

# Main Karate Awards & Achievements

## Lesley Constable - Darrington

| Year | Month     | Venue               | Discipline | Medal  | Title   | Ranking  |
|------|-----------|---------------------|------------|--------|---|----------|
| 2025 | May       | (Taipei) Taiwan     | Kumite     | Gold   | World Masters Games Champion                  | World    |
| 2013 | August    | Belfast, N Ireland  | Kata       | Gold   | World Police & Fire Games Champion            | World    |
| 2011 | August    | New York, USA       | Kumite     | Gold   | World Police & Fire Games Champion            | World    |
| 2009 | August    | Vancouver, Canada   | Kumite     | Gold   | World Police & Fire Games Champion            | World    |
| 2025 | May       | (Taipei) Taiwan     | Kata       | Silver | World Masters Games Silver Medallist          | World    |
| 2013 | August    | Belfast, N Ireland  | Kumite     | Silver | World Police & Fire Games Silver Medallist    | World    |
| 2011 | August    | New York, USA       | Kata       | Silver | World Police & Fire Games Silver Medallist    | World    |
| 2011 | August    | New York, USA       | Kumite     | Silver | World Police & Fire Games Silver Medallist    | World    |
| 2011 | August    | New York, USA       | Kumite     | Silver | World Police & Fire Games Silver Medallist    | World    |
| 2001 |           | Dominican Rep       | Kumite     | Silver | European Silver Medallist                     | World    |
| 2013 | August    | Belfast, N Ireland  | Kumite     | Bronze | World Police & Fire Games Bronze Medallist    | World    |
| 2013 | August    | Belfast, N Ireland  | Kumite     | Bronze | World Police & Fire Games Bronze Medallist    | World    |
| 2013 | August    | Belfast, N Ireland  | Kata       | Bronze | World Police & Fire Games Bronze Medallist    | World    |
| 2014 | November  | Reading             | Kumite     | Gold   | European Wado-Kai Champion                    | European |
| 2002 |           | Dublin, Ireland     | Kumite     | Silver | European Team Silver Medallist                | European |
| 2002 |           | Dublin, Ireland     | Kumite     | Silver | European Silver Medallist                     | European |
| 2014 | November  | Reading             | Kumite     | Bronze | European Wado-Kai Bronze Medallist            | European |
| 2014 | November  | Reading             | Kata       | Bronze | European Wado-Kai Bronze Medallist            | European |
| 2014 | November  | Reading             | Kumite     | Bronze | European Wado-Kai Bronze Medallist            | European |
| 2002 |           | Dublin, Ireland     | Kumite     | Bronze | European Bronze Medallist                     | European |
| 2002 |           | Dublin, Ireland     | Kumite     | Bronze | European Bronze Medallist                     | European |
| 2025 | August    | Sheffield           | Kumite     | Silver | British International Silver Medallist        | British  |
| 2010 | February  | Edinburgh, Scotland | Kumite     | Gold   | British Karate Championships Champion         | British  |
| 2010 | September | Edinburgh, Scotland | Kumite     | Gold   | British Karate Championships Champion         | British  |
| 2009 | September | Edinburgh, Scotland | Kumite     | Gold   | British Karate Championships Champion         | British  |
| 2008 |           | Edinburgh, Scotland | Kumite     | Gold   | British Karate Championships Champion         | British  |
| 2007 |           | Edinburgh, Scotland | Kumite     | Gold   | British Karate Champion                       | British  |
| 2004 |           |                     | Kumite     | Gold   | British Karate Champion                       | British  |
| 2003 |           |                     | Kumite     | Gold   | British Karate Champion                       | British  |
| 2001 |           |                     | Kumite     | Gold   | British Universities Karate Champion          | British  |
| 2001 |           |                     | Kumite     | Gold   | British Universities Karate Team Champion     | British  |
| 2000 |           |                     | Kumite     | Gold   | British Universities Karate Champion          | British  |
| 2000 |           |                     | Kumite     | Gold   | British Universities Karate Team Champion     | British  |
