



GKRRKARATE

KARATE FOR EVERYONE

GKR Karate UK National Titles

Saturday 16th November 2019

Ponds Forge Sports Centre in Sheffield yet again hosted an action packed event which was the 2019 UK Titles.

As usual the arena was full of buzz and anticipation as competitors and spectators entered the building and began preparing for the day ahead.

When the music started pumping the competitors ran into the arena to a raucous applause from the crowd....a sign of the adrenaline fuelled excitement to follow.

With the children's events happening on the outside mats the centre mats hosted the team events to start the day. There were some fantastic displays of karate skills and team work.....very action packed.

Around the arena there were medals being awarded everywhere followed by winners standing on the podium for their photo opportunity.

The black belt divisions finished of the day and included some surprise winners but fully deserved

Many thanks to all the officials and staff who helped the day be the successful one it was.....

I hope you enjoy the rest of 2019 and have some massive goals for 2020

See you all then

Sensei Karl Hughes
National Tournament Director



JUNIORS

KATA**KUMITE****7yrs & Under 8-7th Kyu Combined**

GOLD	James Sarfas
SILVER	Poppy Evans
BRONZE	Gabriel Angelo Revilla

GOLD	Harlan Walton
SILVER	Noah Bowerman
BRONZE	Poppy Evans

7yrs & Under 6-4th Kyu Combined

GOLD	Imogen Campbell
SILVER	George Bond
BRONZE	

GOLD	George Bond
SILVER	
BRONZE	

7yrs & Under 3rd Kyu and above Combined

GOLD	
SILVER	
BRONZE	

GOLD	
SILVER	
BRONZE	

8-9 Yrs 8-7th Kyu Combined

GOLD	Timothy Elegbede
SILVER	Kyle Stevenson
BRONZE	Ronnie Turpin

GOLD	Timothy Elegbede
SILVER	Joshua Dark
BRONZE	Aimee McMahon

8-9 Yrs 6-4th Kyu Combined

GOLD	Jessica Leniak
SILVER	Sophie Dillane
BRONZE	Archie Fisher

GOLD	Eric Hawkins
SILVER	Grace McCarty
BRONZE	George Bond

8-9 Yrs 3rd Kyu and above Combined

GOLD	Maddie McAulay
SILVER	Beatriz De Souza
BRONZE	

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SILVER	Maddie McAulay
BRONZE	

