



# OPEN BRITISH

TAEKWONDO  
CHAMPIONSHIPS



25<sup>TH</sup> NOVEMBER 2017 – K2, CRAWLEY



# INVITATION

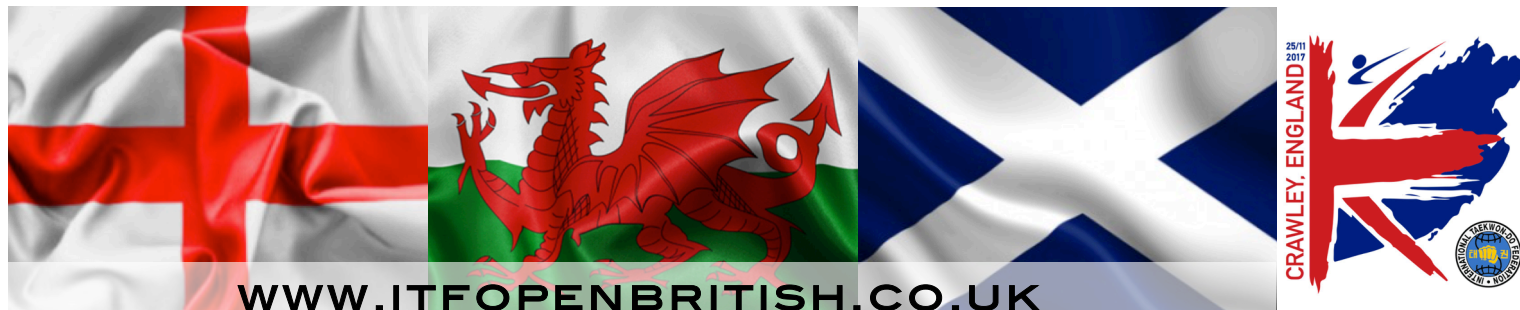
3 NATIONS HAVE JOINED  
FORCES TO ORGANISE THE MOST  
HOTLY AWAITED  
CHAMPIONSHIPS FOR DECADES  
IN THE UK

THE MOST VALUABLE TITLE ANY  
COMPETITOR ON THIS ISLAND  
WANTS TO WIN

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## INFORMATION

For the first time in History, 3 Nations from separate organisations have come together to promote the first truly Open British Championships. The reason these Championships are different than any other here in the UK is because there is no one single Association running this event, it's open to all ITF Associations and there is a direct influence from some of the best Tournament organisers there are in Europe.

## ORGANISING COMMITTEE

Master Alexander Dunbar 8<sup>th</sup> Degree, Master Philip Lear 7<sup>th</sup> Degree, Mr John McIlvaney 6<sup>th</sup> Degree, Mr Neil Ernest 5<sup>th</sup> Degree

## QUICK DETAILS

Date:	Saturday 25 <sup>th</sup> November		
Venue:	K2, Pease Pottage Hill, Crawley, RH11 9BQ		
Categories:	Under 10yrs, 10yrs-13yrs, 14yrs-17yrs, 18-35yrs, 36yrs+		
Events:	Individual Pattern, Individual Sparring		
Entry Fees:	<b>Colour Belts</b>	<b>Black Belts</b>	<b>Elite Black Belts</b>
	£30.00	£35.00	£40.00
Spectator Fee:	£5.00 for the day, 5yrs-9yrs £2.50, 4yrs & under free		
Belt Levels:	White Belt to 6 <sup>th</sup> Degree		
Hotel:	Crowne Plaza, Langley Drive, Crawley, RH11 7SX		
Registration/Weigh in:	Fri 24 <sup>th</sup> November 3pm-9pm Crowne Plaza (anyone)		
Registration:	Sat 25 <sup>th</sup> Nov 8am-9pm, K2 (All 13yrs and Under)		
Weigh in:	Sat 25 <sup>th</sup> Nov 8am-9pm, K2 (All Black Belts)		
Weigh in:	Sat 25 <sup>th</sup> Nov 1pm-2pm (Colourbelt Teenagers/Adults)		
Umpire Meeting:	Sat 25 <sup>th</sup> Nov 8.15am		
Coach Meeting:	Sat 25 <sup>th</sup> Nov 8.45am		
Start of Competition:	9.30am		
International Match:	7.00pm-8.00pm		

