

## ENRTY FORM

### SHROVE TUESDAY PANCAKE TOSSING RACES TEAM RELAY RACES 8<sup>TH</sup> MARCH 2011

TEAM NAME \_\_\_\_\_

COMPETITOR 1

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CONTACT NUMBER \_\_\_\_\_

*"I herby agree to conform to and comply with the rules governing this contest and I further agree to hold blameless The Original Pancake Kitchen and others connected with this contest, for any loss or injury to myself or property in which I may become involved in by reason of participation in this contest. I am aware that this is a charity event and all money raised by means of sponsorship are to be donated to the Adelaide Woman's and Children's Hospital"*

SIGNATURE \_\_\_\_\_

COMPETITOR 2

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CONTACT NUMBER \_\_\_\_\_

*"I herby agree to conform to and comply with the rules governing this contest and I further agree to hold blameless The Original Pancake Kitchen and others connected with this contest, for any loss or injury to myself or property in which I may become involved in by reason of participation in this contest. I am aware that this is a charity event and all money raised by means of sponsorship are to be donated to the Adelaide Woman's and Children's Hospital"*

SIGNATURE \_\_\_\_\_

COMPETITOR 3

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CONTACT NUMBER \_\_\_\_\_

*"I herby agree to conform to and comply with the rules governing this contest and I further agree to hold blameless The Original Pancake Kitchen and others connected with this contest, for any loss or injury to myself or property in which I may become involved in by reason of participation in this contest. I am aware that this is a charity event and all money raised by means of sponsorship are to be donated to the Adelaide Woman's and Children's Hospital"*

SIGNATURE \_\_\_\_\_

COMPETITOR 4

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CONTACT NUMBER \_\_\_\_\_

*"I herby agree to conform to and comply with the rules governing this contest and I further agree to hold blameless The Original Pancake Kitchen and others connected with this contest, for any loss or injury to myself or property in which I may become involved in by reason of participation in this contest. I am aware that this is a charity event and all money raised by means of sponsorship are to be donated to the Adelaide Woman's and Children's Hospital"*

SIGNATURE \_\_\_\_\_

Please return completed form and any funds raised to The Original Pancake Kitchen, 13 Gilbert Place Adelaide, no later than the 8<sup>th</sup> of MARCH 2011 so your race starting time can be allocated and you can be notified. Races are to be run between 10am and 2pm approximately. Teams are required to attend 20 minutes before race time and sign in. The wearing of running clothes and team colours would be great with the most important thing being to "Have fun".

THE ORIGINAL PANCAKE KITCHEN

PANCAKE RACE RULES

SHROVE TUESDAY

1. Gentlemanly and gentlewomanly behaviour will be strictly observed at all times.
2. Frying pans will be supplied by The Original Pancake Kitchen and are to be returned after the race. Frying pans must not be used as weapons or as a means of making unseemly gestures.
3. No hitting of spectators other competitors or husbands allowed with the frying pans.
4. 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. Any leftover mix or cooked pancakes are not to be used as weapons, specifically no pancake sling shots or pancake shoved in the face of another participant where the judges may see.
5. The course is over 25 metres and, in that distance, pancakes must be tossed three times to a minimum height of one metre each time.
6. If a participant allows a pancake to fall and is seen by a judge, he or she must return to the starting line and begin again.
7. Members from each team will run in relay and the pancake and frying pan must be exchanged intact before the next member of the team can proceed.
8. Any assistance from spectators or other persons seen by the judges will automatically disqualify the contestant.
9. No pushing, shoving, tripping other contestants in front of the judges
10. No eating other contestants pancakes
11. No eating your own pancakes while race is on
12. No hiding other contestants pancakes
13. The organisers reserve the right to send off violent or unruly participants.
14. Have fun

Proudly brought to you by:  
The Original Pancake Kitchen  
13 Gilbert Place  
Adelaide SA 5000  
Ph. 08 8211 7912

