



HOME NATIONS KARATE CHAMPIONSHIPS

Glasgow, Scotland 3rd June 2012

SENIOR, JUNIOR, CADET, CHILDREN

BULLETIN 3

Issued 4th May 2012



IMPORTANT CHANGES PLEASE READ

Closing Date for Entries is 27th May 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.

This year the BKF have adopted "Erskine" which is an organisation who provide care to ex-service personnel www.erskine.org.uk

We also have the pleasure in expanding our "Disability Kata" section with a new section for Karate Wheelchair users.

Another major change to the event is that we will no longer be charging an admission fee for spectators. Each competitor entered will be entitled to two tickets which will be issued to their club one week prior to the competition. See further information in the bulletin.

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

Thank you

Terry Connell

President: British Karate Federation

Revision list

Bulletin 2 - Addition of Wheelchair Kata

Bulletin 2 - Change of price for individual entry

Bulletin 2 - Change of spectator entry

Bulletin 3 - Addition of Veterans Male and Female Kumite





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 8.15am Start: 8.30am				
Category	Code			
Disability Kata Able Bodied – Male and Female All Grades All Ages				
Disability Kata Wheelchair – Male and female All Grades All Ages				

KATA TEAM PAIRS MIXED UNDER 14yrs Registration 8.15am Start: 8.30am				
Category	Code		Category	Code
Mixed Pairs Team Kata 7 – 10yrs	KAT1		Mixed Pair Team Kata 11 - 13	KAT2

VETERANS KATA				
Registration 8.15am Start: 8.30am				
Category	Code			
Veterans Kata – Male and Female All Grades 35years and older				

KATA 7 – 13 YEARS INCLUSIVE Registration 8.15am Start: 8.30am					
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 8.15am Start: 8.30am				
Category	Code		Category	Code
Female Cadet Kata 14-15yrs	KA7		Male Cadet Kata 14-15yrs	KA8

KATA JUNIORS 16/17 YEARS Registration 8.15am Start: 8.30am				
Category	Code		Category	Code
Female Junior Kata 16-17yrs	KA9		Male Junior Kata 16-17yrs	KA10

KATA SENIORS 16YRS PLUS Registration 8.15am Start: 8.30am					
Category	Code		Category	Code	
Female Seniors Kata (Please note 16yrs + eligible)	KA11		Male Seniors Kata (Please note 16yrs + eligible)	KA12	





KUMITE INDIVIDUAL WEIGHT 7 – 9 YEARS INCLUSIVE Registration/Weigh In: Start: tbc					
Category	Code	Category			
Girls Kumite 7-9yrs - 25kgs	KU40	Boys Kumite 7-9yrs - 33kgs			
Girls Kumite 7-9yrs + 25kgs	KU41	Boys Kumite 7-9yrs + 33kgs KU43			

KUMITE INDIVIDUAL WEIGHT 10 - 11 YEARS INCLUSIVE Registration/Weigh In: Start: tbc					
Category	Code	Category			
Girls Kumite 10-11yrs - 35kgs	KU44	Boys Kumite 10-11yrs - 45kgs			
Girls Kumite 10-11yrs + 35kgs	KU45	Boys Kumite 10-11yrs + 45kgs			

KUMITE INDIVIDUAL WEIGHT 12 – 13 YEARS INCLUSIVE Registration/Weigh In: Start: tbc					
Category	Code	Category			
Girls Kumite 12-13yrs - 45kgs	KU48	Boys Kumite 12-13yrs -45kgs KU50			
Girls Kumite 12-13yrs + 45kgs	KU49	Boys Kumite 12-13yrs + 45kgs KU51			

KUMITE TEAM 7-9 & 10-13 YEARS INCLUSIVE Registration: Start: tbc					
Category	Code	Category			
Girls Team Kumite (3) 7 – 9yrs	KT1	Boys Team Kumite (3) 7 – 9yrs KT2			
Girls Team Kumite (3) 10 – 13yrs	КТ3	Boys Team Kumite (3) 10 – 13yrs KT4			

KUMITE OPEN WEIGHT EVENTS 7-9, 10-11, 12-13 YEARS INCLUSIVE Registration/Weigh In: Start: tbc					
Category	Code	Category			
Girls Kumite Open 7 – 9yrs	KU52	Boys Kumite Open 7 – 9yrs KU55			
Girls Kumite Open 10 – 11yrs	KU53	Boys Kumite Open 10 – 11yrs KU56			
Girls Kumite Open 12 – 13yrs	KU54	Boys Kumite Open 12 – 13yrs KU57			





CADET KUMITE 14 & 15 YEARS Registration: Start: tbc							
Category Female Cadet	Code Category Male Cadet						
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 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 Kumite16-17yrs - 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						

VETERANS KUMITE OPEN (35yrs and above) Registration: Start: tbc						
Category Female Veterans	Code		Category Male Veterans	Code		
Female Veterans Open Weight	KU34		Male Veterans Open Weight	KU35		

Note: Must be 35 or older on the day of the contest.





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.

Spectators

There will be no charge for spectators at this BKF Home Nations. Entry to the event will be by ticket only and each competitor is entitled to two free tickets for his/her family or friends.

Tickets will be sent out by email to the club the week prior to the competition (in PDF format). It is the clubs responsibility to print out and distribute the tickets to the competitors.





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 and entry numbers

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 at 8.30am with Kata Teams, Disability (both) and also Cadet Kata, followed by Junior, Senior and Veteran Kata.

Kumite events will have staggered start times, starting from 11am. A full sheet with timings will be published the week prior to the contest on SportsData and also the BKF website

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.

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

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 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)

British Airways Easyjet Flybe

Airlines Edinburgh Airport (EDI)

BMI British Airway Easyjet Flybe Ryanair

Airlines Glasgow Prestwick Airport (PIK)

Ryanair

Airline Websites

BMI <u>www.flybmi.com</u>
British Airways <u>www.ba.com</u>
Flybe www.flybe.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 Home 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.

This will now be the main way for any group or club to register for BKF events.

For online registration visit: www.sportdata.org

For help on how to register online visit:

http://www.sportdata.org/set-online/fag en.php?active menu=fag

We will still accept email registrations as required.

This year you will also be able to pay by "Paypal" for your entry.

Email entries: jdundas@sigtec.com

Payment Options

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

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

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

Cheques made payable to "British Karate Federation" Please sent to:

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







Coach Passes

Name	Date Of Birth	Coach Number

Coaches can also be registered online

ENTRY FORM

ASSOCIATION:		COUNTRY:	
CONTACT NAME:	TELEPHONE:	l	E-MAIL:
FULL ADDRESS:	I		
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 g the course of the Championships or while
SIGNED			
BY COACH	PRINT	LIC	ENCE NO

ENTRY FORM

Individual Entry £20.00 per event

			<u> </u>	~20:00 pci					
COMPETITORS FULL NAME	SEX M/F	EXACT WEIGHT (KILOS)	D.O.B	GRADE	BOOKING CODES FOR INDIVIDUAL EVENTS			TOTAL INDIVIDUAL COST	Country
					KATA	KUMITIE	OPEN		
Joe Bloggs	М	75kg	29-Nov-65		KA12	KU67	KU88	£60.00	Scotland
_						_	_		

Team Entry Form

ASSOCIATION:		COUNTRY:			
COACHES NAME:	TELEPHONE	Ξ:	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 KUMITE	