

9TH HARLOW OPEN

25 JANUARY 2026

HARLOW LEISUREZONE, HARLOW, CM20 3DT

ENGLAND

 **SPORTDATA**
event technology

ELITE KARATE
EVENTS



KARATEDO
Design

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WELCOME

Dear Karate Friends,

On behalf of the Organising Team, Elite Karate Club London, and the Shito Ryu Karate Federation of England, it is my great honour to invite you to participate in the **9th HARLOW Open**, taking place on **Sunday, 25th January 2026**, in **Harlow, Essex**.

This competition, formerly known as the *Open Shito Ryu England Karate Championships*, has been renamed to make our event more inclusive and to clarify that it is **open to all styles and all competitors**, not only Shito Ryu practitioners. Our goal is to foster a spirit of unity and inclusivity within the karate community, welcoming participants of all backgrounds and abilities.

Over the years, this championship has grown from a small local tournament into one of the **largest karate events in England**, proudly hosting competitors from across Europe. The event benefits from the expertise of highly experienced **National, European, and World-level Judges and Referees** from various countries.

We warmly welcome all **WKF-affiliated members** to join us. Our team will do everything possible to ensure you feel at home and enjoy a rewarding and memorable experience at our tournament.

OSS!

Vasile Munteanu

Chief Instructor, Elite Karate Club London

President, Shito Ryu Karate Federation of England

INTRODUCTION

Venue Information

The 9th HARLOW Open will take place at the modern Harlow Leisurezone Sports Hall, featuring six competition tatami.

Car Park

Leisurezone provides a large car park with approximately 550 spaces.

Parking is complimentary for those participating in paid activities run directly by Leisurezone.

Please note that events organised by external companies, such as this tournament, may incur a parking charge.

Catering – Cafe

At the heart of Leisurezone, there is a welcoming café area where guests and members can relax and enjoy refreshments throughout the day.

All catering services at Harlow Leisurezone are operated by Churchill Catering Ltd.



3. COMPETITION INFORMATION

3.1. CATEGORIES

<i>Cat No</i>	<i>Category</i>	<i>Gender</i>	<i>Level</i>	<i>Age Group</i>
KA001	Para KATA	MIXED	Visually Impaired	All ages
KA002	Para KATA	MIXED	Intellectually Impaired K21	All Ages
KA003	Para KATA	MIXED	Intellectually Impaired K22	All Ages
KA004	Para KATA	MIXED	Intellectually Impaired K23	All Ages
KA005	Para KATA	MIXED	Physically Impaired Standing Class K40	All Ages
KA006	Para KATA	MIXED	Wheelchair K30	All Ages
KA01	KATA	FEMALE	OPEN	U8 (5-7yrs)
KA02	KATA	MALE	OPEN	U8 (5-7yrs)
KA03	KATA	FEMALE	OPEN	U10 (8-9yrs)
KA04	KATA	MALE	OPEN	U10 (8-9yrs)
KA05	KATA	FEMALE	OPEN	U12 (10-11yrs)
KA06	KATA	MALE	OPEN	U12 (10-11yrs)
KA07	KATA	FEMALE	OPEN	U14 (12-13yrs)
KA08	KATA	MALE	OPEN	U14 (12-13yrs)
KA09	KATA	FEMALE	OPEN	CADET (14-15yrs)

<i>Cat No</i>	<i>Category</i>	<i>Gender</i>	<i>Level</i>	<i>Age Group</i>
KA10	KATA	MALE	OPEN	CADET (14-15yrs)
KA11	KATA	FEMALE	OPEN	JUNIOR (16-17yrs)
KA12	KATA	MALE	OPEN	JUNIOR (16-17yrs)
KA13	KATA	FEMALE	OPEN	CADET & JUNIOR (14-17yrs)
KA14	KATA	MALE	OPEN	CADET & JUNIOR (14-17yrs)
KA15	KATA	FEMALE	OPEN	U21 (18-20yrs)
KA16	KATA	MALE	OPEN	U21 (18-20yrs)
KA17	KATA	FEMALE	OPEN	SENIOR +16yrs
KA18	KATA	MALE	OPEN	SENIOR +16yrs
KA19	KATA	FEMALE	OPEN	U21 & SENIOR (+18yrs)
KA20	KATA	MALE	OPEN	U21 & SENIOR (+18yrs)
KA21	KATA	FEMALE	OPEN	VETERAN +30yrs
KA22	KATA	MALE	OPEN	VETERAN +30yrs
KAT01	TEAM KATA	MIXED	OPEN	13yrs & under
KAT02	TEAM KATA	MIXED	OPEN	14yrs & over
<i>Cat No</i>	<i>Category</i>	<i>Gender</i>	<i>Level</i>	<i>Age Group</i>
KM01	KICKMASTER	FEMALE	OPEN	U8 (5-7yrs)
KM02	KICKMASTER	MALE	OPEN	U8 (5-7yrs)
KM03	KICKMASTER	FEMALE	OPEN	U10 (8-9yrs)
KM04	KICKMASTER	MALE	OPEN	U10 (8-9yrs)

