



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2014

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 the highest level of British Karate in 2014 winning the medals and titles listed below:-

Championship Success - 12 Gold 6 Silver 8 Bronze

English National Kyu Grade Championships - 19th January, Sheffield

Bronze - Individual Kata

Bronze - Team Kumite

Bronze - Team Kata

Shindo Kai Junior Championships - 22nd March, Barnsley

Gold - Team Kumite

Gold - Team Kata

Silver - Individual Kata

Bronze - Individual Kumite

British Karate Association 50th Anniversary Championships - 12th April, Leigh

Gold - Team Kumite

Gold - Team Kata

Silver - Individual Kata

Bronze - Individual Kumite



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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Shindo Kai Kata Championships - 29th June, Barnsley

Gold - Individual Kumite
Gold - Team Kumite
Bronze - Team Kata

Yorkshire Open Championships - 13th July, Barnsley

Silver - Individual Kumite
Bronze - Individual Kata

UK Open International Championships - 21st September, Birmingham

Silver - Individual Kumite
Silver - Individual Kata

Wado UK Championships - 7th September, Hull

Gold - Individual Kumite
Gold - Individual Kata
Gold - Team Kata
Bronze - Team Kumite

Shindo Kai National Championships - 20th November, Barnsley

Gold - Individual Kumite
Gold - Team Kumite
Gold - Pairs Kata
Silver - Individual Kata



British
Karate
Federation



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Congratulations on your outstanding sporting achievements throughout 2014. These performances and results have made you one of the top karate athletes in the country in your age group. Well done Lucy.

Sensei Wayne Clarke 3rd Dan
Head Coach - The Hull & East Riding Karate Academy



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