

Media

All media are very welcome to cover the race, but are requested to contact the organisers beforehand at peterfduhig@gmail.com for prior accreditation.

All accredited media are requested to allow reproduction of published material on our Facebook and Website without charge in perpetuity.

Please let us know if there is anything that we can do to help.

Wife Carrying Photos, and video, from the Downham Games Facebook page may be used without request but with reference to:

www.facebook.com/DownhamGames/ and /or #DownhamGames

The **Downham Games** organiser (**Frances Raynor**) is available for radio and TV interviews before and after the race (see contact details below).

Media are requested to keep off the actual course and not to interfere with the runners. (no need to - there are plenty of good angles and points for shots).

For video, the best position is probably on the inside of the field where you can see the straw bales, which then also allows footage of the water hazard and flour hazard areas. Spectators will be asked to keep to the outside of the competing circuit.

Photographers can get good shots looking from the centre of the field at the Hay bales, water zone, and flour area, as the carriers get plastered!

Watch out for water/flour (and all other hazards) - we are not responsible for the safety of your equipment!

Media Contact: Frances Rayner

Francesrayner68@gmail.com Mob: 07802 448836

Background information:

The UK's longest-established wife-carrying event, the UK Wife Carrying Race has taken place each March in Dorking, Surrey, since 2008.

The UK Wife Carrying Race can be viewed at www.WifeCarryingRace.com to get an idea of what we hope for in Downham Market.

Wife carrying originated in the UK over twelve centuries ago, on 8 June 793AD, when [Viking raiders](#) rampaged into Lindisfarne on the northeast coast of what is now England, destroying the monastery and most likely carrying off any unwilling local wenches. Such wife carrying (-off) continued intermittently for around 300 years. Wife Carrying was re-introduced into the UK by the UK Wife Carrying Race in 2008, after an absence from these shores of nearly 900 years.