



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2015

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 2015 winning the medals and titles listed below:-

Championship Success - 14 Gold 12 Silver 3 Bronze

English National Kyu Grade Championships - 25th January, Sheffield

Gold - Team Kumite
Gold - Team Kata
Silver - Individual Kata

Yorkshire Open Championships - 22nd February, Barnsley

Gold - Individual Kumite
Gold - Individual Kata
Silver - Team Kumite

Shindo Kai Junior Championships - 22nd March, Barnsley

Gold - Individual Kumite
Gold - Individual Kata
Gold - Team Kumite
Gold - Pairs Kata



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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Northern Open Championships - 21st June, Leigh

Gold - Team Kumite
Silver - Individual Kata
Bronze - Team Kata

North of England Championships - 13th September, Barnsley

Gold - Individual Kumite
Gold - Individual Kata
Silver - Team Kumite
Silver - Pairs Kata

East Yorkshire Open Championships - 27th September, Hull

Gold - Team Kumite
Gold - Pairs Kata
Silver - Individual Kumite
Silver - Individual Kata

Shindo Kai National Championships - 15th November, Barnsley

Silver - Individual Kumite
Silver - Individual Kata
Silver - Team Kumite
Silver - Pairs Kata



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British Karate Association Championships - 4th December, Leigh

Gold - Team Kata

Silver - Individual Kata

Bronze - Individual Kumite

Bronze - Pairs Kata

Congratulations on your outstanding sporting achievements throughout 2015. 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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