<i>Cat No</i>	<i>Category</i>	<i>Gender</i>	<i>Level</i>	<i>Age Group</i>
KM05	KICKMASTER	FEMALE	OPEN	U12 (10-11yrs)
KM06	KICKMASTER	MALE	OPEN	U12 (10-11yrs)
KM07	KICKMASTER	FEMALE	OPEN	U14 (12-13yrs)
KM08	KICKMASTER	MALE	OPEN	U14 (12-13yrs)
<i>Cat No</i>	<i>Category</i>	<i>Gender</i>	<i>Weight Group</i>	<i>Age Group</i>
KU1	KUMITE	FEMALE	-20Kg	U8 (5-7yrs)
KU2	KUMITE	FEMALE	-25Kg	U8 (5-7yrs)
KU3	KUMITE	FEMALE	+25Kg	U8 (5-7yrs)
KU4	KUMITE	FEMALE	OPEN	U8 (5-7yrs)
KU5	KUMITE	MALE	-20Kg	U8 (5-7yrs)
KU6	KUMITE	MALE	-25Kg	U8 (5-7yrs)
KU7	KUMITE	MALE	+25Kg	U8 (5-7yrs)
KU8	KUMITE	MALE	OPEN	U8 (5-7yrs)
KU9	KUMITE	FEMALE	-25Kg	U10 (8-9yrs)
KU10	KUMITE	FEMALE	-30Kg	U10 (8-9yrs)
KU11	KUMITE	FEMALE	+30Kg	U10 (8-9yrs)
KU12	KUMITE	FEMALE	OPEN	U10 (8-9yrs)
KU13	KUMITE	MALE	-25Kg	U10 (8-9yrs)
KU14	KUMITE	MALE	-30Kg	U10 (8-9yrs)
KU15	KUMITE	MALE	+30Kg	U10 (8-9yrs)

<i>Cat No</i>	<i>Category</i>	<i>Gender</i>	<i>Weight Group</i>	<i>Age Group</i>
KU16	KUMITE	MALE	OPEN	U10 (8-9yrs)
KU17	KUMITE	FEMALE	-35Kg	U12 (10-11yrs)
KU18	KUMITE	FEMALE	-40Kg	U12 (10-11yrs)
KU19	KUMITE	FEMALE	+40Kg	U12 (10-11yrs)
KU20	KUMITE	FEMALE	OPEN	U12 (10-11yrs)
KU21	KUMITE	MALE	-35Kg	U12 (10-11yrs)
KU22	KUMITE	MALE	-40Kg	U12 (10-11yrs)
KU23	KUMITE	MALE	+40Kg	U12 (10-11yrs)
KU24	KUMITE	MALE	OPEN	U12 (10-11yrs)
KU25	KUMITE	FEMALE	-42Kg	U14 (12-13yrs)
KU26	KUMITE	FEMALE	-47Kg	U14 (12-13yrs)
KU27	KUMITE	FEMALE	-52Kg	U14 (12-13yrs)
KU28	KUMITE	FEMALE	+52Kg	U14 (12-13yrs)
KU29	KUMITE	FEMALE	OPEN	U14 (12-13yrs)
KU30	KUMITE	MALE	-40Kg	U14 (12-13yrs)
KU31	KUMITE	MALE	-45Kg	U14 (12-13yrs)
KU32	KUMITE	MALE	-50Kg	U14 (12-13yrs)
KU33	KUMITE	MALE	-55Kg	U14 (12-13yrs)
KU34	KUMITE	MALE	+55Kg	U14 (12-13yrs)
KU35	KUMITE	MALE	OPEN	U14 (12-13yrs)
KU36	KUMITE	FEMALE	-47Kg	CADET (14-15yrs)

