



BRITISH OPEN KARATE CHAMPIONSHIPS 2016

SUNDAY 1st MAY 2016
CLOSING DATE:
SUNDAY 24th APRIL 2016

UNIVERSITY OF EAST LONDON - SPORTSDOCK
4-6 UNIVERSITY WAY
LONDON E16 2RD

Competition entry forms from:

Tel: + 44(0)7834 02 4116

Email: info@eskfkarate.co.uk

Web: www.eskfkarate.co.uk

Individual Entries - £15

Team entries - £30



ALL FEDERATIONS AND GROUPS ARE WELCOME - NO RESTRICTIONS

STRICTLY NO ENTRIES ON THE DAY

RULES and REGULATIONS ON THE DAY

KATA

All kata categories will be judged by points as per WUKF rules, <http://www.wukf-karate.org/upload/201308100926088.pdf> with slight amendments as judged necessary by the organisers.

- Six (6) Tatamis will be used throughout the day.
- All kata (individual and team) will be judged in 2 rounds. The Chief Referee on each area will inform competitors of the two rounds.
- Competitors may perform any 2 katas of their choice, and **may** repeat the kata in subsequent rounds.
- If the same 2 competitors tie twice, final decision will be taken by flag.
- Athletes can compete with their own coloured belts.
- There may be amalgamations of categories if there are not enough entries in the said events as per WUKF rules.
- Kindly note that in team kata, there will also be 2 rounds. Competitors may repeat their kata in each round. No Bunkai is required in the final.
- Any known style kata will be allowed for all grades – For guidance see WUKF kata list (see below).
- Medals will be awarded for 1st, 2nd, 3rd & 4th places. Trophies will be awarded for all first places and for team kata.
- PARTICIPATION CERTIFICATE WILL BE AWARDED TO EVERYONE ON THE DAY. These will be included in the coaches' packs.

KUMITE

- Rules based on WUKF. The Chief referee on the day will be Sensei Essam Shreif, a WUKF Referee Commissioner. He will brief all coaches and referees before the competition with any changes made to WUKF rules.
- Red and White mitts are compulsory and must be the same colour as the belt. Blue mitts will be accepted if competitors do not have white mitts.
- Gum shields are compulsory unless you are wearing a helmet (for 14 year olds and under).
- Helmets, chest guards (girls/ ladies) and groin guards are recommended but not compulsory.
- Clean white gis are compulsory.
- Every competitor must provide his/her own equipment, protection, belts etc..
- Medals will be awarded for 1st, 2nd, 3rd & 4th places. Trophies will be awarded for all first places and for teams.
- Competitors must wear a RED belt (AKA) & WHITE belt (SHIRO) to identify themselves during the kumite events. Blue belts will be accepted where competitors have no white belts.
- Foot protection is NOT allowed. Shin guards are allowed.
- The timing of the bouts will be the same as in the WUKF rules, but can be subject to change, depending on the smooth running of events.
- Bandages, padding or supports because of injury must be approved by the Chief Referee on the advice of the Official Medical Representative.
- Please note that in team kumite events there may be a substantial difference in height and weight between competitors.

COMPETITION GUIDELINES

- You must be registered with a Club or Association to compete in these Championships. Entry forms must be signed by the official Association or Club Coach only. Entry forms without a signed declaration will not be accepted.
- The competition will start at 9am with team kata, followed by Individual kata, then Team kumite followed by individual kumite. Children will be starting first starting with the youngest.
- The running order will be included in the coaches' packs.
- There will be a coaches and referees meeting hosted by the WUKF Referee Commissioner, Sensei Essam Shreif before we start.
- Cost of entries:
 - Individual entries - £15
 - Team entries - £30
- The minimum number of competitors per event category and the cancellation of events are at the discretion of the organisers.
- Full amount is to be settled by the closing date, and sent with entry forms.
- We accept the following payments:
 1. **Cheques** payable to **ENGLAND SHOTOKAN KARATE-DO FEDERATION** and must be cleared by the date of the competition. Please post to 49 Middle Park Avenue Eltham London SE9 5HR.
 2. **Bank transfers** can be made to:
 - Account name:** ENGLAND SHOTOKAN KARATE-DO FEDERATION
 - Bank:** Bank of Scotland
 - Sort Code:** 12-24-82
 - Account No:** 06884646
 3. **PAYPAL.** Please let me have your Paypal address and you will be sent an invoice for payment.
 4. **WESTERN UNION** – Contact organiser for First and Last names.

All payments must reach the organisers by 24th April 2016.

STRICTLY NO LATE ENTRIES ON THE DAY.