## APPROXIMATE SCHEDULE

9.30am	Competition Starts
	Junior Black Belts
	Senior Black Belts
	Advanced Senior Black Belts
	Colour Belts Under 10yrs
	Colour Belts 10yrs-13yrs
2.00pm	Colour Belts 14yrs-17yrs
	Colour Belts 18yrs-35yrs
	Colour Belts 36yrs+
7.00pm	International Match



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## AGE CATEGORIES/ BELT RANGES

Under 10yrs	Youth	White/Yellow/Green/Blue/Red
10yrs-13yrs	Cadet	White/Yellow/Green/Blue/Red/Black
14yrs-17yrs	Junior	White/Yellow/Green/Blue/Red/Black
18yrs-35yrs	Senior	White/Yellow/Green/Blue/Red/Black
36yrs+	Adv. Senior	White/Yellow/Green/Blue/Red/Black

Competitors must be the age of the category on the day of the event and minimum White Belt 9<sup>th</sup> Kup/Gup.

## EVENTS

Patterns	Power Test (Over 18yrs and 14-17yrs Black Belts only)
Sparring	Special Tech (Under 10yrs, 10-13yrs, 14-17yrs only)
Elite Sparring (National Team members or those wishing to go for National Team selections 18-35yrs Black Belts and 36yrs+ Black Belt International Competitors)	

## FEES

<b>Colour Belts</b>	<b>Black Belts</b>	<b>Elite Black Belts</b>
£30.00	£35.00	£40.00

(Only 14-17yrs Black Belts will be able to do 4 events)

## PATTERNS

Colour Belts will perform one optional pattern according to the following table. The competitors will be split into male and female categories where possible, however if there is only one competitor then the category will be combined.

CAT.	WHITE/YT	YELLOW	GREEN	BLUE	RED
U10yrs	Saju Jirugi/ Chonji	Up to Do-San	Up to Yul-Gok	Up to Toi-Gye	Up to Choong-Moo
10-13yrs	Saju Jirugi/ Chonji	Up to Do-San	Up to Yul-Gok	Up to Toi-Gye	Up to Choong-Moo
14-17yrs	Saju Jirugi/ Chonji	Up to Do-San	Up to Yul-Gok	Up to Toi-Gye	Up to Choong-Moo
18-35yrs	Saju Jirugi/ Chonji	Up to Do-San	Up to Yul-Gok	Up to Toi-Gye	Up to Choong-Moo
36yrs+	Saju Jirugi/ Chonji	Up to Do-San	Up to Yul-Gok	Up to Toi-Gye	Up to Choong-Moo

Black Belts will perform two designated patterns, one from the three of that degree and the other from the remaining patterns. The competitors will be split into male and female categories where possible, however if there is only one competitor then the category will be combined. If there is only one person in a Degree category then it will be combined with another and the highest pattern that can be performed will be from the lowest Degree.



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CATEGORY	1 <sup>st</sup> DEGREE	2 <sup>nd</sup> DEGREE	3 <sup>rd</sup> DEGREE	4 <sup>th</sup> -6 <sup>th</sup> DEGREE
Under 10yrs	No event	No event	No event	No event
10yrs-13yrs	Up to Ge-Baek	No event	No event	No event
14yrs-17yrs	Up to Ge-Baek	Up to Juche	Up to Choi-Yong	Up to Moon-Moo
18yrs-35yrs	Up to Ge-Baek	Up to Juche	Up to Choi-Yong	Up to Moon-Moo
36yrs+	Up to Ge-Baek	Up to Juche	Up to Choi-Yong	Up to Moon-Moo

## SPARRING

Under 10yrs will be split in height with only 6cms difference, they will also be split into male and female categories where possible, however if there is only one competitor either by gender or height then the category will be combined.

Under 10yrs are allowed to kick and punch to the body and **headguard** only, no direct contact to the face as this will result in a foul (minus point). Indirect contact to the face will result in a warning. All rounds are 1 round of 60 seconds.

Competitors may only enter one sparring category.

