



# GKR KARATE

KARATE FOR EVERYONE

## GKR Northern UK Regional Titles

Saturday 28<sup>th</sup> September 2019

Another great tournament held in the North of the UK. We arrived at our new venue and got set up within an hour. Special thanks to all who turned up early to help get the job done.

With over 150 competitors this was one of the largest attended tournaments in recent years. This growth is largely down to the efforts in the Northern Tournament team and coaches who have been travelling around the regions building up the enthusiasm for competing.

The standard in the room was brilliant and we started with the team events which created a great atmosphere. This followed with our younger and newer students showing their skills, many for the first time.

The day finished with Junior and Senior Open divisions. These events were very closely contested and the standard was exceptional.

Here are some social media posts about the event....

*'So today I took gold in Kata 🏆  
After some tough rounds and an incredibly close final with the phenomenal Cat Burnett (who was on fire as always 😊👊)  
Such fantastic competition today ladies, such close bouts 🥊' – Emma Young*

*'So one thing is loud and clear from yesterday... the Northern Zone are coming hard for the Nationals!! 🥊' – Catherine Burnett*

*'Wow wow wow. Double Slivers! Cannot believe it. Okay, so there was only two in my category. However, if I chickened out (like I was going to), I wouldn't have got the medals. So I'm proud of myself' – Helen Elizabeth*

*'Epic day at GKR National Qualifiers in Sheffield today with some great people alike. I somehow managed to achieve a Gold for Kumite, sparring against a higher and a lower grade, and a Silver for Kata' – Dan Dawson*

Overall another successful event. Special thanks to all officials who helped the day run smoothly.

We will see you all at the Nationals.....#championfactory

Sensei Karl Hughes  
Senior Tournament Director



# JUNIORS

## KATA

## KUMITE

### 7yrs & Under 8-7<sup>th</sup> Kyu Combined

<b>GOLD</b>	Gabriel Revilla
<b>SILVER</b>	Navaeh Taylor
<b>BRONZE</b>	

<b>GOLD</b>	Gabriel Revilla
<b>SILVER</b>	Navaeh Taylor
<b>BRONZE</b>	

### 7yrs & Under 6-4<sup>th</sup> Kyu Combined

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

### 7yrs & Under 3<sup>rd</sup> Kyu and above Combined

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

### 8-9 Yrs 8-7<sup>th</sup> Kyu Combined

<b>GOLD</b>	Sophia Robson
<b>SILVER</b>	William Wainwright
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

### 8-9 Yrs 6-4<sup>th</sup> Kyu Combined

<b>GOLD</b>	Tom Linter
<b>SILVER</b>	Jethro Manulid
<b>BRONZE</b>	Luke Wood

<b>GOLD</b>	Aroush Ali
<b>SILVER</b>	Tom Linter
<b>BRONZE</b>	Ella Hodgson

### 8-9 Yrs 3<sup>rd</sup> Kyu and above Combined

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

### 10-11 Yrs 8-7<sup>th</sup> Kyu Male

<b>GOLD</b>	Christian Li Castri-Flesher
<b>SILVER</b>	Dylan O'Doherty
<b>BRONZE</b>	Daniel Cummings

<b>GOLD</b>	Christian Li Castri-Flesher
<b>SILVER</b>	Dylan O'Doherty
<b>BRONZE</b>	Daniel Cummings

### 10-11 Yrs 8-7<sup>th</sup> Kyu Female

<b>GOLD</b>	Melody Shaw
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	Melody Shaw
<b>SILVER</b>	
<b>BRONZE</b>	

**KATA****KUMITE****10-11 Yrs 6-4<sup>th</sup> Kyu Male**

<b>GOLD</b>	Dylan Freeman
<b>SILVER</b>	Leo Charlesworth
<b>BRONZE</b>	Tyler Cappleman

<b>GOLD</b>	Reece Hodgson
<b>SILVER</b>	Ethan Dring
<b>BRONZE</b>	Jeffers Manulid