| 1999 |           |                     | Kumite     | Gold   | British Universities Karate Champion          | British  |
| 1996 |           |                     | Kumite     | Gold   | British Karate Team Champion                  | British  |
| 1992 |           |                     | Kumite     | Gold   | British Wado-Ryu Champioun                    | British  |
| 2025 | April     | Edinburgh, Scotland | Kumite     | Silver | British Karate Silver Medallist               | British  |
| 2025 | April     | Edinburgh, Scotland | Kumite     | Silver | British Karate Silver Medallist               | British  |
| 2011 | June      | Sheffield           | Kumite     | Silver | British Karate Championships Silver Medallist | British  |
| 2006 |           | Edinburgh, Scotland | Kata       | Silver | British Karate Silver Medallist               | British  |
| 2005 |           |                     | Kumite     | Silver | British Karate Silver Medallist               | British  |
| 2001 |           |                     | Kata       | Silver | British Universities Silver Medallist         | British  |
| 2000 |           |                     | Kata       | Silver | British Universities Silver Medallist         | British  |
| 1999 |           |                     | Kata       | Silver | British Universities Silver Medallist         | British  |
| 2025 | April     | Edinburgh, Scotland | Kata       | Bronze | British Karate Bronze Medallist               | British  |
| 2025 | April     | Edinburgh, Scotland | Kata       | Bronze | British Karate Bronze Medallist               | British  |
| 2025 | August    | Sheffield           | Kata       | Bronze | British International Bronze Medallist        | British  |
| 2012 | September | Edinburgh, Scotland | Kumite     | Bronze | British International Bronze Medallist        | British  |
| 2011 | June      | Sheffield           | Kata       | Bronze | British Karate Championships Bronze Medallist | British  |
| 2010 | February  | Edinburgh, Scotland | Kumite     | Bronze | British Karate Championships Bronze Medallist | British  |
| 2006 |           | Edinburgh, Scotland | Kumite     | Bronze | British Karate Bronze Medallist               | British  |
| 1996 |           |                     | Kumite     | Bronze | British Bronze Medallist                      | British  |

| Year | Month    | Venue             | Discipline | Medal  | Title   | Ranking        |
|------|----------|-------------------|------------|--------|---|----------------|
| 1996 |          |                   | Kumite     | Bronze | British Bronze Medallist                          | British        |
| 1994 |          |                   | Kumite     | Bronze | British Bronze Medallist                          | British        |
| 1994 |          |                   | Kumite     | Bronze | British Bronze Medallist                          | British        |
| 2014 | July     | Worcester         | Kata       | Gold   | Central England Open Champion                     | English        |
| 2011 | April    | Sheffield         | Kata       | Gold   | English Karate Championships Champion             | English        |
| 2010 | March    | Sheffield         | Kumite     | Gold   | English Karate Championships Champion             | English        |
| 1999 |          |                   | Kata       | Gold   | English National Champion                         | English        |
| 1993 | April    | Manchester        | Kumite     | Gold   | EKGB Regional Champion                            | English        |
| 1993 |          |                   | Kumite     | Gold   | EKGB Senior National Champion                     | English        |
| 1991 | March    |                   | Kumite     | Gold   | EKGB National Championships Team Champions        | English        |
| 2011 | April    | Sheffield         | Kumite     | Silver | English Karate Championships Silver Medallist     | English        |
| 1999 |          |                   | Kumite     | Silver | English National Silver Medallist                 | English        |
| 1993 |          |                   | Kata       | Silver | EKGB Senior National Team Silver Medallist        | English        |
