



MEN'S ARTISTIC ENGLISH CHAMPIONSHIPS 2019

Competition Handbook

Version History

The Organising Committee for this event, reserve the right to make amendments to this Handbook.

Notification of a change to the Handbook will be communicated through the [English Gymnastics Website](#) and an updated version will be made available to download at the time of change.

All versions will be listed on this page, with reference to amendments made.


Version 2 (17.1.19)

- Page 13 : Swap MAG 12U to Sunday 3rd March and MAG 14U to Friday 1st March
- Page 4 : Add in new England Event Enquiries contacts/email address and links throughout the document

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Definition of Terms

- Assisting Coach(es) are Coaches who are permitted on the competition floor and/or warm up hall, but who work under the guidance and responsibility of the supervising Coach. Assisting Coach(es) must meet all of the relevant eligibility requirements.
- BG means British Gymnastics.
- EGA means English Gymnastics.
- Criminal Record Certificate means DBS (previously CRB), Access NI Eligibility or PVG.
- Event means any National competition and Championships organised by or on behalf of the EGA.
- FIG means Federation International de Gymnastique.
- Officials are people recruited to assist with the delivery of the overall event ie Floor Manager, Ceremonies Manager, Spectator Tickets Manager etc.
- Supervising Coach(es) are those Coaches submitted in the online entry process and who are responsible for the gymnast(s) for the entire event. This Coach must have the relevant qualifications and BG Membership as defined in the Eligibility Section of this Handbook. Any changes to the supervising Coach(es) submitted on the online entry system, must be notified to the EGA Administration Manager, Jan Charlton, via email prior to the event and in exceptional circumstances, if changes are required during the event, these must be notified to the Organisers. Changes to supervising Coach(es) will only be permitted where the replacement Coach meets all of the relevant Eligibility requirements.
- Unattached means gymnasts who are not members of a BG Registered Club, but hold appropriate BG Membership.
- Guest means gymnasts who are not members of any BG Registered Club in **England** and may or may not hold appropriate BG Membership.
-  means there is a hyperlink embedded in to the title of the document.

Where no specific point is addressed in the Regulations, the current FIG Rules apply. However, the Organisers and its appointed Officials, reserve the right to define any Regulation conflict as is deemed appropriate, to ensure a fair and equitable competition.

Contact Information

EGA COMPETITION ORGANISERS

EGA Events Director
EGA Administration Manager
EGA Chairman
All Event Enquiries (as at 17.1.19)

Sue James
Jan Charlton
Martin J Laws
Jack Duggan }
Polly Hucker }

via Jan Charlton
jan.charlton@englishgymnastics.org.uk
martin.laws@englishgymnastics.org.uk
engevents@englishgymnastics.org.uk

BRITISH GYMNASTICS CONTACTS

Customer Support

T. 0345 1297129 Ext 2395
E. customersupport@british-gymnastics.org

Eligibility

Membership

All persons attending EGA events in an official capacity, whether as a Gymnast, Coach or Judge, are required to hold current BG Membership in line with the level of competition entered and awards held.

Coaches, Judges and Gymnasts should carry current BG Membership Cards to all competitions and be prepared for these to be checked by the Organisers or their appointed officials.

- Gymnasts
Membership level must be Silver Competitive, Gold Coach or Life Members of BG in order to enter an EGA event. In normal circumstances, Gymnasts should also be a member of a BG Registered Club.

In exceptional circumstances, where a Gymnast does not belong to a BG Registered Club, they must contact the EGA Administration Manager, and request entry into the event. If granted, such Gymnasts will be given the classification as being Unattached. In such circumstances, the Gymnasts must nominate a supervising Coach and must also meet all other Membership requirements.

- Supervising Coaches
Supervising Coaches' Membership level must be Gold Coach or Life Members of BG and Coaches must be qualified to the level of the skills being performed before being allowed to participate in an EGA event. Coaches must have a current Safeguarding Certificate (SPC) and Criminal Records Certificate (DBS). Please see Safeguarding Section.

- **One** (1) Supervising Coach per Gymnast from **two** (2) nominated, will be permitted in to the competition area at any one time.

