

# UKTA 50th Anniversary National Black Belt Seminar & Grading



By

Mr. Christopher Black IV Degree on behalf  
of NEST Taekwondo Schools

Host Venue – Teesside University (Middleborough)

**Friday 1st – Sunday 3rd September, 2017**

## NEST TKD - TEESSIDE UNIVERSITY, MIDDLESBROUGH - VENUE



NEST TKD has established itself as one of the most successful ITF taekwondo schools in the North East of England. Currently we offer over a dozen classes each week across Teesside and Whitby areas with over 100 members. NEST TKD is pleased to have been selected to host this event and the following details are to help you with travel, accommodation and venue details to enjoy your stay in Middlesbrough.



Teesside University is located in the busy Town Centre just off Linthorpe Road, offering high street shops, restaurants and a vast selection of bars and pubs.

The Olympia Hall is a 6 court Badminton/International Basketball sized venue, with pull out bleaches if required for seating up to 300 persons. The sports center offers full changing and shower facilities, secure lockers and free parking all weekend and after 6pm on the Friday adjacent to the hall (Victoria Road) located on Teesside University campus.

## ACCOMODATION & TRANSPORT

### ACCOMODATION

- SPECIAL DISCOUNTED RATES FOR UKTA MEMBERS:
- The Holiday Inn Express (NEW) confirmed rooms for £60 per night for Twin/Triple/Family rooms (2 Adults & 2 Children) including FREE Breakfast, parking and WiFi during your stay. Only situated 500mt walking distance from the campus venue.

Please contact the hotel and reserve your rooms quoting: **“UKTA”**

Holiday Inn Express, Albert Road, Middlesbrough, TS1 2PA

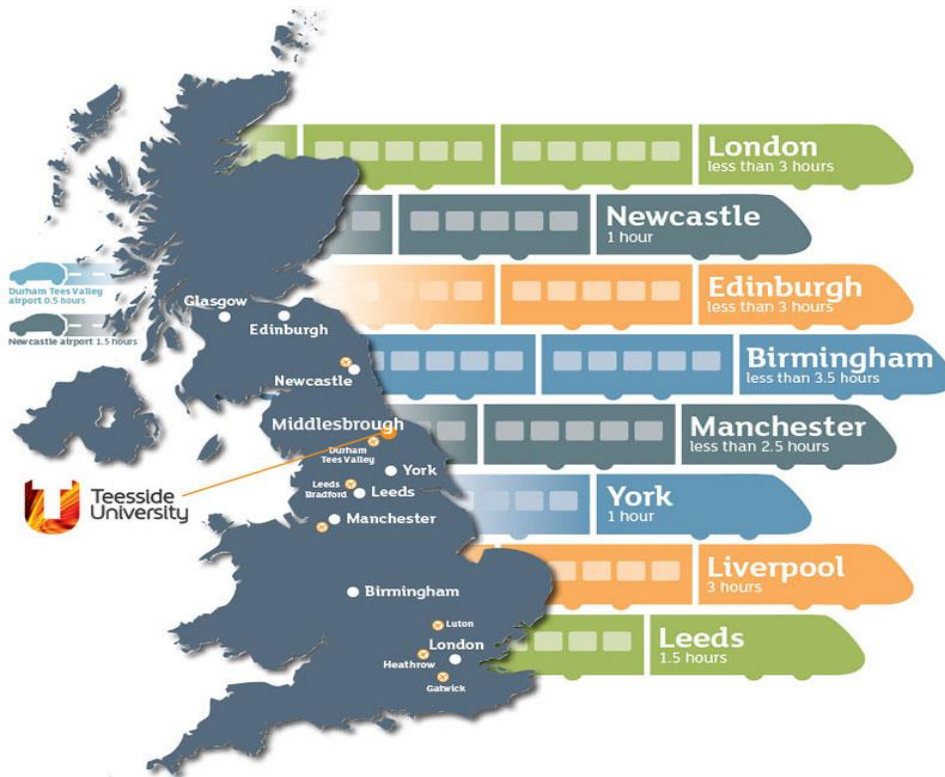
Phone: **01642 917 113**

Please note we have reserved 60 rooms @ £60 and the next 60 rooms @ £65 on a first reserved basis.

- Alternatively, there are a number of other hotels chains within a 5 minute walk/drive  
**Travelodge** 0.5m from the campus again walking distance of venue.

**Premier Inn** 2 miles from campus 2-3 minute drive.

**Jury's Inn** (NEW) 0.5m from campus walking distance.



## TRANSPORT

- We are ideally located for access across the UK. We will be offering **FREE** minibus pick up for participants who wish to travel via our regional airports (Leeds, Durham Tees Valley or Newcastle) or via trains from the following stations Darlington or Middleborough. (Subject to availability & timings) **Must notify us by 4<sup>th</sup> AUGUST.**
- **Mainline trains** – Arrive in Darlington/Middleborough from the South which is just under 2.5hrs from London Kings X. From the North, Glasgow/Edinburgh is approx. 2hrs. There are also direct trains from Inverness which stops in Darlington with a time of approximately 5.5hrs. Exeter/Cardiff 4/5hrs and from the West Liverpool/Manchester 2.5hrs.



- **Flying** – Many flights from London, Cardiff, Bristol, Exeter, Southampton, and Aberdeen fly into Newcastle. With Glasgow, London, Southampton flying to Leeds Bradford with the following airlines such as BA, EasyJet, Flybe and Eastern Airways. Durham Tees Valley Airport also offers connections from Amsterdam - KLM and Aberdeen - Eastern Airways. Transfers from 15 minutes -1hr from airports to Middleborough. FREE pick-ups will be offered if required and subject to availability & timings). **Must notify us by 4<sup>th</sup> AUGUST**



- **Driving times** – From the North  
Glasgow M6/A66/A68 – Takes approximately 3/4hrs, Cardiff M5/M40/A1(M) – 4/5hrs.  
London M1/A19 – 3hrs, Manchester/Liverpool - M62 2hrs.
- **Bus** - National Express & Megabus – Main terminal at Middleborough terminus and connections to most cities across the UK. The station is within 0.5m of the venue.

**national express**



## ENTERTAINMENT & VISITOR ATTRACTIONS

The venue is situated in the heart of Middleborough, which offers all the multinational shops within 5 minutes' walk and adjacent to the campus is Linthorpe Road, one of the largest concentration of restaurants and bars from Weatherspoon's to the swanky cocktail bars and clubs in the Town. On site there is also the Students Union shops and bars which will be partially open offering food and drinks during the day/evening.



If you wish to enjoy some further time in the area and would like to try out some adventure activities, there are various offerings from High Ropes course and white water rafting at Tees Barrage. Or you could take a 10 minute drive to the North Yorkshire Moors National Park and there are great climbing and walks around the Moors as well as many exiting places to visit such as the famous Gothland Village (Heart Beat TV series), NYM Steam Railway or enjoy a great afternoon and take a walk up the famous "Roseberry Topping". Within 45 minutes there are also thrill seekers "theme parks" such as Flamingo Land and Light water Valley for a great day out.



## FURTHER DETAILS

NEST TKD (Teesside & Whitby) would like this opportunity to welcome you to Teesside to attend the UKTA 50<sup>th</sup> Anniversary National Black Belt seminar and grading.

**Please make sure you advise us by email by Friday 4<sup>th</sup> August if you require transport pick up, so we can advise if this is possible. (Subject to numbers and times)**

Yours in Taekwondo

**Mr. Chris Black IV Degree,**

ITF International Instructor, Examiner and Umpire

NEST TKD (Teesside & Whitby)

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07866461047



Masters Meal – Saturday 2<sup>nd</sup> September – Venue TBC

There will be the usual meal out in Middlesbrough, if you would like to join the Masters and senior grades could you confirm your attendance this will be most helpful.