



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2013

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 2013 winning the medals and titles listed below:-

Championship Success - 3 Silver

English National Kyu Grade Championships - 20th January, Sheffield
Silver - Individual Kumite

English National Championships - 20th & 21st April, Sheffield
Silver - Team Kumite
Silver - Team Kata

Congratulations on your outstanding sporting achievements throughout 2013. 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

