# Former Cooper's Hill champion warns rivals to prioritise safety amid rising risks



A former champion of the Cooper's Hill Cheese-Rolling event has shared crucial tips for future competitors, emphasising preparation and safety amid rising concerns about the event's hazards. Chris Anderson, 37, known for his 23 victories in this eccentric race, highlights that it is not only a test of speed but also one of strategy and awareness. His insights come in the wake of alarming incidents from last week's event, including the airlift of one competitor and another requiring assistance from emergency services after falling.

Taking place annually at Cooper's Hill in Gloucestershire, this unconventional event has its roots in a tradition believed to celebrate spring. Participants chase a 3kg wheel of Double Gloucester cheese down a steep hill, an endeavour that can see speeds reach up to 70mph. As exhilarating as it may be, the event is notorious for the tumbles and falls that frequently occur. In recent years, safety has become a focal point; reports have surfaced of the Tewkesbury Borough Safety Advisory Group designation of the event as unsafe due to unaddressed risks and lack of formal emergency plans. Despite these warnings, Anderson asserts that staying in control is paramount, advising competitors to lean back when descending and to execute an army roll if they lose their footing.

The allure of the race spans generations and has even drawn attention from around the globe, making it a significant local spectacle. Anderson, who began competing at 16, suggests that participants should scout the hill beforehand—a critical piece of advice as many hopefuls reconsider their participation upon witnessing the difficult terrain. He believes that mid-20s is the ideal age for competitors, striking a balance between fitness and experience. “It’s risky, there is no doubt about it,” Anderson remarked, acknowledging the challenges competitors face when chasing the cheese.

Participation in the event surged again this year, with a diverse cohort of competitors, including Tom Kopke from Munich and first-time racer Ava Sender Logan, who expressed a spirited resolve despite her admitted indifference towards cheese. However, the tension surrounding safety protocols remains palpable; Gloucestershire police have articulated their commitment to the event while underscoring the potential overload of emergency services should a serious incident occur. Last year’s event ended with a participant unceremoniously knocked unconscious, raising further questions about governance and safety preparedness.

In light of these concerns, the event’s cultural significance has prompted discussions about its potential recognition on a national heritage list. The British Government is inviting public nominations for traditions that exemplify the essence of the UK, with Cooper's Hill Cheese-Rolling being a frontrunner in such considerations. As the debate over its safety continues, Anderson’s advice may become a requisite for those daring enough to chase the cheese—balancing thrill with caution.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/news/article-14771523/Cheese-rolling-winner-reveals-tips-success.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.bbc.co.uk/news/articles/c2jjknz7kljo)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/news/article-14771523/Cheese-rolling-winner-reveals-tips-success.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://www.gloucestershirelive.co.uk/news/gloucester-news/safety-fears-cheese-rolling-2023-8466224), [[4]](https://www.bbc.com/news/uk-england-gloucestershire-65671173)
* Paragraph 3 – [[5]](https://www.gloucestershirelive.co.uk/whats-on/whats-on-news/gloucestershire-cheese-rolling-2024-champ-9307455), [[6]](https://www.itv.com/news/westcountry/2024-05-24/warning-not-to-take-part-in-cheese-rolling-as-unofficial-event-declared-unsafe), [[7]](https://runningmagazine.ca/sections/runs-races/coopers-hill-cheese-roll-crazy/)

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## Bibliography

1. <https://www.dailymail.co.uk/news/article-14771523/Cheese-rolling-winner-reveals-tips-success.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.bbc.co.uk/news/articles/c2jjknz7kljo> - Chris Anderson, a 23-time champion of the Cooper's Hill Cheese-Rolling event, shares his top three tips for participants: understand the risks involved, get up quickly if you fall, and lean backwards when running down the hill. He emphasises the importance of staying on your feet and advises against bracing during a fall to prevent injuries. The event, which dates back centuries, involves chasing a 7lb Double Gloucester cheese wheel down a steep hill. ([bbc.co.uk](https://www.bbc.co.uk/news/articles/c2jjknz7kljo?utm_source=openai))
3. <https://www.gloucestershirelive.co.uk/news/gloucester-news/safety-fears-cheese-rolling-2023-8466224> - Safety concerns have been raised ahead of the 2023 Cooper's Hill Cheese-Rolling event, as no emergency services, including police and paramedics, will be present. The Tewkesbury Borough Safety Advisory Group has expressed concerns over the lack of formal plans from organisers, leaving the event deemed unsafe for the public. Attendees are advised to be aware of the situation and not to rely on protective measures being in place. ([gloucestershirelive.co.uk](https://www.gloucestershirelive.co.uk/news/gloucester-news/safety-fears-cheese-rolling-2023-8466224?utm_source=openai))
4. <https://www.bbc.com/news/uk-england-gloucestershire-65671173> - Despite safety concerns, the Cooper's Hill Cheese-Rolling event is set to go ahead. The Tewkesbury Borough Safety Advisory Group has expressed concerns over the lack of formal plans from organisers, leaving the event deemed unsafe for the public. Attendees are advised to be aware of the situation and not to rely on protective measures being in place. ([bbc.com](https://www.bbc.com/news/uk-england-gloucestershire-65671173?utm_source=openai))
5. <https://www.gloucestershirelive.co.uk/whats-on/whats-on-news/gloucestershire-cheese-rolling-2024-champ-9307455> - Chris Anderson, the reigning champion of the Cooper's Hill Cheese-Rolling event, shares his top strategies for catching the cheese. Having won the event 23 times since he was 16, Anderson advises participants to understand the risks involved, get up quickly if they fall, and lean backwards when running down the hill. He emphasises the importance of staying on your feet and advises against bracing during a fall to prevent injuries. ([gloucestershirelive.co.uk](https://www.gloucestershirelive.co.uk/whats-on/whats-on-news/gloucestershire-cheese-rolling-2024-champ-9307455?utm_source=openai))
6. <https://www.itv.com/news/westcountry/2024-05-24/warning-not-to-take-part-in-cheese-rolling-as-unofficial-event-declared-unsafe> - The Cooper's Hill Cheese-Rolling event has been declared unsafe by multiple agencies. The Tewkesbury Borough Safety Advisory Group has expressed concerns over the lack of formal plans from organisers, leaving the event deemed unsafe for the public. Attendees are advised to be aware of the situation and not to rely on protective measures being in place. ([itv.com](https://www.itv.com/news/westcountry/2024-05-24/warning-not-to-take-part-in-cheese-rolling-as-unofficial-event-declared-unsafe?utm_source=openai))
7. <https://runningmagazine.ca/sections/runs-races/coopers-hill-cheese-roll-crazy/> - The Cooper's Hill Cheese-Rolling event, held annually in Gloucestershire, England, involves participants chasing a wheel of Double Gloucester cheese down a steep hill. Chris Anderson, a local who started chasing cheese at 16, has won the event multiple times. He advises competitors to pick their line carefully and stay on their feet for as long as possible. The event has grown to attract participants from around the world, including Canadians. ([runningmagazine.ca](https://runningmagazine.ca/sections/runs-races/coopers-hill-cheese-roll-crazy/?utm_source=openai))