



# BRITISH OPEN KARATE CHAMPIONSHIPS

## Glasgow, Scotland 1<sup>st</sup> & 2<sup>nd</sup> October 2011

SENIOR, JUNIOR, CADET, CHILDREN
BUILLETIN 1

Kelvin Hall International Arena 1445 Argyle Street, Glasgow, G3 8AW

The only British International tournament Sanctioned by the WKF

www.britishkaratefederation.co.uk
Closing Date for Entries 23<sup>rd</sup> Sep 2011



**UNICEF: The BKF International charity** 





The BKF supports the UNICEF. This charity all over the world, please championships.



children's charity cares for needy children give generously at the

Dear Friends,

May I take this opportunity to welcome you to the host City of Glasgow and the prestigious British Karate Federation British Open.

The event, which has been sanctioned by the WKF, will be in partnership with Unicef in an effort to increase awareness and raise funds for the world's needy children.

The aim of the Unicef-BKF partnership is to provide educational resources for many of these children and we would be delighted if you could support us in this very worthwhile cause.

I look forward to seeing you all in Glasgow; in the meantime I would encourage you all to visit <a href="https://www.seeglasgow.com">www.seeglasgow.com</a>.

If you require any further information or assistance then please contact jdundas@sigtec.com

Thank you

Terry Connell

President: British Karate Federation

**Revision list** 

Nil





## Saturday 1<sup>st</sup> October 2011

## Kata (14 years and above)

### PLEASE NOTE ALL CHECK IN AND START TIMES

KATA 14 YEARS AND ABOVE – SATURDAY 1 <sup>st</sup> Oct 2011 Registration: 8.30am – Start: 9:00am							
Category	Code		Category	Code			
Female Cadet Kata 14-15yrs	KA1		Male Cadet Kata 14-15yrs	KA5			
Female Junior Kata 16-17yrs	KA2		Male Junior Kata 16-17yrs	KA6			
Female Kata 18yrs to 20yrs Inclusive	KA3		Male Kata 18yrs to 20yrs Inclusive	KA7			
Female Seniors Kata (Please note 16yrs + eligible)	KA4		Male Seniors Kata (Please note 16yrs + eligible)	KA8			

KATA TEAM 14-17 & SENIORS – SATURDAY 1 <sup>st</sup> Oct 2011 Registration: 8.30am – Start: 10:00am – Event: Team Kata						
Category	Code		Category	Code		
Female Team 14 to 17yrs (No Bunkai)	KA9		Male Team 14 - 17yrs (No Bunkai)	KA11		
Female Team Senior 18yrs & above (Bunkai)	KA10		Male Team Senior 18yrs & above (Bunkai)	KA12		

VETERANS KATA – SATURDAY 1 <sup>st</sup> Oct 2011 Registration 8.30am Start: 10am					
Category	Code				
Veterans Kata – Male and Female All Grades over 35years	KA99				





## Saturday 1<sup>st</sup> Oct 2011 – Kumite (14years and above)

CADET KUMITE 14 & 15 YEARS – SATURDAY 1 <sup>st</sup> Oct 2011 Registration/Weigh In: 9.30am – Start: 11am						
Category Female Cadet	Code		Category Male Cadet	Code		
Female Cadet Kumite 14-15yrs - 47kgs	KU17		Male Cadet Kumite 14-15yrs - 52kgs	KU20		
Female Cadet Kumite 14-15yrs - 54kgs	KU18		Male Cadet Kumite 14-15yrs - 57kgs	KU21		
Female Cadet Kumite 14-15yrs + 54kgs	KU19		Male Cadet Kumite 14-15yrs - 63kgs	KU22		
			Male Cadet Kumite 14-15yrs - 70kgs	KU23		
			Male Cadet Kumite 14-15yrs + 70kgs	KU24		

CADET KUMITE OPEN & TEAM 14 - 15 YEARS – SATURDAY 1 <sup>st</sup> Oct 2011  Registration: 9.30am. Start: 12:30					
Category Female Cadet	Code		Category Male Cadet	Code	
Female Cadet Team (3) Kumite 14-15yrs	KU25		Male Cadet Team (3) Kumite 14-15yrs	KU27	
Female Cadet Kumite 14-15yrs Open	KU26		Male Cadet Kumite 14-15yrs Open	KU28	

