



PANCAKE RACE

Shrove Tuesday, 25th February 2020 at 12:00 noon

Peterborough Cathedral invites your team of four to join our annual pancake race on 25th February at 12.00 noon in the Cathedral Precincts.

The race will be a four person relay around the Cathedral Precincts, whilst flipping your pancake. The objective is for your team to pass the finish line first, with your frying pan in hand and your pancake inside it.

The race route will be twice around the Cathedral Precincts (see map on page 4) with relay handover points along the way. There is also a flip zone whereby the runner will need to stop, complete five full flips of their pancake (closely watched by our pancake adjudicator) and continue onto the next handover point.

We encourage all teams to wear traditional pancake racing attire (aprons!) or other fancy dress if you wish. There will be a prize for the best dressed team. Please ensure all clothing is appropriate for the event, we recommend all fancy dress be knee length or higher and running shoes or trainers.

Peterborough Cathedral will provide the pancakes. **Simply bring your team and a frying pan along!**

Entry is £20 per team. Any proceeds from this event go towards Peterborough Cathedral's running costs.

Every runner receives a participation medal and the winning team will win a trophy, to be returned next year when they defend their title!

Please complete and submit one form for each four-person team. You are welcome to bring as many teams as you wish.

Please fill in the form and return it to info@peterborough-cathedral.org.uk. We will then send you a confirmation email with the link to our payment website.



Team Captain:

Title		First Name	
Surname		Organisation Name	
Email address			
Organisation Postcode		Contact Number	

Team Members Details (in addition to the team captain)

	First Name	Surname
2nd		
3rd		
4th		

Disclaimers

	Yes	No
I give permission to take photographs and/ or video of the team		
I grant full rights for Peterborough Cathedral to use images resulting from photography and/ or video for fundraising or publicity. This might include but is not limited to: printed and online publicity, social media, press releases and funding applications.		
The team is medically fit to participate and understands that entry is at their own risk.		
I would like to be added to The Cathedral's e-mailing list, to hear about future events.		
I would like to be added to the contact list for the Cathedral's 2021 Pancake race.		

Rules:

- Under 16's must be accompanied by a responsible adult
- Race entry fees are non-refundable
- All entry forms and admission fees must be completed prior to the beginning of the race
- Competitors should report to the registration point by 11.50am at the latest, outside the Cathedral Entrance
- There will be an introduction and health and safety briefing for all runners prior to the start of the race
- We recommend assigning running positions, 1 – 4 to each team member before arrival on the day
- In deciding the winners, judges will look for continuous completed pancake flips by all team members, as well as being 1st across the finish line. The judge's decision will be final!
- Judging of the fancy dress will take place following the relay race
- Peterborough Cathedral will in no way be held responsible for any injury or illness incurred during, or as a result of the event
- All participants will only be permitted to race if they are wearing suitable clothing and footwear
- Peterborough Cathedral reserves the right to cancel or re-schedule the event at any stage due to unforeseen circumstances. The Cathedral will endeavour to inform all entrants wherever possible

Team Captain Signed	
Date	