<i>Cat No</i>	<i>Category</i>	<i>Gender</i>	<i>Weight Group</i>	<i>Age Group</i>
KU37	KUMITE	FEMALE	-54Kg	CADET (14-15yrs)
KU38	KUMITE	FEMALE	-61Kg	CADET (14-15yrs)
KU39	KUMITE	FEMALE	+61Kg	CADET (14-15yrs)
KU40	KUMITE	MALE	-52Kg	CADET (14-15yrs)
KU41	KUMITE	MALE	-57Kg	CADET (14-15yrs)
KU42	KUMITE	MALE	-63Kg	CADET (14-15yrs)
KU43	KUMITE	MALE	-70Kg	CADET (14-15yrs)
KU44	KUMITE	MALE	+70Kg	CADET (14-15yrs)
KU45	KUMITE	FEMALE	-48Kg	JUNIOR (16-17yrs)
KU46	KUMITE	FEMALE	-53Kg	JUNIOR (16-17yrs)
KU47	KUMITE	FEMALE	-59Kg	JUNIOR (16-17yrs)
KU48	KUMITE	FEMALE	-66Kg	JUNIOR (16-17yrs)
KU49	KUMITE	FEMALE	+66Kg	JUNIOR (16-17yrs)
KU50	KUMITE	FEMALE	OPEN	CADET & JUNIOR (14-17yrs)
KU51	KUMITE	MALE	-55Kg	JUNIOR (16-17yrs)
KU52	KUMITE	MALE	-61Kg	JUNIOR (16-17yrs)
KU53	KUMITE	MALE	-68Kg	JUNIOR (16-17yrs)
KU54	KUMITE	MALE	-76Kg	JUNIOR (16-17yrs)
KU55	KUMITE	MALE	+76Kg	JUNIOR (16-17yrs)

<i>Cat No</i>	<i>Category</i>	<i>Gender</i>	<i>Weight Group</i>	<i>Age Group</i>
KU56	KUMITE	MALE	OPEN	CADET & JUNIOR (14-17yrs)
KU57	KUMITE	FEMALE	-50Kg	U21 (18-20yrs)
KU58	KUMITE	FEMALE	-55Kg	U21 (18-20yrs)
KU59	KUMITE	FEMALE	-61Kg	U21 (18-20yrs)
KU60	KUMITE	FEMALE	-68Kg	U21 (18-20yrs)
KU61	KUMITE	FEMALE	+68Kg	U21 (18-20yrs)
KU62	KUMITE	MALE	-60Kg	U21 (18-20yrs)
KU63	KUMITE	MALE	-67Kg	U21 (18-20yrs)
KU64	KUMITE	MALE	-75Kg	U21 (18-20yrs)
KU65	KUMITE	MALE	-84Kg	U21 (18-20yrs)
KU66	KUMITE	MALE	+84Kg	U21 (18-20yrs)
KU67	KUMITE	FEMALE	-50Kg	SENIOR +18yrs
KU68	KUMITE	FEMALE	-55Kg	SENIOR +18yrs
KU69	KUMITE	FEMALE	-61Kg	SENIOR +18yrs
KU70	KUMITE	FEMALE	-68Kg	SENIOR +18yrs
KU71	KUMITE	FEMALE	+68Kg	SENIOR +18yrs
KU72	KUMITE	FEMALE	OPEN	SENIOR +18yrs
KU73	KUMITE	MALE	-60Kg	SENIOR +18yrs

