

6th Staines Charity Pancake Race

Tuesday 21st February 2012



Enrolment Pack

How to enter:

1. Pick up a pancake race enrolment form from:
Staines Shopmobility, Two Rivers, Mustard Mill Road, Staines, TW18 4WB,
Telephone 01784 459416
Email Stainesshopmobility@talktalkbusiness.net
2. READ THE RULES.
3. Round up a team of two willing tossers.
4. Complete the entry form and return it to Staines Shopmobility
WITH ENTRY FEE.
5. Obtain LOTS of sponsors.
6. Turn Up Tuesday 21st February 2012 with your team and sponsorship.
7. RACE!

Completed forms to be returned to:
Staines Shopmobility
Unit S1, Two Rivers, Mustard Mill Road,
Staines, TW18 4WB,
Telephone 01784 459416
Email stainesshopmobility@talktalkbusiness.net

DEADLINE FOR FORMS IS MONDAY 20th FEBRUARY 2012.

RACE RULES!!

Who Runs? - Traditionally, only the town women who are 18 years or older, but you can bend the rules here! The races are said to have originated when a housewife from Olney was making pancakes and forgot the time until she heard the church bells ringing for the church service. She raced out of the house to church while still carrying her frying pan and pancake.

Racing Gear – Anything goes except in relation to footwear. Competitors must wear suitable running shoes. **There will be prizes for the best dressed team so be creative!**

At the Start - The Umpire will ask the competitors: "Tossers - Are you ready?" and then a whistle will be blown to start the race. The runners then race to the 'tossing zone'.

At the Halfway Point – Upon reaching the halfway point or 'tossing zone' the competitor must toss the pancake before continuing on to the exchange zone.

At the Exchange Zone – Upon reaching the exchange zone the runner must pass the frying pan and pancake intact to their team-mate. The next competitor must then run to the 'tossing zone'.

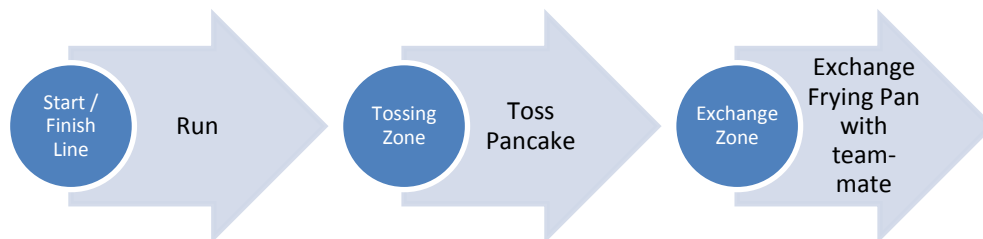
At the Halfway Point - Toss the pancake in the 'tossing zone' before continuing on to the finish line.

At the Finish – The first runner to cross the line with frying pan and pancake in hand will be deemed the winner!

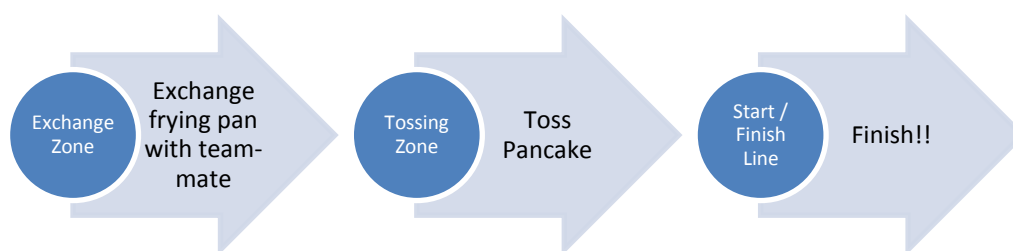
If the pancake or frying pan is dropped at any point during the race then the runner must return to the previous completed zone before continuing.