<b>JUNIOR KUMITE - SATURDAY 1<sup>st</sup> Oct 2011</b> Registration/Weigh In: 11am - Start: 1.30pm						
Category Female Junior	Code	Category Male Junior Code				
Female Junior Kumite 16-17yrs - 48kgs	KU29	Male Junior Kumite 16-17yrs - 55kgs KU33				
Female Junior Kumite 16-17yrs - 53kgs	KU30	Male Junior Kumite 16-17yrs - 61kgs KU34				
Female Junior Kumite 16-17yrs - 59kgs	KU31	Male Junior 16-17yrs - 68kgs KU35				
Female Junior Kumite 16-17yrs + 59kgs	KU32	Male Junior Kumite16-17yrs - 76kgs KU36				
		Male Junior Kumite 16-17yrs + 76kgs KU37				





#### Saturday 1<sup>st</sup> Oct 2011 – Kumite (14years and above)

JUNIOR KUMITE OPEN & TEAM- SATURDAY 1 <sup>st</sup> Oct 2011  Registration: 11am - Start: 3pm						
Category Female Junior Code			Category Male Junior	Code		
Female Junior Team (3) Kumite 16-17yrs	KU38		Male Junior Team (3) Kumite 16-17yrs	KU40		
Female Junior Kumite 16-17yrs Open	KU39		Male Junior Kumite 16-17yrs Open	KU41		

<b>KUMITE SENIORS – SATURDAY 1<sup>st</sup> Oct 2011</b> Registration/Weigh In: 12 noon – Start: 4pm							
Category Female Seniors	Code		Category Male Seniors	Code			
Female Senior Kumite 18yrs and over - 50kgs	KU42		Male Senior Kumite 18yrs and over - 60kgs	KU47			
Female Senior Kumite 18yrs and over - 55kgs	KU43		Male Senior Kumite 18yrs and over - 67kgs	KU48			
Female Senior Kumite 18yrs and over - 61kgs	KU44		Male Senior Kumite 18yrs and over - 75kgs	KU49			
Female Senior Kumite 18yrs and over - 68kgs	KU45		Male Senior Kumite 18yrs and over - 84kgs	KU50			
Female Senior Kumite 18yrs and over + 68kgs	KU46		Male Senior Kumite 18yrs and over + 84kgs	KU51			

KUMITE SENIORS OPEN &TEAM - SATURDAY 1 <sup>st</sup> Oct 2011  Registration: 12 noon - Start: 5pm							
Category Female Seniors Code		Category Male Seniors	Code				
Female Senior Kumite Teams 18yrs and over	KU52	Male Senior Kumite Teams 18yrs and over	KU54				
Female Senior Kumite 18yrs and over Open	KU53	Male Senior Kumite 18yrs and over Open	KU55				

#### ATHLETES CAN REGISTER FOR MORE THAN ONE CATEGORY AT A TIME

All competitors should register at the relevant registration desks leaving plenty of time prior to the start time of their competition. Please have a note of your category code, this will help with the registration process. Registration may open before the stated time but announcements will be made. This will allow for a smooth registration process throughout the event.

If all competitors are registered for a category then that category may start earlier.

Start times may vary during the day so please listen out for announcements.





## Sunday 2<sup>nd</sup> October 2011

## Kata and Kumite 7 to 13 years old

KATA 7 – 13 YEARS INCLUSIVE – SUNDAY 2 <sup>nd</sup> Oct 2011 Registration: 8.30am – Start: 9am – First Event: Individual Kata						
Category	Code		Category	Code		
Girls Kata 7-9yrs	KA11		Boys Kata 7-9yrs	KA14		
Girls Kata 10-11yrs	KA12		Boys Kata 10-11yrs	KA15		
Girls Kata 12-13yrs	KA13		Boys Kata 12-13yrs	KA16		

KATA TEAM UNDER 14yrs – SUNDAY 2 <sup>nd</sup> Oct 2011 Registration: 8.30am – Start: 10am – Event: Team Kata					
Category	Code		Category	Code	
Girls Pair Team Kata 7 – 10yrs	KA17		Boys Pair Team Kata 7 – 10yrs	KA19	
Girls Pair Team Kata 11 – 13yrs	KA18		Boys Pair Team Kata 11 – 13yrs	KA20	

Registration and weigh in will be staggered for the remaining categories below (see the specific info above categories).

