



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2016

Sporting Excellence in Karate

Regional Level

Connor Lingard

This is to certify that Connor Lingard has performed to a very high standard in Competition Sport Karate throughout 2016 winning the medals and titles listed below:-

Championship Success - 1 Bronze

Shindo Kai National Championships - 20th November, Barnsley
Bronze - Team Kumite

Congratulations on your sporting achievements throughout 2016. Well done Connor.

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