HEIGHT	KUP/GUP	KUP/GUP	KUP/GUP	KUP/GUP	KUP/GUP
-120cms	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -7 <sup>th</sup>	6 <sup>th</sup> -5 <sup>th</sup>	No event	No event
-126cms	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -7 <sup>th</sup>	6 <sup>th</sup> -5 <sup>th</sup>	No event	No event
-132cms	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -7 <sup>th</sup>	6 <sup>th</sup> -5 <sup>th</sup>	No event	No event
-138cms	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -7 <sup>th</sup>	6 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -3 <sup>rd</sup>	No event
-144cms	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -7 <sup>th</sup>	6 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -3 <sup>rd</sup>	2 <sup>nd</sup> -1 <sup>st</sup>
-150cms	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -7 <sup>th</sup>	6 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -3 <sup>rd</sup>	2 <sup>nd</sup> -1 <sup>st</sup>
+150cms	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -7 <sup>th</sup>	6 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -3 <sup>rd</sup>	2 <sup>nd</sup> -1 <sup>st</sup>

**10yrs-13yrs** will be split in height with only 6cms difference, they will also be split into male and female categories where possible, however if there is only one competitor either by gender or height then the category will be combined.

10-13yrs are allowed to kick and punch to the face. All rounds are 1 round of 90 seconds. Competitors may only enter one sparring category.

HEIGHT	KUP/GUP	KUP/GUP	KUP/GUP	KUP/GUP	KUP/GUP	KUP/GUP
-140cms	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -7 <sup>th</sup>	6 <sup>th</sup> -5 <sup>th</sup>	No event	No event	No event
-146cms	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -7 <sup>th</sup>	6 <sup>th</sup> -5 <sup>th</sup>	No event	No event	No event
-152cms	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -7 <sup>th</sup>	6 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -3 <sup>rd</sup>	2 <sup>nd</sup> -1 <sup>st</sup>	Black Belt
-158cms	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -7 <sup>th</sup>	6 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -3 <sup>rd</sup>	2 <sup>nd</sup> -1 <sup>st</sup>	Black Belt
-164cms	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -7 <sup>th</sup>	6 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -3 <sup>rd</sup>	2 <sup>nd</sup> -1 <sup>st</sup>	Black Belt
-170cms	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -7 <sup>th</sup>	6 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -3 <sup>rd</sup>	2 <sup>nd</sup> -1 <sup>st</sup>	Black Belt
+170cms	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -7 <sup>th</sup>	6 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -3 <sup>rd</sup>	2 <sup>nd</sup> -1 <sup>st</sup>	Black Belt

**14yrs-17yrs** Colour Belts will be split by weight class, however if there is only one competitor then the category will be combined and the effected competitor/s will be told as soon as possible.

14-17yrs are allowed to kick and punch to the face. All rounds are 1 round of 2 minutes, with the final being 2 round of 2 minutes. Competitors may only enter one sparring category.



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MALE	FEMALE	KUP/GUP	KUP/GUP	KUP/GUP
-50Kgs	-45Kgs	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -1 <sup>st</sup>
-60Kgs	-55Kgs	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -1 <sup>st</sup>
-70Kgs	-65Kgs	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -1 <sup>st</sup>
+70Kgs	+65Kgs	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -1 <sup>st</sup>

**14yrs-17yrs** Black Belts will be split by weight class, however if there is only one competitor then the category will be combined and the effected competitor/s will be told as soon as possible.

14-17yrs are allowed to kick and punch to the face. Black Belts will compete over 1 round of 2 minutes, with the final being 2 round of 2 minutes.

Competitors may only enter one sparring category.

MALE	FEMALE	BELT RANGE
-50Kgs	-45Kgs	1 <sup>st</sup> -3 <sup>rd</sup> Degree
-56Kgs	-50Kgs	1 <sup>st</sup> -3 <sup>rd</sup> Degree
-62Kgs	-55Kgs	1 <sup>st</sup> -3 <sup>rd</sup> Degree
-68Kgs	-60Kgs	1 <sup>st</sup> -3 <sup>rd</sup> Degree
-75Kgs	-65Kgs	1 <sup>st</sup> -3 <sup>rd</sup> Degree
+75Kgs	+65Kgs	1 <sup>st</sup> -3 <sup>rd</sup> Degree

**18yrs-35yrs** Colour Belts and Non Elite Black Belts will be split by weight class, however if there is only one competitor then the category will be combined and the effected competitor/s will be told as soon as possible.

18yrs-35yrs Colour Belts and Non Elite Black Belts are allowed to kick and punch to the face. All rounds are 1 round of 2 minutes, with the final being 2 round of 2 minutes. Competitors may only enter one sparring category.

