

City of Portsmouth A.C. & Havant A.C.

jointly present the

Lakeside 5k Series

Under UKA Rules & a Certified Course



Incorporating the

Wednesday evenings

24 April, 22 May, 26 June, 24 July, 18 August 2019

Starting at 7.15 pm

Race Registration ~ Lakeside North Harbour, Western Road, Cosham PO6 3EN



The course is not suitable for wheelchairs
Computerised Results Accurate km markers Free Parking
Post Race Drinks Changing Refreshments



Member Event

Prizes will be awarded to the top three male and female finishers in each race.

Overall and age category winners of the series will be based on a points system with the best 3 performances to score in the 5 evening races. Age category is based on age at 24 April 2019

The **Alexandra Sports Inter-Club Challenge** is based on the aggregate scores of the 5 races, each finisher receiving 1 point and bonus points awarded to the top 10 male and female finishers.

Entry Options - Complete the Entry Form below or
Pay by Credit Card, Debit Card or PayPal at www.athleticevents.co.uk

It is
cheaper to enter
the series in
advance

Entry form - Lakeside 5k Road Races

Information supplied on this Entry Form will only be used as permitted by the Data Protection Act

Surname _____ First Name _____ Male/Female _____
Address _____
Post Code _____ Date of Birth _____ Age on race day _____
e-mail _____ Telephone No. _____
Athletic Club _____ Estimated Finishing Time _____

Entry Fee for the series £30.00 (Affiliated) £40.00 (Unattached)

Entry Fee for individual 5k races £6.00 (Affiliated), £8.00 (Unattached) £2 extra for entries on the day

5 Race Series 24 April 22 May 26 June 24 July 28 August

If you provide an e mail address, the race details will e mailed to you and your race number can be collected on the night of the race. Entries to be made under the athlete's 'First Claim' UKA affiliated club and posted with your cheque, payable to **Athletic Events** to:

Acacia Active, Athletic Events, Acacia, Botley Road, Curdridge, Hampshire SO32 2DU to arrive not later than 5 days before the event.

The personal data you provide is used in accordance with current and future UK data protection legislation.

I declare that I am medically fit to run and an amateur as defined by the rules governing this event.

I will abide by the UKA rules and will not hold the organisers or sponsors responsible for any injury, illness or accident to my person or loss of property resulting from my participation in this event. The minimum age for entry to the 5k is 11 years on the day of the race.

In the event of cancellation due to any reason beyond the race organiser's control, the entry fee may not be returned.

For further details visit www.athleticevents.co.uk or email lakeside5k@athleticevents.co.uk

Signature _____ Licence No. (if applicable) _____ Date _____

Race No.