Children competing in Kata and Kumite can weigh in from 8.30am.





## Sunday 2<sup>nd</sup> Oct 2011 - Continued Kata and Kumite (up to and including 13 years)

<b>KUMITE 7 – 11 YEARS INCLUSIVE – SUNDAY 2<sup>nd</sup> Oct 2011</b> Registration/Weigh In: 10am – Start: 11am						
Category	Code	Category				
Girls Kumite 7-9yrs - 25kgs	KU56	Boys Kumite 7-9yrs - 33kgs KU60				
Girls Kumite 7-9yrs + 25kgs	KU57	Boys Kumite 7-9yrs + 33kgs KU61				
Girls Kumite 10-11yrs - 35kgs	KU58	Boys Kumite 10-11yrs - 45kgs KU62				
Girls Kumite 10-11yrs + 35kgs	KU59	Boys Kumite 10-11yrs + 45kgs KU63				

KUMITE OPEN & TEAM 7 - 13 YEARS INCLUSIVE – SUNDAY 2 <sup>nd</sup> Oct 2011  Registration: 12 noon – Start: 1.30pm					
Category	Code	Category			
Girls Team Kumite (3) 7 – 9yrs	KU64	Boys Team Kumite (3) 7 – 9yrs KU68			
Girls Team Kumite (3) 10 – 13yrs	KU65	Boys Team Kumite (3) 10 – 13yrs KU69			
Girls Kumite Open 7 – 9 yrs	KU66	Boys Kumite Open 7 – 9yrs KU70			
Girls Kumite Open 10 – 13yrs	KU67	Boys Kumite Open 10 – 13yrs KU71			

<b>KUMITE 12 – 13 YEARS INCLUSIVE – SUNDAY 2<sup>nd</sup> Oct 2011</b> Registration/Weigh In: 12 noon – Start: 3.30pm					
Category	Code		Category	Code	
Girls Kumite 12-13yrs - 45kgs	KU72		Boys Kumite 12-13yrs -45kgs	KU74	
Girls Kumite 12-13yrs + 45kgs	KU73		Boys Kumite 12-13yrs + 45kgs	KU75	





The BKF are pleased to continue to support disabled competitors within karate and are delighted to announce that the Disability Kata contest will this year again feature at the BKF Open. The event will take place on Sunday at 10am for [all ages] for those with a physical or mental disability. The range will depend on demand and as this is a new area for us we ask for understanding on this sensitive matter. Should you enter this category you cannot participate in any other category.

The BKF have published a paper on this which is available on our website and Mike Billman from our executive has been given the task of overseeing this project. Mike can be contacted through our web email address.

<b>DISABILITY KATA – SUNDAY 2<sup>nd</sup> Oct 2011</b> Registration 8.30am Start: 10am			
Category	Code		
Disability Kata all ages male and female	KUDK 01		

#### **Photography and Video Filming**

The BKF will have an official photography who will be taking photographs during the event. These photos will be used for public relations and for use on the BKF website as well as Facebook.

If anyone has any issues please contact BKF Organiser John Dundas (jdundas@sigtec.com)

These images will also be available for Associations, Groups, Clubs and families to download and use as long as BKF are given the credit.

Video and photography use by the general public is "Free of charge" but you will have to register on the day of the event at the main centre reception.

Please reframe from encroaching on the matted areas for photography or videoing.





#### **IMPORTANT NOTES**

All entry payment should be made by cheque and payable to 'British Karate Federation'.

All payments should be sent to tournament organiser committee member:

John Dundas, 26 Balgray Road Glasgow G77 6PB Scotland UK

This event is being organised by the British Karate Federation with grateful assistance from the Scottish Karate Governing Body Ltd.

Associations are reminded of their responsibility and the importance of insurance cover for all athletes and that coaches signing entry forms have confirmed and seen all registrations including arranging insurance cover for all their competitors.

#### IMPORTANT NOTE FOR COACHES

<u>Due to the expected high number of entries the repercharge system will not be operated at these Championships.</u>

Competitors can only compete in their own categories and cannot move up to compete in another category.

In the unlikely event of low Category entries the organisers reserve the right to amalgamate categories.

Coaches, please ensure your competitors leave the area when their category finishes, this is a strict rule.

Please advise your competitors accordingly regarding insurance cover.