**10-11 Yrs 6-4<sup>th</sup> Kyu Female**

<b>GOLD</b>	Charlotte Wright
<b>SILVER</b>	Samantha Thorpe
<b>BRONZE</b>	Leanne Powell

<b>GOLD</b>	Samantha Thorpe
<b>SILVER</b>	Charlotte Wright
<b>BRONZE</b>	Leanne Powell

**10-11 Yrs 3<sup>rd</sup> Kyu and above Male**

<b>GOLD</b>	Alex Headley
<b>SILVER</b>	Jaydon Smith
<b>BRONZE</b>	

<b>GOLD</b>	Alex Headley
<b>SILVER</b>	Jaydon Smith
<b>BRONZE</b>	

**10-11 Yrs 3<sup>rd</sup> Kyu and above Female**

<b>GOLD</b>	Macy Bulman
<b>SILVER</b>	Amelija Gratkauskalte
<b>BRONZE</b>	

<b>GOLD</b>	Amelija Gratkauskalte
<b>SILVER</b>	Macy Bulman
<b>BRONZE</b>	

**12-13 Yrs 8-7<sup>th</sup> Kyu Male**

<b>GOLD</b>	Nikolai Warner-Witter
<b>SILVER</b>	Laurence Fair
<b>BRONZE</b>	Oliwier Korba

<b>GOLD</b>	Nikolai Warner-Witter
<b>SILVER</b>	Oliwier Korba
<b>BRONZE</b>	Laurence Fair

**12-13 Yrs 8-7<sup>th</sup> Kyu Female**

<b>GOLD</b>	Lauren Gibson
<b>SILVER</b>	Melody Shaw
<b>BRONZE</b>	Sophie Atkinson

<b>GOLD</b>	Sophie Atkinson
<b>SILVER</b>	Melody Shaw
<b>BRONZE</b>	

**12-13 Yrs 6-4<sup>th</sup> Kyu Male**

<b>GOLD</b>	TJ Parkinson
<b>SILVER</b>	Kian Wilson
<b>BRONZE</b>	Inderdeep Singh

<b>GOLD</b>	TJ Parkinson
<b>SILVER</b>	Inderdeep Singh
<b>BRONZE</b>	Kian Wilson

**12-13 Yrs 6-4<sup>th</sup> Kyu Female**

<b>GOLD</b>	Caitlyn Shooter
<b>SILVER</b>	Lily Glover
<b>BRONZE</b>	

<b>GOLD</b>	Caitlyn Shooter
<b>SILVER</b>	Lily Glover
<b>BRONZE</b>	Eve Lofthouse

**12-13 Yrs 3<sup>rd</sup> Kyu and above Male**

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

**KATA****KUMITE****12-13 Yrs 3<sup>rd</sup> Kyu and above Female**

<b>GOLD</b>	Ellen Rigby
<b>SILVER</b>	Beau Taylor
<b>BRONZE</b>	Jessica Davison

<b>GOLD</b>	Jessica Davison
<b>SILVER</b>	Ellen Rigby
<b>BRONZE</b>	Beau Taylor

**14-15 Yrs 8-7<sup>th</sup> Kyu Male**

<b>GOLD</b>	Ethan Walker
<b>SILVER</b>	Jack Santarelli
<b>BRONZE</b>	

<b>GOLD</b>	Ethan Walker
<b>SILVER</b>	Jack Santarelli
<b>BRONZE</b>	

**14-15 Yrs 8-7<sup>th</sup> Kyu Female**

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

**14-15 Yrs 6-4<sup>th</sup> Kyu Male**

<b>GOLD</b>	Chay Hinton
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	Chay Hinton
<b>SILVER</b>	
<b>BRONZE</b>	

**14-15 Yrs 6-4<sup>th</sup> Kyu Female**

<b>GOLD</b>	Jenna Hill
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	Jenna Hill
<b>SILVER</b>	
<b>BRONZE</b>	