Or in scientific terms:

Team Member 1:



Team Member 2:

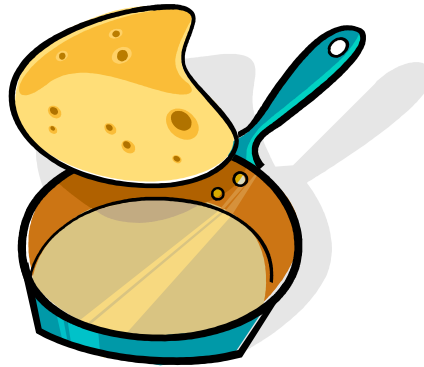


If the Pancake is dropped then the runner must go back to the previous zone (Start / Finish Line / Tossing Zone / Exchange Zone)

Or put simply:

Take off down the High Street tossing your pancake at the halfway point before sprinting to the end of the course, pass the frying pan and pancake to your team-mate who repeats this process!

Pancakes – A Brief history



- Pancakes date back to Ancient Romans using a batter made of flour, egg and milk. Depending on proportion of ingredients and the way the batter was prepared; the finished product could be pancakes, fritters or omelettes. Their direct ancestors are the Neolithic flatbreads baked on the stones.
- Crepes (English Pancakes) date back to medieval times but today they are consumed around the world as almost every culture has adopted pancake variations to their own culinary recipes.
- 'Shrove' originally comes from the archaic English verb 'to shrive' which means to absolve people of their sins. It was common in the Middle Ages for 'shrieners' (priests) to hear people's confessions at this time, to prepare them for Lent, as priests do today.
- In France, crêpes are traditionally served on Candlemas. The belief was that if you could catch the crêpe with a frying pan after tossing it in the air with your left hand and holding a gold coin in your right hand, you would become rich that year.
- In the United Kingdom, crêpes are traditionally eaten on Shrove Tuesday (Pancake Day). The tradition of eating pancakes on Shrove Tuesday is almost 1000 years old and goes back to Medieval times in an endeavor to empty pantries from fatty food, such as eggs, milk, and sugar, before the fasting season of the 40 days of Lent
- Pancakes were first mentioned in English culinary manuscripts back in 1430.
- The first recorded pancake race was in Olney, Buckinghamshire in 1445.
- The largest number of pancakes tossed in the shortest amount of time in the UK is 349 tosses in 2 minutes (Dean Gould at Felixstowe, Suffolk, 14 January 1995).
- The longest race in the quickest time was held in Melbourne, Australia. Jan Stickland covered 384m in 59.5 seconds on 19 February 1995.
- The largest pancake ever made and flipped measured 15.01m wide, 2.5cm deep and weighed 3 tonnes (Rochdale, Greater Manchester, August 1994).
- The world's biggest pancake was cooked in Rochdale (Greater Manchester) in 1994, which was 15 metres in diameter, weighted three tonnes and had an estimated two million calories.
- Celebrity chef Aldo Zilli in 2005 set the world record for the highest pancake toss at 329cm.
- One pancake fan ran a marathon while continually tossing a pancake for three hours, two minutes and twenty seven seconds.

Staines Charity Pancake Race - Entry Form

Entrance Fee: £30 per team (you can pay more if you wish)
Please make cheques payable to 'Staines Shopmobility'. Enter online at <http://uk.virginmoneygiving.com/charities/stainesshopmobility>

Please, please read rules of engagement before attending and ensure that both team members are aware and understand them.

Team Name (points will be deducted for any pointless, obvious names!)
.....

Company Name
.....

Team Captain
.....

Contact Telephone Number
.....

Email

Team Member 2
.....

Programme for the Day

- 1pm – Arrival and Registration of Teams
- 1.20 pm – Photographs
- 1.30 pm - Race Heats
- 2.30 pm – Finals
- 3.00pm – Presentations

RULES OF ENGAGEMENT

1. Gentlemanly and gentlewomanly behaviour will be strictly observed at all times. Those from other towns will especially be expected to be on their best behaviour and act as an example to all participants.
2. Frying pans must NOT be used as weapons or as a means of making unseemly gestures, whatever the depth of provocation or the nature of the business of the person at the root of such provocation.
3. The pancakes must not be propelled in the direction of other participants or spectators as this may constitute assault and battering.
4. The organizers' reserve the right to send off violent or unruly participants.
5. The decisions of the Umpire will be final whatever conclusions the participant may themselves come to about said umpire's eyesight, hearing, bias or parentage.

Photographs of the event may be taken to promote future races and by entering a team you consent for any images taken of you to be used in this manner.