



# 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 - 17<sup>th</sup> & 18<sup>th</sup> April, Sheffield**

Silver - Team Kumite

**British Karate Association Championships - 19<sup>th</sup> June, Leigh**

Silver - Individual Kumite

Silver - Team Kata

Silver - Pairs Kata

Bronze - Individual Kata

**South Yorkshire Championships - 7<sup>th</sup> August, Barnsley**

Silver - Team Kumite

Silver - Pairs Kata

Bronze - Individual Kumite

Bronze - Team Kata

**British Shotokan Kyogi Championships - 9<sup>th</sup> 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** - 30<sup>th</sup> October, Hull

Gold - Team Kumite

Silver - Team Kata

Bronze - Individual Kata

**Shindo Kai National Championships** - 20<sup>th</sup> 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 3<sup>rd</sup> Dan

Head Coach - The Hull & East Riding Karate Academy



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