- All Clubs/Organisations are asked to provide one or more referees/judges if possible, whose names, qualifications and contact details (phone and email address) must be entered on the entry form. They will be given free refreshments throughout the day and a free lunch. Referees/judges must be in full uniform i.e. grey trousers, blue blazer, white short-sleeved shirt, red tie and black shoes.
- All coaches will be issued with a coach badge. Only one coach will be allowed for every 10 competitors. This rule will be strictly applied.
- Only the official coach (with a badge) may approach the control table for any queries. Competitors and spectators MUST go via their coach for information.
- Coaches must wear their association track suits when entering the tatami area.
- The association coach will only be allowed in the tatami area when their competitor is fighting or performing kata. Only one coach is allowed per competitor for kumite.
- Competitors who fail to report to an area at the start of their event will be called once at the tatami and once on the PA system. Failing to appear after being called will result in disqualification.
- Any competitor, coach or representative who behaves discourteously to any member of the refereeing panel may cause the immediate disqualification of their competitor and could ultimately lead to disqualification of their whole team.

- The named coach is responsible for the behaviour of all his/her competitors and any spectator accompanying their competitors. He/she is responsible for obtaining parental or guardian permission for entry into the event and checking that their competitors have appropriate insurance, through their respective associations.
- Coaches must be absolutely certain that their competitors are entered into the correct category. It may not be possible to change entries on the day.
- Competitors **may** be entered into their own age and weight category plus one category **UP**.
- First Aid will be provided on the day.
- All jewellery must be removed or covered. Fingernails and toenails must be short.
- The wearing of metallic teeth braces must be approved by the Chief Referee and Official Medical Representative. If accepted, then the parent/guardian/coach must accept full responsibility should the user be injured.
- All competitors must be fully insured by their association and must have their licenses on hand to be checked if required.
- There will be a shop on the day to sell gis (kata and kumite), belts and protective equipment.
- There will be free parking throughout the day on the University premises. Security guards on duty at the gate will direct you to the car park.
- ALL FEDERATIONS AND GROUPS ARE WELCOME. WE HAVE NO RESTRICTIONS ON YOUR AFFILIATIONS.

REFEREES

- Referees are kindly requested to fill in the appropriate section on the entry form with their names, qualifications (if any) , and contact details (telephone and email address) please.
- Refreshments will be provided for all officials throughout the day plus hot lunch free of charge.

Check website www.eskfarate.co.uk for possible updates.

* Please check the website regularly as we may close earlier if we reach capacity.

CLOSING DATE

SUNDAY 24th APRIL 2016

BRITISH OPEN KARATE CHAMPIONSHIPS

CATEGORIES

CAT No	INDIVIDUAL KATA		
1	BOYS AND GIRSL KATA MIXED	7 KYU & BELOW	9 YEARS & UNDER
2	BOYS AND GIRSL KATA MIXED	6KYU TO 4 KYU	9 YEARS & UNDER
3	BOYS AND GIRSL KATA MIXED	3 KYU & ABOVE	9 YEARS & UNDER
4	KATA FEMALE	7 KYU & BELOW	10-13 YRS
5	KATA FEMALE	6 KYU TO 4 KYU	10-13 YRS
6	KATA FEMALE	3 KYU & ABOVE	10-13 YRS
7	KATA MALE	7 KYU & BELOW	10-13 YRS
8	KATA MALE	6 KYU TO 4 KYU	10-13 YRS
9	KATA MALE	3 KYU & ABOVE	10-13 YRS
10	CADETS KATA FEMALE	5 KYU & BELOW	14-15 YRS
11	CADETS KATA FEMALE	4 KYU & ABOVE	14-15 YRS
12	CADETS KATA MALE	5 KYU & BELOW	14-15 YRS
13	CADETS KATA MALE	4 KYU & ABOVE	14-15 YRS
14	JUNIORS AND SENIORS KATA FEMALE	OPEN GRADE	16 YRS +
15	JUNIORS AND SENIORS KATA MALE	OPEN GRADE	16 YRS +
16	VETERAN KATA MALE	OPEN GRADE	35 YRS +
17	VETERANS KATA FEMALE	OPEN GRADE	35 YRS +
17A	DISABLED KATA	OPEN GRADE	OPEN AGE
	TEAM KATA		
18	BOYS AND GIRLS TEAM KATA MIXED	OPEN GRADE	10 YRS & UNDER
19	CADETS & JUNIORS TEAM KATA MIXED	OPEN GRADE	11-15 YRS
20	JUNIORS & SENIORS & VETERANS TEAM KATA MIXED	OPEN GRADE	16 YRS +
	INDIVIDUAL KUMITE		
21	GIRLS KUMITE FEMALE SHOBU NIHON	OPEN GRADE	8 YEAR & UNDER
22	BOYS KUMITE MALE SHOBU NIHON	OPEN GRADE	8 YEARS & UNDER
22SP	BOYS KUMITE MALE SHOBU NIHON	OPEN GRADE	8 YEARS & UNDER
23	GIRLS KUMITE FEMALE SHOBU NIHON	5 KYU & BELOW	9 -11 YRS
24	GIRLS KUMITE FEMALE SHOBU NIHON	4 KYU & ABOVE	9 -11 YRS
25	BOYS MUMITE SHOBU NIHON	5 KYU & BELOW	9 -11 YRS
26	BOYS KUMITE MALE SHOBU NIHON	4 KYU & ABOVE	9 -11 YRS
27	GIRLS KUMITE FEMALE SHOBU NIHON	5 KYU & BELOW	12-14 YRS
28	GIRLS KUMITE FEMALE SHOBU NIHON	4 KYU & ABOVE	12-14 YRS
29	BOYS KUMITE MALE SHOBU NIHON	5 KYU & BELOW	12-14 YRS
30	BOYS KUMITE MALE SHOBU NIHON	4 KYU & ABOVE	12-14 YRS
31	CADETS KUMITE FEMALE SHOBU SANBON	OPEN GRADE	15 - 17 YRS
32	CADETS KUMITE MALE SHOBU SANBON	OPEN GRADE	15 - 17 YRS
33	SENIORS KUMITE FEMALE SHOBU SANBON	OPEN GRADE	18 YRS+
34	SENIORS KUMITE MALE SHOBU SANBON	OPEN GRADE	18 YRS+
35	VETERANS KUMITE FEMALE SHOBU SANBON	OPEN GRADE	35 YRS +
36	VETERANS KUMITE MALE SHOBU SANBON	OPEN GRADE	35 YRS +

