



THE MAYOR'S GRAND "FLIPPING" PANCAKE RACE

**With help from The Rotary Club of Henley on Thames, The
Rotary Club of Henley Bridge**

&

The Lions Club of Henley on Thames

SATURDAY 25TH February 2012

from

12.00 Noon – Registration from 11.30am

IN

THE MARKET PLACE

This is the third year Henley has held a Pancake Race. This is going to be a fun event for everyone but at the same time I would like to raise funds for my chosen charities. These are: Henley Youth Centre, NOMAD – Youth & Community Projects, Henley Citizen Advice Bureau and.

About the charities:

Henley Youth Centre

Henley Young People's Centre provides opportunities for young people to participate in a wide range of activities and offers facilities for young people in and around Henley.

The Henley Youth Centre, a registered charity, provides opportunities for young people, aged 13 to 19, to participate in a wide range of activities and offers facilities for young people in and around Henley.

The centre, which is no longer receiving funds from the Oxfordshire County Council, is run by Steve Curran, an experienced Oxfordshire County Council youth worker, who has been involved with the centre for many years. He is assisted by a number of volunteers.

The centre is managed by a group of trustees, who are all local Henley residents.

NOMAD – Youth & Community Projects

The ethos of Nomad is summed up as: "Live your life in order to make a difference in the lives of others". The fundamental mission of Nomad is to fulfill this through:

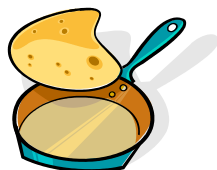
- Valuing people by loving and accepting them something that everyone deserves
- Creating a safe, nurturing environment to help people make good and informed choices in all aspects of their lives and in particular the areas of education, health, training, employment, finances, independence, recreation and relationships
- Working together with integrity including staff, volunteers and other professionals
- Putting others first - people are important
- Showing appreciation - saying 'well done' makes a difference
- Encouraging people to be full and useful members of our local community and society as a whole by working with them and other appropriate agencies to improve the conditions of their lives including their physical, mental, and spiritual capacities.

Henley Citizen Advice Bureau

The Citizens Advice service remains the best known and most trusted source of free, independent and impartial advice and in the current economic environment we are aware that demand for our frontline services outstrips our capacity to deliver.

This strategy sets out our aspirations and strategic aims to ensure the service can continue to provide advice for as many people as possible and continue making a positive difference to people's lives.

The Citizens Advice service will emerge stronger and fitter if we achieve our aims. With the continued dedication of our committed volunteers and workforce and the support and strength of our partners and government, we will deliver the highest quality advice to the maximum amount of people.



The event will start at 12.00 noon, with registration from 11.30am and will be run as a knock-out competition

Fancy Dress may be worn and there will be a competition for the best dressed team.

RULES OF A PANCAKE RACE

- Complete the registration form and return to the Town Hall Information Centre or Registration on the day.
- Teams will consist of 4 entrants.
- Entry fee £5.00 per person.
- You may enter as many teams as you wish.
- There will be 4 categories of race; Primary School age, Secondary School age, Adults and 60+.
- All entrants must flip their pancake at least four times, whilst running, per lap.
- Laps will consist of 4 x 50 metres approximately, run in relay
- This will be a knock out competition so more than one race may be required
- All teams must bring their own frying pan of a maximum size of 9" (22 cm)
- Pancakes will be provided and will be of similar size for all entrants
- In the event of a dispute the Mayor's decision will be final
- All children to be supervised by an adult

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Please complete and return to:

The Mayor
Henley Town Council
Town Hall
Market Place,
Henley on Thames RG9 2AQ

Name of Organisation:.....

Contact name:

Address:

E:mail

Tel:

No of team(s) x 4:

Team Name(s):

Category: