

**MONKSTOWN**  
**Internationa**



**BOX CUP**

**SPONSORED BY TBC**  
INVITES YOU TO OUR

**9<sup>th</sup> ANNUAL BOX CUP**

IN

CUALA GAA CLUB – SPORTS HALL, HYDE ROAD, DALKEY

CO. DUBLIN, IRELAND, A96 X795

THURSDAY to SUNDAY

22<sup>nd</sup> to 25<sup>th</sup> JUNE 2023

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**THIS IS AN OPEN CLASS BOXING TOURNAMENT FOR  
SCHOOLBOYS/GIRLS, JUNIORS**

*\*\*Boxer's must be born in the following year\*\*:*

*2013, 2012, 2011, 2010, 2009 & 2008*

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Monkstown Dublin Boxing Club are delighted to invite you to our **9<sup>th</sup> Annual "Monkstown International Box Cup 2023"**. This is Europe's premier schoolboys/girls and Juniors Boxing tournament. We are proudly supported by IABA (Irish Athletic Boxing Association), Dun Laoghaire Rathdown County Council and Local Businesses.

**Registration for this tournament is through online only at below website. There is a limit of 500 boxers. Registration will be on a first come/first served basis.**

[www.eventbrite.com/e/monkstown-international-box-cup-2023-tickets-570789786617](http://www.eventbrite.com/e/monkstown-international-box-cup-2023-tickets-570789786617)

It would be great if you and your team were part of it. If you have any further queries, please do not hesitate to email me.

Yours in boxing,

JP Kinsella

Monkstown (Dublin) Boxing  
Club Ph: 00353851046037

W: [www.monkstowndublinboxingclub.com](http://www.monkstowndublinboxingclub.com)

E: [paulykinsella@gmail.com](mailto:paulykinsella@gmail.com)

Facebook: Monkstown (Dublin) Boxing  
Club #MonkstownBoxCup2023



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## GROUPS & WEIGHT CLASSES

SKILLS BOUTS Male & Female	BOY/GIRL 1 Male & Female	BOY/GIRL 2 Male & Female	BOY/GIRL 3 Male & Female	BOY/GIRL 4 Male & Female
<i>Born in 2013/2012</i>	<i>Born in 2011</i>	<i>Born in 2010</i>	<i>Born in 2009</i>	<i>Born in 2008</i>
26kg	28kg	30kg	32kg	34kg
28kg	30kg	32kg	34kg	36kg
30kg	32kg	34kg	36kg	38kg
33kg	34kg	36kg	38kg	40kg
36kg	36kg	38kg	40kg	42kg
39kg	38kg	40kg	42kg	44kg
42kg	40kg	42kg	44kg	46kg
45kg	42kg	44kg	46kg	48kg
48kg	44kg	46kg	48kg	50kg
51kg	46kg	48kg	50kg	52kg
54kg	48kg	50kg	52kg	54kg
57kg	50kg	52kg	54kg	56kg
60kg	52kg	54kg	56kg	58kg
60+kg	54kg	56kg	58kg	60kg
	56kg	58kg	60kg	62kg
	58kg	60kg	62kg	64kg
	60kg	60+kg	64kg	66kg
	60+kg		66kg	68kg
			66+kg	68+kg

Please note: The tournament is for **Open Class schoolboys/girls, Junior's boxers only.**  
**Only boxers born in years above will be allowed enter.**

**Each boxer must be present with Record Card.**

### **NUMBER OF BOUTS OVER 3 DAYS**

Maximum number of boxers in each group will be eight, boxing a Quarter Final on Friday, Semi-Final on Saturday, and Final on Sunday. Please note the organising committee will try to enter as many nationalities as possible in each group to give each boxer 'International Experience'

**So please register your boxers as soon as possible to avoid disappointment.**

**THE ORGANISERS RESERVE THE RIGHT OT MOVE PARTICIPANTS BETWEEN CLASSES**



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## **PROGRAMME**

### **Thursday 22nd June 2023**

- Registration, medical & weigh-in between 6pm and 10pm.

### **Friday 23rd June 2023**

- Entries emailed to clubs by 11am
- Programs emailed to club by 12pm
- R&J meeting with Tournament Inspector 1pm
- Skills Bouts 3pm (first bout for all skills)
- Boxing to commence at 5pm (until approx 10pm)

### **Saturday 24th June 2023**

- Medical 9am and 10am (England boxers only). Boxing to commence at 11am (until approx 8pm)
- 10am Skills Bouts
- 12pm to 8pm Competition boxers

### **Sunday 25th June 2023**

- Medical & weigh-in between 8am and 9am. Boxing to commence at 11am (to approx. 6pm)

## **WEIGHT ALLOWANCE/NUMBER OF WEIGH-INS**

Initial weigh in will take place Thursday 6pm to 10pm and no weight allowance is given. All boxers will not have to weigh in on Saturday – but will weigh in on Finals Day Sunday morning between 8am & 9am at which point each boxer will be allowed a 1kg allowance.

## **RINGS**

There will be 2 rings in operation on Friday, Saturday & Sunday.

## **R&J**

It is recommended that each club bring a Referee & Judge with them, but this is not essential. Each R&J must be registered to relevant governing body. Please register ASAP & do not forget Record Card.

## **ACCOMMODATION**

It is up to each club to book their own accommodation for the weekend. To see a list of recommended Hotels & B&B's, please see page 5.