A maximum of 4 coaches passes per association. Please supply a list of coaches when submitting your application.

#### Parental consent: This is the responsibility of the association

#### Coaches Code Of Dress: IMPORTANT

Coaches must be in Association tracksuits or colours etc. and must wear their coaching ID badge. Inappropriate dress will be refused access to the Tatami.

Only coaches ADHERING TO DRESS CODE and in possession of a coach's pass will be allowed on the competition area, these will be supplied at the event. Coach's passes will be provided according to the number of entries up to a maximum of four. All coaches must provide his/her details to the Chief Referee. Only 1 coach is permitted on the Tatami at any one time.

#### Insurance

It is the responsibility of each individual to have their own insurance cover for the event.





#### **Schedule**

#### Saturday 1st October 2011

All Kata and Kumite for 14 years and above will be held under WKF rules, WKF face and body protection for 14-15 year olds will be compulsory.

Kata will start from 9am with individual Kata being the first event. Kumite events will have staggered start times, starting from 10.30 am with registration and weigh in being one hour before. All staggered times are estimated as this will depend on the number of entries in each category.

#### Sunday 2<sup>nd</sup> October 2011

All Kata and Kumite for 7 to 13 year olds inclusive will be held on the Sunday.

All Kata events will start at 9am with the individual kata being the first event. Registration will be from 8.30am.

For 13 years and under, competitors may choose which ever Kata they wish to perform and this can be repeated in all subsequent rounds.

All Kumite events for 7-13 years inclusive will also take place on Sunday 2<sup>nd</sup> October, these events will have staggered start times with weigh in and registration one hour before.

All staggered times are estimated as this will depend on the number of entries in each category.

Minimum age is 7yrs and above for all Kata and Kumite.

#### From Chief Referee (C. Mbakwe WKF Referee)

Could all Associations and coaches be advised that the WKF rules will be strictly applied in all categories for the Saturday events for 14 years and above with the exception of repercharge.

With reference to Senior Team Kata for 16 years and above, the two team finalists must perform BUNKAI as laid down in the WKF rules.





#### **Transport Information**

Glasgow is very well connected by Road, Rail and Air. Within the Central belt of Scotland there are 3 main airports.

#### **Airports**

Glasgow International Airport
Glasgow Prestwick Airport
Edinburgh Airport
- 8 miles from Glasgow City Centre
- 29 miles from Glasgow City Centre
- 45 miles from Glasgow City Centre

#### **Main Line Railway Stations**

Glasgow Queen Street Station Glasgow Central Station

#### **Airlines Glasgow International Airport (GLA)**

Aer Linaus Air Southwest **BMIbaby British Airways** Canadian Affair Continental Easyjet Emirates Flybe Icelandair KLM Onur Air Pakistan (PIA) Spainair Thomson Thomas Cook **US** Airways

#### **Airlines Edinburgh Airport (EDI)**

Aer ArannAer LingusAir FranceAustrianBMIBMIbabyBritish AirwayContinentalEasyjetFlybeGermanwingsJet2

KLM Lufthansa Norwegian Ryanair SAS

Thomas Cook Thomson

#### **Airlines Glasgow Prestwick Airport (PIK)**

Canadian Affair www.canadianaffair.com

Aer Annan Flybe Ryanair Wiz Air

#### **Airline Websites**

Aer Lingus <a href="https://www.aerlingus.com">www.aerlingus.com</a>
Aer Annan <a href="https://www.aerarann.com">www.aerarann.com</a>
Air Southwest <a href="https://www.airsouthwest.com">www.airsouthwest.com</a>
Air Southwest <a href="https://www.airsouthwest.com">www.airsouthwest.com</a>
BMI <a href="https://www.flybmi.com">www.flybmi.com</a>
BMIbaby <a href="https://www.bmibaby.com">www.bmibaby.com</a>
British Airways <a href="https://www.ba.com">www.ba.com</a>

BMIbaby <u>www.bmibaby.com</u>
Continental <u>www.continental.com</u>
Emirates <u>www.emirates.com</u>
British Airways www.ba.com
Easyjet www.easyjet.com
Flybe www.flybe.com

Germanwings <u>www.germanwings.com</u> Icelandair www.icelandair.com

Jet2 <u>www.jet2.com</u> KLM www.klm.com

Norwegian <u>www.norwegian.com</u>
Pakistan (PIA) <u>www.piac.com.pk</u>
SAS www flysas com
SAS www flysas com
Sas www flysas com

SAS <u>www.flysas.com</u>
Thomas Cook <u>www.thomascook.com</u>
US Airways www.usairways.com
Spainair www.spainair.com
Thomson www.thomson.co.uk
Wiz Air www.wizzair.com





#### **Glasgow International Airport Public Transport Links**

#### **Trains**

The nearest rail station to the airport is Paisley Gilmour Street, which is just one mile from the terminal and easily reached by taxi or bus (services 66 and 300).