<i>Cat No</i>	<i>Category</i>	<i>Gender</i>	<i>Weight Group</i>	<i>Age Group</i>
KU74	KUMITE	MALE	-67Kg	SENIOR +18yrs
KU75	KUMITE	MALE	-75Kg	SENIOR +18yrs
KU76	KUMITE	MALE	-84Kg	SENIOR +18yrs
KU77	KUMITE	MALE	+84Kg	SENIOR +18yrs
KU78	KUMITE	MALE	OPEN	SENIOR +18yrs
KU79	KUMITE	FEMALE	OPEN	VETERAN +30yrs
KU80	KUMITE	MALE	OPEN	VETERAN +30yrs
<i>Cat No</i>	<i>Category</i>	<i>Gender</i>	<i>Level</i>	<i>Age Group</i>
KUT01	Team KUMITE	FEMALE	OPEN	U8 (5-7yrs)
KUT02	Team KUMITE	MALE	OPEN	U8 (5-7yrs)
KUT03	Team KUMITE	FEMALE	OPEN	U10 (7-9yrs)
KUT04	Team KUMITE	MALE	OPEN	U10 (7-9yrs)
KUT05	Team KUMITE	FEMALE	OPEN	U12 (9-11yrs)
KUT06	Team KUMITE	MALE	OPEN	U12 (9-11yrs)
KUT07	Team KUMITE	FEMALE	OPEN	U14 (11-13yrs)
KUT08	Team KUMITE	MALE	OPEN	U14 (11-13yrs)
KUT09	Team KUMITE	FEMALE	OPEN	CADET (13-15yrs)

<i>Cat No</i>	<i>Category</i>	<i>Gender</i>	<i>Level</i>	<i>Age Group</i>
KUT10	Team KUMITE	MALE	OPEN	CADETS (13-15yrs)
KUT11	Team KUMITE	FEMALE	OPEN	JUNIOR (15-17yrs)
KUT12	Team KUMITE	MALE	OPEN	JUNIOR (15-17yrs)
KUT13	Team KUMITE	FEMALE	OPEN	SENIOR (+17yrs)
KUT14	Team KUMITE	MALE	OPEN	SENIOR (+17yrs)

3.2. COMPETITION RULES & REGULATIONS

Rules

The **2024 WKF Rules** will be used throughout the event, with **slight modifications** as outlined in the *Clarification Document* available in the **Download Section** of the event page on **Sportdata**.

Official WKF Rules can be found here: <https://www.wkf.net/documents>

Attire and Equipment

- All competitors must wear a **clean, white, traditional Karate Gi**.
- Youth/Premier League jackets** are permitted, provided they **match the belt and protective equipment colours** as per WKF Rules.
- Only **WKF Style / Approved protective equipment** will be allowed on the tatami.

Accreditation

- Coaches:** Wristbands and Accreditation Cards are mandatory. Without both, **access to the tatami area is strictly prohibited**.
- Competitors:** An **Accreditation Card** is required to compete. No exceptions will be made.

Weigh-In

Weigh-in will take place **on the competition day**, starting from **8:15 a.m.** and continuing **throughout the day**.

The **Organizer or Chief Referee** reserves the right to **adjust fighting times** if necessary due to delays or scheduling issues.

Protests

A **Protest Fee of £200 (cash only)** will apply. Protests must be submitted in accordance with WKF procedures.

Categories

- In any category with **fewer than four competitors**, the **Organizer may merge or cancel** the division.
- Every effort will be made to maintain the published categories; however, the **Organizing Committee reserves the right** to change or cancel any category **without prior notice**.

Eligibility and Responsibilities

- It is the **Coach's responsibility** to ensure that all competitors are **fully licensed and insured**.
- Registration must include **complete and accurate details** for each competitor: **weight (where applicable), and date of birth**.
 - Please ensure all entries are correct to avoid refusal of participation.
 - **Do not enter competitors into events for which they are not eligible.**

Code of Conduct

Coaches and parents are kindly requested to **supervise their children** and ensure they do not disturb other Leisure Centre users. If any member of a delegation is found causing disruption or behaving inappropriately, this may result in **disciplinary action**, including **disqualification (Shikkaku)** for the entire team.

KATA RULES

Judging System

All Kata categories will be judged using the **Flag System**, with **three (3) or five (5) judges**, depending on category size and judges availability.

Kata Requirements by Category

- **Para Kata** – Perform **one (1) kata**, which may be repeated in subsequent rounds.
- **Team Kata** – Perform **one (1) kata**, which may be repeated; **Bunkai is mandatory** for all medal matches.
- **Under 8 (U8)** – Perform **one (1) kata**, which may be repeated.
- **Under 10 (U10) & Under 12 (U12)** – Perform a **minimum of two (2) kata**, which may be alternated between rounds.
- **Under 14 (U14)** – Perform a **minimum of three (3) kata**.
- **Cadets, Juniors, Under 21 (U21), and Seniors** – Must perform a **different kata in each round, maximum 5**.
- **Veterans** – Perform a **minimum of two (2) kata**, which may be alternated.

