



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2019

Sporting Excellence in Karate

Grass Roots Level

Lennox Monteiro

This is to certify that Lennox Monteiro has performed to a very high standard in Competition Sport Karate throughout 2019 winning the medals and titles listed below:-

Championship Success - 1 Bronze

Hull & East Riding Junior Championships - 12th May, Bilton
Bronze - Individual Kata

Congratulations on your sporting achievements throughout 2019. Well done Lennox.

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

