



Calling all local pubs, cafes, restaurants, shops, businesses & groups

Big Beverley Charity Pancake Race

Sunday 11th February 2018



All teams welcome, round up a team of 4 willing pancake tossers



Enrolment Pack

How to enter:

- 1. Pick up a pancake race enrolment form from:**
Beverley Town Council, 12 Well Lane, Beverley, East Yorks, HU17 9BL or Lakeland, 24 Butcher Row, Beverley, East Yorks, HU17 0AB, download from our website or email clerk@beverley.gov.uk
- 2. READ THE RULES,** all team members must be 16 or over.
- 3. Round up a team of four willing pancake tossers.**
- 4. Complete the entry form and return it to Beverley Town Council **WITH ENTRY FEE** of £10 per team.**
- 5. Fancy Dress optional. Join in for the fun of it all!**
- 6. Come along on Sunday 11th February 2018 with your team at 11am to Wednesday Market and Butcher Row and RACE!**

Completed forms to be returned to:

Beverley Town Council
12 Well Lane,
Beverley, HU17 9BL,
Telephone 01482 874096
email clerk@beverley.gov.uk

*****DEADLINE FOR FORMS IS Tuesday 6th February 2018*****

Big Beverley Charity Pancake Race - Entry Form

Entrance Fee: £10 per team (you can donate more if you wish, this will be shared by the Mayor of Beverley's Charities, Riding for the Disable and Cruse Bereavement Care and Beverley Rotary Charities, Macmillan Nurses and Cherry Tree Nursery).

Please make cheques payable to 'Beverley Town Council' or pay by cash.

Please, read rules of engagement and sign the disclaimer before attending and ensure that all team members are aware and understand them.

Team Name :

Company/Group Name:

Team Captain :

Contact Telephone Number :

Email:

Team Members:

1.

2.

3.

4.

Programme for the Day

Beverley Town Council & Rotary Club Gazebo's Wednesday Market & Butcher Row

11.00 am – Arrival & Registration of teams

11.20 am – Photographs by local newspapers

11.30 am - Race heats

Winners Presentations

RULES OF ENGAGEMENT

1. Gentlemanly and gentlewomanly behaviour will be strictly observed at all times.
2. Safe racing is expected at all times.
3. The pancakes must not be propelled in the direction of other participants or spectators as this may constitute to egg, salt and pancake battering!
4. The decisions of the Pancake Umpires will be final whatever conclusions the participants may come to.

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.

RACE RULES!!

Who Runs? – Everyone is welcome!

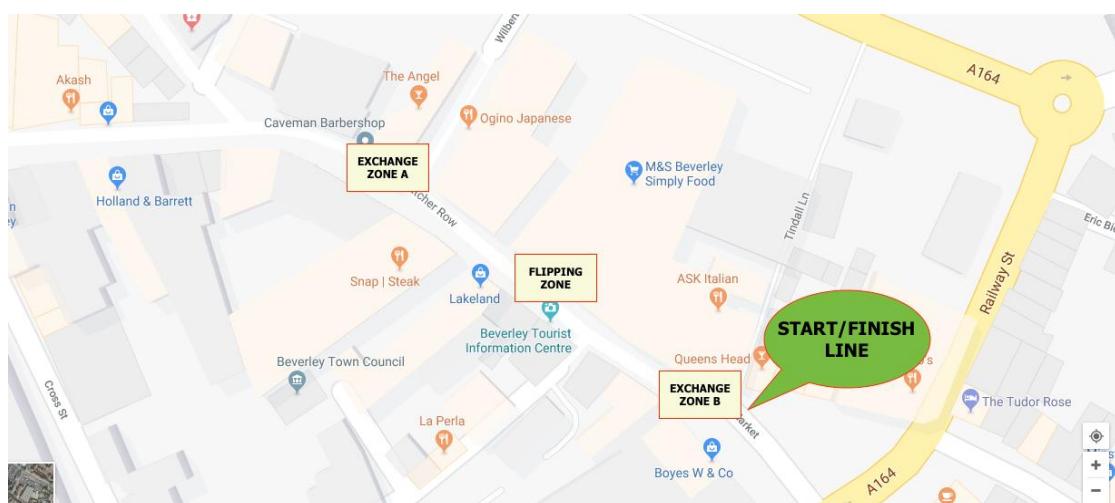
Racing Gear – Anything goes except in relation to footwear. **Competitors must wear suitable running shoes. There will be prizes for the best dressed team so be creative!**

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

At the Pancake Tossing Zone – Upon reaching the 'pancake 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 pancake to their team members frying pan. The next competitor must then run back to the 'pancake tossing zone'.

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



'(c) Google'

Team Member 1: At the START/FINISH Line – RUN

At the Tossing Zone, Toss your pancake

At Exchange Zone A, Exchange pancake with team-mate 2.

Team Member 2: At the Exchange Zone A, receive pancake from team-mate.

At the Tossing Zone, Toss your pancake

At Exchange Zone B, Exchange pancake with team-mate 3.

Team Member 3: At the Exchange Zone B, receive pancake from team-mate.

At the Flipping Zone, Toss your pancake

At Exchange Zone A, Exchange pancake with team-mate 4.

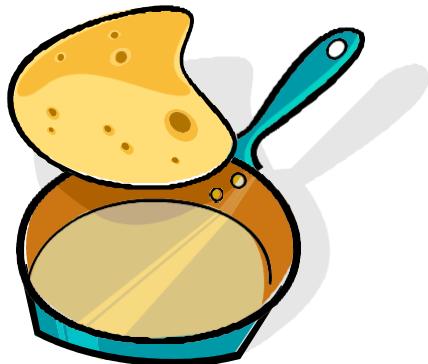
Team Member 4: At the Exchange Zone A, receive pancake from team-mate.

At the Tossing Zone, Toss your pancake

Run to the START/FINISH LINE.



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 'shriveleers' (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 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, weighed 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.