Performance Format

Individual Kata categories from **U8 to U14** will have **both competitors performing simultaneously**, except during the **finals**, where performances will be **one at a time**.

Repechage System

Repechage will apply **only to Cadet, Junior, U21, and Senior Kata categories**.

KICKMASTER RULES

Format and Objective

Each competitor will **simultaneously attack** their designated **red or blue kick post**.

The competitor who demonstrates **technical superiority, better execution quality, and higher overall skill** will be **awarded the win**.

All **Karate techniques** are permitted and will be evaluated for **control, precision, power, balance, and form**.

Judging System

- The **Three-Flag System** will be used, as in **Kata divisions**.
- Judges will assess the **quality and effectiveness** of techniques, overall **karate spirit**, and **presentation**.

Duration

- Each bout will last **30 seconds**.

Compulsory Equipment

All competitors must wear:

Mitts, Shin and foot protectors, Belts (red or blue)

The **colour of protective equipment** may be changed at the competitor's discretion.

Conduct and Penalties

- Any **interference** with the opponent's kick post by a **competitor or coach** will result in **disqualification**.
- Knocking down** the kick post (dummy opponent) will result in **loss of the match**, unless the competitor **prevents it from touching the ground**.
- Unsportsmanlike behaviour may lead to **warnings or disqualification** at the discretion of the referee panel.

Repechage

- No repechage** will apply for the Kickmaster event.

KUMITE RULES

Judging System

- The **Flag System** will be used for all Kumite categories.
- WKF Youth League Rules** will apply from **Under 8 (U8)** to **Under 14 (U14)** categories, using **two (2) Judges and one (1) Referee**.
 - Please refer to the “*Youth League Rules Adjustments and Clarifications*” document available in the **Download Section** of the event page on **Sportdata**.
- For **Cadets, Juniors, U21, Seniors, and Veterans**, the target setup is **four (4) Judges and one (1) Referee**.
 - In case of limited officials, **two (2) Judges and one (1) Referee** may be used.

Protective Equipment

All athletes must comply **fully** with **WKF protection rules**, according to **age and gender**.

Compulsory Equipment:

- WKF-approved gum shield**
- Red and blue mitts**
- Red and blue shin and foot protectors**
- WKF-style body armour** (mandatory for all categories)
 - *13 years & Under*: may be worn **outside** the Gi
 - *14 years & Over*: must be worn **inside** the Gi
- Helmet/Head guard**: mandatory for **13 years & Under** categories
- Groin guard**: mandatory for **all male competitors**
- Prescription sports glasses**: permitted **only** for **intellectually impaired and wheelchair athletes in Para-Kata**
 - All other competitors: **glasses are forbidden**; **soft contact lenses** may be worn at the competitor’s **own risk**

KUMITE RULES

Rules by Age Category

Cadets: WKF Cadet rules will apply.

Juniors: WKF Junior rules will apply.

U21 & Seniors: WKF Senior rules will apply.

In categories combining two age groups, the **rules of the higher age group** will be used.

Repechage

- Repechage will be applied for **Cadet, Junior, U21, and Senior** Kumite categories only,
 - except for **Open categories**, where repechage will **not** be used.

Duration and Contact Rules

Category	Duration	Contact Rule	Victory Condition
U8 & U10	1 minute	No contact to face/head/neck; scoring distance up to 10 cm	Win by 8-point clear
U12 & U14	1.5 minutes	No contact to face/head/neck; scoring distance up to 10 cm	Win by 8-point clear
14 yrs & Over	WKF fighting times	WKF contact rules	As per WKF
Veterans	1.5 minutes	WKF contact rules	As per WKF

Team Kumite

- Teams may consist of **two (2) or three (3)** competitors.
- All team members must represent the **same club or association**.

IMPORTANT RULES FOR COACHES & SPECTATORS

Entry to this competition is on the understanding that **all parents, coaches, and students** accept the following rules.

If you disagree with any of these terms or consider them unreasonable, please speak to the **Organizer before the event and prior to submitting entries.**

General Conduct

Parents and spectators are strictly prohibited from approaching any **official tables under any circumstances.**

Any issues should be communicated **through your club coach**, who will contact the relevant officials.