## **MEALS/SHOPS**

Local Cafe & Restaurants will be open for Breakfast, Lunch & Dinner around the venue. A souvenir Shop will be open for the duration of the tournament shop T-Shirts and memorabilia.



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## **TRAINING**

Monkstown Boxing Club Gym will open for the duration of the competition if any club wishes to use the facilities

## **FEMALE BOXERS**

The health and safety of all our boxers is of utmost importance. Therefore, pregnancy declaration forms & record cards must be signed 2 days before tournament by parent & boxer. Hair nets, bandanas or cloth swim hats must be worn under head guards while boxing

## **DRAW/PROGRAMS**

Entries will be emailed to all clubs by 11am on Friday morning. Each club will be requested to check their entries and make sure they are in the correct weight class/age group. Clubs will have 1 hour to send amendments. Programs will be emailed by 12 O'Clock.

## **ROUNDS**

All bouts for Boy/Girl1 to Boy/Girl4 (years 2011 to 2008) will be boxed over 3 rounds at 1.5minute per round, with 1 minute break. A

## **SKILLS/BOUTS**

Skills bouts for Boys/Girls born in years 2013 & 2012 will be boxed over 3 rounds at 1minute per round, with 1 minute break. They will have an initial & only weigh (but will get a medical check each morning). We will try our best to give each boy/girl at least 2 skills bouts – they will be boxed Friday at 3pm, and Saturday at 10am.

## **STREAMING**

All bouts will be streamed live on website (TBC) for a fee (approx. €5)

## **REGISTRATION FEE**

€25 (Non refundable) for each competitor must be paid online at

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**Entries are by first come first served basis.**

**Central Information/Website:** [www.monkstowndublinboxingclub.com](http://www.monkstowndublinboxingclub.com)

**Email:** [paulykinsella@gmail.com](mailto:paulykinsella@gmail.com)

**Phone:** JP Kinsella 00353851046037



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R&J ENTRY FORM

**Name:**

**Affiliated Club:**

**Gender:** Male/Female \*Delete where applicable

**D.O.B:**     //

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**International experience:**

**Mobile Tel number:**

**Email Address:**

**\*\*Bring passport Photo Registration**

Please return by email to: paulykinsella@gmail.com



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Killiney Castle Hotel  
Co. Dublin  
Ph: +353 1 230 5400

<http://www.fitzpatrickcastle.com>

Distance (by car)  
Venue: 4mins

## Hotels & B&B's list:

Kingstown Hotel,  
Dun Laoghaire,  
Co. Dublin  
Ph: +353 1 2801810  
<http://haddingtonhouse.ie>  
Distance (by car)  
Venue: 8mins

Royal Marine Hotel  
Dun Laoghaire,  
Co. Dublin  
Ph: +353 1 2300030  
<http://www.royalmarine.ie>  
Distance (by car)  
Venue: 8mins

Rochestown Lodge Hotel  
Dun Laoghaire,  
Co. Dublin  
Ph: +353 1 2853555  
<http://www.rochestownlodge.com/>  
Distance (by car)  
Venue: 7mins

Stillorgan Park Hotel,  
Stillorgan,  
Co. Dublin  
Ph: +353 1 2001800  
<http://www.stillorganpark.com/>  
Distance (by car)  
Venue: 20mins

Royal Hotel Bray  
Bray,  
Co. Wicklow  
Ph: +353 1 2841334  
<http://www.royalhotel.ie>  
Distance (by car)  
Venue: 21mins

Lyden B&B,  
Dun Laoghaire,  
Co. Dublin  
Ph: +353 1 2806404  
<http://www.lyndenbandb.com/>  
Distance (by car)  
Venue: 8mins

Mulgrave Lodge  
Dun Laoghaire,  
Co. Dublin  
Ph: +353 1 2801664  
  
Distance (by taxi)  
Venue: 12mins

Tara Hall B&B  
Dun Laoghaire  
Co. Dublin  
Ph: +353 1 2805120  
<http://www.tara-hall.ie/>  
Distance (by taxi)  
Venue: 8mins

Santa Cruz B&B  
Dun Laoghaire,  
Co. Dublin  
Ph: +353 1 2841334



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Previous Results:

2013 <http://amateur-boxing.strefa.pl/Tournaments/MonkstownBoxCup2013.html>

2014 <http://amateur-boxing.strefa.pl/Tournaments/MonkstownBoxCup2014.html>

2015 <http://amateur-boxing.strefa.pl/Tournaments/MonkstownBoxCup2015.html>

2016 <http://amateur-boxing.strefa.pl/Tournaments/MonkstownBoxCup2016.html>

2017 <http://amateur-boxing.strefa.pl/Tournaments/MonkstownBoxCup2017.html>

2018 <http://amateur-boxing.strefa.pl/Tournaments/MonkstownBoxCup2018.html>

2019 <http://amateur-boxing.strefa.pl/Tournaments/MonkstownBoxCup2019.html>

Media Highlights:

2014 <https://www.youtube.com/watch?v=E7g-y9OaevI>

2015 <https://www.facebook.com/1888Productions/videos/1109196915761444/?fref=nf>

2016 <http://www.knockout.no/Video/a/tabid/307/ID/425/Monkstown-Box-Cup-2016.aspx>

2018 [www.knockout.no](http://www.knockout.no)

The story of Monkstown Boxing Club "Its my Medicine": <https://youtu.be/zeJZ8jmCuKo>



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