There are 8 trains an hour from Paisley Gilmour Street to Glasgow Central (5 ph on Sundays). Rail tickets to Glasgow Central, via Paisley Gilmour Street, can be purchased from the SPT Travel Centre on the ground floor of the airport terminal, next to domestic arrivals.

#### **Airport Express Bus Service 500**

Services to Glasgow city centre Service 500 (<a href="www.glasgowflyer.com">www.glasgowflyer.com</a>) The Arriva Glasgow Flyer provides a high-frequency bus service to and from Glasgow City Centre and Buchanan bus station (stand 46). This service leaves from Bus Stop 1.

Services run up to every 10 minutes and journey time is 15 minutes to the City Centre. The bus service stops at all major City centre hotels and Strathclyde University.

Single fare: £4.20 Adult Return: £6.20 Adult Open Return: £6.50

#### **Airlink City Bus Service 747**

Service 747 AirLink (www.firstgroup.com) service operates between Glasgow Airport and the city centre via Partick, Kelvingrove Art Gallery and Charing Cross.

Buses run up to every 20 minutes and journey time to Buchanan bus station is around 48 minutes. Service 747 provides direct access to many visitor hotels in the West end. This service leaves from Bus Stop 8.

Single fare: £4 Return: £5. Plus

#### **Buses to Railway Station Service 66 and 300**

These buses leave on a frequent basis and stop at Paisley Gilmour Street railway station Service 66 leaves from Stand 7 and Service 300 leaves from Stand 6.





#### **Edinburgh Airport Public Transport Links**

There is no direct public transport link between Edinburgh Airport and Glasgow City Centre. The journey requires a bus and a train trip which should take approx. 1hr 30 minutes.

Edinburgh Airlink 100 is an express bus service runs from the airport to Waverley Bridge beside Waverley Street main railway station. The bus runs every 10 minutes to 15minutes. Journey time 25 minutes.

**Fare:** Single £3.50, Return £6 (reductions for children).

Buy tickets at the airport information desk, at the bus stop or from the driver Train from Edinburgh Waverley Station to Glasgow Queen Street depart every 15 minutes with a journey time of 50 minutes.

Fare: Return Adult £22.00 Return Child £11.50

#### **Glasgow Prestwick Airport Public Transport Links**

#### **Trains**

Glasgow Prestwick is served by its own railway station which is accessible by a covered walkway to/from the airport.

From Airport

0548 – 2308 Monday – Saturday 0850 – 2307 Sunday

From Glasgow

0600 – 0015 Monday – Friday 0600 - 2330 Saturday 0900 -2300 Sunday

#### 1/2 Price Rail Travel

All passengers travelling to and from the airport will receive 50% discount on the standard fare. Passengers joining the train at Prestwick Airport require to show their official flight confirmation and photo id to the train conductor when buying their ticket, as there is no ticketing office at Prestwick Airport.

#### **Bus Services**

#### X77 Express Bus Service Prestwick

Glasgow Prestwick Airport is served by Stagecoach Western X77 Express Service and operates to/from Glasgow Buchanan Street Station. This is a direct service which stops outside the airport on the A79.

 X77 From Airport
 0639 - 2034 Monday – Saturday
 0810 – 1810 Sunday

 X77 From Glasgow
 0735 - 2330 Monday – Saturday
 0905 – 1905 Sunday

Journey time is 50 minutes

Stagecoach Western runs the bus service between the Airport Terminal and Glasgow Buchanan Bus

Station from 06:30 - 22:20 for more details click below.





#### **Glasgow Prestwick Airport Public Transport Links (Continued)**

#### **Late Evening Bus Services From Prestwick Airport**

The X99 airport express bus service offers passengers, who arrive on late evening flights out with public transport times, a direct service between the airport and Glasgow.