- Assisting Coaches
Assisting Coaches' Membership level must be Assistant Coach (if Level 1), Gold Coach or Life Members of BG before being allowed to participate in an EGA event. Assisting Coaches must have a current Safeguarding Certificate (SPC) and Criminal Records Certificate (DBS). Please see Safeguarding Section.

- Judges
Judges' Membership level must be Judge or Life Members of BG for Club/County/Regional Judges, and National/Brevet Judge or Life Members of BG for National and Brevet Judges before being allowed to officiate at an EGA event.

Judges must also hold a current Cycle of Judging Award (Cycle 14).

The EGA does not required Judges to complete a Criminal Record Check (DBS) to Judge at EGA competitions, as the role that Judges fulfil at the event no longer falls within DBS Eligibility. However, some Judges are actively involved in Club gymnastics and may provide Judging instruction to children in a training environment or carry out a supervisory role (or may complete a Criminal Record Check by virtue of another role they undertake eg Coach). As not all Judges use their qualification in the same way, it is the Club's responsibility to assess the role the Judge is undertaking and determine whether the activities involved fall within the Eligibility Criteria for a Criminal Record Check. BG no longer requires all Judges to complete Safeguarding Training, but Clubs should ensure any Judge who supervises or instructs children has completed appropriate training.

For further information on Membership levels, please visit the [British Gymnastics Website](#).

Coach Qualifications

When submitting entries for an EGA event, Clubs must ensure that the nominated Supervising Coach(es) is/are qualified to the level of the participant's performance. The practice of supervising participants working above the level of the Coach's qualification is not allowed.

The caveat that permits Coaches to practice one level above their Coaching qualification in the Coaching Syllabus refers to a training environment only and is not permitted at EGA events. Its purpose is to enable Coaches to practice within the post-course guided learning environment following attendance at a course and in preparation for the examination, under the supervision of a BG Mentor Coach.

Supervising Coaches entered into the event entry **MUST** be the same ones attending the event. It is unacceptable to enter a Coach you know will not be attending.

Supervising Coaches have a duty of care towards their performers and have a responsibility to ensure that they are both qualified and competent to teach at the appropriate level, as well as ensuring that the participant is adequately prepared, physically and psychologically, for performing their routines in a competition situation.

Additional Assisting Coaches (Level 1 and above) may be accredited, at the discretion of the Organiser, to be present in the competition arena to assist with the pastoral care of the gymnasts. Assisting Coaches may not Coach the Gymnasts unless they fulfil the requirement of holding a recognised qualification suitable to the level of skills being performed.

If it is found that a Club is in breach of these policies, the EGA reserves the right to reject an entry on the grounds of Gymnast safety or, if discovered post-performance, to disqualify the competitor and remove their score(s) from the official results.

Safeguarding

All Coaches are required to hold a current BG specific DBS Certificate and have current Safeguarding and Protecting Children Awareness training at the time of the event. Coaches who do not fulfil this requirement will not be accredited or allowed to participate in EGA events.

All Gymnasts must have an accredited Coach present on the competition floor at all times. If a Gymnast attends a competition without a Supervising Coach, they will not be allowed to compete.

The Safeguarding Courses recognised by British Gymnastics are:

- Sports Coach UK (scUK) Safeguarding Awareness Course
- Local Safeguarding Children's Board (LSCB)
- Football Association (FA) Safeguarding Training
- Professional Prior Learning ie Social Worker, Teacher etc

This must be renewed every three years and be valid both at the time of entry and through to the end of the event. For members who have previously completed a face-to-face Course, an online refresher update Course is available.


Coaches must also have a valid DBS Certificate, both at the time of entry and through to the end of the event, before being allowed to officiate at an EGA event.

Nationality

Participation in all English Gymnastics events is subject to the requirements of Membership, Club/Regional Registration and other conditions of entry.

The Gymnast must be a British Citizen, holding a British Passport (or be in the process of obtaining British Citizenship and/or Passport) **and** have lived in England for a period exceeding 48 months. The mother, father or a grandparent of a Gymnast must have been born in England.