37	SENIORS KUMITE FEMALE SHOBU IPPON	OPEN GRADE	18 YRS+
38	SENIORS KUMITE MALE SHOBU IPPON	OPEN GRADE	18 YRS+
	TEAM KUMITE		
39	PEE WEE GIRLS TEAM KUMITE SHOBU NIHON	OPEN GRADE	9 YRS & UNDER
40	PEE WEE BOYS TEAM KUMITE SHOBU NIHON	OPEN GRADE	9 YRS & UNDER
41	GIRLS TEAM KUMITE SHOBU NIHON	OPEN GRADE	10-14 YRS
42	BOYS TEAM KUMITE SHOBU NIHON	OPEN GRADE	10-14 YRS
43	CADETS TEAM KUMITE FEMALE SHOBU SANBON	OPEN GRADE	15-17 YRS
44	CADETS TEAM KUMITE MALE SHOBU SANBON	OPEN GRADE	15-17 YRS
45	JUNIOR & SENIOR TEAM KUMITE FEMALE SHOBU SANBON	OPEN GRADE	18 YRS+
46	JUNIOR & SENIOR TEAM KUMITE MALE SHOBU SANBON	OPEN GRADE	18 YRS+

FEES SUMMARY

Individual Kumite

£15.00 per event

Individual Kata

£15.00 per event

Team Kata

£30 per team

Team Kumite

£30 per team

Spectator fees:

Adults - £10

5 years to 12 years - £5

Under 5 years: Free

KATA GUIDE LIST - WUKF COMPETITION

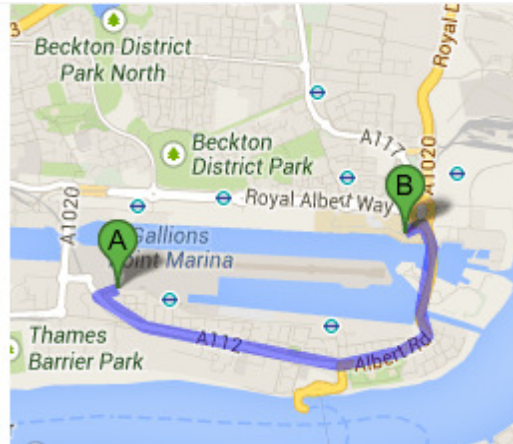
SHITEI	SHITEI	SHITEI	SHITEI	SHITEI
GOJU RYU	SHITO RYU	SHOTOKAN	WADO RYU	SHORIN RYU
Gekisai Dai Ichi	Pinan 1,2,3,4,5	Heian Shodan	Pinan - Shodan	Pinan - Shodan
Gekisai Dai Ni		Heian Nidan	Pinan - Nidan	Pinan - Nidan
Saifa		Heian Sandan	Pinan - Sandan	Pinan - Sandan
		Heian Yondan	Pinan - Yondan	Pinan - Yondan
		Heian Godan	Pinan - Godan	Pinan - Godan
SENTEI	SENTEI	SENTEI	SENTEI	SENTEI
Seisan	Matsumura no Rohai	Tekki Shodan	Kushanku	Itosu-No Passai (Passai Sho)
Seipai	Naihanchi Shodan	Bassai Dai	Niseishi	Kussanku-sho
Shisochin	Saifa	Empi	Passai	Jion
	Jiuroku	Kanku Dai	Jion	Naihanchi 1-3
	Bassai Dai	Jion	Jitte	Matsumura-No-Passai (Passai Dai)
	Kosokun dai	Hangetsu		
	Tomari No Wanshu			
	Ji'in			
	Seienchin			
	Wanshu			
	Aoyagi			
	Miojio			
TOKUI	TOKUI	TOKUI	TOKUI	TOKUI
Kururunfa	Jion	Jiin	Chinto	Kussanku-Dai
Suparimpei	Kosokun Sho	Tekki Nidan	Naihanchi	Chinto
Sanseru	Ciatanyara No Kushanku	Tekki Sandan	Rohai	Gojushiho
	Sochin (Aragaki ha)	Gankaku	Wanshu	Teesho
	Matsumura No Bassai	Bassai Sho	Seishan	Koryu-Passai
	Tomari Bassai	Kanku Sho	Anan	Unshu
	Niseichi	Sochin		Ryuko
	Sanseiru	Nijushiho		Chinte
	Chinto	Gojushiho Dai		Jitte
	Shisochin	Gojushiho Sho		Sochin
	Nipaipo	Chinte		Seisan
	Kururunfa	Unsu		
	Seipai	Meikyo		
	Seisan	Wankan		
	Gojushiho	Jitte		
	Unshu			
	Suparimpei			
	Anan			
	Jitte.Pacho			
	Haiku, Paiku			