MALE	FEMALE	KUP/GUP	KUP/GUP	KUP/GUP	DEGREE
-65Kgs	-55Kgs	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -1 <sup>st</sup>	1 <sup>st</sup> -6 <sup>th</sup> Degree
-75Kgs	-65Kgs	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -1 <sup>st</sup>	1 <sup>st</sup> -6 <sup>th</sup> Degree
-85Kgs	-75Kgs	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -1 <sup>st</sup>	1 <sup>st</sup> -6 <sup>th</sup> Degree
+85Kgs	+75Kgs	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -1 <sup>st</sup>	1 <sup>st</sup> -6 <sup>th</sup> Degree

**18yrs-35yrs** Elite Black Belts will be split by weight class, however if there is only one competitor then the category will be combined and the effected competitor/s will be told as soon as possible. International competitors over the age of 35yrs are allowed to compete in the Elite Black Belt event if they wish.

18yrs-35yrs Elite Black Belts are allowed to kick and punch to the face. All rounds are 2 round of 2 minutes. Competitors may only enter one sparring category.



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ELITE MALE	ELITE FEMALE	DEGREE
-57Kgs	-50Kgs	1 <sup>st</sup> -6 <sup>th</sup> Degree
-63Kgs	-56Kgs	1 <sup>st</sup> -6 <sup>th</sup> Degree
-70Kgs	-62Kgs	1 <sup>st</sup> -6 <sup>th</sup> Degree
-78Kgs	-68Kgs	1 <sup>st</sup> -6 <sup>th</sup> Degree
-85Kgs	-75Kgs	1 <sup>st</sup> -6 <sup>th</sup> Degree
+85Kgs	+75Kgs	1 <sup>st</sup> -6 <sup>th</sup> Degree

**36yrs+** Colour Belts and Black Belts will be split by weight class, however if there is only one competitor then the category will be combined and the effected competitor/s will be told as soon as possible.

36yrs+ Colour Belts and Black Belts are allowed to kick and punch to the face. All rounds are 1 round of 2 mins, with the final being 2 round of 2 minutes. Competitors may only enter one sparring category.

MALE	FEMALE	KUP/GUP	KUP/GUP	KUP/GUP	DEGREE
-68Kgs	-55Kgs	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -1 <sup>st</sup>	1 <sup>st</sup> -6 <sup>th</sup> Degree
-78Kgs	-65Kgs	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -1 <sup>st</sup>	1 <sup>st</sup> -6 <sup>th</sup> Degree
+78Kgs	+65Kgs	10 <sup>th</sup> -9 <sup>th</sup>	8 <sup>th</sup> -5 <sup>th</sup>	4 <sup>th</sup> -1 <sup>st</sup>	1 <sup>st</sup> -6 <sup>th</sup> Degree

## SPARRING RULES

### TARGET AREA

1. Head at the front, sides and top of the head but not at the back.
2. Trunk of the body from shoulder to navel vertically and from a line drawn from the armpit vertically down to the waist on each side (that is frontal area only, excluding the back).

### LIGHT CONTACT

In competition a technique is valid according to a light contact system and if:

1. Executed correctly.
2. Dynamic, that is to say it is delivered with strength, purpose, speed and precision.
3. Controlled on the target.

(please note that under 10yrs can only hit the head guard):

### POINT AWARDS

1. One (1) point will be awarded for:  
Hand attack directed to mid or high section.  
Hand attack while in air (both feet must be off the ground) directed to mid and/or high section.
2. Two (2) points will be awarded for:  
Foot attack directed to mid section.  
Jumping or flying kick directed to mid section.
3. Three (3) points will be awarded for:  
Foot attack directed to high section.  
Jumping or flying kick directed to high section.



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**WARNINGS** will be assigned for the following offences:

1. Pretending to have scored a point by raising one or both arms.
2. Stepping completely out of the ring (both feet).
3. Falling down, whether intentional or not (it means any part of the body, other than the feet, touching the ground).
4. Faking a blow, pretending to be injured to gain an advantage.
5. Intentionally avoiding sparring.
6. Adjusting equipment during the bout without the consent of the Centre Referee.
7. Unintentional attack to an illegal target

**FOULS** will be assigned (one point will be deducted) for the following offences:

1. Heavy contact.
2. Attacking a fallen opponent.
3. Leg sweeping.
4. Holding/grabbing.
5. Intentional attack to a legal or illegal target

