



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2013

### Sporting Excellence in Karate

#### National Level

## Lucy Dalton

This is to certify that Lucy Dalton has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Lucy competed at National Championships throughout England in 2013 winning the medals and titles listed below:-

### Championship Success - 2 Gold 1 Silver 3 Bronze

#### Hull and East Yorkshire Championships - 29<sup>th</sup> September, Hull

Gold - Individual Kata

Bronze - Individual Kumite

Bronze - Team Kata

#### Shindo Kai National Championships - 17<sup>th</sup> November, Barnsley

Gold - Pairs Kata

Silver - Individual Kata

Bronze - Individual Kumite

Congratulations on your sporting achievements throughout 2013. Well done Lucy.

Sensei Wayne Clarke 3<sup>rd</sup> Dan

Head Coach - The Hull & East Riding Karate Academy



British  
Karate  
Federation



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.