



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2013

Sporting Excellence in Karate

National Level

Lynsey Eggleton

This is to certify that Lynsey Eggleton has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Lynsey competed at the highest level of British Karate in 2013 winning the medals and titles listed below:-

Championship Success - 3 Silver

English National Kyu Grade Championships - 20th January, Sheffield

Silver - Individual Kumite

English National Championships - 20th & 21st April, Sheffield

Silver - Team Kumite

Silver - Team Kata

Congratulations on your outstanding sporting achievements throughout 2013. These performances and results have made you one of the top karate athletes in the country in your age group. Well done Lynsey.

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.