AND

The Gymnast must not be a member of a Squad of any other Commonwealth country or previously represented another Commonwealth country, unless the consents required by Byelaw 17(3) of the [Constitutional Documents of the Commonwealth Games Federation](#)  (CGF) have been obtained.

If a Gymnast does not meet any of the above Criteria, but nevertheless wishes to be considered for entry, the Gymnast may petition the English Gymnastics Approval Panel in writing, via email to Jan Charlton. The Approval Panel's decision in this regard shall be final. The Approval Panel shall be consisted of the Chairman and the Vice-Chairman of English Gymnastics, together with the individual Chairperson, in England, of the specific Gymnastics discipline within which the Gymnast is seeking to compete. The Panel's decision in this regard shall be final. Decisions on these matters are not open to Appeal.

Disclosure

It is the responsibility of the person making the Competition entry to ensure that all the gymnasts have their Nationality declared within the Gymnet Online Entry portal.

Competition Entries

Entry Process

Entry to the Men's Artistic English Championships is online only. Complete instructions for adding an entry via the [Gymnet Online Entry Portal](#) are available to download from the [BG Website](#). All entries must be fully submitted electronically by the stipulated closing date/time. First time users of the system should contact the Customer Support Department at BG on Tel: 0345 1297129 Ext 2395 to enable event entry permission to be added. Any problems/queries relating to the process, please contact Jan Charlton via email in the first instance. Prior to the event, an entry may only be amended by the person making the original entry.

Number of Entrants

There is no current restriction on the number of entrants to this event; however, the Organisers reserve the right to put restrictions in place.

Methods of Payment

Payment can ONLY be made by Debit/Credit Card. Payments should be received by BG within 48 hours of the entry being submitted. **Entry Fees are non-refundable after the closing deadline.**

Late Entries

Late entries will not be accepted for this event.

Withdrawals and Substitutions

Amendments to an entry before the closing deadline will not incur a penalty and in the case of withdrawals, the entry fee will be refunded.

Withdrawals should be notified to the EGA Admin Manager via email (up to 48 hours before the start of the event) or at the time of Registration at the event.

Where it is necessary to substitute a Coach, the Club must inform the EGA Admin Manager in writing via email so that the Coach can be checked for Membership, Awards and Safeguarding, before they can be accredited for the event.

Where, through unforeseen circumstances, this is not possible or, where information has not previously been supplied, the substitute must inform the Organiser immediately on arrival at the venue and produce their Coaching Award Certificate, current BG Membership Card and a current BG specified DBS Certificate.

Guests

If a gymnast, representing another Country or Home Country, wishes to compete as a Guest at an English Gymnastics event, the Club/Coach should contact the [English Event Enquiries email](#) in the first instance. Guest gymnasts will be allowed subject to prior approval by the Organisers of the event.

General Regulations

Coaches must make adequate provision for the “supervision” of their Gymnasts upon arrival at the venue. Gymnasts will not be allowed to register or begin warm up without their Coach present.

Registration

- Please endeavour to have Gymnasts registered by the time stated.
- Please advise at Registration if you intend to perform two Vaults for Apparatus Awards.
- During Registration, Gymnasts will be issued with their Number.

Order of Rotation

The Draw will be sent to all competing Clubs in advance. Where possible, we will endeavour to keep Gymnasts from the same Club together. For the purpose of maintaining the smooth and timely running of the event, or where the safety, security and good performance of the Gymnasts is a concern, the Organisers reserve the right to alter the grouping of Gymnasts and/or running order of performances as may be deemed necessary by the Organisers or authorised officials, up to the start of warm up.

Competition Apparatus

Equipment for the 2019 Artistic English Championships, will be Gymnova.

Tall Gymnasts

In accordance with the current FIG Rules, certain Apparatus may be raised in order to cater for taller gymnasts. Please indicate at the time of making the entry if this will be required for any of your Gymnasts.

Spring Boards

Super and Super Sprung Boards will be provided. Gymnasts will not be permitted to bring their own Spring Boards to the event.

Special Notes for Vault

The following Rules apply for eligibility for a Vault ranking and medal. All Gymnasts performing two Vaults must indicate so on their Entry Form.

