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					13-17 female -56kg sparring	
		ITF Wales Grand Prix VII stage II	Eastern Leisure		Umpire & referee	
		UKTA Welsh Open	UWIC, Cardiff		13-17 female II & III dan	
					13-17 female -52kg sparring	
		UKTA Scottish Open	Bellahouston		13-17 female II dan	
					13-17 female -56kg sparring	
		XVI European Juniors	Barletta, Italy		13-17 female II dan	¼
					13-17 female -52kg sparring	r1
21/02/2010		ITF Wales Grand Prix VII stage I	Eastern Leisure		Umpire	
2009		UKTA UK Open	Kelvin Halls		13-17 female II dan	
		UKTA Welsh Open	UWIC, Cardiff		13-17 female II dan	
					13-17 female black -58kg	
		UKTA English Open	K2, Crawley		13-17 female I dan	
					13-17 female black -58kg	
		UKTA Scottish Open	Inverness Leisure		13-17 female I dan	¼
					13-17 female black -58kg	
2008						
06/12/2008		RITA National Open	Tallaght Leisure		12-17 I & II dan	
					13-17 female dan -heavy sparring	
01/11/2008		UKTA UK Open	Fenton Manor		13-17 female I	
					13-17 female black -52kg sparring	
					13-17 female black special technique	r1
26/10/2008		ITF Wales Grand Prix VI stage III	Eastern Leisure		Umpire	
04/10/2008		UKTA Welsh Open	NIAC Cardiff		13-17 female I dan patterns	
					13-17 female black -52kg sparring	
					13-17 female black special technique	r1
19/09/2008		VIII World Juniors	Tashkent		13-17 female -52kg sparring	r1
13/07/2008		London Open	Guildford Spectrum		13-17 female I & II dan patterns	
					13-17 female black -53kg sparring	
					13-17 female black special technique	r1
21/06/2008		UKTA Scottish Open	Kelvin Halls		13-17 female I dan patterns	

					13-17 female black -52kg sparring	
					13-17 female black special technique	
30/05/2008		XIV European Juniors	Porec, Croatia		13-17 female I dan patterns	r1
					13-17 female black -52kg sparring	r1
20/04/2008		ITF Wales Grand Prix VI stage II	Eastern Leisure		Umpire & Referee	
15/03/2008		UKTA English Open	K2, Crawley		13-17 female I dan patterns	
					13-17 female black -51kg sparring	
24/02/2008		ITF Wales Grand Prix VI stage I	Eastern Leisure		Umpire	
2007		ITF Wales Master's Shield			13-17	
08/12/2007		RITA National Open	Tallaght Leisure		13-17 male and female I dan patterns	
					13-17 female black belt heavy sparring	
24/11/2007		UKTA UK Open	UWIC, Cardiff		13-17 female I dan patterns	¼
					13-17 female -51kg sparring	
04/11/2008		ITF Wales Grand Prix V stage III	Eastern Leisure		Umpire	
17/10/2007		XIII European Juniors	Tallinn, Estonia		13-17 female I dan patterns	
					13-17 female sparring -52kg sparring	¼
29/09/2007		UKTA English Open	K2, Crawley		13-17 female I dan patterns	
					13-17 female black -55kg sparring	
15/07/2007		London Open	Spectrum, Guildford		13-17 red belt patterns	
					13-17 female red -51kg sparring	
					13-17 colour belt overall	
02/06/2007		UKTA Welsh Open	UWIC, Cardiff		13-17 red belt patterns	
					13-17 female red -57kg sparring	
					13-17 colour belt overall	
./05/2007		ITF Wales Grand Prix V stage II	Eastern Leisure		13-17 blue/red female patterns	
					13-17 blue/red female sparring	
24/03/2007		UKTA Scottish Open	Kelvin Halls		13-17 red belt patterns	
					13-17 female blue/red -55kg sparring	
25/02/2007		ITF Wales Grand Prix V stage I	Eastern Leisure		13-17 blue/red patterns	
					13-17 female colour sparring	
2006						
18/11/2006		UKTA UK Open	Ponds Forge		13-17 red belt patterns	
					13-17 female blue/red -48kg sparring	
11/11/2006		RITA National Open	UCD, Dublin		13-17 red belt patterns	

