

HOME NATIONS KARATE CHAMPIONSHIPS

Glasgow, Scotland 3rd June 2012

SENIOR, JUNIOR, CADET, CHILDREN

BULLETIN 1

Issued 1st Feb 2012



Closing Date for Entries is 27th May 2012

 **Sponsor of the British Open 2012**

www.britishkaratefederation.co.uk



Dear Friends,

May I take this opportunity to welcome you to British Home Nations Championships and to the host City of Glasgow.

This year we welcome “Sports Data” as a sponsor of our event. This will allow ease of registration with a simple online process which is now being used at major championships throughout the world.

I look forward to seeing you all in Glasgow, in the meantime I would encourage you all to visit www.seeglasgow.com.

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 - todate

Sunday 3rd June 2012

Kata – All Ages

Start times are approx. Be there in plenty of time. Full schedule will be published online prior to the event

DISABILITY KATA Registration 8.30am Start: 9am	
Category	Code
Disability Kata – Male and Female All Grades All Ages	KA100

VETERANS KATA Registration 8.30am Start: 9am	
Category	Code
Veterans Kata – Male and Female All Grades 35years and older	KA99

KATA 7 – 13 YEARS INCLUSIVE Registration: 8.30am – Start: 9am			
Category	Code	Category	Code
Girls Kata 7-9yrs	KA1	Boys Kata 7-9yrs	KA2
Girls Kata 10-11yrs	KA3	Boys Kata 10-11yrs	KA4
Girls Kata 12-13yrs	KA5	Boys Kata 12-13yrs	KA6

KATA Cadets 14 – 15 YEARS Registration: 8.30am – Start: 9:00am			
Category	Code	Category	Code
Female Cadet Kata 14-15yrs	KA7	Male Cadet Kata 14-15yrs	KA8

KATA JUNIORS 16/17 YEARS Registration: 8.30am – Start: 9am			
Category		Code	
Female Junior Kata 16-17yrs	KA9	Male Junior Kata 16-17yrs	KA10

KATA SENIORS 16YRS PLUS Registration: 8.30am – Start: 9am			
Category		Code	
Female Seniors Kata (Please note 16yrs + eligible)	KA11	Male Seniors Kata (Please note 16yrs + eligible)	KA12

KATA TEAM UNDER 14yrs Registration: 8.30am – Start: 9am – Event: Team Kata			
Category		Code	
Mixed Pairs Team Kata 7 – 10yrs	KAT1	Mixed Pair Team Kata 11 - 13	KAT2

Sunday 3rd Jun 2012 – Kumite All Ages

CADET KUMITE 14 & 15 YEARS			
Registration: Start: tbc			
Category Female Cadet	Code	Category Male Cadet	Code
Female Cadet Kumite 14-15yrs - 47kgs	KU1	Male Cadet Kumite 14-15yrs - 52kgs	KU4
Female Cadet Kumite 14-15yrs - 54kgs	KU2	Male Cadet Kumite 14-15yrs - 57kgs	KU5
Female Cadet Kumite 14-15yrs + 54kgs	KU3	Male Cadet Kumite 14-15yrs - 63kgs	KU6
		Male Cadet Kumite 14-15yrs - 70kgs	KU7
		Male Cadet Kumite 14-15yrs + 70kgs	KU8

CADET KUMITE OPEN 14 - 15 YEARS			
Registration: Start: tbc			
Category Female Cadet	Code	Category Male Cadet	Code
Female Cadet Kumite 14-15yrs Open	KU9	Male Cadet Kumite 14-15yrs Open	KU10

JUNIOR KUMITE (16/17yrs)			
Registration: Start: tbc			
Category Female Junior	Code	Category Male Junior	Code
Female Junior Kumite 16-17yrs - 48kgs	KU11	Male Junior Kumite 16-17yrs - 55kgs	KU15
Female Junior Kumite 16-17yrs - 53kgs	KU12	Male Junior Kumite 16-17yrs - 61kgs	KU16
Female Junior Kumite 16-17yrs - 59kgs	KU13	Male Junior 16-17yrs - 68kgs	KU17
Female Junior Kumite 16-17yrs + 59kgs	KU14	Male Junior Kumite 16-17yrs - 76kgs	KU18
		Male Junior Kumite 16-17yrs + 76kgs	KU19

JUNIOR KUMITE OPEN (16/17yrs)			
Registration: Start: tbc			
Category Female Junior	Code	Category Male Junior	Code
Female Junior Kumite 16-17yrs Open	KU20	Male Junior Kumite 16-17yrs Open	KU21

