

**End of Year Awards - Saturday 26th November - Electricity Club Cardiff**

A great night partying with all the TKD crowd and I got overall GP under 13 award. Ryan (Ely) got 2nd, and George (fairwater) came 3rd. We eventually got most people dancing!!

**British Open - Saturday 19th November - Pond's Forge Sheffield**

My 2nd 13-17 it was really nerve racking but i did quite well getting a bronze in patterns and gold in sparring. Everyone did really well!!!...

**Irish Open - Saturday 12th November - NUI Maynooth**

Bad journey!! Food + Irish sea = sick bag! As a FEW people know!! Still a good competition though, but probably the most tiring.

**Grand Prix Stage III - Sunday 23rd October - Eastern Leisure Centre**

Well firstly lets start by saying - HAPPY BIRTHDAY SOPHIA!!!!!!! Great comp and MY LAST - 13!

**Slovenia Open - Saturday 8th October - Radovljica**

Slovenia - Go us! all I can say! A great competition, good performances and we had a laugh!! :D



**Welsh Open - Saturday 24th September - Cogan**

Great fun! with Kane, Beth, Jermain and Rhys from Ely and fairwater in my patterns group some tough competition! the sparring group was with Delme there it was going to be interesting, I had a moderate 1st round the hard 2nd and the final was me and Delme, it was close but I eventually won...

**London Open - Sunday 24th July - Reading**

A lovely early start in the rain to go to Reading, in the patterns I took gold, sparring luckily me and Ryan avoided each other until the final where we put on a good display and Ryan shaded it to take gold leaving me to pick up silver..

**Scottish Open Saturday 28th May - Clydebank, Glasgow.**

Not many of us up at Scotland this year but everyone performed well and I took double gold and overall junior - two years running now so the Scottish must be my lucky tournament.