**You are invited to enter the annual Lowestoft Pancake Race**

Tuesday 5th March 2019

Registration 12pm

Outside Beales Department Store,

London Road North, Lowestoft

**Application Form:**

Team Name:

Business/Organisation:

Team Members:

1.

2.

3.

Team Captain:

Name:

Tel:  
Email:

**Please return your completed application form to** [**amie@lowestoftvision.co.uk**](mailto:amie@lowestoftvision.co.uk) **by 25th February 2019.**

By submitting this entry form, you are confirming that all members of the team are medically fit to participate and that the organisers shall not be liable for any accident, injury, loss or damage to any participant – everyone takes part at their own risk and you are agreeing to abide by the attached rules of the race.

Signature:

Date:

Position:

**Pancake Race: Rules**

(1) Each team to bring their own frying pan

(2) The race is a relay – each team member must complete the course flipping the pancake 3 times along each section of the course (failure to do this will result in going back to the starting line to begin again!!)

(3) If a participant allows a pancake to fall, he or she must return to the starting line and begin again.

(4) Members from each team will run in relay the pancake and frying pan must be exchanged intact before the next member of the team can proceed.

(5) The pancakes must be tossed three times to a minimum height of a foot each time.

(6) The winning team is the first team who have three competitors successfully completing the race.

(7) Gentlemanly and gentlewomanly behaviour will be strictly observed at all times

(8) 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 person at the root of the provocation.

(9) Any surplus eggs, flour or butter remaining from the earlier making of pancakes must not be propelled in the direction of other participants or spectators.

(10) The organisers reserve the right to send off violent or unruly participants by means of a red card

(11) THE JUDGES DECISION IS FINAL!!!!!