



DAEDO

CAPITAL CUP

JUNE 16TH

GB

ENTRY FEE
£35
SPECTATORS
£7

LEE VALLEY ATHLETICS CENTRE



You can enter the CAPITAL CUP at www.ma-regonline.com

CAPITAL CUP

A, B and C class using PSS and E head guards.

COMPETITION SCHEDULE

Weigh In
Lee Valley Athletics Centre

Saturday JUNE 15th
Any changes will be charged a 15.00 admin fee.
All competitors need to weigh in on Saturday.

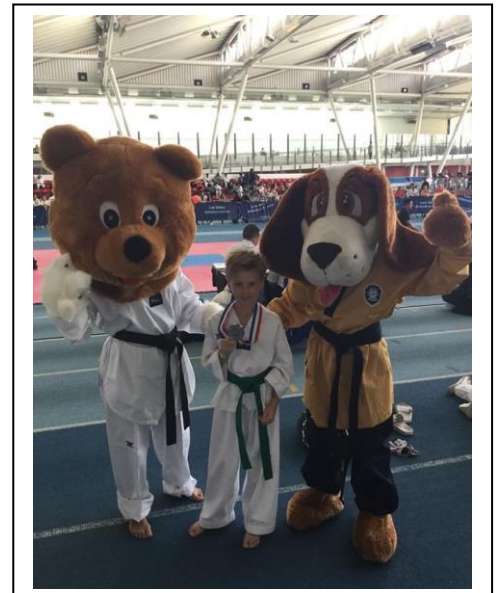
4.00 - 5.30pm

SUNDAY JUNE 16th
Special request only. Any changes charged £35.00

7:00– 8.00 am

9:30 - 13:30 Competition starts.

13:30 - 14:30 Lunch
14:30 - 19:00 Competition continues.
18:00 - 19:00 Finals & Medal Presentation



Please note that this timetable is subject to change
Coaches or an appointed person must attend the weigh-in. Fight cards will not be given out individually.

If there is queue for weigh in you must in the line 15 minutes before closure.

If you have entered your players using the online system and you are part of the British Taekwondo please make sure a valid British Taekwondo m number is included.

Coaches must have a valid licence and insurance.

Player's equipment must be WTF approved.

Please note that players that do not make the weight on the day of the competition will be disqualified. No refund.

Players that fail the audit will not be refunded. So please make sure that you submit renewals on time.

Payment due at time of entry on ma-regonline.

Good luck and thanks for entering the BRITISH INTERNATIONAL OPEN



PAYMENT DUE
AT TIME OF ENTRY

Entry fee £35 Sparring
and £25 for poomsae.

Transfer to:

UK
NATIONAL WESTMINSTER BANK A/C 83403582

SORT CODE 602018

486 London Road, Isleworth, Middx, TW7 4DD

Please email the Universaltkdfed@aol.com with a copy of payment details.

VENUE

Lee Valley Athletics Centre

61 Meridian Way, Edmonton, London N9 0AR

How to get there
Journey Planner

Lee Valley Athletics Centre
Lee Valley Leisure Complex, 61 Meridian Way, Edmonton, London N9 0AR

By bus: the nearest bus stop is on the complex. Bus No W8 from Edmonton Green Station.

By train: the nearest train stations are Ponders End and Edmonton Green via a direct link to Liverpool Street.

By tube: the nearest tube station is Tottenham Hale on the Victoria Line.

By bike: Sustrans Route 1, A1055 Cycle Path and Lee Valley Pathway

By car: leave the M25 at junction 25 and follow the A10 to the traffic lights. Turn left and follow straight ahead for approximately 6 miles along the A1055 (Meridian Way). The complex is on the left hand side which comprises the Lee Valley Campsite, Lee Valley Athletics Centre and the Odeon Cinema. Lee Valley Athletics Centre also has it's own carpark, however this may become busy on event days. If you're coming from the A406 (North Circular Road) make sure you take the exit slip road at the Kenning Hall Interchange onto A1055 to Brimsdown.





HOTELS NEAR LEE VALLEY ATHLETICS CENTRE

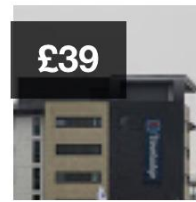
Travelodge Enfield

3.7 ★★★★★ (334)

2-star hotel

Modern budget option with restaurant/bar

£39



Premier Inn London Edmonton

4.0 ★★★★★ (225)

3-star hotel

Free Wi-Fi

£58



Travelodge London Edmonton

3.7 ★★★★★ (84)

2-star hotel

Casual rooms in basic budget pick

£52