**DISQUALIFICATION** can occur in the following circumstances:

1. Misconduct against officials or ignoring instructions.
2. Uncontrolled or excessive contact.
3. Receiving three (3) minus points/fouls directly given by the Centre Referee.
4. Being under influence of alcoholic beverages or drugs.
5. Loss of temper.
6. Insulting an opponent, coach and or official.
7. Biting, scratching.
8. Attacking with the knee, elbow or forehead.
9. Causing a KO

## **POWER TEST**

This event is only open to 14-17yrs Black Belts, 18-35yrs Colour Belts and Black Belts and 36yrs+ Colour Belts and Black Belts. It will be split into Male and Female Yellow/Green, Blue/Red and Black Belt categories. Competitors will choose two out of the three techniques and the number of boards they want to break secretly. In a tie situation the third technique will be used (So you must practice all three). There must be a clear winner, in the case of a draw (only if boards are broken) there will be the possibility of a silver and two bronzes.

CATEGORY	TECHNIQUE	TECHNIQUE	TECHNIQUE
14-17yrs BB, 18-35yrs CB, 18-35yrs BB, 36yrs+ CB, 36yrs+ BB	Knifehand (Sonkal)	Side Kick (Yop Chagi)	Turning Kick (Dollyo Chagi)



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## **SPECIAL TECHNIQUE**

This event is only for under 10yrs, 10-13yrs and 14-17yrs. The technique will be Flying high side kick (Twimyo Nopunde Yop Chagi). It will be split by male & female the height categories as in sparring, all belts will be together up to 13yrs, in the case of 14-17yrs it will be split by male and female Yellow/Green, Blue/Red and Black Belts. The bar will be raised until there is a clear winner, in the case of a draw (only if the height has been cleared and the target hit correctly) will there be the possibility of 1 silver and 2 bronzes.

## **ONLINE REGISTRATION**

The online registration system we have in place is via [www.handlesport.com](http://www.handlesport.com). Please take the time to register your school for the event. This is a quick 2 minute process, once you've done so, you will receive an email from handlesport confirming your account registration. Please remember this is an individual event only.

In registering your club account, this will give you the opportunity to familiarise yourself with the set-up and registration process for competitors, in advance of the closing date which is 12<sup>th</sup> November at 23.59. Please note: competitors cannot directly register themselves to the event, this should all be done by the instructor only. Payments must be made by the closing date.



## **PAYMENT AND CLOSING DATE**

The closing date for this competition is Sunday 12<sup>th</sup> November, this is when all online registrations and payments must be completed.

Entry fee payments must be made in advance to the account details below:

Bank: Lloyds Bank, PO Box 1000, Andover BX1 1LT

Account: Mightyfight UK

Sort Code: 30-65-37

Number: 33998960

BIC: LOYDGB21679

IBAN: GB04 LOYD 3065 3733 9989 60

Spectator fees will be paid on entry.

## **DOBOKS/SAFETY EQUIPMENT**

Competitors must wear an ITF dobok, this must clearly show the ITF crest on the left breast. No other doboks will be allowed. The following sparring equipment is essential for this championships, please ensure you have the correct equipment before arriving.

We just require that competitors wear a Red or Blue Headguard depending on the colour in the draw. The other sparring gear can be of any colour.



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**Under 10yrs and 10yrs-13yrs Sparring gear**

Closed fingered open palm gloves (no dipped foam)

Feet pads

Head guard

Mouth guard

Shin guards (optional)

Groin Guard (male over 132cms)

**14yrs-17yrs, 18yrs-35yrs, 35yrs+ Sparring gear**

Closed fingered open palm gloves (no dipped foam)

Feet pads

Head guard

Mouth guard

Shin guards (optional)

Groin guard worn inside the dobok (male only, female is optional)

Breast protectors for females are optional

**INJURY/LIABILITY INSURANCE**

Although the organisers will have their own insurance to run this event it is advisable that all competitors have their own insurance from their Association as the organisers cannot be made liable for any injury. First Aid will be present at this Competition.

**UMPIRES/COACHES**

The following table applies for coaching and umpiring

Number of Comp	Coaches	Umpires	Fine (payable on arrival)
1-7 Competitors	2	1	£50 per Umpire not present
7-14 Competitors	4	2	£50 per Umpire not present
15 Competitors+	6	3	£50 per Umpire not present

**Coaches** must wear track suit trousers and top or T shirt, Polo shirt and trainers. No doboks can be worn for coaching. Competitors may coach each other as long as they wear the above dress code

**Umpires** must wear navy blue trousers, white shirt, navy blue tie, white training shoes with white socks, they should also have a navy jacket as well.