- Seniors, 18 & Under, 16 & Under FIG Rules apply
- 14 & Under 2 Vaults, but must be different Vault numbers per Code of Points
- 12 & Under A single Vault to count

Food and Drink

There may be restrictions within the competition areas with regards to food and drink. This is to manage food intolerances and allergies.

Medical Provision

Anyone requiring First Aid assistance should speak to either the Competition Organiser or EGA Medical Team. It is recommended that all Coaches have a First Aid Kit with them for minor injuries.

At all EGA events, an official Medical Team will be appointed and will be available to treat Gymnasts who sustain an injury at the event. The Medical Team are not able to treat pre-existing or chronic injuries.

Any injury occurring during the official training or competition must be reported to the Medical Team, to ensure a record can be kept of treatment given and by whom.

The decision of the Organiser, based upon the recommendation of the EGA appointed Medical Officer as to the Gymnast's health and medical status and their ability to compete at the event, is absolute and final.

Inquiries

Inquiries are permitted and should be handed to the EGA Events Director along with a £15 Inquiry Fee. Inquiries will be accepted within ONE rotation of the performance being questioned (ie if you are protesting a Gymnast's performance on the first Apparatus, an official application must be received before the Gymnast rotates to their third piece). The fee will be returned if the Protest is successful or retained if the Inquiry is denied.

Medal Ceremonies

Except in exceptional circumstances, Gymnasts who win a medal at an EGA event are expected to remain in the venue until the completion of the competition and participate in the medal presentation ceremony in order to collect their award in person. Medals will only be distributed at events, not by post. Attire for medal ceremonies is according to FIG World Championships and UEG Rules.

Awards, Prizes & Presentations

- The Overall 12 & Under, 14 & Under, 16 & Under, 18 & Under and Senior Champions will be awarded salvers, along with an AA Gold Medal and £150. The Personal Coach of the Overall 12 & Under, 14 & Under, 16 & Under, 18 & Under and Senior Champions will receive £50.
- Apparatus Winners, within each Section/Piece, will be determined by the AA Scores. Medals will be awarded for 1st to 3rd.

Privacy

[British Gymnastics Privacy Notice](#) 

At many events, English Gymnastics may produce event merchandise (eg event t-shirts). These may include the names and/or clubs of the gymnasts taking part.

Where competing gymnasts have a disability, it may be necessary to share the details of this disability with the Organising Committee in order to discuss if modifications to Rules and processes are appropriate arising from this disability.

The scores and results from English Gymnastics events, will be published on the EGA Website in the specific event page.

Health & Safety

The health, safety and welfare of all participants (Gymnasts, Coaches and Officials) is the primary consideration. All BG Policies and Procedures will be rigorously applied with regards to health, safety, welfare and Safeguarding & Protecting Children.



Overnight Stays

Government Legislation requires that when a Club takes a Gymnast(s) under the age of 18 years on a journey involving an overnight stay, the Club must ensure that there is a designated trained person responsible for child protection on the trip. To adhere to the CPSU Child Protection Standards, this person must not be related to or in a relationship with the Coach attending the trip.

The training for the designated person should be BG recognised Safeguarding & Protecting Children Awareness training.

Terms & Conditions of Entry to all Competitions

In addition to the EGA General Rules and Regulations:

- All entrants agree to be treated by EGA appointed Medical Staff only and be bound by the decision of EGA Medical Staff in relation to their ability to compete in the competition.
- You agree to the storing of competition scores. The EGA will redact your details from the published results unless there is a justifiable reason to reject an objection to publication.
- You agree to abide by the [BG Photography at Gymnastics Events Policy](#) 
- Coaches and Gymnasts agree to abide by the [BG Body Piercing & Adornments Policy](#)  throughout the event.
- For competitors, Coaches and Judges, chewing gum is not allowed at any phase of the competition, including the presentation of the awards.
- Apart from as required for the running of the competition, Gymnasts, Coaches, Judges and Officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the main arena during the event. Such mobile devices may only be used for monitoring scores and results.
- The person making the online entry on behalf of Gymnast(s) or a Club, undertakes to ensure that those who they are making an entry on behalf of are fully aware of and agree to abide by the contents of this Handbook.
- Gymnasts must provide their own chalk.
- If a Gymnast fails to compete on any piece, please inform the Judges in order that a zero score can be entered.
- Any Gymnast who is injured in this event and is withdrawn from the competition by the Medical Staff, will still be eligible for individual Apparatus medals.