SHITEI	SHITEI	SHITEI
UECHI RYU	KYOKUSHINKAI	BUDOKAN
Kanshiva	Pinan Shodan	Heian 1-5
Kanshu	Pinan Nidan	
Sechin	Pinan Sandan	
Seryu (Kiyohide)	Pinan Yondan	
	Pinan Godan	
SENTEI	SENTEI	SENTEI
Sesan	Geksai Dai	Empi
Kanchin	Tsuki-no-kata	Tekki 1-2
Sanseryu	Yantsu	Bassai Dai
	Tensho	Kanku Dai
	Sanchin-no-Kata	Jion
	Saifa	Hangetsu
		Ji'in
TOKUI	TOKUI	TOKUI
Kanshiva	Seienchin	Meikyo
Kanshu	Kanku Dai	Tekki Sandan
Sechin	Geksai-Sho	Bassai Sho
Sesan	Sushi-Ho	Kanku Sho
Seiryu	Garyu	Jitte
Kanchin	Seipai	Sochin
Sanseryu		Unsu
		Gankaku
		Ninjushiho
		Gojushiho-Dai
		Gojishiho-Sho
		Chinte
		Wankan

HOW TO GET THERE: AIRPORTS

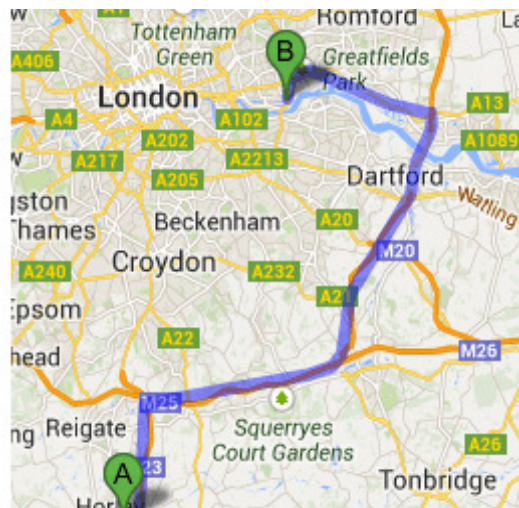
London City

- A** London City Airport
- 6 mins**
- B** SportsDock
University Of East London
4-6 University Way, London E16 2RD, United Kingdom 1.9 mi



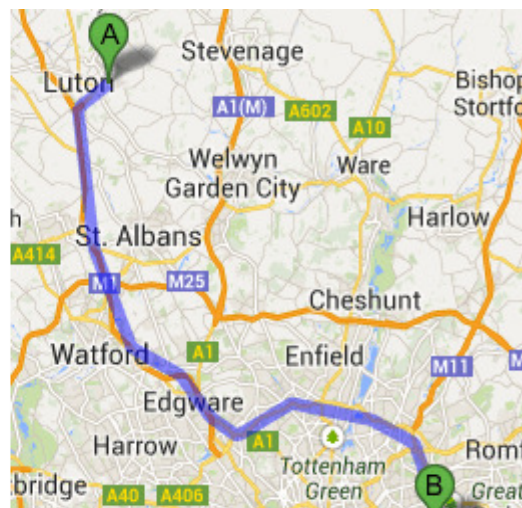
Gatwick Airport

- A** Gatwick Airport
- 56 mins**
In current traffic: 1 hour 20 mins
- B** SportsDock
University Of East London
4-6 University Way, London E16 2RD, United Kingdom 48.0 mi