| 1992 | June     | Birmingham        | Kumite     | Silver | English International Open Silver Medallist       | English        |
| 1992 | October  |                   | Kumite     | Silver | EKGB National Championships Team Silver Medallist | English        |
| 1991 | June     |                   | Kumite     | Silver | English International Open Team Silver Medallist  | English        |
| 2025 | February | Sheffield         | Kumite     | Bronze | English Kyu Grades and Veterens Bronze Medallist  | English        |
| 2014 | July     | Worcester         | Kumite     | Gold   | Central England Open Bronze Medallist             | English        |
| 2012 | April    | Sheffield         | Kumite     | Bronze | English National Championships Silver Medallist   | English        |
| 2004 |          |                   | Kumite     | Bronze | English Karate Bronze Medallist                   | English        |
| 1999 |          |                   | Kumite     | Bronze | English National Team Bronze Medallist            | English        |
| 1993 |          |                   | Kumite     | Bronze | EKGB Senior National Team Bronze Medallist        | English        |
| 1991 | June     |                   | Kumite     | Bronze | English International Open Bronze Medallist       | English        |
| 2014 | July     | Brussels, Belgium | Kumite     | Gold   | European Police Games Karate Kumite Champion      | Belgian        |
| 1993 |          | Czechoslovakia    | Kumite     | Gold   | Czechoslovakia Open Kumite Champion               | Czechoslovakia |
| 1991 |          | Czechoslovakia    | Kumite     | Gold   | Czechoslovakia Cup Champion                       | Czechoslovakia |
| 2014 | August   | Stockholm, Sweden | Kumite     | Silver | Swedish All Wado-Ryu Open Silver Medallist        | Swedish        |
| 2014 | August   | Stockholm, Sweden | Kumite     | Silver | Swedish All Wado-Ryu Open Silver Medallist        | Swedish        |
| 2014 | August   | Stockholm, Sweden | Kata       | Bronze | Swedish All Wado-Ryu Open Bronze Medallist        | Swedish        |
| 2025 | March    | Kent              | Kumite     | Gold   | Meopham Open Champion                             | Open           |
| 2025 | November | Harlow            | Kumite     | Gold   | Harlow Open Champion                              | Open           |
| 2025 | November | Harlow            | Kumite     | Silver | Harlow Open Champion                              | Open           |
| 2025 | October  | Harlow            | Kata       | Gold   | Elite Open Champion                               | Open           |
| 2024 | June     | Grays, Essex      | Kumite     | Gold   | Thurrock Yamaguchi Open Champion                  | Open           |
| 2014 | July     | Leicester         | Kata       | Gold   | Leicester Karate Association Open Champion        | Open           |
| 2014 | June     | Leicester         | Kumite     | Gold   | Leicester Karate Association Open Champion        | Open           |
| 1995 | November | Colchester        | Kumite     | Gold   | Colchester Open Champion                          | Open           |
| 1993 | February |                   | Kumite     | Gold   | BASKA Open Champion                               | Open           |
| 1993 | October  |                   | Kumite     | Gold   | SEFKA Open Team Champion                          | Open           |
| 1992 | April    | Colchester        | Kumite     | Silver | Colchester Open Champion                          | Open           |
| 1992 | February | London            | Kumite     | Gold   | BASKA Open Team Champion                          | Open           |
| 1992 | February | London            | Kumite     | Gold   | BASKA Open Champion                               | Open           |
| 1992 | October  | Clacton           | Kumite     | Gold   | Clacton Open Team Championship                    | Open           |
| 1991 | July     | Stowmarket        | Kumite     | Gold   | Stowmarket Open Kumite Champion                   | Open           |
| 1991 | November | Colchester        | Kumite     | Gold   | Colchester Open Champion                          | Open           |
| 2025 | July     | Grays, Essex      | Kumite     | Silver | Thurrock Yamaguchi Open Silver Medallist          | Open           |
