

# Wife Carrying Race Race Instructions

*You will not receive anything in the post.*

**Remember, Wife Carrying is a potentially dangerous activity, which could result in injury and/or death.**

**You take part in the race at your own risk!**

If you can't take part, please email me at [peterfduhig@gmail.com](mailto:peterfduhig@gmail.com) to let me know (I'm always interested to know why as well).

**The race will take place at 13.30 on Sunday the 11<sup>th</sup> June 2017,** on the Memorial Playing Field, (known locally as the Federation Club) Downham Market, Norfolk, PE38 9NR, as the finale event to the very successful **Downham Games.** There is parking at the venue.

Firstly, park up and make your way to the registration area on the bottom field. There you will be able to pick up your race t-shirt (carriers and wives both) and your race number (carriers only). Medals and Beer will be presented on finishing.

We ask all competitors to wear their t-shirts during the race.

Carriers, when you fix your race numbers to your shirt, please don't obscure the race logo. Please bring safety pins.

The race weigh-in will be close to the registration area starting at 11.30. All 'wives' must weigh at least 50kg. If you don't weigh 50kg, bring something (rucksack full of bags of sugar for example) to bring you up to the minimum weight. Those under 50kg may be re-weighed on the start line.

**All of those being carried must wear a helmet. No helmet, no race!**

We hope to have 20+ entrants.  
Entrants outside of Norfolk and from overseas are very welcome!.

Anyone using the Soixante-neuf (the reverse Estonian hold), also known as wife carrying position No. 69, will inevitably gain the limelight, if not any extra speed.

There will be a special prize of a pound of **Norfolk** sausages for the carrier of the heaviest wife - who completes the course - for strength. Honour and fame be upon them.

The race will start at 13.30 approx. There will be a hay bale chicane, hay bale hurdles, and on the home straight there will be the water hazard - buckets of cold water and water pistols. Followed by the Flour hazard – small bags/flour bombs tossed at you (Flours for your partner).

**If you drop the 'wife' you must both take three steps backwards before remounting.**