



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2016

Sporting Excellence in Karate

National Level

Leonie Longden

This is to certify that Leonie Longden has achieved the standard of Sporting Excellence in Competition Sport Karate. Leonie competed at National Championships throughout England in 2016 winning the medals and titles listed below:-

Championship Success - 2 Silver

Yorkshire Open Championships - 21st February, Barnsley

Silver - Individual Kata

Shindo Kai Junior Championships - 13th March, Barnsley

Silver - Individual Kata

Congratulations on your sporting achievements throughout 2016. Well done Leonie.

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy

