



# BRITISH INTERNATIONAL OPEN KARATE CHAMPIONSHIPS

**Glasgow, Scotland**  
**10<sup>th</sup>-11<sup>th</sup> July 2010**

**SENIOR, JUNIOR, CADET, CHILDREN**

**BULLETIN 2**

Revised 24<sup>th</sup> Jan 2010

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

***The only British International tournament  
sanctioned by the WKF***

**[www.britishkaratefederation.gb.com](http://www.britishkaratefederation.gb.com)**



**UNICEF: The BKF International charity**

The BKF supports the children's charity UNICEF. This charity cares for needy children all over the world, please give generously at the championships.



Dear Friends,

May I take this opportunity to welcome you to the host City of Glasgow and the prestigious British Karate Federation International 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 [www.seeglasgow.com](http://www.seeglasgow.com).

If you require any further information or assistance then please contact [jdundas@sigtec.com](mailto:jdundas@sigtec.com)

You can also follow the BKF on Twitter at : [BritishKarate](https://twitter.com/BritishKarate)

Thank you

Terry Connell  
President: British Karate Federation

### **Revision list**

**24<sup>th</sup> Jan – Change to Female and Male Team kata for 14 – 17year olds**

**Saturday 10<sup>th</sup> July 2010**

**Kata (14 years and above)**

**PLEASE NOTE ALL CHECK IN AND START TIMES**

**Note: 24<sup>th</sup> Jan 2010 – Revised Team kata for 14 – 17 olds**

<b>KATA 14 YEARS AND ABOVE – SATURDAY 10<sup>th</sup> JULY 2010</b>			
Registration: 8.30am – Start: 9:00am – First Event: Individual Kata			
Category	Code	Category	Code
Female Cadet Kata 14-15yrs	KA1	Male Cadet Kata 14-15yrs	KA4
Female Junior Kata 16-17yrs	KA2	Male Junior Kata 16-17yrs	KA5
Female Seniors Kata 18yrs and over	KA3	Male Seniors Kata 18yrs and over	KA6

<b>KATA TEAM 14-17 &amp; SENIORS – SATURDAY 10<sup>th</sup> JULY 2010</b>			
Registration: 8.30am – Start: 10:00am – Event: Team Kata			
Category	Code	Category	Code
Female Team 14 to 17yrs (No Bunkai)	KA7	Male Team 14 - 17yrs (No Bunkai)	KA9
Female Team Senior 18yrs & above (Bunkai)	KA8	Male Team Senior 18yrs & above (Bunkai)	KA10

<b>VETERANS KATA – SATURDAY 10<sup>th</sup> JULY 2010</b>	
Registration 8.30am Start: 10am	
Category	Code
Veterans Kata – Male and Female All Grades over 35years	KA99

**Saturday 10<sup>th</sup> July 2010 – Kumite (14years and above)**

<b>CADET KUMITE 14 &amp; 15 YEARS – SATURDAY 10<sup>th</sup> JULY 2010</b>			
Registration/Weigh In: 9.30am – Start: 11am			
<b>Category Female Cadet</b>	<b>Code</b>	<b>Category Male Cadet</b>	<b>Code</b>
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

<b>CADET KUMITE OPEN &amp; TEAM 14 - 15 YEARS – SATURDAY 10<sup>th</sup> JULY 2010</b>			
Registration: 9.30am. Start: 12:30			
<b>Category Female Cadet</b>	<b>Code</b>	<b>Category Male Cadet</b>	<b>Code</b>
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 10<sup>th</sup> JULY 2010</b>			
Registration/Weigh In: 11am – Start: 1.30pm			
<b>Category Female Junior</b>	<b>Code</b>	<b>Category Male Junior</b>	<b>Code</b>
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 Kumite 16-17yrs - 76kgs	KU36
		Male Junior Kumite 16-17yrs + 76kgs	KU37

**Saturday 10<sup>th</sup> July 2010 – Kumite (14years and above)**

<b>JUNIOR KUMITE OPEN &amp; TEAM – SATURDAY 10<sup>th</sup> JULY 2010</b>			
Registration: 11 am – Start: 3pm			
<b>Category Female Junior</b>	<b>Code</b>	<b>Category Male Junior</b>	<b>Code</b>
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 10<sup>th</sup> JULY 2010</b>			
Registration/Weigh In: 12 noon – Start: 4pm			
<b>Category Female Seniors</b>	<b>Code</b>	<b>Category Male Seniors</b>	<b>Code</b>
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

<b>KUMITE SENIORS OPEN &amp; TEAM – SATURDAY 10<sup>th</sup> JULY 2010</b>			
Registration: 12 noon – Start: 5pm			
<b>Category Female Seniors</b>	<b>Code</b>	<b>Category Male Seniors</b>	<b>Code</b>
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 11<sup>th</sup> July 2010**

**Kata and Kumite 7 to 13 years old**

<b>KATA 7 – 13 YEARS INCLUSIVE – SUNDAY 11<sup>th</sup> JULY 2010</b> Registration: 8.30am – Start: 9am – First Event: Individual Kata			
<b>Category</b>	<b>Code</b>	<b>Category</b>	<b>Code</b>
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

<b>KATA TEAM UNDER 14yrs – SUNDAY 11<sup>th</sup> JULY 2010</b> Registration: 8.30am – Start: 10am – Event: Team Kata			
<b>Category</b>	<b>Code</b>	<b>Category</b>	<b>Code</b>
Girls Team Kata 7 – 10yrs	KA17	Boys Team Kata 7 – 10yrs	KA19
Girls Team Kata 11 – 13yrs	KA18	Boys 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 11<sup>th</sup> July 2010 - Continued  
Kata and Kumite (up to and including 13 years)**

<b>KUMITE 7 – 11 YEARS INCLUSIVE – SUNDAY 11<sup>th</sup> JULY 2010</b>			
Registration/Weigh In: 10am – Start: 11am			
Category	Code	Category	Code
Girls Kumite 7-9yrs - 25kgs	KU56	Boys Kumite 7-9yrs - 35kgs	KU60
Girls Kumite 7-9yrs + 25kgs	KU57	Boys Kumite 7-9yrs + 35kgs	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

<b>KUMITE OPEN &amp; TEAM 7 - 13 YEARS INCLUSIVE – SUNDAY 11<sup>th</sup> JULY 2010</b>			
Registration: 12 noon – Start: 1.30pm			
Category	Code	Category	Code
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 11<sup>th</sup> JULY 2010</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 will introduce a Kata category 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 11<sup>th</sup> JULY 2010</b>	
Registration 8.30am    Start: 10am	
<b>Category</b>	<b>Code</b>
Disability Kata all ages male and female	KUDK 01

## **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

Please note that Payments can be accepted using "Paypal". This will allow you to pay by credit/debit card. If you wish to use this method please contact [jdundas@sigtec.com](mailto:jdundas@sigtec.com).

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**

**Due to the expected high number of entries the recharge system will not be operated at this Championships.**

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 coaches pass will be allowed on the competition area, these will be supplied at the event. Coaches 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.



## Schedule

### Saturday 10<sup>th</sup> July

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 11<sup>th</sup> July

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 11<sup>th</sup> September, 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 recharge.

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

### Main Line Railway Stations

Glasgow Queen Street Station  
 Glasgow Central Station

### Airlines Glasgow International Airport (GLA)

Aer Lingus	Air Southwest	BMI	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 Arann	Aer Lingus	Air France	Austrian
BMI	BMIbaby	British Airway	Continental
Easyjet	Flybe	Germanwings	Jet2
KLM	Lufthansa	Norwegian	Ryanair SAS
	Thomas Cook	Thomson	

### Airlines Glasgow Prestwick Airport (PIK)

Aer Annan	Flybe	Ryanair	Wiz Air
-----------	-------	---------	---------

### Airline Websites

Aer Lingus <a href="http://www.aerlingus.com">www.aerlingus.com</a>	Aer Annan <a href="http://www.aerarann.com">www.aerarann.com</a>
Air France <a href="http://www.airfrance.com">www.airfrance.com</a>	Air Southwest <a href="http://www.airsouthwest.com">www.airsouthwest.com</a>
Austrian <a href="http://www.aua.com">www.aua.com</a>	BMI <a href="http://www.flybmi.com">www.flybmi.com</a>
BMIbaby <a href="http://www.bmibaby.com">www.bmibaby.com</a>	British Airways <a href="http://www.ba.com">www.ba.com</a>
Continental <a href="http://www.continental.com">www.continental.com</a>	Easyjet <a href="http://www.easyjet.com">www.easyjet.com</a>
Emirates <a href="http://www.emirates.com">www.emirates.com</a>	Flybe <a href="http://www.flybe.com">www.flybe.com</a>
Germanwings <a href="http://www.germanwings.com">www.germanwings.com</a>	Icelandair <a href="http://www.icelandair.com">www.icelandair.com</a>
Jet2 <a href="http://www.jet2.com">www.jet2.com</a>	KLM <a href="http://www.klm.com">www.klm.com</a>
Norwegian <a href="http://www.norwegian.com">www.norwegian.com</a>	Onur Air <a href="http://www.onurair.com.tr">www.onurair.com.tr</a>
Pakistan (PIA) <a href="http://www.piac.com.pk">www.piac.com.pk</a>	Ryanair <a href="http://www.ryanair.com">www.ryanair.com</a>
SAS <a href="http://www.flysas.com">www.flysas.com</a>	Spainair <a href="http://www.spainair.com">www.spainair.com</a>
Thomas Cook <a href="http://www.thomascook.com">www.thomascook.com</a>	Thomson <a href="http://www.thomson.co.uk">www.thomson.co.uk</a>
US Airways <a href="http://www.usairways.com">www.usairways.com</a>	Wiz Air <a href="http://www.wizzair.com">www.wizzair.com</a>
Canadian Affair <a href="http://www.canadianaffair.com">www.canadianaffair.com</a>	

## 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 ([www.glasgowflyer.com](http://www.glasgowflyer.com)) 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](http://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](http://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.