Passengers are strongly recommended to pre-book tickets, although they can be purchased from the driver on the day of travel subject to availability.

Depart: Glasgow Prestwick Airport - Side of Terminal 23:59 pm Arrive: Glasgow Buchanan Bus Station Stance 1 01:00 am

#### **Early Morning Bus Service to Prestwick Airport**

The X99 airport express bus service offers passengers, who require to check-in prior to 07:30 on weekdays and 10:00 on Sundays, a fast, comfortable and reliable service between Glasgow and the airport.

Depart: Buchanan Bus Station Stance 1 04.30am Arrive: Glasgow Prestwick 05.15 am

To buy tickets online visit www.gpia.co.uk/AirportInfo/HowTo/bus.asp Or by telephoning 08712 222 883. (UK calls only). Tickets are only valid for the X99 service.

Fares: £8 single (pre book) £9 single (standard fare)

#### Car Parking at the Venue

Below you will find a map that shows the locations of various car parking areas around the main venue. Both areas are covered by payment parking meters for the Saturday and Sunday. You will require change for these machines.

The main car park has 400 spaces and is cheaper than the on-street parking. The car park and on-street parking both have marked disabled parking spaces.







#### Accommodation

Glasgow has a very large range of hotel accommodation from group specialist thru to 5 star hotels. The BKF have been working in partnership with "Glasgow City Marketing Bureau" and its members to bring you some of the best deals in accommodation.

As well as hotels the University of Glasgow and Strathclyde University have offered their accommodation at low rates for the weekend of the event. Excellent for squads.

#### Main Hotel Booking Site "SeeGlasgow"

The Glasgow City Marketing Bureau offer some of the best discounted rates to visitors to the City. Prices for hotels start at £40 per night including a full Scottish breakfast. All the main hotels can be booked from this website. To check on availability and make a booking visit www.seeglasgow.com

#### **University Of Glasgow Accommodation**

Queen Margaret Residence -Queen Margaret Residence is situated near to the Botanic Gardens. 3 Miles to main venue. The accommodation comprises of en suite rooms with access to a shared well-equipped kitchen. All guests also have access to a common lounge area. The 2011 rate for this residence is £35.75 per person per night (self-catering but inclusive of a breakfast muffin and juice).

**Wolfson Hall** - Wolfson Hall is situated in the West of Scotland Science Park in a quiet woodland area about 20 minutes drive from the main venue and city centre. All rates include a full Scottish breakfast and all guests have access to a shared TV room and common room. The rate is from £25.00 per room per night (bed and breakfast).

**Cairncross House** - Cairncross House is a perfect base to explore Glasgow. It is within easy walking distance of the University and the city centre and close to local amenities such as shops, bars and restaurants. It is only a few miles from the main venue. All rooms are standard with wash hand basin and self-catering with access to a shared kitchen and lounge/TV area. The rate for this residence is £19.25 per person per night (self-catering).

For facts and photographs of our residences, please follow this link: http://www.gla.ac.uk/services/cvso/accommodation

#### **University of Strathclyde**

The University of Strathclyde's city centre campus is the ideal location for all visitors to the city. They are delighted to offer you Bed and Breakfast and also Self Catering. Bed and Breakfast can be in either of our standard or en suite single bedrooms. Self catering is in standard single bedroom flats, available for a minimum 4 persons.

Contact: Mary Young on UK +44 (141) 548 3604 Email mary.young@strath.ac.uk

#### **Pond Hotel Glasgow Special Rates**

The Pond Hotel is only 15 minutes from the main venue. The hotel has offered a special rate to the BKF for the weekend of the competition. The hotel has 137 rooms and free car parking.

Double room for sole use £60.00 Bed & breakfast per room per night Double or Twin for 2 people £70.00 Bed & Breakfast per room per night. Please Quote "British Karate Federation" when booking either via telephone number +44 141 334 8161 or reservation@pondhotel.com





#### Visitor Requirements to Enter the UK

The UK Border Agency is responsible for securing the United Kingdom's borders and controlling migration. They consider applications for permission to enter or stay in the United Kingdom (UK) through their visa services around the world.