**14-15 Yrs 3-1<sup>st</sup> Kyu Male**

<b>GOLD</b>	Brandon Foggo
<b>SILVER</b>	Kieran Chapman
<b>BRONZE</b>	Alexis Granzo

<b>GOLD</b>	Kieran Chapman
<b>SILVER</b>	Brandon Foggo
<b>BRONZE</b>	Deacon Mackie

**14-15 Yrs 3-1<sup>st</sup> kyu Female**

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

**16-17 Yrs 8-7<sup>th</sup> Kyu Male**

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

**16-17 Yrs 8-7<sup>th</sup> Kyu Female**

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

**KATA****KUMITE****16-17 Yrs 6-4<sup>th</sup> Kyu Male**

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

**16-17 Yrs 6-4<sup>th</sup> Kyu Female**

<b>GOLD</b>	Eleanor Bradley
<b>SILVER</b>	Hifzah Arfad
<b>BRONZE</b>	

<b>GOLD</b>	Hifzah Arfad
<b>SILVER</b>	Eleanor Bradley
<b>BRONZE</b>	

**16-17 Yrs 3-1<sup>st</sup> Kyu Male**

<b>GOLD</b>	Caleb Deighton
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	Caleb Deighton
<b>SILVER</b>	
<b>BRONZE</b>	

**16-17 Yrs 3-1<sup>st</sup> Kyu Female**

<b>GOLD</b>	Xena Devlin
<b>SILVER</b>	Chloe Duriez
<b>BRONZE</b>	

<b>GOLD</b>	Xena Devlin
<b>SILVER</b>	Chloe Duriez
<b>BRONZE</b>	

**JUNIOR OPEN MALE (14-17 YRS)**

<b>GOLD</b>	Jamie Sutherland
<b>SILVER</b>	Ben Pugh
<b>BRONZE</b>	Liam Hutchinson

<b>GOLD</b>	Jamie Sutherland
<b>SILVER</b>	Liam Hutchinson
<b>BRONZE</b>	Jack Kam

**JUNIOR OPEN FEMALE (14-17 YRS)**

<b>GOLD</b>	Alexia Holland-Pass
<b>SILVER</b>	Isla Chatterton
<b>BRONZE</b>	Emily Wright

<b>GOLD</b>	Alexia Holland-Pass
<b>SILVER</b>	Emily Wright
<b>BRONZE</b>	

# SENIORS

## KATA

## KUMITE

### 18-34 Yrs Incl. 8-7<sup>th</sup> Kyu Male

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

### 18-34 Yrs Incl. 8-7<sup>th</sup> Kyu Female

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

### 18-34 Yrs Incl. 6-4<sup>th</sup> Kyu Male

<b>GOLD</b>	Elias Suarez
<b>SILVER</b>	Dan Dawson
<b>BRONZE</b>	Adam Hinton

<b>GOLD</b>	Dan Dawson
<b>SILVER</b>	Elias Suarez
<b>BRONZE</b>	Adam Hinton

### 18-34 Yrs Incl. 6-4<sup>th</sup> Kyu Female

<b>GOLD</b>	Ceri King
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

### 18-34 Yrs Incl. 3<sup>rd</sup> Kyu and Above Male

<b>GOLD</b>	Caleb Deighton
<b>SILVER</b>	Will Charlton
<b>BRONZE</b>	Daniel Robson

<b>GOLD</b>	Caleb Deighton
<b>SILVER</b>	Will Charlton
<b>BRONZE</b>	Daniel Robson

