



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2017

### Sporting Excellence in Karate

#### National Level

## Lucy Dalton

This is to certify that Lucy Dalton is a member of the Hull & East Riding Karate Academy Elite Squad and 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 2017 winning the medals and titles listed below:-

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

**English National Kyu Grade Championships - 15<sup>th</sup> January, Sheffield**

Silver - Individual Kata

Bronze - Team Kumite

**Yorkshire Open Championships - 12<sup>th</sup> February, Barnsley**

Gold - Team Kata

Silver - Team Kumite

Bronze - Individual Kata

Bronze - Pairs Kata

**English National Championships - 8<sup>th</sup> April, Leicester**

Gold - Team Kata

Bronze - Individual Kata

**British 4 Nations Championships - 27<sup>th</sup> & 28<sup>th</sup> May, Sheffield**

Silver - Team Kata

**British Karate Association Championships - 25<sup>th</sup> June, Leigh**

Gold - Pairs Kata



British  
Karate  
Federation



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**North of England Championships** - 22<sup>nd</sup> October, Sheffield

Gold - Team Kata

Silver - Pairs Kata

Bronze - Individual Kata

Congratulations on your outstanding sporting achievements throughout 2017. 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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