KUMITE SENIORS			
Registration/Weigh In Start: tbc			
Category Female Seniors	Code	Category Male Seniors	Code
Female Senior Kumite 18yrs and over - 50kgs	KU22	Male Senior Kumite 18yrs and over - 60kgs	KU27
Female Senior Kumite 18yrs and over - 55kgs	KU23	Male Senior Kumite 18yrs and over - 67kgs	KU28
Female Senior Kumite 18yrs and over - 61kgs	KU24	Male Senior Kumite 18yrs and over - 75kgs	KU29
Female Senior Kumite 18yrs and over - 68kgs	KU25	Male Senior Kumite 18yrs and over - 84kgs	KU30
Female Senior Kumite 18yrs and over + 68kgs	KU26	Male Senior Kumite 18yrs and over + 84kgs	KU31

KUMITE SENIOR OPEN WEIGHT			
Registration: Start: tbc			
Category Female Junior	Code	Category Male Junior	Code
Female Senior Kumite 18yrs and over Open Weight	KU32	Male Senior Kumite 18yrs and over Open Weight	KU33

KUMITE 7 – 11 YEARS INCLUSIVE Registration/Weigh In: Start: tbc			
Category	Code	Category	Code
Girls Kumite 7-9yrs - 25kgs	KU34	Boys Kumite 7-9yrs - 33kgs	KU38
Girls Kumite 7-9yrs + 25kgs	KU35	Boys Kumite 7-9yrs + 33kgs	KU39
Girls Kumite 10-11yrs - 35kgs	KU36	Boys Kumite 10-11yrs - 45kgs	KU40
Girls Kumite 10-11yrs + 35kgs	KU37	Boys Kumite 10-11yrs + 45kgs	KU41

KUMITE TEAM 7 - 9 YEARS INCLUSIVE Registration: Start: tbc			
Category	Code	Category	Code
Girls Team Kumite (3) 7 – 9yrs	KT1	Boys Team Kumite (3) 7 – 9yrs	KT2
Girls Kumite Open 7 – 9yrs	KU42	Boys Kumite Open 7 – 9yrs	KU43

KUMITE OPEN & TEAM 10 - 13 YEARS INCLUSIVE Registration: Start: tbc			
Category	Code	Category	Code
Girls Team Kumite (3) 10 – 13yrs	KT3	Boys Team Kumite (3) 10 – 13yrs	KT4
Girls Kumite Open 10 – 13yrs	KU44	Boys Kumite Open 10 – 13yrs	KU45

KUMITE 12 – 13 YEARS INCLUSIVE Registration/Weigh In: Start: tbc			
Category	Code	Category	Code
Girls Kumite 12-13yrs - 45kgs	KU46	Boys Kumite 12-13yrs -45kgs	KU48
Girls Kumite 12-13yrs + 45kgs	KU47	Boys Kumite 12-13yrs + 45kgs	KU49



Photography and Recording

The BKF will have an official photographer 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 refrain from encroaching on the matted areas for photography or videoing.



IMPORTANT NOTES

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

IMPORTANT NOTE FOR COACHES

Repechage will be for JUNIORS and SENIORS Individual Kumite and Kata. No Repechage for Cadets. This may change depending on time.

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.

Insurance

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



Schedule

Sunday 3rd June 2012

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.

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

All Kata events will start at 9am with the team kata, disability kata and veterans kata being the first events. 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 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 14 years and above with the exception of repechage for Cadets.

Juniors and Senior Individual Kata/Kumite will have repechage.



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)

British Airways Easyjet Flybe BMIbaby

Airlines Edinburgh Airport (EDI)

BMI BMIbaby British Airway Easyjet
Flybe Ryanair

Airlines Glasgow Prestwick Airport (PIK)

Ryanair

Airline Websites

BMI www.flybmi.com
British Airways www.ba.com
Flybe www.flybe.com

BMIbaby www.bmibaby.com
Easyjet www.easyjet.com
Ryanair www.ryanair.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 (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) 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 – Sunday 0850 – 2307 Sunday

From Glasgow
0600 – 0015 Monday – Friday 0600 - 2330 Sunday 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 – Sunday 0810 – 1810 Sunday
X77 From Glasgow 0735 - 2330 Monday – Sunday 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

