

Wife Carrying Race Rules

Only the carrier has to enter the race.

Males or females carry a 'wife' (who must be at least 18 and can be male or female, and does not need to be the carrier's wife).

All those carried must wear a helmet.

There is a weigh-in prior to the start: All 'wives' must weigh at least 50kg. Anyone under-weight will be obliged to wear a rucksack filled bags of sugar, flour, or similar, to bring them to the required weight.

All entrants will start off at the same time, and the first over the line is the winner. However, there will be a forfeit for dropping the 'wife.'

Three strides back before remounting.

Obstacles, flour and water hazards will be included. Spectators are encouraged to attend with their own water-pistols and buckets of water to staff the 'Splash Zone' (something for the competitors to look forward to!).

The winner of the 1st Norfolk Wife Carrying Race will win a barrel of locally brewed Ale, and may wish to enter the World Wife Carrying Championships in Finland on 1st July 2017.

All competitors; Carriers and Wives, will get a T-shirt and a commemorative Medal.

Each couple receive a small carton of locally brewed beer.

Oldest finisher receives a packet of Pro-Plus.

Last placed finishers receive the ceremonial 'Norfolk'n Good' Trophy

The carrier who completes the course with the heaviest wife will win a pound of Norfolk sausages (for strength) and a pat on the back from the other carriers.

You can use any one of the many recognised holds: bridal carry, piggy-back, shoulder-ride, fireman's carry (across the shoulders), the well-recognised and very fast Estonian Hold (wife hangs upside-down on man's back, legs crossed in front of the man's face) or the not-so-fast but unique Soixante-neuf hold (the reverse Estonian).