To check if you require a visa please visit the UK Border Agency Visa website which gives you information and guidance about which nationalities need UK visas to enter the country. www.ukvisas.gov.uk

#### **General Information**

Time Zone GMT+1 (British Summer Time)

Voltage: 220Volt/50Hz

Weights and sizes: Metric System

Weather Oct: Aver 50deg F/9deg C Shops: Supermarkets: Most open 7 days a week.

Mobile Phone: Vodafone, Orange, O2, T-Mobile, 3G

Currency: British Pound £ Vaccination Required : No Credit Cards: All major cards Most open 7 days a week Banks: Mon-Fri 9am - 5pm

Transportation Links: Underground, bus and rail. (www.spt.co.uk for further information)

#### **Emergency Medical Treatment**

Glasgow has a number of Accident and Emergency units. The closest one to the main venue is the Western Infirmary (approximately ½ mile from the venue).

Glasgow Western Infirmary. 24hrs Accident and Emergency Service. Tel: 0141 211 2000

#### **Emergency Phone Number**

If you require the Police, Fire Service or Ambulance in an emergency then you must call "999". This will put you through to an operator who will ask you which service you require. They will then transfer your call to the relevant service.

#### **Drinks and Food at Venue**

There will be a café that will operate throughout the day. There are also a number of vending machines onsite and nearby shops.

#### **Disabled Access and Parking**

The venue has disabled parking bays at the side of the building (see parking map) and also full disabled access

#### **ENTRY FORM**

ASSOCIATION:		COUNTRY:	
CONTACT NAME:	TELEPHONE:		E-MAIL:
FULL ADDRESS:			
I confirm that all the competitors entered on	this sheet have receive	ved my advice of and a	accept the following statement:
that the competitor or his personal represer	ntative may have for an ersonal belongings suf	ny injury (however cau	ents and all other competitors from all claims sed) sustained by the competitor and for the ng the course of the Championships or while
SIGNED			
BY COACH	PRINT	LIC	CENCE NO

#### **ENTRY FORM**

**Individual Entry £15.00 per event** 

				≈ 10:00 pci					
COMPETITORS FULL NAME	SEX M/F	EXACT WEIGHT (KILOS)	D.O.B	GRADE	FOF	KING CO R INDIVID	UAL	TOTAL INDIVIDUAL COST	Country
					KATA	KUMITIE	OPEN		
Joe Bloggs	M	75kg	29-Nov-65		KA12	KU67	KU88	£45.00	Scotland

## **Team Entry Form**

ASSOCIATION:		COUNTRY:		
COACHES NAME:	TELEPHONE		E-MAIL:	

CATEGORY	CODE	TEAMS	COST	TOTAL COST
Female Team Kata 14 – 17 yrs	KA9		£30.00	
Female Team Kata 18yrs and above	KA10		£30.00	
Male Team Kata 14 – 17 yrs	KA11		£30.00	
Male Team Kata 18 yrs and above	KA12		£30.00	
Girls Pair Team Kata 7 – 10 yrs	KA17		£25.00	
Girls Pair Team Kata 11 – 13 yrs	KA18		£25.00	
Boys Pair Team Kata 7 – 10 yrs	KA19		£25.00	
Boys Pair Team Kata 11 – 13 yrs	KA20		£25.00	
Female Cadet Team Kumite 14 – 15 yrs	KU25		£30.00	
Male Cadet Team Kumite 14 – 15 yrs	KU27		£30.00	
Female Junior Team Kumite 16 – 17 yrs	KU38		£30.00	
Male Junior Team Kumite 16 – 17 yrs	KU40		£30.00	
Female Senior Team Kumite 18 yrs +	KU52		£30.00	
Male Senior Team Kumite 18 yrs +	KU54		£30.00	
Girls Team Kumite 7 - 9 yrs	KU64		£25.00	
Girls Team Kumite 10 - 13 yrs	KU65		£25.00	
Boys Team Kumite 7 - 9 yrs	KU68		£25.00	
Boys Team Kumite 10 - 13 yrs	KU69		£25.00	

	TOTAL KUMITE	

#### **Spectator Fees**

Туре
Adult
Children under 18
Family 2x2

Days	Cost
1	£8
1	£5
1	£17

Days	Cost
2	£12
2	£8
2	£22

Total amount of cheque: £

Cheques payable to

'British Karate Federation' and sent to:

John Dundas, 26 Balgray Road Glasgow G77 6PB Scotland