

**MONKSTOWN**  
**Internationa**



**BOX CUP**

**SPONSORED BY Fexco, WEARE.ie, Ergo Boxing Equipment, Merry Monk Pub Ballina**  
INVITES YOU TO OUR

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

IN

**THE NATIONAL STADIUM, DUBLIN, D08 HY40**

THURSDAY to SATURDAY

24th to 26th JULY 2025

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

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

*2015, 2014, 2013, 2012, 2011, 2010, 2009 & 2008*

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Monkstown Dublin Boxing Club are delighted to invite you to our **11<sup>th</sup> Annual "Monkstown International Box Cup 2025"**. 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.ie/e/monkstown-international-box-cup-2025-tickets-1254498632179](http://www.eventbrite.ie/e/monkstown-international-box-cup-2025-tickets-1254498632179)**

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: [paulkinsella@gmail.com](mailto:paulkinsella@gmail.com)

Facebook: Monkstown (Dublin) Boxing

Club #MonkstownBoxCup2025



## GROUPS & WEIGHT CLASSES

Male & Female	Male & Female	Male & Female	Male & Female	Male & Female	Male & Female	Male & Female
<i>Skill Bouts Born in 2015 &amp; 2014</i>	<i>Born in 2013</i>	<i>Born in 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	36kg	38kg
28kg	30kg	32kg	34kg	36kg	38kg	40kg
30kg	32kg	34kg	36kg	38kg	40kg	42kg
32kg	34kg	36kg	38kg	40kg	42kg	44kg
34kg	36kg	38kg	40kg	42kg	44kg	46kg
36kg	38kg	40kg	42kg	44kg	46kg	48kg
38kg	40kg	42kg	44kg	46kg	48kg	50kg
40kg	42kg	44kg	46kg	48kg	50kg	52kg
42kg	44kg	46kg	48kg	50kg	52kg	54kg
44kg	46kg	48kg	50kg	52kg	54kg	56kg
46kg	48kg	50kg	52kg	54kg	56kg	58kg
48kg	50kg	52kg	54kg	56kg	58kg	60kg
50kg	52kg	54kg	56kg	58kg	60kg	62kg
52kg	54kg	56kg	58kg	60kg	62kg	64kg
54kg	56kg	58kg	60kg	62kg	64kg	66kg
56kg	58kg	60kg	62kg	64kg	66kg	68kg
58kg	60kg	62kg	64kg	66kg	68kg	70kg
60kg	62kg	64kg	66kg	68kg	70kg	72kg
62kg	64kg	66kg	68kg	70kg	72kg	75kg
64kg	66kg	68kg	70kg	72kg	75kg	80kg
66kg	68kg	70kg	72kg	75kg	80kg	85kg
68kg	70kg	72kg	75kg	80kg	85kg	91kg
70kg	72kg	75kg	80kg	85kg	91kg	91+kg
72kg	75kg	80kg	85kg	91kg	91+kg	
72+kg	75+kg	80+kg	85+kg	91+kg		

Please note: The tournament is for **Open Class 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 Thursday, Semi-Final on Friday, and Final on Saturday. 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**



Monkstown Boxing Club is Affiliated to the Irish Amateur Boxing Association & Supported by the DLRCC Sports



## **PROGRAMME**

### **Wednesday 23rd July 2025**

- Draws & Programs to be emailed to clubs by 12pm

### **Thursday 24th July 2025**

- 8am to 10am Medical & weigh-in – **only boxers competing on this day to weigh in**
- 11am to 2pm – Skill Bouts in Ring A, B & C
- 3pm to 10pm – Competition Boxing Quarter Finals

### **Friday 25th July 2025**

- 8am to 10am Medical & weigh-in – **only boxers competing on this day to weigh in**
- 11am to 10pm – Competition Boxing Semi Finals

### **Saturday 26th July 2025**

- 8am to 9am Medical & weigh-in – **only boxers competing on this day to weigh in**
- 10am to 6pm – Competition Boxing Finals

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

**You only weigh in on the day you are competing** – No weight allowance until finals day - on Finals Day Saturday morning between 8am & 9am at which point each boxer will be allowed a 1kg allowance.

## **RINGS**

There will be 3 rings in operation for the 3 days: Main Ring, Ringside Ring and Gymnasium Ring

## **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.

## **MEALS/SHOPS**

National Stadium will be open for Snacks & Meals around the venue. A souvenir Shop will be open for the duration of the tournament shop T-Shirts and memorabilia.



## **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**

Draws & Programs will be emailed to all clubs by 12pm on Wednesday 23<sup>rd</sup> July 2025.

## **ROUNDS**

All bouts for Boy/Girl1 to Boy/Girl4 (years 2013 to 2010) will be boxed over 3 rounds at 1.5minute per round, with 1 minute break. Youth 1 & Youth 2 (2009 & 2008) will be boxed over 3 rounds at 2minute per round, with 1 minute break

## **SKILLS/BOUTS**

Skills bouts for Boys/Girls born in years 2015 & 2014 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). **There will only be 1 Skill Bout available this year** – they will be boxed Thursday 11am.

## **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

[www.eventbrite.ie/e/monkstown-international-box-cup-2025-tickets-1254498632179](http://www.eventbrite.ie/e/monkstown-international-box-cup-2025-tickets-1254498632179)

**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:**     //

**International experience:**

**Mobile Tel number:**

**Email Address:**

Please return by email to: [pauykinsella@gmail.com](mailto:pauykinsella@gmail.com)



Previous Results:

**2013 to 2023:** <http://amateur-boxing.strefa.pl/Tournaments/Ireland.html>

Media Highlights:

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

2015 <https://www.facebook.com/1888Productions/videos/1109196915761444/?ref=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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