

Flipping Good Time in Olney

A biting chilly wind was not going to deter the school children of Olney from taking part in the 2016 Olney Pancake Race. Pre-school to grown-ups all braved the cold to take part in the ancient tradition of flipping pancakes in the high street.

Dating back to 1445 the event draws international media and vast numbers of spectators to the town every year.

Living in Olney, I'm naturally very proud to be part of such an important event in the town's calendar and this year I picked up some insider tips on the best way to hold the pan and pancake when running in this fiercely competitive ladies race. It's not conventional but it's clearly worked for the generations of Olney women who have kept the tradition alive for centuries!