Spectator Tickets

Spectator Tickets will be available to purchase on the door, or online in advance at a discounted price. All online orders will incur a handling fee of £2 **per order**. Child tickets are for U12 years old. Infants not occupying a seat, may enter Free of Charge.

DESCRIPTION	ON THE DOOR PRICE	ONLINE ADVANCE PURCHASE
All Day Adult Ticket	£15	£12
All Day U12 Child/Senior Ticket	£12	£10

Online advance tickets may be purchased via Gymdata by following this [link](#). Please note that applications for tickets are always heavy (particularly for Seniors Day), so please advise members of your Club to apply early. We cannot guarantee that any tickets will be available to purchase on the door each day, so would advise everyone to purchase tickets online in advance of the Championships to avoid disappointment.



Car Parking

Redbridge Sports & Leisure Centre Parking charge is £2/day (Friday, Saturday or Sunday) or £5/all weekend (Friday, Saturday & Sunday), which may also be purchased in advance via Gymdata.

Video, Film & Photography

If you agree for your Club to enter you into an EGA competition, we will use your personal information to confirm you have been entered into the correct category and to enable you to participate in the event. All EGA competitions are large events, where filming and photography by EGA accredited Photographers will be taking place. Images taken at our events may be used by the EGA for the purposes of promotion, education and development of the sport. The results of EGA competitions are published and made available for viewing by members of the public.

Any Gymnast or parent who does not wish themselves or their child to be photographed at the event, must advise the organisers via the [English Event Enquiries email](#). We will ensure that any identifiable images of the participant are not published.

Any person wishing to use video, film or take photographs must abide by the [Photography at Gymnastics Events](#)  contained within the BG Safeguarding Children – Safe Environment Policy. Photos may only be taken for personal use. Unless specifically accredited to do so, you may not take photos for sale, other commercial use, or publication in printed or electronic form, such as on Websites. Clubs may publish some photos, but this may only be done in accordance with the [BG Safeguarding & Protecting Children Policy](#) 

Flash or bright lights may not be used AT ANY TIME while Gymnasts are warming up or competing.

If you have concerns about the identity or actions of any Photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the EGA appointed Welfare Officer or EGA Events Director at the event.

Men's Artistic Technical Information

Code of Conduct



The EGA, acting through the Board, reserves the right to refuse any entry and disqualify an Official, Coach, Judge, Gymnast or team at any time, if they do not comply with BG Regulations.

Age Policy


Gymnasts' ages, for the purpose of entry to all age dependent categories, will be taken as the age reached in the year of the competition.

Competition Attire

Gymnasts

- Gymnasts must wear long gymnastics pants and socks on Pommel Horse, Rings, Parallel Bars and Horizontal Bars.
- They have the option to wear short pants with or without socks or long gymnastics pants with socks on Floor Exercise and Vault.
- The wearing of a gymnastics singlet on all apparatus is compulsory.
- The wearing of GBR, ENG or other Home Nation attire at EGA events is strictly forbidden.
- Gymnasts have the option of wearing gymnastic slippers or socks.
- The removal of leotards on the field of play and in public view is not allowed.
- Handguards, body bandages and wrist straps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Skin-coloured bandages are recommended.
- Advertising on attire must adhere to [FIG Rules](#) 
- Gymnasts will not be allowed to compete if wearing ANY jewellery. If it is impossible to remove items of jewellery, they should be taped. Exceptions are as per the [BG Body Piercing & Adornments Policy](#) 

Coaches

- Coaches must wear a tracksuit with full length sports trousers or full-length trousers with a collared polo shirt/Club t-shirt and appropriate gym/training shoes.
- The wearing of GBR, ENG or other Home Nation attire at EGA events is strictly forbidden.
- Long hair should be braided or tied back so as not to obscure vision.
- Coaches will not be allowed to support on the competition floor if wearing ANY jewellery (including watches). If it is impossible to remove items of jewellery, they should be taped. Exceptions are as per the [BG Body Piercing & Adornments Policy](#) 

Non-compliance may result in removal of the Coach and consequently, for health and safety reasons, their Gymnast(s) from the competition.