					12-14 female green-red sparring	
05/11/2006		ITF Wales Grand Prix IV stage III	Eastern Leisure		13-17 blue/red belt patterns	¼
					13-17 female blue/red sparring	
23/09/2006		UKTA English Open	K2, Crawley		13-17 red belt patterns	
					13-17 female blue/red -52kg sparring	
16/07/2006		London Open	Loddon Valley		13-17 red belt patterns	
					13-17 female colour -55kg sparring	
					13-17 colour belt overall	
27/05/2006		UKTA Welsh Open	WIS, Cardiff		13-17 blue belt patterns	
					13-17 female blue/red -52kg sparring	
07/05/2006		ITF Wales Grand Prix IV stage II	Eastern Leisure		13-17 blue/red belt patterns	
					13-17 female blue/red sparring	
18/03/2006		UKTA Scottish Open	Gorbals Leisure		13-17 blue belt patterns	
					13-17 female blue/red -52kg sparring	
12/02/2006		ITF Wales Grand Prix IV Stage I	Eastern Leisure		13-17 blue/red belt patterns	
					13-17 female blue/red sparring	
2005		ITF Wales Grand Prix III			u13 division overall	
19/11/2005		UKTA British Open	Ponds Forge		13-17 blue belt patterns	
					13-17 female blue/red -48kg sparring	
12/11/2005		RITA National Open	Maynooth NUI		u13 blue belt patterns	
					12-14 female green-red sparring	
23/10/2005		ITF Wales Grand Prix III stage III	Eastern Leisure		u13 blue/red belt patterns	
					u13 blue/red +146 sparring	
08/10/2005		2nd Presidential Cup	Radovljica		u13 female blue belt patterns	
					u13 female colour -40kg sparring	
24/09/2005		UKTA Welsh Open	Cogan Leisure		u13 blue belt patterns	
					u13 blue/red +146 sparring	
24/06/2005		London Open	Loddon Valley		u13 green belt patterns	
					u13 green +146 sparring	
28/05/2005		UKTA Scottish Open	Clydebank		u13 green belt patterns	
					u13 green belt +146 sparring	
					u13 colour belt overall	
23/04/2005		ITF Wales Grand Prix III stage II	Eastern Leisure		u13 yellow/green belt patterns	
					u13 yellow/green +146 sparring	
23/02/2005		UKTA English Open	Ponds Forge		u13 green belt patterns	¼

					u13 green +146 sparring	
16/02/2005		ITF Wales Grand Prix III stage I	Eastern Leisure		u13 yellow/green belt patterns	
					u13 yellow/green +146 sparring	
2004		Ely School			Junior student of the year	
		ITF Wales Grand Prix II			u13 division overall	
05/12/2004		ITF Wales Grand Prix II stage III	Eastern Leisure		u13 white/yellow belt patterns	
					u13 white/yellow +146 sparring	
20/11/2004		UKTA British Open	Ponds Forge,		u13 green belt patterns	
					u13 green +146 sparring	
13/11/2004		RITA National Open	Blanchardstown		u13 green belt patterns	
					12-14 female green-red sparring	
25/09/2004		UKTA Welsh Open	Cogan Leisure		u13 yellow belt patterns	
					u13 yellow -146 sparring	
06/06/2004		ITF Wales Grand Prix II stage II	Eastern Leisure		u13 white/yellow patterns	
					u13 white/yellow -146 sparring	
29/05/2004		UKTA Scottish Open	Clydebank		u13 yellow belt patterns	
					u13 yellow belt -146 sparring	
					u13 colour belt overall	
28/02/2004		UKTA English Open	Swindon		u13 yellow belt patterns	¼
					u13 yellow belt -146 sparring	
22/02/2004		ITF Wales Grand Prix II stage I	Eastern Leisure		u13 white/yellow patterns	
					u13 white/yellow -146 sparring	
2003		ITF Wales Grand Prix I			u13 white belt overall	
07/12/2003		ITF Wales Grand Prix I stage III	Canton Community		u13 white belt patterns	
					u13 white belt -146 sparring	
22/11/2003		UKTA Welsh Open	Llantrisant Leisure		u13 yellow belt -146 sparring	
25/05/2003		ITF Wales Grand Prix I stage II	Canton Community		u13 white belt patterns	
					u13 white belt -146 sparring	