Ratcliffe College
ESAA Cross Country Cup Final
Course Information

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This is an undulating course that is a mix of underfoot conditions including playing fields, woodland paths and agricultural land. Recommended footwear is max. 12mm spikes or fell shoes. **All athletes should walk the course prior to racing.**

Ticks & Lyme Disease Notice

Parts of the course pass through woodland, grassland, and agricultural areas where ticks may be present. Action: inspect clothes and skin after the race. If support is needed to remove a tick, please visit the First Aid.

Please contact me if you require further advice.