



Lichfield City Council

LICHFIELD PANCAKE RACES 2023 ADULTS ENTRY FORM

I would like to take part in the Lichfield Pancake Races on **Tuesday 21 February** and will **report to the Guildroom, Bore Street, by 11.15 am** on that day.

By participating in this traditional event, I agree to do so entirely at my own risk and understand that Lichfield City Council accept no liability for any loss, damage or injury, however caused. The decision to participate will be mine alone, based on my own assessment of the weather and road conditions, venue, format of the race and my own fitness and ability.

Please note, in the event of adverse weather conditions, Lichfield City Council reserve the right to cancel the races on the day and reserve the right to refuse entry.

Please note: Entry is restricted to one race only; Ladies, Men's, Under 10's or Mascot's.

I understand that publicity may be given to entrants/winners and their names and photographs may be published in the local press or other media. By signing this application form, I am granting the City council permission to use these in their publications.

I have read the race rules and agree to abide by them.

LADIES **MEN'S** **MASCOTS**

Full name

Address / Company represented

.....

.....Email

Contact telephone number

Signature Date

Please return this form to:

Harriet Chatwin

Lichfield City Council, Donegal House, Bore Street, Lichfield, WS13 6LU,
or email civic@lichfield.gov.uk

Any queries please call - **01543 250011**

PANCAKE RACE RULES

TUESDAY, 21 February 2023



All competitors must sign an entry form and pre-register by **12.00 noon on Friday 17 February** at Lichfield City Council Offices.

Please note competitors will not be allowed to register on the day. Entrants who have not pre-registered before the deadline date will not be permitted to take part.

Racers will take overall responsibility for their own safety in wearing suitable non-slip footwear.

Racers will be running in heats of no more than 4 competitors, with heats until an overall winner is declared in each category.

The categories are as follows:

Ladies Race, Men's Race, Under 10's & Mascots Race

Runners will line up at the start and the Starter will declare:
- ***"Are you ready?"*** And then give the starting signal, at which point runners **MUST FLIP THE PANCAKE ONCE BEFORE SETTING OFF.**

Runners will run down Bore Street, with the pancake in the frying pan; flip the pancake once at the designated point before sprinting to the finishing line.

At the finish, the first runner across the line will be declared the winner.

In the event of a tie, the 2 runners will enter the final heat until one overall winner is declared.

In the event of a dispute, the Mayor's decision is final.