

# Welsh fighters are among best of British

## Tae-Kwon Do

THE Welsh Tae-kwon-Do Association are celebrating a gold strike at the British Open.

The 36-strong squad came back from Ponds Forge in Sheffield boasting 13 gold, 12 silver and 10 bronze medals.

With some very good displays of pattern and sparring throughout the day in all the different divisions, they did well to show how high the standards of Tae-kwon-Do are in Wales.

Any further details on the sport can be found at [www.itfwales.com](http://www.itfwales.com) or by contacting Christopher Black on [secretary@itfwales.com](mailto:secretary@itfwales.com).

Meanwhile, the end of the UK Tae-kwon-Do Association in Wales campaign finished in style with the annual awards presentation night at the Electricity Club in Cardiff.

With this year's sponsor Tony MacWhirter from MacWhirter (Air Conditioning) Ltd presenting the overall awards to the Grand Prix winners and club instructors awarding student of the year for their individual schools, there was a lot of silverware on show.

### Eventual winners were:

**Under-13:** 1st Lanny James (Ely), 2nd Ryan Davies (Ely), 3rd George Crews (Fairwater).

**13-17:** 1st Ben Travers (Cardiff North), 2nd Gareth Francis (Ely), 3rd Rachel Barker (Reading West).

**Over 18:** 1st Sarah Prodywus (Reading West), 2nd Craig Biggs (Cardiff North), 3rd Rob Bevis (Cardiff University).



■ **WINNING DISPLAY** Members of the Welsh Tae-Kwon Do Association with the array of medals they won at Ponds Forge in Sheffield.



■ **AWARDS NIGHT** The successful players at the UK Tae-Kwon Do awards night.