

East District Cross Country Relays

11/10/2025

Dechmont Law, Deans,
Livingston
EH54 8PS

lindsays

**SCOTTISH
CROSSCOUNTRY
SEASON**

Parking at
Royston
Road



Footpath
to Course

Overflow Parking on
Middlewood Park

Footpath
to Course

Middlewood Park

Deans North Road

scottishathletics



Deans CHS
no facilities!

Deans North Road

Knightsridge W Road

Woodland
Houses, gardens
Grass

Roads,
paths

To Livingston North
Station. >

Motorway

Senior/Junior
Only

Golf Course

Dechmont
Law

Tent
Drop off.

R = Registration
T = Toilets
F = Finish
S = Start
CT = Club Tents

Race	Declarations Close	Race Start
Young Females	11:30	12:00 noon
Young Males	12:10	12:40
Sen/Jun Females	12:50	13:20
Sen/Jun Males	13:50	14:20

Young Athletes ~ 2500m.
SYABCEGHF
Senior/Junior ~ 4000m.
SYABJCDEGHF

0 500m