### 18-34 Yrs Incl. 3<sup>rd</sup> Kyu and Above Female

<b>GOLD</b>	Ellen Hansard
<b>SILVER</b>	Helen McCormick
<b>BRONZE</b>	

<b>GOLD</b>	Ellen Hansard
<b>SILVER</b>	Helen McCormick
<b>BRONZE</b>	

**KATA****KUMITE****Instructor Male**

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

**Instructor Female**

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

**Open Black Belt Male (18 Yrs & Over)**

<b>GOLD</b>	Solomon Adams
<b>SILVER</b>	Cody Jay
<b>BRONZE</b>	William Rayson

<b>GOLD</b>	Dean George
<b>SILVER</b>	Brett Smith
<b>BRONZE</b>	Michael Davison

**Open Black Belt Female (18 Yrs & Over)**

<b>GOLD</b>	Emma Young
<b>SILVER</b>	Catherine Burnett
<b>BRONZE</b>	Amy Ginders

<b>GOLD</b>	Sarah Coleman
<b>SILVER</b>	Emma Young
<b>BRONZE</b>	Lianne Meek

# VETERANS

## KATA

## KUMITE

### Veteran (35-44 Yrs Incl.) 8-7<sup>th</sup> Kyu Male

<b>GOLD</b>	Paul Spinks
<b>SILVER</b>	Kevin McHarg
<b>BRONZE</b>	

<b>GOLD</b>	Paul Spinks McHarg
<b>SILVER</b>	
<b>BRONZE</b>	

### Veteran (35-44 Yrs Incl.) 8-7<sup>th</sup> Kyu Female

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

### Veteran (35-44 Yrs Incl.) 6-4<sup>th</sup> Kyu Male

<b>GOLD</b>	Mark Powell
<b>SILVER</b>	Mark Walker
<b>BRONZE</b>	

<b>GOLD</b>	Mark Powell
<b>SILVER</b>	Mark Walker
<b>BRONZE</b>	

### Veteran (35-44 Yrs Incl.) 6-4<sup>th</sup> Kyu Female

<b>GOLD</b>	Barbara Cummings
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	Barbara Cummings
<b>SILVER</b>	Ceri King
<b>BRONZE</b>	

### Veteran (35-44 Yrs Incl.) 3<sup>rd</sup> Kyu and Above Male

<b>GOLD</b>	Chris Ellison
<b>SILVER</b>	Andrew Vincent
<b>BRONZE</b>	Steven Swift

<b>GOLD</b>	Chris Ellison
<b>SILVER</b>	Steven Swift
<b>BRONZE</b>	Andrew Vincent

### Veteran (35-44 Yrs Incl.) 3<sup>rd</sup> Kyu and Above Female

<b>GOLD</b>	Vicki Bland
<b>SILVER</b>	Lindsay Young
<b>BRONZE</b>	Nicola Harper

<b>GOLD</b>	Vicki Bland
<b>SILVER</b>	Nicola Harper
<b>BRONZE</b>	

### Snr Veteran (45-54 Yrs Incl.) 8-7<sup>th</sup> Kyu Male

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

### Snr Veteran (45-54 Yrs Incl.) 8-7<sup>th</sup> Kyu Female

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	



**KATA****KUMITE****Snr Veteran (45-54 Yrs Incl.) 6-4<sup>th</sup> Kyu Male**

<b>GOLD</b>	Nigel Dawson
<b>SILVER</b>	Paul Bartlett
<b>BRONZE</b>	Martin Charlesworth

<b>GOLD</b>	Paul Bartlett
<b>SILVER</b>	Essam El Bawab
<b>BRONZE</b>	Nigel Dawson

**Snr Veteran (45-54 Yrs Incl.) 6-4<sup>th</sup> Kyu Female**

<b>GOLD</b>	Neringa El Bawab
<b>SILVER</b>	Shelley Glover
<b>BRONZE</b>	Julie Bolton

<b>GOLD</b>	Neringa El Bawab
<b>SILVER</b>	Julie Bolton
<b>BRONZE</b>	

**Snr Veteran (45-54 Yrs Incl.) 3<sup>rd</sup> Kyu and Above Male**

<b>GOLD</b>	Peter Evans
<b>SILVER</b>	Mark Pierce
<b>BRONZE</b>	Chris Bland

<b>GOLD</b>	Peter Evans
<b>SILVER</b>	Mark Pierce
<b>BRONZE</b>	Jonathan Howard

**Snr Veteran (45-54 Yrs Incl.) 3<sup>rd</sup> Kyu and Above Female**

<b>GOLD</b>	Kerryn Hall
<b>SILVER</b>	Kate Baucherel
<b>BRONZE</b>	Kathryn Miller