Judges

- Navy blazer or suit with navy skirt (women) or full-length trousers (men and women), white shirt (men and women) or blouse (women), EGA or navy tie (men) or EGA or other suitable scarf (women), black shoes (not sandals) or clean track shoes if required by Organisers. Heels which will damage the gymnastic floor covering must be avoided.
- Hair must be neat and not inhibit vision.
- Jewellery, if worn, must be professional in appearance.

Requests can be made to adopt reasonable clothing modifications at any EGA competition on religious grounds only. All requests must be on the official EGA Clothing Modification Request Form (attached) and submitted to the [English Event Enquiries email](#) at least four weeks before the competition closing date, to allow sufficient time for full consideration of the application and any possible health and safety implications.

MEN'S ARTISTIC ENGLISH CHAMPIONSHIPS 2019

Competition Specifications

Competition Dates:	Friday 1 st March	14 & Under Championships
	Saturday 2 nd March	18 & Under Championships Senior Championships
	Sunday 3 rd March	12 & Under Championships 16 & Under Championships

(All Men's Championships will be combined with the Women's Championships)

Note: *The Organisers reserve the right to amend this Programme according to Entries*

Venue: Redbridge Sports & Leisure Centre, Forest Road, Barkingside, Ilford IG6 3HD

Entry Opening Date: Monday 19th November 2018 at 9.00am

Entry Closing Date: Monday 7th January 2019 at 12noon (late, incorrect or incomplete Entries will NOT be accepted)

Music Entry Deadline: Friday 8th February 2019 at 12noon

Entry Fee: £60 per Gymnast (**non-refundable after the closing date**)

Code: FIG Competition 1 (Cycle 14 – 2018)

Competition Criteria:

Men's 12 & Under	Aged 11-12 during 2019 (Min DOB 2008 / Max DOB 2007)
Men's 14 & Under	Aged 13-14 during 2019 (Min DOB 2006 / Max DOB 2005)
Men's 16 & Under	Aged 15-16 during 2019 (Min DOB 2004 / Max DOB 2003)
Men's 18 & Under	Aged 17-18 during 2019 (Min DOB 2002 / Max DOB 2001)
Men's Senior	Aged 19 or over during 2019 (Min DOB 2000)

Note: *The age groups used here are generic and apply to the English Championships, but do not necessarily match those listed in the British MTC Handbook. Please refer to YEAR BORN description contained in the Rules above.*

Competition Structure:

- Competition format is as per FIG Competition 1 (Cycle 14 – 2018) Rules (except where stated)
- Competing Gymnasts will qualify for awards, as long as they meet the Nationality Criteria detailed at Page 6.
- All competing Gymnasts and Coaches MUST be current Members of BG.

- Foreign Competitors and Coaches: Gymnasts who are not normally resident in the UK, must request permission from the Organisers via the [English Event Enquiries email](#) prior to entry. The Host Federation and Organising Committee will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like. ALL participating foreign competitors and Coaches are, therefore, responsible for making their own arrangements to have the necessary valid Insurance coverage against illness, accidents and for repatriation. Insurance Cover Note or photocopy of the valid Insurance Policy should be sent through to the [English Event Enquiries email](#) prior to the start of the event. Delegation Members with insufficient Insurance Cover must inform the organisers via the [English Event Enquiries email](#) in advance.
- Rules may be subject to change at a later date.