**WEIGH/REGISTRATION**

There will be a weigh in and registration on Friday 24<sup>th</sup> November at the Crowne Plaza Hotel between 3pm and 9pm for all competitors. On Saturday 25<sup>th</sup> November at the K2, the following schedule will be followed:

8am-9pm      All Under 10yrs, 10yrs-13yrs and all Black Belts  
1pm-2pm      All 14-17yrs, 18-35yrs and 36yrs+ Colour Belts

Anyone not making their weight/height will need to pay a fine of £10 to change category. They will have until the end of the Registration time to make the weight.



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## PROTEST

In the case that you feel that the umpires have not followed procedure correctly you can make a protest. The cost is £50, if you are successful then you will be refunded, in the case you have lost the protest you will lose the money and this will be given to charity. Only a coach may make an official protest with the correct form.

## TAXIS

Evo Cars can take competitors to and from the hotel to the Competition venue at an approx. cost £6-£7 per taxi. The telephone number is: 01293 730730. You can also book at reception.

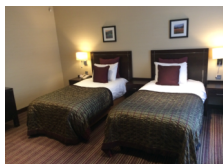
## COMPETITION VENUE



The K2 is a very high standard leisure facility with 12 badminton courts and lots of parking outside. There will be plenty of seating available and you can purchase food and snacks from their cafeteria.

## HOTEL

The Crowne Plaza, Langley Drive, Crawley, RH11 7SX



Room per night Bed & Breakfast inclusive of parking and Wi-Fi

Single, Twin or Double £67 per room, per night (£33.50 per person with 2 sharing)

Family Room £87 per room, per night

Club Room £92 per room, per night (Bigger rooms with exclusive lounge access)

You can book for two nights or just one night under block code "ITF" at the agreed rates. You must book with the Hotel directly at:

[reservations@cpgatwick.com](mailto:reservations@cpgatwick.com)

Tel: 01293 608610 (Quote "ITF")

You will need a credit/Debit card to secure the booking, payment is made on arrival

## BREAKFAST

This will be staggered on the Saturday morning to avoid large numbers arriving at once, you will get your breakfast time allocated to you on arrival at the Hotel.



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If you would like to eat dinner at the Hotel then it's possible you will just need to contact the Hotel at the above email address telling them the number of people and which evening you would like to have the meal as well as the time.

If your team requires a parking space for a coach or minibus then please contact the Hotel above and they will organise this for you.

There is a shuttle bus directly from Gatwick South and North Terminal to the Crowne Plaza at a cost of £3 per person. It takes about 15 minutes to get to the Hotel from Gatwick airport. You can also use this shuttle to get to Gatwick from the Crowne Plaza. On arrival go to bus stop G5 the departure schedule is below:

Drop-off only

There is an excellent Leisure Park within 5 minutes walking distance of the Hotel, as well as a bowling alley and cinema there are also plenty of eating places for example:



By airplane the closest airport is Gatwick which is about 10-15 minutes away from the Hotel and venue. The next closest is Heathrow which is about 45mins- 1hour away. Stansted and Luton are between 1 and a half to 2 hours away from Crawley.



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By Car, the quickest way from the M25 is to take junction 7 and follow the signs for Crawley.

By Train there is a station at 3 Bridges which is within 10 minutes of the hotel and easily accessed by taxi. Anyone coming by Eurostar can get a train from St Pancras International there is a direct train to Three Bridges, Crawley which takes an hour.

You can take the Eurotunnel to Dover and then drive up the M20 until you reach the M25 then come off at junction 7 following the signs for Crawley, this takes about an hour and a half.

## **MEDALS**

One gold, one silver and two bronzes will be given in each category where there are four or more competitors.

There will be an overall trophy for the school that earns the most number of competitive medals based on the predictions of 10 competitors from their team.

## **INTERNATIONAL MATCH**

At 6.00pm there will be an International Match between a British select team against an International select team, this will be an awesome spectator event and anyone who has already purchase a spectator ticket or has competed in the day can watch this event for free.



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# ***HANDLESPORT***



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