10-11 Yrs 8-7th Kyu Male

GOLD	Isaaq Hoq
SILVER	Daniel Cummings
BRONZE	Christian Lincastri-Flesher

GOLD	Macej Sadowski
SILVER	Isaaq Hoq
BRONZE	Wyatt Millward

10-11 Yrs 8-7th Kyu Female

GOLD	Scarlett Bennett
SILVER	Anwen Holmes
BRONZE	Adriana Elena Curta

GOLD	Anwen Holmes
SILVER	Adriana Elena Curta
BRONZE	Adrija Saikia

KATA**KUMITE**

10-11 Yrs 6-4th Kyu Male

GOLD	Aaron Razey
SILVER	Aarav Roy
BRONZE	Nathan Vanags

GOLD	Nicholas Boorman
SILVER	Aaron Razey
BRONZE	Aarav Roy

10-11 Yrs 6-4th Kyu Female

GOLD	Adina Russ
SILVER	Amelia Farnes
BRONZE	Lani Luu

GOLD	Evie Wallace
SILVER	Hannah Chandler
BRONZE	Maia Woods

10-11 Yrs 3rd Kyu and above Male

GOLD	Daniel Farendon
SILVER	Alex Hedley
BRONZE	Beau Fuller

GOLD	Daniel Farendon
SILVER	Michael Squires
BRONZE	Beau Fuller

10-11 Yrs 3rd Kyu and above Female

GOLD	Amelija Gratkauskaite
SILVER	Bethan Jones
BRONZE	Sasha Davies

GOLD	Amelija Gratkauskaite
SILVER	Bethan Jones
BRONZE	Kaitlyn Fowler

12-13 Yrs 8-7th Kyu Male

GOLD	Noah Russell
SILVER	Niko Warner-Witter
BRONZE	Laurence Fair

GOLD	Laurence Fair
SILVER	Noah Russell
BRONZE	Joseph Cororan

12-13 Yrs 8-7th Kyu Female

GOLD	Lauren Gibson
SILVER	Millie Collis
BRONZE	Rosie Johnson Evans

GOLD	Rosie Johnson Evans
SILVER	Lauren Gibson
BRONZE	Hollie Webb

12-13 Yrs 6-4th Kyu Male

GOLD	TJ Parkinson
SILVER	Mika Barron
BRONZE	Gustav Grogacz

GOLD	Cameron Vanags
SILVER	Rhys Timmis
BRONZE	Dillan Trotman

12-13 Yrs 6-4th Kyu Female

GOLD	Sophie Chandler
SILVER	Ruby Smith
BRONZE	Lily-Mae Goulden

GOLD	Jayden Smith
SILVER	Sophie Chandler
BRONZE	Lily-Mae Goulden

12-13 Yrs 3rd Kyu and above Male

GOLD	Aaron Mayes
SILVER	Deacon Mackie
BRONZE	Owen Free

GOLD	Kieron Blake
SILVER	Aaron Mayes
BRONZE	Stuart Dix

KATA

KUMITE

12-13 Yrs 3rd Kyu and above Female

GOLD	Ellen Rigby
SILVER	Diana Vitanova
BRONZE	Sneha Pradeep

GOLD	Jessica Davison
SILVER	Ellen Rigby
BRONZE	Lucy Graham

14-15 Yrs 8-7th Kyu Male

GOLD	Ethan Walker
SILVER	Joshua John Edmunds
BRONZE	Jack Santarelli

GOLD	Ethan Walker
SILVER	Joshua John Edmunds
BRONZE	Jack Santarelli

14-15 Yrs 8-7th Kyu Female

GOLD	
SILVER	
BRONZE	

GOLD	
SILVER	
BRONZE	

14-15 Yrs 6-4th Kyu Male

GOLD	Freddie Dyer
SILVER	Isaac Williams
BRONZE	Harry Simms

GOLD	Ethan Lamb
SILVER	Marco Cannatella
BRONZE	Jacob Ryder

14-15 Yrs 6-4th Kyu Female

GOLD	Bronwyn Wheeler
SILVER	Helen Lewis
BRONZE	Maise Gyselynck

GOLD	Maisie Gyselynck
SILVER	Bronwyn Wheeler
BRONZE	Helen Lewis

14-15 Yrs 3-1st Kyu Male

GOLD	Brandon Foggo
SILVER	George Winsper
BRONZE	Marshall Banting

GOLD	Ashley Causer
SILVER	Joseph Collinson-Rogers
BRONZE	Brandon Foggo

14-15 Yrs 3-1st kyu Female

GOLD	Teo Bonciog
SILVER	Sinead McCardle
BRONZE	Keira Harrison

GOLD	Sinead McCardle
SILVER	Teo Bonciog
BRONZE	Meghan Brawn

16-17 Yrs 8-7th Kyu Male

GOLD	Michael Sheldon
SILVER	
BRONZE	

GOLD	
SILVER	
BRONZE	

16-17 Yrs 8-7th Kyu Female

GOLD	Anastasia Carter
SILVER	Pippa Boardman
BRONZE	

GOLD	Pippa Boardman
SILVER	Anastasia Carter
BRONZE	

KATA

KUMITE

16-17 Yrs 6-4th Kyu Male

GOLD	
SILVER	
BRONZE	

GOLD	
SILVER	
BRONZE	

16-17 Yrs 6-4th Kyu Female

GOLD	Eleanor Bradley
SILVER	Hifzah Arfad
BRONZE	

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SILVER	Eleanor Bradley
BRONZE	

16-17 Yrs 3-1st Kyu Male

GOLD	Aiden Mconnell
SILVER	Jack Pearce
BRONZE	Dominic Peers

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SILVER	Jack Pearce
BRONZE	Aiden Mconnell

16-17 Yrs 3-1st Kyu Female

GOLD	Khushi Shah
SILVER	Kayleigh Robinson
BRONZE	Xena Devlin

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SILVER	Kayleigh Robinson
BRONZE	Xena Devlin

JUNIOR OPEN MALE (14-17 YRS)

GOLD	Jamie Lamb
SILVER	Daniel Palmer
BRONZE	Jamie Sutherland

GOLD	Jamie Lamb
SILVER	Kieran Duncan
BRONZE	Aiden Harrison

JUNIOR OPEN FEMALE (14-17 YRS)

