



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2010

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 National Championships throughout England in 2010 winning the medals and titles listed below:-

Championship Success - 2 Gold 2 Silver 3 Bronze

Northern Open Championships - 6th June, Manchester

Gold - Individual Kata

Silver - Pairs Kata

Bronze - Team Kata

South Yorkshire Championships - 1st August, Sheffield

Gold - Team Kata

Silver - Individual Kumite

Bronze - Individual Kata

Bronze - Team Kumite

Congratulations on your sporting achievements throughout 2010. Well done Lynsey.

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy

