



**ENTRY
FORM**

The Great Ross-on-Wye Pancake Races

Market Hall, Tuesday 21st February from 2.30pm

**Prizes for winners and special achievements.
There will be a Best Dressed Pinny Competition
(sponsored by Essential Sewing Services) at 4.30pm in the Market Square.**

Everyone is invited to take part in our annual Pancake Races, whether it be individual, local business or group. The races are all approximately 50 metres.

Entrants must provide their own frying pan, wear non-slip shoes, suitable for running, and an apron.

Pancakes will be provided and entrants must toss pancakes at the beginning, middle and end of their race.

Entry fee is £1 per person taking part if pre-booked (£3 on the day). Surplus funds, if any, will be re-invested by the Association of Ross Traders (ART) in marketing to further raise the profile of the town.

Name: _____

Telephone number: _____

Contact Email: _____

Company Name if applicable: _____

Please enter your name next to the race(s) that you will be entering:

Race	PER PERSON	NAME(S)
ART TRADERS	£1	_____
MEN'S SPRINT	£1	_____
WOMEN'S SPRINT	£1	_____
UNDER 5's	£1	_____
AGE 6 to 10	£1	_____
AGE 11 to 15	£1	_____
PUBS & HOTELS	£1	_____
OPEN RELAY (4 people)	£1	_____

Signature: Date

Signature of parent (if entrant under 16 years): _____

Please send or deliver this form with a cheque or cash of £1 per entrant made payable to The Association of Ross Traders to:-
Essential Sewing Services, 31 Gloucester Road, Ross on Wye 01989 566406
Further entry forms available throughout Ross-on-Wye at Field Fayre, Tudor Sweets, Essential Sewing Services, The Ross Gazette office.
You are entering at your own risk. The organisers cannot be held responsible for incidents or accidents.
For more information please contact Helen Kiddy, email: enquiries@esssewing.co.uk - Tel: 07971 603656