| 2025 | November | Harlow            | Kata       | Silver | Harlow Open Silver Medallist                      | Open           |
| 2025 | November | Harlow            | Kata       | Silver | Harlow Open Silver Medallist                      | Open           |
| 2025 | November | Harlow            | Kumite     | Silver | Harlow Open Silver Medallist                      | Open           |
| 2025 | November | Harlow            | Kata       | Silver | Harlow Open Silver Medallist                      | Open           |
| 2025 | November | Harlow            | Kumite     | Silver | Harlow Open Silver Medallist                      | Open           |
| 2025 | November | Harlow            | Kata       | Silver | Harlow Open Silver Medallist                      | Open           |
| 2025 | November | Harlow            | Kumite     | Silver | Harlow Open Silver Medallist                      | Open           |
| 2025 | October  | Harlow            | Kata       | Silver | Elite Open Silver Medallist                       | Open           |
| 2025 | October  | Harlow            | Kumite     | Bronze | Elite Open Bronze Medallist                       | Open           |
| 2024 | June     | Grays, Essex      | Kata       | Silver | Thurrock Yamaguchi Open Silver Medallist          | Open           |

| Year | Month     | Venue        | Discipline | Medal  | Title  | Ranking      |
|------|-----------|--------------|------------|--------|--|--------------|
| 2014 | July      | Leicester    | Kumite     | Silver | Leicester Karate Association Open Silver Medallist | Open         |
| 1996 | April     |              | Kumite     | Silver | Yokodo Silver Medallist                            | open         |
| 1996 | April     |              | Kata       | Silver | Yokodo Silver Medallist                            | open         |
| 1994 | August    | Uxbridge     | Kumite     | Silver | Uxbridge Open Champion                             | Open         |
| 1993 | February  |              | Kumite     | Silver | BASKA Open Silver Medallist                        | Open         |
| 1993 | March     |              | Kumite     | Silver | Eugene Codrington Ladies Silver Medalist           | Open         |
| 1993 | October   |              | Kumite     | Silver | SEFKA Open Silver Medallist                        | Open         |
| 1992 | November  | Colchester   | Kumite     | Silver | Colchester Open Silver Medallist                   | Open         |
| 1991 | November  | Colchester   | Kata       | Silver | Colchester Open Silver Medallist                   | Open         |
| 1991 | November  | Ealing       | Kumite     | Silver | Ealing Open Silver Medallist                       | Open         |
| 1991 | October   | Sudbury      | Kumite     | Silver | Sudbury Open Silver Medallist                      | Open         |
| 1990 |           | Birmingham   | Kumite     | Silver | VSO Karate Aid Silver Medallist                    | Open         |
| 2025 | July      | Grays, Essex | Kumite     | Bronze | Thurrock Yamaguchi Open Bronze Medallist           | Open         |
| 2025 | July      | Grays, Essex | Kata       | Bronze | Thurrock Yamaguchi Open Bronze Medallist           | Open         |
| 2025 | March     | Kent         | Kumite     | Bronze | Meopham Open Bronze Medallist                      | Open         |
| 2025 | March     | Kent         | Kata       | Bronze | Meopham Open Bronze Medallist                      | Open         |
| 2025 | November  | Harlow       | Kata       | Bronze | Harlow Open Bronze Medallist                       | Open         |
| 2025 | November  | Harlow       | Kumite     | Bronze | Harlow Open Bronze Medallist                       | Open         |
| 2025 | November  | Kent         | Kata       | Bronze | Meopham Open Bronze Medallist                      | Open         |
| 2025 | October   | Harlow       | Kumite     | Bronze | Elite Open Bronze Medallist                        | Open         |
| 2024 | June      | Grays, Essex | Kata       | Bronze | Thurrock Yamaguchi Open Bronze Medallist           | Open         |
| 2024 | June      | Grays, Essex | Kumite     | Bronze | Thurrock Yamaguchi Open Bronze Medallist           | Open         |
