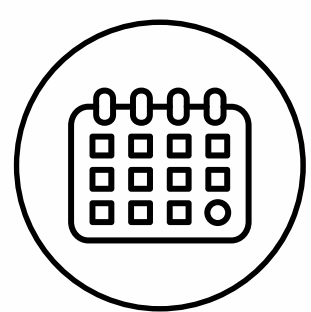
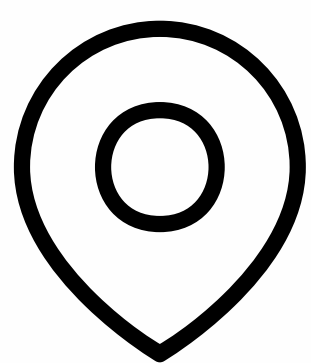


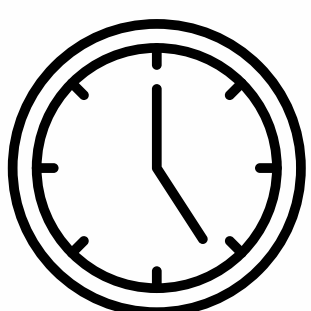
# THE 4TH LMC CHAMPIONSHIPS



**15/03/2026**



**SOLENT SPORTS COMPLEX, E PARK  
TERRACE, SOUTHAMPTON  
SO14 0YN**



**DOORS OPEN 9AM 1ST MATCHES BEGIN @10AM  
REFEREE MEETING 9:30AM  
COACH MEETING 9:45AM**



Dear, British Taekwondo Clubs and Athletes,

LMC would like to invite you to our fourth Championships in Southampton.

A new facility with plenty of seating, Hotels nearby, onsite cafe, on site parking and access from motorways. The event will take place at- **Solent Sports Complex, E Park Terrace, Southampton SO14 0YN in the High Performance Arena.**

**We would like to thank your club for its support and registering for our event.**

Also a huge Thank you to our **Sponsor Osman Homes Limited** for supporting LMC Events

Kind Regards,  
Max Cater

**Weigh in times**

**6-8PM 14/03/2026** @ Places of Leisure Eastleigh

**8:30-9:30 am SUNDAY 15th December - MORNING WEIGH IN at Competition venue**

(please be in queue by 9:15am)

**CHANGE OF WEIGHT: £30 CASH ONLY**

**Coaches Please Note:**

Classes

**C CLASS** - 9th-5th KUP (**YELLOW** TO **BLUE TAG**)

**A/B** - 4th and above

**VETERANS ARE ALL GRADES**

**Per Athlete - £55 if paid by March 2nd, £60 if paid after March 3rd**

(Fees are due as soon as teams have submitted applications have been registered)

**BANK DETAILS:**

MR M G CATER

SORT CODE: 40-25-24

ACCOUNT NUMBER: 41459996

HSBC

PLEASE REF YOUR CLUBS NAME

**Spectators £10 under 5s free.**

**CASH ONLY - there is no card machine on site.**

**Equipment:**

**PEEWEE C AND A/B Class and CHILD C Class MANUAL SCORING**

**KPNP** body armour and headguards will be provided for categories **A/B CHILD, all CADET, all JUNIOR, all SENIOR AND all VETS.**

Athletes must wear the correct PPE recognised by World Taekwondo. Groin, Arm, Leg, Gloves & clear/white mouth- piece. **All players must provide their own PPS Socks**, players will be required to pass inspection for officials to check the equipment for safety and compliance to WT Rules. Any player wearing non- recognised equipment will not be allowed to compete.



ORGANISATION and HOST:  
LMC Taekwondo - Max Cater

REFEREE DIRECTOR: Paul Timms

MANAGMENT:  
MA-REG

RULES: World Taekwondo Single Elimination

EQUIPMENT PROVIDER-  
KI MARTIAL ARTS

THERE IS NO TRADE STAND ON SITE PLEASE CONTACT KI MARTIAL ARTS PRIOR FOR ORDERS

ROUND TIMES:  
3 x 1.30 minute round with a 30 second rest interval

MEDICAL-Foot to Toe Medical LTD

First aiders and paramedics will attend all courts during the day

**British Taekwondo Audit & Withdraws:** Any player who fails an eligibility audit conducted by British Taekwondo that is registered or withdraws after being entered on ma-regonline.com is still liable to pay.

**British Taekwondo Eligibility:** All players and coaches must have a **valid, in date British Taekwondo Licence**.  
The correct M Number is needed to register on ma-regonline.com and any M Numbers that are incorrect or falsified in any way, will fail the audit and will not be entitled to a refund.

**Referees:** Referees and Corner Judges wishing to participate at our Championships can you please contact the Referee Director for the event.

**Protests:** In the unlikely event that you believe a situation or decision warrants a protest. A fee of £100 per protest is to be made to the Competition Supervisory Board immediately after the end of the given contest in question by the team’s head coach only. The outcome of your protest will be reviewed, and the Referee decision will be final.

**Age Classification:** Junior players aged 17 can enter a Senior weight class in addition to their Junior weight class. Also, any Veterans wishing to compete in a Senior weight class can do so. For every additional entry a second entry fee must be paid.

Applications are to be made on MAREg by the deadline 6/03/26  
All players entered on ma-regonline.com are to pay for entry in full, even if they do not attend. There will be no option to remove or delete players once they are submitted and all fees are due.

Category	Gender	Weights KG
Peewee C / A&B	Male	-18 -20 -22 -24 -26 +26
	Female	-18 -20 -22 -24 -26 +26
Child C / A&B	Male	-24 -26 -29 -32 -36 -40 -44 -48 +48
	Female	-24 -26 -29 -32 -36 -40 -44 -48 +48
Cadet C / A&B	Male	-33 -37 -41 -45 -49 -53 -57 -61 -65 +65
	Female	-29 -33 -37 -41 -44 -47 -51 -55 -59 +59
Junior C / A&B	Male	-45 -48 - 51 -55 -59 -63 -68 -73 -78 +78
	Female	-42 -44 -46 -49 -52 - 55 -59 -63 -68 +68
Senior C / A&B	Male	-54 -58 -63 -68 -74 -80 -87 +87
	Female	-46 -49 -53 - 62 -67 -73 + 73
Veteran ALL GRADES	Male	-58 -63 -68 -74 -80 -87 +87
	Female	-49 -53 -57 -62 -67 -73 +73