No protests regarding refereeing decisions will be permitted from **anyone** under **any circumstances.**

The event will be conducted **in good faith**, and all officials will perform their duties to the **best of their ability.**

Discourteous, aggressive, or disrespectful behaviour towards **competitors, officials, coaches, or spectators** will result in **immediate disqualification** from the current event and possible **exclusion from future tournaments.**

Infringements of these rules may result in **teams or individuals being disbarred** from participation in this and future events.

Coaches' Regulations

Coaches must:

Wear their **official club or association tracksuit.**

Wear shoes at all times while in the competition area.

Display their official wristband visibly at all times.

Coaches **without a wristband** must remain in **spectator areas** and are **not permitted near the tatami**.

All coaches are expected to **know the rules, respect them, and promote the spirit of karate** among their teams.

Licences and Identification

All competitors must bring their **valid licence** to the event.

Licences may be **checked at any time** throughout the day by officials.

Photography and Filming

Parents, spectators, and coaches may **only record or photograph their own children or family members**.

Filming or photographing other competitors **without permission** is strictly **prohibited**.

Spectator Rules

Spectator wristbands must be **worn at all times** within the venue.

Security personnel and event organisers reserve the right to **remove any individuals** who fail to comply with the competition rules or who behave in an **impolite or disruptive manner**.

Spectators found without a wristband will be asked to **leave the premises immediately**.

Disclaimer

Entry to the event is on the understanding that the **organisers and venue owners accept no responsibility or liability** for any **injury, loss, or damage** that may arise from participation or attendance at the event.

4. REGISTRATION

4.1. ATHLETE REGISTRATION

Registrations will be managed via Sportdata, with three registration phases to ensure smooth organisation. Please note that fees vary slightly between phases; however, we strongly encourage everyone to register during Phase 1 to benefit from the best rates.

https://www.sportdata.org/karate/set-online/veranstaltung_info_main.php?active_menu=calendar&vernr=9935#a_eventhead

4.1.1. ENTRY FEES

Phase 1: 6th November 2025 – 4th January 2026

Individual KATA or KUMITE £30

KICKMASTER £20

Team KATA or KUMITE £45

Phase 2: 5th January 2026 – 11th January 2026

Individual KATA or KUMITE £35

KICKMASTER £25

Team KATA or KUMITE £50

Phase 3: 12th January 2026 – 18th January 2026

Individual KATA or KUMITE £40

KICKMASTER £25

Team KATA or KUMITE £55

PAYMENT INFORMATION

PAYPAL

Please note that **payments made via PayPal will incur an additional processing fee**, which must be **covered by the payer** at the time of choosing this payment option.

BANK TRANSFERS FROM UK

We **strongly recommend paying via bank transfer to avoid the additional fees** associated with PayPal transactions.

Elite Sports Academy LTD

Sort Code: 20-53-04

Account No: 70790702

Reference: club / association name

Please also provide a receipt or confirmation of your

BACS payment to the organiser via elitekarate.events@gmail.com

BANK TRANSFERS FROM OUTSIDE OF UK

We **strongly recommend paying via bank transfer to avoid the additional fees** associated with PayPal transactions.

Elite Sports Academy LTD

SWIFTBIC: BUKBGB22

IBAN: GB23 BUKB 2053 0470 7907 02

Reference: club / association name

Account No: 70790702

Reference: club / association name

Please also provide a receipt or confirmation of your

BACS payment to the organiser via elitekarate.events@gmail.com

REFEREES REGISTRATION



Judges and Referees with National and International qualifications are welcome.

Please contact us at elitekarate.events@gmail.com

COACHES REGISTRATION

[HTTPS://WWW.SPORTDATA.ORG/KARATE/SET-
ONLINE/VERANSTALTUNG INFO MAIN.PHP?ACTIVE MENU=CALENDAR&VERN_R=9935&VER INFO ACTION=NENNHE
AD&NENN ACTION=REG COACH#A ENTRYHEAD](https://www.sportdata.org/karate/set-online/veranstaltung_info_main.php?active_menu=calendar&vern_r=9935&ver_info_action=nennhead&nenn_action=reg_coach#a_entryhead)

COMPETITION VENUE

Address: Harlow Leisurezone, Harlow, Essex CM20 3DT

Opportunities of transport

Bus Station – Harlow Town Centre

Railway Station – Harlow Town

Taxi services:

Metro cars: 01279 444333

Harlow Black Taxis: 01279 882888

App Cars Harlow: 01279 900100

Uber & Bolt taxi's available in the area



6. *TICKETS FOR SPECTATORS*

Spectator Fees

Adults: £15 | Children: £10 | Under 5 (U5): Free

Payment: Payable cash or card on the day. We recommend paying by cash to avoid long queues.