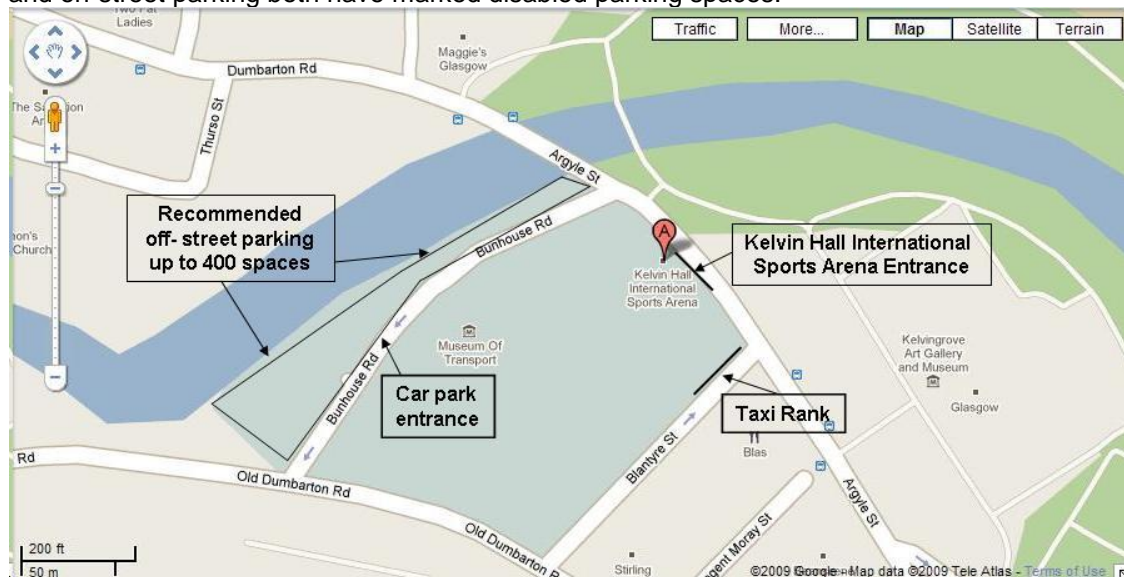
To buy tickets online visit www.gpia.co.uk/AirportInfo/HowTo/bus.asp Or by telephoning 08712 222 883. (UK calls only). Tickets are only valid for the X99 service.

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

Car Parking at the Venue (Kevlinhall 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 Sunday 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

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



Registration & Payment

The British Karate Federation are pleased to announce that "*Sports Data*" is now a major sponsor of the "British 4 Nations 2012". "*Sports Data*" is approved by the "World Karate Federation". Many major championships around the world are now using "Sports Data"

Sports Data allows for "OnLine" Registration of your entry as well as paying for your entry via Paypal.

You will be able to see all the entries for the contest as well as the draw sheets once they have been generated.

For online registration visit : www.sportdata.org

For help on how to register online visit :

http://www.sportdata.org/set-online/faq_en.php?active_menu=faq

We will still accept registrations via postal service and email. This year you will also be able to pay by "Paypal" for your entry.

Email entries: jdundas@sigtec.com

Post: BKF2012 c/o John Dundas, 26 Balgray Road, Glasgow, G77 6PB, United Kingdom

Payment Options

Online registration Pay with Paypal or request invoice and then pay by cheque.

Postal entries: Pay with Paypal invoice will be sent on receipt of entries or pay by cheque

Email entries: Pay with Paypal invoice will be sent on receipt of entries or pay by cheque

Paypal address : jdundas@sigtec.com Mark all payments BKF 2012

Cheques made payable to "British Karate Federation"





Coach Passes

Name	Date Of Birth	Coach Number

Coaches can also be registered online

ENTRY FORM

ASSOCIATION:		COUNTRY:	
CONTACT NAME:	TELEPHONE:	E-MAIL:	
FULL ADDRESS:			

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

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

CATEGORY	CODE	TEAMS	COST TEAM	TOTAL COST
Mixed Pairs Team Kata 7 – 10yrs	KAT1		£20.00	
Mixed Pair Team Kata 11 - 13	KAT2		£20.00	
Girls Team Kumite 7 - 9 yrs	KT1		£25.00	
Girls Team Kumite 10 - 13 yrs	KT2		£25.00	
Boys Team Kumite 7 - 9 yrs	KT3		£25.00	
Boys Team Kumite 10 - 13 yrs	KT4		£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 payable: £ _____

See Registration and Payment page for further details