



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2012

Sporting Excellence in Karate

National Level

Lynsey Eggleton

This is to certify that Lynsey Eggleton has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Lynsey competed at the highest level of British Karate in 2012 winning the medals and titles listed below:-

Championship Success - 3 Gold 9 Silver 4 Bronze

English National Kyu Grade Championships - 22nd January, Sheffield

Gold - Team Kumite

Silver - Individual Kumite

Silver - Team Kata

Northern Open International Championships - 27th May, Leigh

Silver - Team Kata

Bronze - Individual Kata

Shindo Kai Kata Championships - 1st July, Barnsley

Silver - Pairs Kata

Bronze - Individual Kata

South Yorkshire Championships - 19th August, Barnsley

Silver - Individual Kumite

Silver - Team Kumite

Bronze - Team Kata



The Hull & East Riding Karate Academy is a member of the Shindo Kai Karate Association, an association in the English Karate Federation National Governing Body and member of the British Karate Federation.



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East Yorkshire Open Championships - 21st October, Hull

Gold - Team Kata

Silver - Team Kumite

Shindo Kai National Championships - 15th November, Barnsley

Gold - Individual Kumite

Silver - Individual Kata

Silver - Team Kumite

Bronze - Pairs Kata

Congratulations on your outstanding sporting achievements throughout 2012. These performances and results have made you one of the top karate athletes in the country in your age group. Well done Lynsey.

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy



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