



Get ready for...

The Egg & Spoon Race!



Below is all of the information that you need for taking part in the race. Please make sure you have a good read so you don't miss anything important.

On the Day



The Start:

- Location: Clapham Common. Between the Windmill Pub and Long Pond, off Clapham Common South Side
- Registration: Begins 9.30am, ends 10:15am
- Racing begins: 10.30am

At registration you'll be given your numbered egg, a spoon and Challenge Sheet. We'll also check you've got the right Kit (see below). The event will begin with a short traditional egg and spoon relay race in the park. Once completed, you have free range to make your own route between checkpoints scattered across the Capital.



Scoring Points

There are three ways to score points:

1. Location-Specific Questions (LSQs):

Your Challenge Sheet will have a list of questions linked to specific areas. They aren't complicated and don't require much brain power but you will have to go to the location to find the answer. An example might be: "What is the name of the Coffee Shop next to Bond Street tube station?". (We don't think you'll get much from Google, even StreetView, but doing so would *definitely* be cheating!)

2. Photo Opportunities:

You can score points by taking a photograph of your team-mate carrying their egg and spoon at any of the listed landmarks. The object in question has to be reasonably prominent in the picture (i.e. you have to be close to it!) and the egg and spoon most certainly have to be visible. Photos will be checked at the finish line.

3. Egg Preservation:

Your primary mission is to protect your egg at all costs. Your egg will be examined by judges at the finish line and points will be deducted for any damage caused.



The Finish:

You need to be back at the start line by 2pm. You'll need to balance your egg on your spoon for the final yards into the finish line. You can return at any time before that although you will obviously reduce your point-scoring time. However, points will be deducted for every minute after the deadline so don't be late!

Upon arrival at the finish line, your Challenge Sheet will be collected, your egg examined and any photographs inspected (and downloaded if you let us!). You'll get a certificate of egg-cellence and some squash and biscuits will be available. Results will be announced on the website and by email shortly after the event and prizes will be sent by post or delivered.



Kit



You will need the following...(and don't think we won't check!)

- London A-Z map
- Mobile phone (charged and with credit!)
- Something to take digital photos (e.g. camera phone, digital camera)
- Pen

It's December, so check the weather forecast and dress appropriately for several hours outside in cold and, potentially, wet conditions. There's some squash and biscuits at the finish line but you'll probably want some food and drink or certainly the means to buy some. Particularly you runners. If you plan to use public transport then you'll need money and/or an Oyster Card.



Rules



Traditional Egg & Spoon Race Start

- To start the race, there will be a short course (hundred yards or so) to run around. It'll be a relay of three laps, passing the egg and spoon (carefully!) as your baton. If you're a team of two then one of you will have to go twice.
- If you drop and damage your egg here then you'll lose points for the whole race so you'll want to be extra careful. A few seconds' head start is probably not worth it for a broken egg!
- Normal Egg & Spoon rules apply – no touching the egg after the start whistle or the holding the end of the spoon beyond the marker; no surreptitious blu-tac/selotape/glue on the spoon; no deliberate unbalancing of competitors or their eggs; sportsmanly-like heckling, however, is strongly encouraged.
- After your team has completed three laps of the course you are free to head off on your own way to score points and abide by the rules below.



Egg & Spoon for the rest of the race

- After the traditional race start, you do not have to balance your egg on your spoon the whole time. This would probably get annoying pretty quickly and, besides, it's not a good idea when crossing roads. They must, however, be on display at all times. That means you have to carry them in your hands or similar. No wrapping them up in pockets or burying them in rucksacks. Be proud of your eggs!
- The better condition your egg is in at the end of the race, the more points you'll get. If you lose your egg (how!?) then don't worry, you can still finish but expect to lose some points. If you're near the registration tents at Clapham then we can replace your egg but the penalty will still stand.
- To score points at photo checkpoints, your egg must be on the spoon and visible when you take the picture.
- If you are such a knowledgeable Londoner that you know the answer to an LSQ without going to the location, great! But if you get it off Google or phone a friend, that's a big no!



General

- After the traditional start, you are out and about in London on your own. Please stick with your team-mates. Take care when crossing roads (use crossings where you can) and going through crowds. It's not the sort of race where seconds will make a difference so take it easy and be careful. Especially in the initial excitement!
- Don't do anything for this event that you wouldn't normally consider safe or sensible (e.g. taking photos in the middle of a road, going into an area you're not comfortable with, running harder or longer than normal)
- Bikes, cars, taxis and similar are against the rules.
- Please prioritise your own safety, well-being and fun over "winning" the race. Take shelter if you get cold or wet, grab a drink and a bite to eat to keep your energy up.
- You will be amongst members of the public. Be courteous and polite at all times. Don't barge through crowds.
- If taking public transport, always pay your fees. (*Tip*: Make sure your Oyster Card is topped up!)
- This is a fun event raising money for charity. Please abide by the rules and keep in the spirit of the race.
- The organisers reserve the right to adjust teams' points for anything they consider to be an infringement of the above rules or conduct not in keeping with the spirit of the event



A wee note on looking after yourselves...

Please remember that this is a fun event organised by a small group of friends and you'll be out and about in London on your own. We'll do whatever we can to help but we couldn't possibly look after everyone once you're dispersed around town so you've got to be good and take care of yourselves.

See you at the start line!