GOLD	Sydney Quarterman
SILVER	Alexandra Duncan
BRONZE	Jessica Tomkinson

GOLD	Sydney Quarterman
SILVER	Jessica Tomkinson
BRONZE	Amber Rashid

SENIORS

KATA**KUMITE****18-34 Yrs Incl. 8-7th Kyu Male**

GOLD	
SILVER	
BRONZE	

GOLD	
SILVER	
BRONZE	

18-34 Yrs Incl. 8-7th Kyu Female

GOLD	Catherine Shaw
SILVER	Tiffany Palmer
BRONZE	Mary Crawley

GOLD	Catherine Shaw
SILVER	Alice Fish
BRONZE	Carol Caswill

18-34 Yrs Incl. 6-4th Kyu Male

GOLD	Daniel Sawford
SILVER	Elias Suarez
BRONZE	Jake-Jon Crowdey

GOLD	Daniel Sawford
SILVER	Dan Dawson
BRONZE	Craig Lee

18-34 Yrs Incl. 6-4th Kyu Female

GOLD	Nakita Matu
SILVER	Kristibelle Hart
BRONZE	Emma Langston

GOLD	Wendy Wyatt
SILVER	Kristibelle Hart
BRONZE	Laura Hodgkiss

18-34 Yrs Incl. 3rd Kyu and Above Male

GOLD	Thomas Peace
SILVER	Will Charlton
BRONZE	James Carney

GOLD	John Cooper
SILVER	Thomas Peace
BRONZE	James Carney

18-34 Yrs Incl. 3rd Kyu and Above Female

GOLD	Holly Kirwin
SILVER	Rebecca Jones
BRONZE	Daniela De Sousa

GOLD	Daniela De Sousa
SILVER	Rebecca Jones
BRONZE	Ellen Hansard

KATA**KUMITE**

Instructor Male

GOLD	Andrew Lee
SILVER	Dean Delaney
BRONZE	Alan Newman

GOLD	Dean Delaney
SILVER	Andrew Murphy
BRONZE	Saqib Minhas

Instructor Female

GOLD	Lynette Barret
SILVER	Gemma Clemments
BRONZE	Lucie McAuley

GOLD	Lucie McAuley
SILVER	Lisa Clark
BRONZE	Gemma Clemments

Open Black Belt Male (18 Yrs & Over)

GOLD	Solomon Adams
SILVER	Dean George
BRONZE	Kulbinder Singh

GOLD	Solomon Adams
SILVER	Mike Barrett
BRONZE	Jamie Mulgrew

Open Black Belt Female (18 Yrs & Over)