APPENDICES:

1. EGA Clothing Modification Request Form
2. Venue Information – Directions
3. Parking Notice at Redbridge Sports & Leisure Centre
4. Accommodation close to the Sports Centre



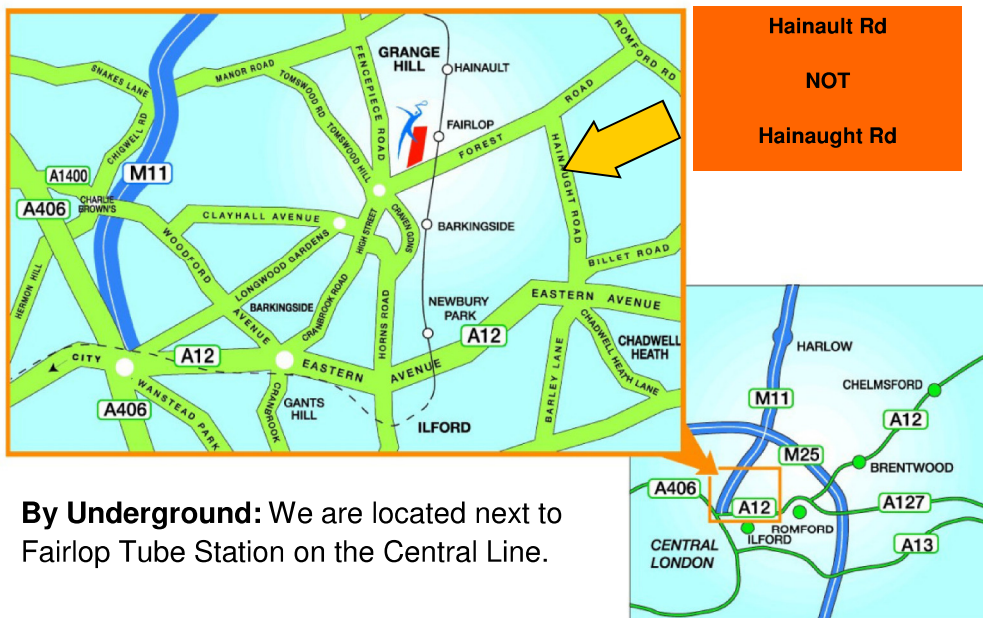
Clothing Modification Request Form

Competition:	
Entrants Name:	DOB:
Club Name:	
Religion / Disability:	Discipline:
Please provide details of any clothing modifications and provide reasons for this request	
I confirm that the details on this form are accurate	
Signed _____ Date _____	
Address _____ _____	
Postcode _____	Contact no _____
NB: If the gymnast is under the age of fourteen, their parent/carer must sign the form on their behalf.	
This form should be submitted to the EGA Admin Manager, Jan Charlton, via email at jan.charlton@englishgymnastics.org.uk with the entry. The request will receive full consideration and club and entrant will be informed of the outcome within 10 working days of receipt of the request. In the event the request is declined, the entry fee will be refunded in full, providing that this form was submitted prior to the closing date.	

Venue information - Directions

Venue title: *The Jean Brown Arena, Redbridge Sports Centre, Forest Road, Barkingside, IG6 3HD*

Directions:



By Underground: We are located next to Fairlop Tube Station on the Central Line.

From the M11: At the end of the M11, take the left hand fork towards The City and A12. Take the first exit and at the roundabout at the end of the slip road take the first exit onto Redbridge Lane East. Go across several mini roundabouts and, when coming to a large one, go straight over into Longwood Gardens. Continue along Longwood Gardens (over some more mini roundabouts!) until you get to another slightly larger one. Turn right at this roundabout into Fremantle Road.

At the traffic lights, turn left into Barkingside High Street. Carry on down until you reach the main roundabout. Take the third exit into Forest Road. The Centre is about 100 yards up on the left hand side just before the railway bridge.

From the North Circular Eastbound: Take the A1400 exit off the North Circular (just before the M11). At the roundabout take the 2nd exit towards Southend and the A127. Go over a set of pedestrian lights and at the next set of lights take the left hand turn into Clayhall Avenue. Go straight up Clayhall and at the roundabout go straight over (effectively the first exit.) At the traffic lights turn left into Barkingside High Street. At the next roundabout take the third exit into Forest Road.



Ample FREE parking is available.



On arrival at the Centre follow the road below PAST the first sports centre (red van pictured in photograph). The competition venue is the silver building top left. The Jean Brown Arena competition venue is pictured RIGHT. Please enter through the glass doors at the front and follow directions. London event staff (turquoise polo shirts) will be able to direct you.