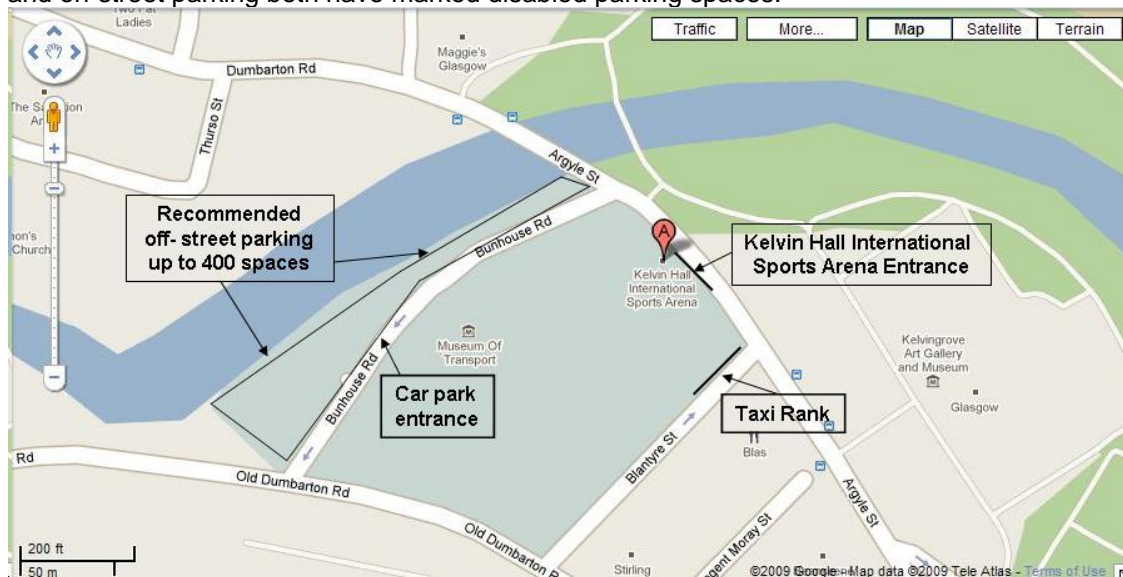
**Fares:** £8 single (pre book) £9 single (standard fare)

---

### 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](http://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 2010 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](mailto: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](mailto: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](http://www.ukvisas.gov.uk)

---

## General Information

Time Zone GMT+1 (British Summer Time)

Voltage: 220Volt/50Hz

Weights and sizes: Metric System

Weather July: Aver 70deg F/21deg 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](http://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

<b>ASSOCIATION:</b>		<b>COUNTRY:</b>	
<b>CONTACT NAME:</b>	<b>TELEPHONE:</b>	<b>E-MAIL:</b>	
<b>FULL ADDRESS:</b>			

I confirm that all the competitors entered on this sheet have received my advice of and accept the following statement:

*"The competitor realises and discharges the organisers and their representatives or agents and all other competitors from all claims that the competitor or his personal representative may have for any injury (however caused) sustained by the competitor and for the loss or damage (however caused) to his personal belongings suffered at any time during the course of the Championships or while on the premises at which the Championships are being held".*

### SIGNED

BY COACH.....PRINT.....LICENCE NO.....



## Team Entry Form

<b>ASSOCIATION:</b>		<b>COUNTRY:</b>	
<b>COACHES NAME:</b>	<b>TELEPHONE:</b>	<b>E-MAIL:</b>	

CATEGORY	CODE	TEAMS	COST TEAM	TOTAL COST
Female Team Kata 14 – 17 yrs	KA7		£30.00	
Female Team Kata 18yrs and above	KA8		£30.00	
Male Team Kata 14 – 17 yrs	KA9		£30.00	
Male Team Kata 18 yrs and above	KA10		£30.00	
Girls Team Kata 7 – 10 yrs	KA17		£25.00	
Girls Team Kata 11 – 13 yrs	KA18		£25.00	
Boys Team Kata 7 – 10 yrs	KA19		£25.00	
Boys 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 KATA	TOTAL KUMITE	COST EACH	TOTAL COST

### Spectator Fees

Type	Days	Cost	Days	Cost
Adult	1	£8	2	£12
Children under 18	1	£5	2	£8
Family 2x2	1	£17	2	£22

**Total amount of cheque: £**

Cheques payable to  
**'British Karate Federation'** and sent to:

John Dundas, 26 Balgray Road Glasgow G77 6PB Scotland

Note: There is an option to pay via "Paypal" which allows credit card payment. Contact [jdundas@sigtec.com](mailto:jdundas@sigtec.com) for further information