

MONKSTOWN
Internationa



BOX CUP

SPONSORED BY North East Dry Lining Ltd, Fexco, WEARE.ie, Ergo Boxing Equipment, Merry Monk Pub Ballina

INVITES YOU TO OUR

12th ANNUAL BOX CUP

AT

THE NATIONAL STADIUM, DUBLIN, D08 HY40

THURSDAY to SATURDAY

2nd to 4th JULY 2026

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**THIS IS AN OPEN CLASS BOXING TOURNAMENT FOR
SCHOOLBOYS/GIRLS, JUNIORS, YOUTHS & U19s**

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

2016, 2015, 2014, 2013, 2012, 2011, 2010, 2009 & 2008

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Monkstown Dublin Boxing Club are delighted to invite you to our **12th Annual "Monkstown International Box Cup 2026"**. This is Europe's premier Boxing tournament. We are proudly supported by Boxing Ireland, 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-2026-tickets-1982796987164

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

E: paulykinsella@gmail.com

Facebook: Monkstown (Dublin) Boxing

Club #MonkstownBoxCup2026



Monkstown Boxing Club is Affiliated to Boxing Ireland & Supported by the DLRCC Sports



GROUPS & WEIGHT CLASSES

Male & Female	Male & Female	Male & Female	Male & Female	Male & Female	Male & Female	Male & Female	Male & Female
<i>Born in 2016 & 2015</i>	<i>Born in 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>
20kg	28kg	30kg	32kg	34kg	36kg	38kg	44kg
22kg	30kg	32kg	34kg	36kg	38kg	40kg	46kg
24kg	32kg	34kg	36kg	38kg	40kg	42kg	48kg
26kg	34kg	36kg	38kg	40kg	42kg	44kg	50kg
28kg	36kg	38kg	40kg	42kg	44kg	46kg	52kg
30kg	38kg	40kg	42kg	44kg	46kg	48kg	54kg
32kg	40kg	42kg	44kg	46kg	48kg	50kg	56kg
34kg	42kg	44kg	46kg	48kg	50kg	52kg	58kg
36kg	44kg	46kg	48kg	50kg	52kg	54kg	60kg
38kg	46kg	48kg	50kg	52kg	54kg	56kg	62kg
40kg	48kg	50kg	52kg	54kg	56kg	58kg	64kg
42kg	50kg	52kg	54kg	56kg	58kg	60kg	66kg
44kg	52kg	54kg	56kg	58kg	60kg	62kg	68kg
46kg	54kg	56kg	58kg	60kg	62kg	64kg	70kg
48kg	56kg	58kg	60kg	62kg	64kg	66kg	72kg
50kg	58kg	60kg	62kg	64kg	66kg	68kg	75kg
52kg	60kg	62kg	64kg	66kg	68kg	70kg	80kg
54kg	62kg	64kg	66kg	68kg	70kg	72kg	85kg
56kg	64kg	66kg	68kg	70kg	72kg	75kg	91kg
58kg	66kg	68kg	70kg	72kg	75kg	80kg	91+kg
60kg	68kg	70kg	72kg	75kg	80kg	85kg	
62kg	70kg	72kg	75kg	80kg	85kg	91kg	
64kg	72kg	75kg	80kg	85kg	91kg	91+kg	
66kg	75kg	80kg	85kg	91kg	91+kg		
66+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



PROGRAMME

Wednesday 1st July 2026

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

Thursday 2nd July 2026

- 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 3rd July 2026

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

Saturday 4th July 2026

- 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. Ergo Boxing Equipment and Pat White Souvenir Shop will be open for the duration of the tournament selling Boxing Equipment, 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 1st July 2026.

ROUNDS

All bouts for Boy/Girl1 to Boy/Girl4 (years 2014 to 2011) will be boxed over 3 rounds at 1.5minute per round, with 1 minute break. Youth 1 & Youth 2 (2010 & 2009) will be boxed over 3 rounds at 2 minute per round, with 1 minute break. Under 19 (2008) will be boxed over 3 rounds at 3 minute per round.

SKILLS/BOUTS

Skills bouts for Boys/Girls born in years 2016 & 2015 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)

BOXERS REGISTRATION FEE

€30 (Non refundable) for each competitor (Skill Bout Boxers €10) must be paid online at www.eventbrite.ie/e/monkstown-international-box-cup-2026-tickets-1982796987164

Entries are by first come first served basis. Eventbrite charge fees per transaction, so take this in mind.

COACH REGISTRATION FEE

No Charge for Coaches – Coaches must be registered to a National Governing Body. Coaches tournament registration will take place at the Weigh in.

Central Information/Website: www.monkstowndublinboxingclub.com

Email: paulykinsella@gmail.com

Phone: JP Kinsella 00353851046037



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: paulkinsella@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

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





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