



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2016

### 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 2016 winning the medals and titles listed below:-

**Championship Success - 8 Gold 4 Silver 5 Bronze**

**English National Kyu Grade Championships - 17<sup>th</sup> January, Sheffield**

Silver - Team Kumite

**Yorkshire Open Championships - 21<sup>st</sup> February, Barnsley**

Gold - Individual Kumite

Gold - Individual Kata

Bronze - Team Kumite

Bronze - Team Kata

**North East Open Championships - 20<sup>th</sup> March, Darlington**

Gold - Individual Kata

Gold - Team Kumite

Gold - Team Kata

Gold - Individual Kata

Bronze - Individual Kumite



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.



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**Central England Championships** - 3<sup>rd</sup> July, Birmingham

Silver - Team Kata

Bronze - Individual Kata

Bronze - Pairs Kata

**Tyne and Wear Open Championships** - 22<sup>nd</sup> November, Sunderland

Gold - Team Kata

Gold - Pairs Kata

Silver - Individual Kumite

Silver - Individual Kata

Congratulations on your outstanding sporting achievements throughout 2016. 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 3<sup>rd</sup> Dan

Head Coach - The Hull & East Riding Karate Academy



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