GOLD	Catherine Burnett
SILVER	Jade Edmead
BRONZE	Emma Young

GOLD	Jade Edmead
SILVER	Taylor Cairns
BRONZE	Sophie Britton

VETERANS

KATA**KUMITE****Veteran (35-44 Yrs Incl.) 8-7th Kyu Male**

GOLD	Geoffrey Sables
SILVER	Paul Spinks
BRONZE	Andrew Convery

GOLD	Shane Bartlam
SILVER	Paul Spinks
BRONZE	Daniel Chambers

Veteran (35-44 Yrs Incl.) 8-7th Kyu Female

GOLD	Tonia Gibbs
SILVER	Kate Bailey
BRONZE	Linda Micallef Worley

GOLD	Kate Bailey
SILVER	Tonia Gibbs
BRONZE	Linda Micallef Worley

Veteran (35-44 Yrs Incl.) 6-4th Kyu Male

GOLD	Daniel French
SILVER	Chris Iles
BRONZE	Rafal Bogacz

GOLD	Chris Iles
SILVER	Rafal Bogacz
BRONZE	Jatin Patel

Veteran (35-44 Yrs Incl.) 6-4th Kyu Female

GOLD	Samantha Green
SILVER	Beverley Hawkins
BRONZE	Keely White

GOLD	Beverley Hawkins
SILVER	Sarah Leach
BRONZE	Lynsey Bowerman

Veteran (35-44 Yrs Incl.) 3rd Kyu and Above Male

GOLD	Wayne Smy
SILVER	Chris Ellison
BRONZE	Tom Davies

GOLD	Chris Ellison
SILVER	Barrie Hall
BRONZE	Elvis McCarthy

Veteran (35-44 Yrs Incl.) 3rd Kyu and Above Female

GOLD	Lesley Jones
SILVER	Lindsay Young
BRONZE	Alison Parfitt

GOLD	Nicola Harper
SILVER	Amanda Walton
BRONZE	Lesley Jones

Snr Veteran (45-54 Yrs Incl.) 8-7th Kyu Male

GOLD	Kevin Mcharg
SILVER	Michael Swain
BRONZE	

GOLD	Joshua Holmez
SILVER	Michael Swain
BRONZE	Kevin Mcharg

Snr Veteran (45-54 Yrs Incl.) 8-7th Kyu Female

GOLD	Carol Caswill
SILVER	
BRONZE	

GOLD	
SILVER	
BRONZE	

KATA**KUMITE**

Snr Veteran (45-54 Yrs Incl.) 6-4th Kyu Male

GOLD	James Wallace
SILVER	Paul Bartlett
BRONZE	Robert Hardiman

GOLD	Robert Hardiman
SILVER	Nigel Dawson
BRONZE	James Wallace

Snr Veteran (45-54 Yrs Incl.) 6-4th Kyu Female

GOLD	Stella Swain
SILVER	Shelly Glover
BRONZE	

GOLD	Stella Swain
SILVER	
BRONZE	

Snr Veteran (45-54 Yrs Incl.) 3rd Kyu and Above Male

GOLD	Darren Cairns
SILVER	Robert Moreu
BRONZE	Derek Harrison

GOLD	Nick Tokley
SILVER	Peter Evans
BRONZE	Mark Pierce

Snr Veteran (45-54 Yrs Incl.) 3rd Kyu and Above Female

GOLD	Libby Connor
SILVER	Serena Taplin
BRONZE	Paul Page

GOLD	Libby Connor
SILVER	Paul Page
BRONZE	Katarzyna Nalepa

Snr Veteran (55 Yrs Plus) 8-7th Kyu Male

GOLD	
SILVER	
BRONZE	

GOLD	
SILVER	
BRONZE	

Snr Veteran (55 Yrs Plus) 8-7th Kyu Female

GOLD	
SILVER	
BRONZE	

GOLD	
SILVER	
BRONZE	

Snr Veteran (55 Yrs Plus) 6-4th Kyu Male

GOLD	Jeffery Monie
SILVER	Andrew Graham
BRONZE	David Sidley

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SILVER	David Sidley
BRONZE	Phillip Buddin

Snr Veteran (55 Yrs Plus) 6-4th Kyu Female

GOLD	Ruth Wainwright
SILVER	Chrissy Davies
BRONZE	

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SILVER	Ruth Wainwright
BRONZE	

KATA

KUMITE

Snr Veteran (55 Yrs Plus) 3rd Kyu and Above Male

GOLD	Steve Walters
SILVER	Terry Gregory
BRONZE	John Fieldsend

GOLD	Curtis Malcolm
SILVER	James Barker
BRONZE	Dave McEvoy

Snr Veteran (55 Yrs Plus) 3rd Kyu and Above Female

GOLD	Karon Foulkes
SILVER	Sharon Rendle
BRONZE	Karen Pearson

GOLD	Karon Foulkes
SILVER	Sharon Rendle
BRONZE	Anne Sadler

TEAMS

KATA

KUMITE

Senior Team Male (18 Yrs Plus)

(8th to 4th Kyu Male)

GOLD	Mark Chavush
	Daniel French
	Jeff Monie

GOLD	

SILVER	Rob Hardiman
	Chris Isles
	Paul Carter

SILVER	

BRONZE	James Wallace
	Dan Rock
	Andrew Rock

BRONZE	

(3rd Kyu and above Male)

GOLD	James Gabbitas
	Solomon Adams
	Billy Stevenson

GOLD	Brett Smith
	James Gabbitas
	Solomon Adams

SILVER	Mike Barrett
	Andrew Jones
	Dan Ashby

SILVER	Dominic Bland
	Jamie Mulgrew
	James Hulley

BRONZE	Rob Moreu
	Michal Lamb
	Anthony Baker

BRONZE	Mike Barrett
	Andrew Jones
	Dan Ashby

Senior Team Female (18 Yrs Plus)

(8th to 4th Kyu Female)

GOLD	

GOLD	

SILVER	

SILVER	

BRONZE	

BRONZE	

(3rd Kyu and above Females)

GOLD	Catherine Burnett
	Sarah Coleman

GOLD	Taylor Cairns
	Sophie Britton

KATA

	Emma Young
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SILVER	Sophie Britton
	Libby Connor
	Taylor Cairns

BRONZE	Kyra Gaiger
	Bianca Cohen
	Holly Kirwin

KUMITE

	Libby Connor
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SILVER	Catherine Burnett
	Sarah Coleman
	Emma Young

BRONZE	Claire Flint
	Paul Page
	Leyla Rashid

Junior Team (Under 18 Yrs)**(8th to 4th Kyu mixed)**

GOLD	Sophie Chandler
	Hannah Chandler
	Riley Chandler

SILVER	Rhys Hunt
	Maia Woods
	Kyran Wu

BRONZE	Jacob Ryder
	Larysa Godlewska
	Daniel Taylor

(3rd Kyu and above Females)

GOLD	Megan Brawn
	Sydney Quarterman
	Khushi Shah

SILVER	Amber Rashid
	Sinead McCardle
	Jessica Tomkinson

BRONZE	

Junior Team (Under 18 Yrs) 3Rd Kyu & Above**(3rd Kyu above mixed)**

GOLD	Emily Wright
	Alexis Granzo
	Kieron Chapman

SILVER	Ellen Rigby
	Jack Kam
	Jamie Sutherland

BRONZE	Jessica Tomkinson
	Diana Vitanova
	Louise Harlow

(3rd Kyu and above Males)

GOLD	Brandon Foggo
	Keiron Chapman
	Alexis Granzo

SILVER	Marshall Banting
	Joe Collinson Rogers
	Thomas Johnson

BRONZE	Jamie Lamb
	Ethan Lamb
	Aiden Harrison