



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2016

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 2016 winning the medals and titles listed below:-

Championship Success - 8 Gold 4 Silver 5 Bronze

English National Kyu Grade Championships - 17th January, Sheffield
Silver - Team Kumite

Yorkshire Open Championships - 21st February, Barnsley
Gold - Individual Kumite
Gold - Individual Kata
Bronze - Team Kumite
Bronze - Team Kata

North East Open Championships - 20th March, Darlington
Gold - Individual Kata
Gold - Team Kumite
Gold - Team Kata
Gold - 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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Central England Championships - 3rd July, Birmingham

Silver - Team Kata

Bronze - Individual Kata

Bronze - Pairs Kata

Tyne and Wear Open Championships - 22nd November, Sunderland

Gold - Team Kata

Gold - Pairs Kata

Silver - Individual Kumite

Silver - Individual Kata

Congratulations on your outstanding sporting achievements throughout 2016. 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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