Luton Airport

- A** London Luton Airport
- 55 mins**
In current traffic: 1 hour 10 mins
- B** SportsDock
University Of East London
4-6 University Way, London E16 2RD, United Kingdom 44.0 mi



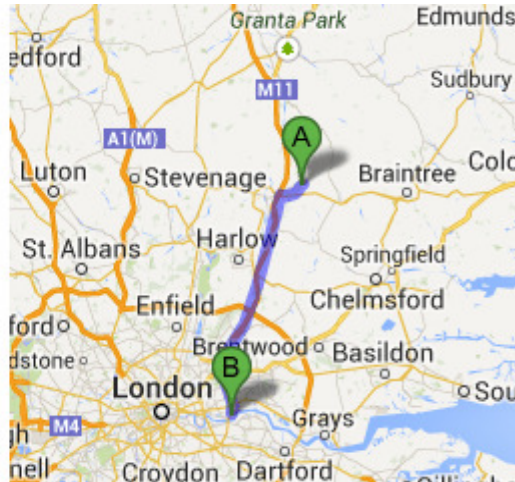
Stanstead Airport

A Stansted Airport

37 mins

B SportsDock
University Of East London
4-6 University Way,
London E16 2RD, United
Kingdom

32.4 mi



HOW TO GET THERE:

- **BY TUBE/DLR**

DOCKLANDS LIGHT RAILWAY (DLR) – The closest station is Gallions Reach DLR. The Docklands Campus is directly opposite Cyprus DLR station. Trains to Beckton via Cyprus and Canning Town usually run at five to ten minute intervals. Both stations are within walking distance.

- **BY BUS**

Bus routes near the Docklands campus include 101, 173, 262, 300, 366, 376, 474 and N551. A map of these bus routes is available on the Transport for London website.

- **ROAD**

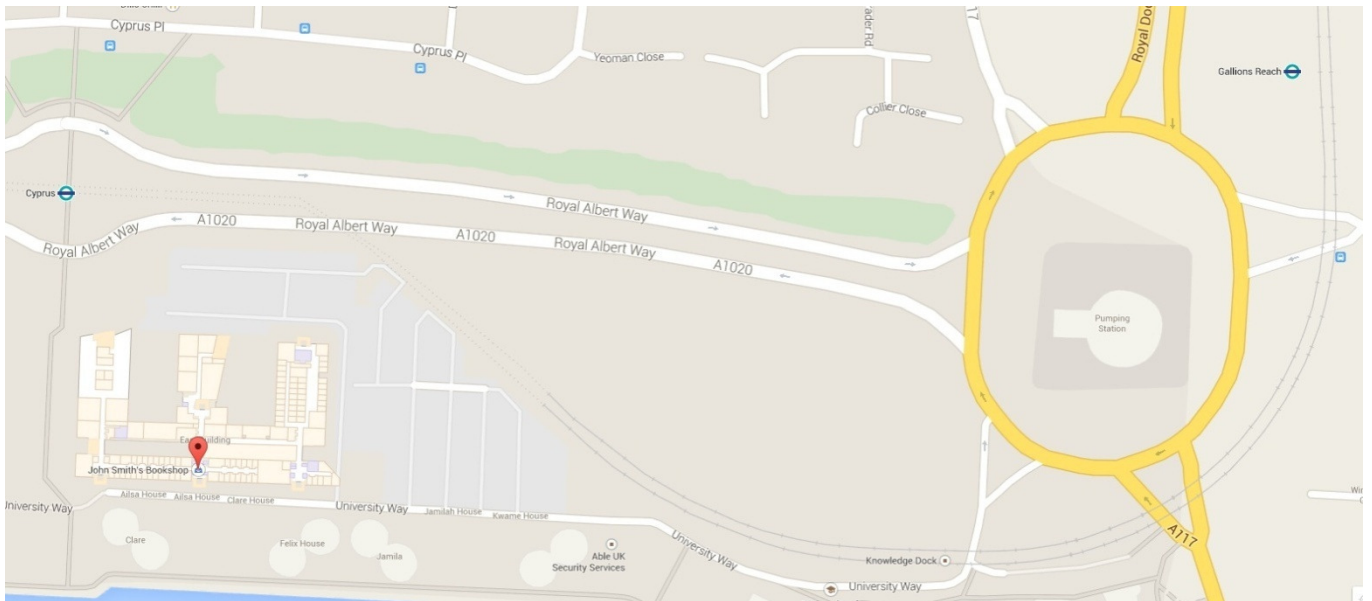
From the North

Leave the M1 at Junction 2, then merge onto A1. At Henly's corner, continue forward onto the A406. At Clockhouse Junction, continue forward. At the next roundabout, take the 2nd exit to A1020. At Gallions roundabout, take the 4th exit to University Way and you are at the SportsDock.

From the South:

- a) From Junction 2 of the M25, continue forward onto the A282. Enter Dartford Tunnel (toll). Leave the A282 at Junction 30, then at roundabout take the 1st exit and merge onto A13. Continue straight forward until you join the A1020. At Gallions roundabout, take the 4th exit to University Way and you are at the SportsDock.
- b) From Blackwall Tunnel, join the A13. Continue on the A13 until the Beckton exit to the A117. Continue straight past Beckton DLR station to Gallions Roundabout. Take the 4th exit to University Way and you are at the SportsDock.

University of East London



Docklands Light Railway Map



CONTACT US + DIRECTIONS

SPORTSDOCK

University of East London
Docklands Campus
University Way
London E16 2RD

Tel 020 8223 6888

Official Hotels near University of East London Sportsdock

1. Premier Inn London Beckton Hotel



1 Woolwich Manor Way, Beckton,
London E6 5NT
T: 0871 527 8644*More info
F: 0871 527 8645

Within walking distance (10 minutes walk) to the Sportsdock and 1 minute walk from Beckton DLR station.

Ideal for your stopover in East London, Premier Inn London Beckton is handy for all the top locations. However you're travelling you'll be well connected, with nearby links to London City Airport, Beckton DLR Station and Beckton Bus Station, A13/A406, and even the cable car across to the O2 Arena.

Discover live events at the ExCel Exhibition centre, snap up the latest styles at Westfield Stratford, or head back in time at the Tower of London, then take a well-earned rest in the quiet and calm of Beckton Premier Inn and Windsor House Brewers Fayre restaurant. Spacious rooms and extra-comfy beds will make all the difference.

Search for London Beckton on: <http://www.premierinn.com> Or [Click Here](#)

2. Travelodge London City Airport Hotel

Located a quarter of a mile from London City Airport and only 2 miles from Woolwich Ferry, the London City Airport Hotel is ideal for those seeking accommodation for a holiday stopover or wanting to explore the vibrant English capital. Explore the ExCel Exhibition Centre, an international exhibition and conference centre which hosts a variety of interesting events, or visit Upton Park to see the grounds of West Ham Football Club. For shopping fanatics, Galleons Reach Shopping is a dream centre where you can discover over 35 major stores all in one convenient location. Alternatively, if you're looking for hotels near the world-famous O2 Arena then this is a great option, as the thriving entertainment venue is only 5.5 miles away, making it the perfect place to stay if you have tickets for an up-and-coming show.

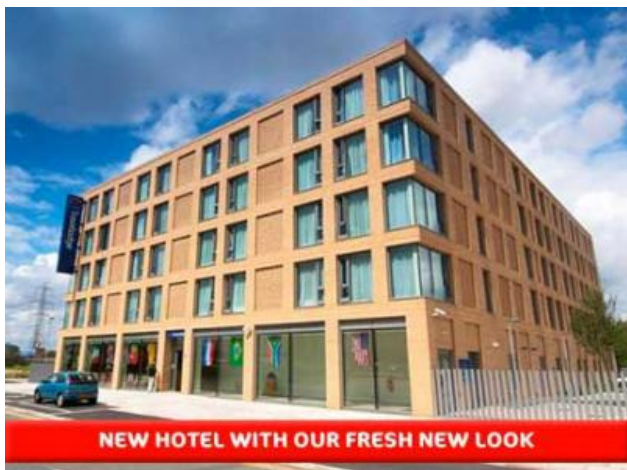


The hotel has our fresh new look and features Travelodges new room design complete with Dreamer Bed so you can be sure of a great night's sleep.



Search for London City Airport on: <https://www.travelodge.co.uk> or [Click Here](#)

3. Travelodge London Excel Hotel



About this hotel

This location is not only perfect for anyone needing to attend the London Excel Centre, but also for those wanting to access several other London attractions such as London Greenwich, Canary Wharf or the world-famous West End. London Excel Hotel is incredibly well connected, with London City Airport and the DLR Royal Albert Underground within half a mile. DLR Canning Town Underground can be found just 1.9 miles away, adding plenty more travel routes in and out of the area. It is also just 1.6 miles to the University of East London, making it ideal for those visiting students studying there.

