Deans High School. There will also be toilets at the course

NUMBERS

Under 20 Women & Under 17 Women run in the same race with U20 wearing a 20 on the **BACK**

Under 20 Men & Under 17 Men run in the same race but different distances with U20 wearing a 20 on the **BACK**

INDIVIDUAL PRESENTATIONS

All individual awards apart from the Senior Men's will be made after each race near the finish area. Senior Men's awards presentations will be made in the school at approx 3.45pm

TEAM MEDALS

There are team medals for 1st 3 teams in all age groups. These can be collected from declarations in the school throughout the afternoon. It is anticipated that team's results for each race will be announced on the course.

HOST CLUB

Our thanks to Ted Finch and his team at Lothian Running Club for hosting the Championships.

Alex Jackson
East District Secretary
CC and RR Commission