Wristbands: A wristband will be issued upon payment. The wristband must be worn at all times, as security personnel will check throughout the day.

7. *TRAVELING FROM OUTSIDE OF UK*

7.1 Visa Requirements

To assist participants in obtaining a **UK visa**:

Payment Confirmation:

All entry fees must be **paid** and the **payment confirmation** sent to elitekarate.events@gmail.com by **25th December 2025**.

Visa Application Form:

Once payment is confirmed, we will send the official **Visa Application Form**.

The form must be **duly completed** with all requested information.

Include a **copy of the passport** for **each member of your delegation**.

Electronic Travel Authorisation (ETA):

An **ETA** allows travel to the UK for **tourism, visiting family, or certain other reasons** for up to **6 months**.

The **cost of an ETA** is **£16**.

Check Visa Requirements:

Participants should verify whether they require an **ETA** or a **UK visa** at the official UK government website:

<https://www.gov.uk/check-uk-visa>

8. *USEFUL INFORMATIONS*

Emergency Call Numbers

999 or **112** are the national emergency response numbers in the UK.

112 is the pan-European equivalent and can also be used in the UK.

Emergency calls can be made from **any telephone**, including public payphones.

Time Zone

The United Kingdom uses **Greenwich Mean Time (GMT)** or **Western European Time (UTC+01:00)**.

Nearby Hospitals

Princess Alexandra Hospital – Hamstel Rd, Harlow CM20 1QX – **01279 444555**

St. Margaret's Hospital – Praed St, London W2 1NY – **020 3312 6666**

Nearby Airports

Stansted Airport – 15 miles | **Luton Airport** – 45 miles | **Heathrow Airport** – 53 miles | **Gatwick Airport** – 67 miles

Currency: Britain's national currency is the **pound sterling (£)**, divided into **100 pence (p)**.

Notes: £50, £20, £10, £5

Coins: £2, £1, 50p, 20p, 10p, 5p, 2p, 1p

Transport Options: Bus & Train & Taxi

Bus Station: Harlow Town Centre

Railway Station: Harlow Town

Metro Cars: 01279 444333

Harlow Black Taxis: 01279 882888

App Cars Harlow: 01279 900100

Uber & Bolt are also available in the area

9. HOTELS



**Holiday Inn Harlow
CM20 1NB**

<https://holidayinnexpressharlow.reservationstays.com>



**Travelodge Harlow
CM20 2JE**

<http://www.travelodge.co.uk>



**Premier Inn Harlow
East CM17 9TD**

<http://www.premierinn.com>



**Premier Inn Harlow
North CM20 2EP**

<http://www.premierinn.com>

10.1. ABOUT HARLOW

Harlow is a new town in Essex, England, founded in 1947 and located about 37 kilometers northeast of London. It is known for its pioneering modernist design by [Sir Frederick Gibberd](#), which features 'green wedges' of open space, and is home to the UK's first tower block, [The Lawn](#). Harlow also has a history of innovation, being the birthplace of [fibre optic telecommunications](#) and a significant public art collection, with works by artists like [Henry Moore](#).

10.2. ABOUT LONDON

London is the capital and largest city of England and the United Kingdom, situated on the River Thames in southeastern England. A major global center for culture, finance, and politics, it is a historic city founded by the Romans, with a rich tapestry of old and new architecture, world-class museums, parks, and landmarks. The city is known for its multicultural population and iconic symbols like red buses, West End shows, and the Royal Family.





THANK YOU!

To all competitors, I wish you the very best of luck and outstanding performances.

To all coaches and officials, we hope that the results reflect your dedication, guidance, and hard work.

And to all spectators, may you enjoy a thrilling and memorable day celebrating the spirit of karate.

We look forward to welcoming you and sharing this celebration of martial arts together.

For further information, please contact us at:

 [**elitekarate.events@gmail.com**](mailto:elitekarate.events@gmail.com)

 **+44 (0) 7438 052 254**

OSS!

Vasile Munteanu

Chief Instructor, Elite Karate Club London

President, Shito Ryu Karate Federation of England