This is a new hotel and has recently been updated with our fresh new look and features Travelodge's new room design complete with Dreamer Bed so you can be sure of a great night's sleep

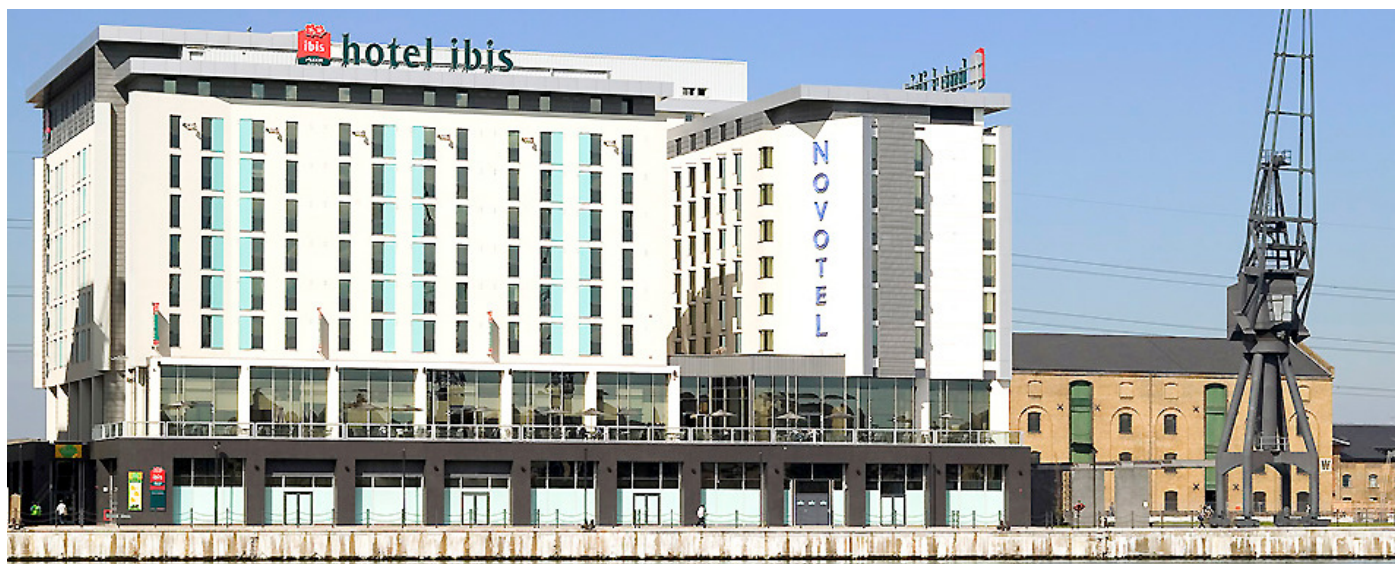


Useful Information

Access to The O2: Just 1.5 miles away is the Emirates Air Line, this connects Emirates Royal Docks (North Terminal) and Emirates Greenwich Peninsula (South Terminal) and allows quick public transport near to The O2.

Search for London Excel on: <https://www.travelodge.co.uk> or [Click Here](#)

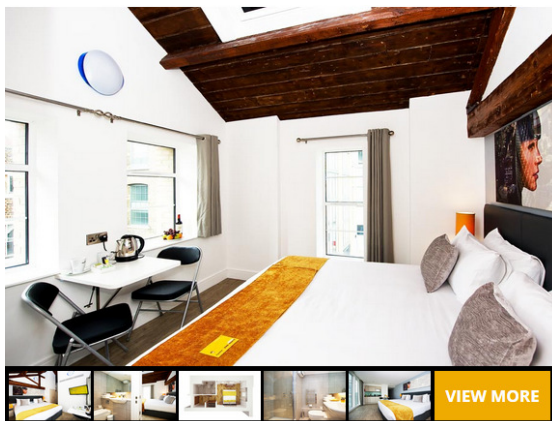
4. HOTEL NOVOTEL LONDON EXCEL & 5. HOTEL IBIS LONDON EXCEL DOCKLANDS



4. Search for London Excel on: <http://www.novotel.com> or [Click Here](#)

5. Search for London Excel Docklands on: <http://www.ibis.com> or [Click Here](#)

6. STAY CITY APART HOTELS – LONDON DEPTFORD BRIDGE



Staycity Aparthotels Greenwich Deptford Bridge Station

Welcome to Staycity Aparthotels Greenwich Deptford Bridge Station, opened in May 2014. We offer 93 new apartments in a range of hotel rooms, studios and one bedroom apartments conveniently located just a 1-minute walk from Deptford Bridge Station.

Our Deptford Bridge Station apartments come fully furnished with bed linen and towels also provided. They offer more than a standard hotel room with well-appointed kitchenettes making them ideal for all your self-catering requirements. (Our hotel rooms have no kitchen facilities.)

Facilities nearby our apartments include restaurants, cafes, grocery shops and a fitness centre.

Check-in time is 3 pm and check-out time is 11.00 am. Please contact us should you wish to check in earlier/later or upgrade to a larger studio/apartment. These options may be arranged at an extra cost, subject to availability.

Booking Terms

No deposit is required upon booking, the balance is charged upon arrival.

