



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 - 29th September, Hull

Gold - Individual Kata

Bronze - Individual Kumite

Bronze - Team Kata

Shindo Kai National Championships - 17th November, Barnsley

Gold - Pairs Kata

Silver - Individual Kata

Bronze - Individual Kumite

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

Sensei Wayne Clarke 3rd 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.