

# Lakeside 5k Series



**ALEXANDRA  
SPORTS**

## The 2019 Lakeside 5k Series

Jointly organised by City of Portsmouth A.C. & Havant A.C.  
and supported by Acacia Active & Athletic Events

All races start at 7.15pm

The series comprises of:

5 evening races ~ Wednesdays 24 April, 22 May, 26 June, 24 July, 28 Aug

### The Inter-Club Challenge

Prizes will be awarded to the top 8 clubs based on:

- Each finisher receiving 1 point.
- The top 10 male and female finishers receive bonus points based on 10 points for the first finisher descending by 1 point.
- The Inter-Club Challenge is based on all 5 evening races

In the event of a tie the club providing the greater number of finishers will be awarded the higher prize. If a tie still exists, the team with the higher bonus points will be awarded the higher prize.

### Individual Series Competition

The series winners are based the best three performances in the series based on finishing position within the age group.

In the event of a tie, the highest placing(s) in the series is taken into account. If there is still a tie, the best time achieved in the series is taken into account. If still a tie, the prize is shared.

Categories are based on the competitor's age on the day of the first race.

Awards will be in the following categories:

1st 3 Overall +

U13, U15, U17, U20, V40, V45, V50, V55, V60, V65, V70, V75 & V80

The prizes for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> are irrespective of age category

### Individual Race Awards

Awards will be made to the first 3 finishers in each of the 5 evening races, irrespective of age category.

The 2019 Lakeside 5k series will be supporting the following charities:

