

**British Karate Kyokushinkai presents**

Web site: [bkk-uk.com](http://bkk-uk.com)

# **34<sup>th</sup> National Open Knockdown Tournament** **Incorporating the Cup of Europe** **Saturday 2nd October 2010**



## **K2 Crawley** **Tournament Information Pack**

### **A) General Tournament Information**

#### **Location of Tournament Venue**

K2 Crawley, Pease Pottage Hill, Crawley, RH11 9BQ. [www.k2crawley.com](http://www.k2crawley.com). Visit K2 Web Site for full information and location. Alternatively go to [multimap.com](http://multimap.com) and insert "RH11 9BQ" for directions to K2 or go to the following link: <http://www.multimap.com/maps/?&hloc=GB|RH119BQ#t=l&map=51.09294,-0.19363|16|4&loc=GB:51.09294:-0.19363:16|RH119BQ|RH11 9BQ>

#### **Travelling to K2:**

##### **By car**

- The entrance to K2 is off the A23 Pease Pottage Hill
- Free car parking on site for leisure centre users
- Signposting will indicate other nearby parking for special events

##### **On foot and by bike**

- K2 is well served by designated cycle paths and pedestrian routes. A lit segregated footpath/cycleway runs from Canterbury Road, Tilgate to K2, across the A23 at the traffic lights to link with the Broadfield cycle and pedestrian routes
- Secure bike racks are located adjacent to the K2 entrance

##### **By Bus**

Number 2 bus runs to and from K2 every 15 minutes via Ifield West, Crawley Town and Tilgate. Fastway stops are located along Southgate Avenue, approximately 5 minutes walk from K2.

## B) Hotel Details

**Arora International Hotel**, Gatwick / Crawley, Southgate Avenue, Southgate

Crawley, West Sussex, RH10 6LW United Kingdom. Telephone +44 (0) 1293 597720 or 530000, Facsimile +44 (0) 1293 515515. Web: [www.arorainternational.com](http://www.arorainternational.com). Email: [jacquelinehuggett@arorainternational.com](mailto:jacquelinehuggett@arorainternational.com)

### **Arora Special Exclusive Rate**

**Room Rate Friday 1<sup>st</sup> October to Sunday 3<sup>rd</sup> October**

**£50.00 Room only – per room per night (for single/twin/double Room)**

**Plus a supplement of £7.50 per person for Full English Breakfast if required**

**Rates include service, VAT and car parking.**

**All rates are subject to availability.**

**To make your booking call Abbie 01293 555021 or e mail: [abbiecaloon@arorainternational.com](mailto:abbiecaloon@arorainternational.com)**

**Please quote **K2 British Open 011011** to obtain your special rate**

Arora International Hotel is set in 3 acres of landscaped grounds in the heart of Crawley, The Arora Gatwick provides private and direct access to Crawley train station and is less than a 5-minute walk from Crawley Town Centre. The hotel is easily reached via M25 / M23 motorways and can accommodate up to 250 cars on-site. More importantly, the hotel is less than a mile from K2 Leisure Centre, making this the closest hotel and the only hotel within walking distance. This exceptional hotel features 432 well-appointed bedrooms including Twin and Family and interconnecting rooms, all featuring en-suite granite bathrooms with separate bath and shower. When staying at the hotel you get free use of Energie Health Club, located in the hotel. Energie is fitted out with a full gymnasium featuring the latest techno gym equipment, steam room and solarium. Arora is also home to Gallucci Restaurant, serving genuine Italian food cooked according to homely recipes and traditions. For further information on the facilities available, why not visit our website [www.arorainternational.com](http://www.arorainternational.com)

## C) General Travel Information

### **Immunisation**

No vaccination requirements for any international traveller to the UK.

### **Visas**

Visa are not required for nationals of other EU Countries, USA, Canada, Australia, Japanese. If you require a visa you must contact Shihan Liam Keaveney as soon as possible with all relevant information. For other information, please contact your local British Embassy. For all other nationals, please check with your local British Embassy.

### **Currency**

Currency: Pound (£) = 100 pence. Notes are in denominations of £50, 20, 10 and 5. Coins are in denominations of £2 and 1, and 50, 20, 10, 5, 2 and 1 pence. Currency exchange: Money can be exchanged in banks, exchange bureaux and many hotels. Cash can be obtained from ATMs available across the country. Credit & debit cards: MasterCard, American Express, Diners Club & Visa are widely accepted. Travellers cheques: Widely accepted.

### **Spectator Tickets**

Spectator tickets are available through our Credit Card Hotline please contact Linda Keaveney telephone + 00 44 1245 256891 or e mail: [liam.keaveney@btinternet.com](mailto:liam.keaveney@btinternet.com). **Ticket are price: To be confirmed.**

## D) Fighter/Coaches/Country Representatives Travel Information

We give some general information below on travel details from various airports to **GATWICK AIRPORT**

### **Non-stop Gatwick – Heathrow airport transfer**

National Express Airport's 700 service runs up to 125 times a day between Heathrow and Gatwick. At peak times coaches leave every 10-15 minutes, with a journey time of approximately 80 minutes depending upon the time of day. Journeys may take longer at peak times.

For further information on destinations, timetables or fares please contact these coach operators.

### **National Express**

Operate a majority of nationwide services to and from Gatwick. [www.nationalexpress.com](http://www.nationalexpress.com) or telephone +44 (0) 8705 80 80 80

If you are arriving at Stansted you can take a **National Express Coach** to Gatwick

### **National Express 797 - Heathrow, Gatwick and Brighton**

Linking Cambridge, Stansted, Heathrow, Gatwick and Brighton every two hours.  
Further information: [www.nationalexpress.com](http://www.nationalexpress.com)

### **National Express 717 - Heathrow, Gatwick and Brighton**

Linking Stansted Airport - Cambridge, Hatfield, Heathrow, Gatwick and Brighton.  
Further information: [www.nationalexpress.com](http://www.nationalexpress.com)

**Please note the following useful web sites:**

### **GATWICK AIRPORT**

<http://www.baa.com/main/airports/gatwick/>

### **HEATHROW AIRPORT**

<http://www.baa.co.uk/main/airports/heathrow/>

### **Stansted Airport**

<http://www.baa.com/main/airports/stansted/>

### **Luton Airport**

<http://www.london-luton.co.uk/>

**K2 Crawley** [www.k2crawley.com](http://www.k2crawley.com).

## E) Fighter's issues/information

**Tournament – doors open 9am. Tournament begins at 11am**

**Fighters must be over 18 years of age and be minimum 6<sup>th</sup> Kyu.**

### **Men's category**

Category 1 - Lightweight Category (- 70 Kg)

Category 2 - Middle-weight Category (+ 70-80 Kg.)

Category 3 - Heavy-weight Category (+ 80 Kg.)

### **Women's category**

Category 1 (- 60 Kg.)

Category 2 (+60 Kg.)

**Fee for Fighters:** See entry form

**Duration of Fights** – as per IFK Knockdown Rules

**Weight Categories**– as per IFK Knockdown Rules

**Fighter protection:**

**Men** - Approved Shin and in step protectors and groin guards. Gum shields are optional at the fighters discretion.

**Women** - Approved Shin and in step protectors and approved breast protectors, hands must be taped

**Refereeing Rules**– as per IFK Knockdown Rules.

**Referee uniforms** – as per IFK Knockdown Referee Uniform.

**Insurance** – Fighters must obtain their own insurance.

**Accommodation** – Fighters, coaches and Country Representatives must pay their own hotel costs. The BKK and IFK cannot and will not accept any responsibility for these costs.

**Medical and weigh in - Will be held at the K2 on Saturday 17<sup>th</sup> October from 08.00hrs**

---

**Source: British Karate Kyokushinkai Chairman Shihan Liam Keaveney (6<sup>th</sup> Dan)58 Highfield Road, Chelmsford Essex CM1 2NQ, UK, Tel + 00 44 1245 256891, E mail: [liam.keaveney@btinternet.com](mailto:liam.keaveney@btinternet.com)**