| 2016 | September | Leicester    | Kumite     | Bronze | Leicester Karate Association Open Bronze Medallist | Open         |
| 2015 | August    | Leicester    | Kata       | Bronze | Leicester Karate Association Open Bronze Medallist | Open         |
| 2014 | July      | Leicester    | Kata       | Bronze | Leicester Karate Association Open Bronze Medallist | Open         |
| 1993 | March     |              | Kumite     | Bronze | Eugene Codrington Ladies Bronze Medallist          | Open         |
| 1992 | April     | Colchester   | Kata       | Bronze | Colchester Open Bronze Medallist                   | Open         |
| 1992 | February  | London       | Kata       | Bronze | BASKA Open Bronze Medallist                        | Open         |
| 1991 | February  | London       | Kumite     | Bronze | BASKA London Open Team Bronze Medallist            | Open         |
| 1991 | October   | Sudbury      | Kata       | Bronze | Sudbury Open Bronze Meadallist                     | Open         |
| 1990 | August    | Uxbridge     | Kumite     | Bronze | Rangahir Invitation Bronze Medallist               | Open         |
| 1989 | October   | Colchester   | Kumite     | Bronze | Colchester Open Bronze Medallist                   | Open         |
| 1989 |           | Uxbridge     | Kumite     | Bronze | Rangahir Invitation Bronze Medallist               | Open         |
| 2025 | April     | Dagenham     | Kumite     | Gold   | KDF Invitational Champion                          | Invitational |
| 1993 | August    | Uxbridge     | Kumite     | Gold   | Uxbridge Invitation Champion                       | Invitational |
| 2025 | March     | Surrey       | Kumite     | Silver | Legends Invitational Silver Medallist              | Invitational |
| 1993 | August    | Uxbridge     | Kata       | Silver | Uxbridge Invitation Silver Medallist               | Invitational |
| 1992 | August    | Uxbridge     | Kumite     | Silver | Uxbridge Invitation Silver Madallist               | Invitational |
| 1991 | August    | Uxbridge     | Kata       | Silver | Uxbridge Invitation Silver Madallist               | Invitational |
| 2025 | April     | Dagenham     | Kumite     | Bronze | KDF Invitational Bronze Medallist                  | Invitational |
| 2025 | April     | Dagenham     | Kata       | Bronze | KDF Invitational Bronze Medallist                  | Invitational |
| 2025 | April     | Dagenham     | Kata       | Bronze | KDF Invitational Bronze Medallist                  | Invitational |
| 1992 | August    | Uxbridge     | Kata       | Bronze | Uxbridge Invitation Bronze Madallist               | Invitational |
| 1991 | August    | Uxbridge     | Kumite     | Bronze | Uxbridge Invitation Bronze Madallist               | Invitational |
| 2000 |           |              | Kumite     | Gold   | BASKA Grand Champion                               | Association  |
| 1996 | April     | London       | Kumite     | Gold   | Ryoshin Champion                                   | Association  |
| 1996 | April     | London       | Kumite     | Gold   | Ryoshin Team Champion                              | Association  |
| 1994 | July      | Epping       | Kumite     | Gold   | SHI-KON Senior Team Champion                       | Association  |
| 1991 | April     | Harlow       | Kumite     | Gold   | BMAF Team Champion                                 | Association  |
| 1991 | September | Epping       | Kumite     | Gold   | UKA Championships Champion                         | Association  |
| 2000 |           |              | Kata       | Silver | BASKA Silver Medallist                             | Association  |
| 1994 | July      | Epping       | Kumite     | Silver | SHI-KON Senior Champion                            | Association  |
| 1994 | June      | Epping       | Kumite     | Silver | SHI-KON Silver Medallist                           | Association  |
| 1991 | September | Epping       | Kata       | Silver | UKA Championships Silver Medallist                 | Association  |

## Coaching Achievements

| Date | Venue  | Event                      | Coaching           | Discipline    | Result | Medal  | Title                  | Ranking     |