<b>GOLD</b>	Kathryn Miller
<b>SILVER</b>	Kerryn Hall
<b>BRONZE</b>	Kate Baucherel

**Snr Veteran (55 Yrs Plus) 8-7<sup>th</sup> Kyu Male**

<b>GOLD</b>	Kevin McHarg
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	Kevin McHarg
<b>SILVER</b>	
<b>BRONZE</b>	

**Snr Veteran (55 Yrs Plus) 8-7<sup>th</sup> Kyu Female**

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

**Snr Veteran (55 Yrs Plus) 6-4<sup>th</sup> Kyu Male**

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

**Snr Veteran (55 Yrs Plus) 6-4<sup>th</sup> Kyu Female**

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

<b>GOLD</b>	
<b>SILVER</b>	
<b>BRONZE</b>	

**KATA****KUMITE****Snr Veteran (55 Yrs Plus) 3<sup>rd</sup> Kyu and Above Male**

<b>GOLD</b>	Terry Gregory
<b>SILVER</b>	John Fieldsend
<b>BRONZE</b>	Andrew Ball

<b>GOLD</b>	Neil Banes
<b>SILVER</b>	Antony Groves
<b>BRONZE</b>	John Fieldsend

**Snr Veteran (55 Yrs Plus) 3<sup>rd</sup> Kyu and Above Female**

<b>GOLD</b>	Karon Foulkes
<b>SILVER</b>	Kris Egleton
<b>BRONZE</b>	Karen Pearson

<b>GOLD</b>	Karon Foulkes
<b>SILVER</b>	Liz Svenson
<b>BRONZE</b>	Chris Svenson

# TEAMS

## KATA

## KUMITE

### Senior Team Male (18 Yrs Plus)

<b>GOLD</b>	Solomon Adams
	James Gabbitas
	Karl Eccott

<b>GOLD</b>	Solomon Adams
	James Gabbitas
	Brett Smith

<b>SILVER</b>	Alistair King
	Leon Darley
	Andrew Murphy

<b>SILVER</b>	James Hulley
	Dominic Bland
	Jamie Mulgrew

<b>BRONZE</b>	Antony Groves
	Peter Evans
	Terry Gregory

<b>BRONZE</b>	Dean George
	Michael Davison
	Karl Eccott

### Senior Team Female (18 Yrs Plus)

<b>GOLD</b>	Emma Young
	Catherine Burnett
	Sarah Coleman

<b>GOLD</b>	

<b>SILVER</b>	Amy Ginders
	Lianne Meek
	Nicola Harper

<b>SILVER</b>	

<b>BRONZE</b>	

<b>BRONZE</b>	

**KATA****KUMITE****Junior Team (Under 18 Yrs) 8-4<sup>th</sup> Kyu**

<b>GOLD</b>	Inderdeep Singh
	Laurence Fair
	Lauren Gibson

<b>GOLD</b>	

<b>SILVER</b>	Luke Wood
	Niko Warner-Witter
	Kristian Li Castri-Flesher

<b>SILVER</b>	

<b>BRONZE</b>	

<b>BRONZE</b>	

**Junior Team (Under 18 Yrs) 3<sup>Rd</sup> Kyu & Above**

<b>GOLD</b>	Jack Kam
	Ellen Rigby
	Jamie Sutherland

<b>GOLD</b>	Jack Kam
	Jamie Sutherland
	Cameron Spinks

<b>SILVER</b>	Emily Wright
	Alex Granzo
	Kieron Chapman

<b>SILVER</b>	Alex Granzo
	Brandon Foggo
	Kieran Chapman

<b>BRONZE</b>	

<b>BRONZE</b>	