



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2011

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 the highest level of British Karate in 2011 winning the medals and titles listed below:-

Championship Success - 2 Gold 8 Silver 8 Bronze

English National Championships - 17th & 18th April, Sheffield

Silver - Team Kumite

British Karate Association Championships - 19th June, Leigh

Silver - Individual Kumite

Silver - Team Kata

Silver - Pairs Kata

Bronze - Individual Kata

South Yorkshire Championships - 7th August, Barnsley

Silver - Team Kumite

Silver - Pairs Kata

Bronze - Individual Kumite

Bronze - Team Kata

British Shotokan Kyogi Championships - 9th October, Oldham

Bronze - Individual Kumite

Bronze - Pairs Kata



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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East Yorkshire Open Championships - 30th October, Hull

Gold - Team Kumite

Silver - Team Kata

Bronze - Individual Kata

Shindo Kai National Championships - 20th November, Barnsley

Gold - Team Kumite

Silver - Pairs Kata

Bronze - Individual Kumite

Bronze - Individual Kata

Congratulations on your outstanding sporting achievements throughout 2011. These performances and results have made you one of the top karate athletes in the country in your age group. Well done Lynsey.

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy



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