|------|--------|----------------------------|--------------------|---------------|--------|--------|------------------------|-------------|
| 2006 | London | London Borough Youth Games | Redbridge Coach    | Male Kumite   | 2      | Silver | LBYG Silver Medallists | Youth Games |
| 2006 | London | London Borough Youth Games | Redbridge Coach    | Female Kumite | 3      | Bronze | LBYG Bronze Medallists | Youth Games |
| 2006 | London | London Borough Youth Games | Barking & Dagenham | Male Kumite   | 1      | Gold   | LBYG Champions 2006    | Youth Games |
| 2005 | London | London Borough Youth Games | Redbridge Coach    | Male Kumite   | 1      | Gold   | LBYG Champions 2005    | Youth Games |
| 2005 | London | London Borough Youth Games | Redbridge Coach    | Female Kumite | 2      | Silver | LBYG Silver Medallists | Youth Games |
| 2005 | London | London Borough Youth Games | Barking & Dagenham | Male Kumite   | 2      | Silver | LBYG Silver Medallists | Youth Games |
| 2004 | London | London Borough Youth Games | Redbridge Coach    | Male Kumite   | 1      | Gold   | LBYG Champions 2004    | Youth Games |
| 2004 | London | London Borough Youth Games | Redbridge Coach    | Female Kumite | 1      | Gold   | LBYG Champions 2004    | Youth Games |
| 2003 | London | London Borough Youth Games | Redbridge Coach    | Male Kumite   | 1      | Gold   | LBYG Champions 2004    | Youth Games |
| 2003 | London | London Borough Youth Games | Redbridge Coach    | Female Kumite | 1      | Gold   | LBYG Champions 2004    | Youth Games |
| 2002 | London | London Borough Youth Games | Redbridge Coach    | Male Kumite   | 1      | Gold   | LBYG Champions 2004    | Youth Games |
| 2002 | London | London Borough Youth Games | Redbridge Coach    | Female Kumite | 1      | Gold   | LBYG Champions 2004    | Youth Games |
| 2001 | London | London Borough Youth Games | Redbridge Coach    | Male Kumite   | 1      | Gold   | LBYG Champions 2004    | Youth Games |
| 2001 | London | London Borough Youth Games | Redbridge Coach    | Female Kumite | 1      | Gold   | LBYG Champions 2004    | Youth Games |
| 2000 | London | London Borough Youth Games | Redbridge Coach    | Male Kumite   | 2      | Silver | LBYG Silver Medallists | Youth Games |
| 2000 | London | London Borough Youth Games | Redbridge Coach    | Female Kumite | 3      | Bronze | LBYG Bronze Medallists | Youth Games |
| 1999 | London | London Borough Youth Games | Redbridge Coach    | Male Kumite   | 2      | Silver | LBYG Silver Medallists | Youth Games |
| 1999 | London | London Borough Youth Games | Redbridge Coach    | Female Kumite | 3      | Bronze | LBYG Bronze Medallists | Youth Games |
| 1998 | London | London Borough Youth Games | Redbridge Coach    | Male Kumite   | 1      | Gold   | LBYG Champions 1998    | Youth Games |
| 1998 | London | London Borough Youth Games | Redbridge Coach    | Female Kumite | 1      | Gold   | LBYG Champions 1998    | Youth Games |

## Karate Awards & Achievements

| Date | Award / Achievement   | Category         | Awarded by etc                       |
|------|---|------------------|--------------------------------------|
| 1993 | EKGB National Championships<br>'Combat Magazine Competitor of the Event Award 1993' | Competitor       | Combat Magazine & EKGB               |
| 2006 | London Borough Youth Games<br>'Fair Play Award'                                     | Coaching / Squad | London Borough Youth Games Group     |
| 2004 | London Borough Youth Games<br>'Fair Play Award'                                     | Coaching / Squad | London Borough Youth Games Group     |
| 2006 | London Borough of Barking & Dagenham<br>'Team of the Year Award'                    | Coaching / Squad | London Borough of Barking & Dagenham |
| 2002 | London Borough of Barking & Dagenham<br>'Coach of the Year 2002'                    | Coaching / Squad | London Borough of Barking & Dagenham |
| 1994 | London Borough of Redbridge<br>'Sports Person of the Year 1994'                     | Coaching / Squad | London Borough of Redbridge          |
| 1994 | London Borough of Redbridge<br>'Sports Person of the Year 1999'                     | Coaching / Squad | London Borough of Redbridge          |
| 1994 | EKGB Regional Squad Member  | Kumite           | EKGB Regional Squad                  |