



THE HULL & EAST RIDING KARATE ACADEMY

Certificate of Achievement 2018

Sporting Excellence in Karate

National Level

Connor Lingard

This is to certify that Connor Lingard 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. Connor competed at National Championships throughout England in 2018 winning the medals and titles listed below:-

Championship Success - 2 Gold 2 Silver 4 Bronze

North of England Championships - 30th September, Barnsley

Silver - Individual Kata

Bronze - Individual Kumite

Bronze - Team Kumite

Bronze - Team Kata

Shindo Kai Championships - 18th November, Barnsley

Gold - Individual Kumite

Gold - Team Kumite

Silver - Pairs Kata

Bronze - Team Kata

Congratulations on your sporting achievements throughout 2018. Well done Connor.

Sensei Wayne Clarke 3rd Dan

Head Coach - The Hull & East Riding Karate Academy



British
Karate
Federation