Parking Notice

Please note this land is privately owned and enforcement is in operation 24 hours

Terms and Conditions of Parking

Parking is only permitted for Redbridge Sports & Leisure users while on the premises

TARIFFS

Charges apply 4am - 9pm daily

MIDWEEK

Up to 3 hrs	£1
Up to 6 hrs	£2
Up to 9 hrs	£8
ALL DAY	£15

WEEKENDS

Up to 3 hrs	£1
ALL DAY	£2

Payment must be made by phone before midnight on day of parking
No topping up of parking may be made, only a single purchase per visit
See instruction signs for details

20 mins FREE Drop-Off/Collection

Members can receive up to 6 hours FREE parking per visit by completing a registration process. See reception for details.

1. Vehicles must park wholly within a designated parking bay
2. Vehicles must not park or double yellow lines, cross hatched areas, verges or pavements, in restricted or unauthorised bays and areas, or so as to cause an inconvenience or obstruction
3. When parking in a bay designated for Blue Badge Holders, vehicles must display a valid Blue Badge and make the appropriate parking payment
4. No overnight parking

Breach of ANY term or condition will result in the driver being liable for a

Parking Charge of £100

By entering this land you agree to abide by all of the Terms and Conditions

Parking charges are to be paid within 28 days. A reduced payment amount of £60 will be accepted if paid within 14 days. Additional parking charges apply for each 24 hour period, or part thereof, that the vehicle remains in breach. Terms and conditions apply 24 hours a day, all year round. Where a parking charge becomes due, an application may be made to the CVLA for the licensee's details. Non-payment will result in additional charges which will be added to the value of the charge and for which the driver will be liable on an indemnity basis. Automatic Number Plate Recognition may be in use. Images may be captured and retained for enforcement purposes. We are not liable for any loss or damage howsoever caused to any person or property whilst on this site save, under any statutory exceptions.

PCN Payment and Enquiries 0330 88 3712

Web payment & appeals www.pcnpay.co.uk

or mail to: Parking Charge Ltd, PO Box 597, Northampton, NN4 7XN

Managed by Parking Charge Ltd



2019 ENGLISH CHAMPIONSHIPS



ACCOMMODATION CLOSE TO THE CENTRE

Redbridge Sport & Leisure
Jean Brown Indoor Arena
Forest Road,
Barkingside
IG6 3HD

We strongly advise that you book early.
Please check the prices and availability with the individual hotels.

<p>Holiday Inn Express 713 Eastern Avenue Ilford Essex IG2 7RH</p> <p>TEL 0871 4234828</p>	<p>Travel Lodge Hotel 735 Chigwell Road Woodford Green Essex IG8 8AS</p> <p>TEL 0871 5591815</p>	<p>Prince Regent Hotel Woodford Bridge Woodford Green Essex IG8 8AE</p> <p>TEL 020 8505 9966</p>
<p>St Georgios Hotel 454 Cranbrook Road Ilford Essex IG2 6LL</p> <p>TEL 020 8554 4411</p>	<p>Premier Inn – Ilford Redbridge Lane East, Ilford, Essex IG4 5BG,</p> <p>TEL 0871 527 8542</p>	<p>Rossmore Hotel Cranbrook Road, Ilford, Essex IG1 4UA</p> <p>TEL 020 8554 3481</p>
<p>Cranbrook Hotel 22-24 Coventry Road, Ilford, Essex IG1 4QR</p> <p>TEL 0208 554 6544</p>	<p>Citybest Hotel Mansfield Road, Ilford, Essex IG1 3BB,</p> <p>TEL 0208 554 4044</p>	<p>Best Western Ilford Hotel 5 Argyle Road, Ilford, Essex IG1 3BH,</p> <p>TEL 0844 387 6286</p>
<p>Travel Lodge Hotel The Beehive Beehive Lane Gants Hill Ilford Essex IG4 5DR</p> <p>TEL 0871 984 6193</p>	<p>Premier Inn – Romford West Whalebone Lane North, Chadwell Heath, Nr. Romford, Essex RM6 6QU,</p> <p>TEL 0871 527 8942</p>	<p>Gidea Park Hotel 115 Main Road, Romford, Essex RM2 5EL</p> <p>TEL 01708 746676</p>