You can also choose to pay for your booking in full when you book 30 days or more in advance and receive a discount.

Payment is non-refundable so it's not possible to cancel or amend these bookings.

[Click Here for Stay City Aparthotels Deptford Bridge](#)

7. PREMIER INN - GREENWICH



About This Hotel

Whether you want to see the landmark attractions or take a breather from the hustle and bustle, Premier Inn London Greenwich is a great choice for your city break.

Explore the historic streets, shops and markets of Greenwich town. Take a trip into the area's past at the Cutty Sark and National Maritime Museum. Visit the home of Greenwich Mean Time at the Royal Observatory in Greenwich Park. Or nip across the river to the O2 Arena. And, at the end of the day, unwind in our tasty Thyme restaurant and extra-comfy rooms.

Important info

This Premier Inn is undergoing a refurbishment between 9/5/15 - 11/7/15. Some noise is to be expected during working hours.

Search for London Greenwich Hotel on: <http://www.premierinn.com> or [Click Here](#)

8. TRAVELODGE HOTEL – LONDON GREENWICH



Search for London Greenwich on: <https://www.travelodge.co.uk> or [Click Here](#)

Important information

Due to the main road location, as you might expect, some external noise may be heard.

About this hotel

Experience the charm and beauty of historic Greenwich at the London Greenwich Hotel. This hotel's location makes it one of the most well-connected hotels near London Greenwich. The Deptford Bridge DLR station and New Cross and Greenwich train stations are all within half a mile's walk. The beautiful Greenwich Park is just a walk away, as well as the Royal Observatory, Cutty Sark and National Maritime Museum, where you can explore the region's naval and scientific roots. Millwall Football Club and the O2 Arena are also easily accessible for those interested in catching the latest sporting or entertainment events.

This is a new hotel and has recently been updated with our fresh new look and features Travelodge's new room design complete with Dreamer Bed so you can be sure of a great night's sleep.

9. HOTEL IBIS LONDON GREENWICH



Discover the Hotel Ibis London Greenwich

Mr Mahmoud DJAFER, the manager of the ibis London Greenwich hotel, would like to welcome you.

Ibis London Greenwich is an economy London hotel, located in the historic centre of Royal borough of Greenwich, close to Maritime Museum, Cutty Sark and Royal Observatory.

You can easily access Canary Wharf, the O2 Arena or Excel Exhibition Centre via local transport links. Hotel is within short ride from London City Airport and the Olympic Park. Paying outdoor parking available. Free Wifi available throughout the hotel.

Breakfast served at the Cafe Rouge next door with a choice between the Continental Breakfast at £5,50 and the Full English Breakfast at £8,50. Opening from 7h00am to 12h on Week-Ends and from 6h30 am to 12h on Week days

Search for London Excel Docklands on: <http://www.ibis.com> or [Click Here](#)

TRANSPORT

RECOMMENDED COACH COMPANY:

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

Contact name: Ms Catherine Smith

Personal email address:

Catherine.smith@coachdirect.co.uk

Coach Direct Central - Head Office

Coach Direct
2nd Floor
83 High Street
Rayleigh
Essex
SS6 7EJ

Tel: **0843 0843 001** or outside UK:
0044 (0)1268 747388

Fax: **0843 0843 002** or outside UK:
0044 (0)1268 741685

E-Mail: info@coachdirect.co.uk

RECOMMENDED MINI CAB COMPANIES

1. DATA Cars

<http://datacars.com>

CONTACT INFORMATION DATA CARS

Booking: **020 8850 0000**
Accounts & management: **020 8297 2700**
Driver liaison: **020 8850 4444**
Opening hours: Monday to Friday 9am to 5pm
Lost Property/Complaints: **020 8297 6700**

EMAIL

For booking enquiries please email: bookings@datacars.com
Account queries: accounts@datacars.com
All other enquiries: mail@datacars.com

2. Blackheath Direct Cars

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

About Blackheath Direct Cars

Based at the Heart of South East London, Blackheath Direct Cars is managed by Experienced Management working in the Taxi Hiring market for the last 10 years. Qualified Staff Equipped with State of the Art Navigation and Tracking System ensures Fast and Reliable Service to your Destination.

All the Individual Bookings and Company Accounts are recorded with Latest Mini-Cab Software to Get Round a Clock Complete Record of Bookings.

3. Lee Cars

<http://www.leecars.co.uk/>
Tel No: 0208 851 5333

About Lee Cars

We are a newly established minicab company located in Lee. We are only 100 yards away on the left hand side of Lee station and our mini cab drivers will be ready for service after you have booked your mini cab. Currently the booking only be taken by phone or in person who visit our office. We have number of qualified and trusted driver who have many years of experience behind them to help us satisfy our customers and transport them on time and safe to their destination.