

Gareth Francis I 11/06/1991 - Ely School of Taekwon-Do

Year	Competition	Location	Patterns	Result	Sparring	Result	Special T	Result	Power	Result	
2010	ITF Wales										Silver Award
	ITF Wales										Bronze Award
	Four Nations	Glasgow	Team		Team		Team				Team Silver
	English Open	k2 Crawley	18+ male I dan	¼							
	Welsh Open	UWIC Cardiff	18+ male I & II dan	¼	18+ male black -71kg	Silver					
	XXV Euro Seniors	Barletta, Italy	18+ male I dan	1	18+ male black -64kg	Silver					
2009	Four Nations	Dublin	Team		Team				Team		Team Bronze
	Welsh Open	UWIC Cardiff	18+ male I dan	Silver	18+ male black -64kg	Gold					
	English Open	k2 Crawley	18+ male I dan	Bronze	18+ male black -64kg	Bronze					
	XV Euro Juniors	Zrece, Slovenia			13-17 male black -69kg	Silver					
	Scottish Open	Inverness Lesiure	13-17 male I	Bronze	13-17 male black -69kg	Gold					
2008	UK Open	Fenton Manor	13-17 male I dan	2	13-17 male black -69kg	Bronze					
	Welsh Open	NIAC Cardiff	13-17 male I dan	Bronze	13-17 male black -69kg	Bronze					
	VIII World Juniors	Tashkent			13-17 male black -69kg	2					
	Scottish Open	Kelvin Halls	13-17 male I dan	2	13-17 male black -63kg	Silver	Scissors	1			
	English Open	k2 Crawley	13-17 male I dan	Silver	13-17 male black 69kg	Bronze	Scissors	1			
2007	UK Open	UWIC Cardiff	13-17 male I dan	2	13-17 male black -63kg	1	Flying	1			
	XIII Euro Juniors	Tallinn, Estonia			13-17 male black -63kg	¼					
	XIII Euro Juniors	Tallinn, Estonia	Team	Bronze	Team	¼					
	English Open	k2 Crawley	13-17 I dan	¼	13-17 male black -63kg	Bronze					
	London Open	Guildford	13-17 I dan	1	13-17 male black -63kg	Bronze	Scissors	1			
	Welsh Open	UWIC Cardiff	13-17 I dan	¼	13-17 male black -58kg	Bronze	Scissors	1			
	Scottish Open	Kelvin Halls	13-17 I dan	2	13-17 male black -58kg	Gold	Scissors	1			
2006	Ely										Junior Student of Year
	UK Open	Sheffield	13-17 red	Bronze	13-17 male blue/red -52kg	Gold					13-17 - 3rd overall
	Grand Prix III	Eastern Leisure	13-17 blue/red	Silver	13-17 male blue/red -63kg	Gold					
	English Open	Crawley	13-17 red	Silver	13-17 male blue/red -52kg	Gold	Scissors	1			
	London Open	Reading	13-17 red	¼	13-17 male blue/red -52kg	Gold	Scissors	1			
	Welsh Open	WIS, Cardiff	13-17 red	1	13-17 male blue/red -52kg	Bronze	Scissors	1			
	Grand Prix II	Eastern Leisure	13-17 blue/red	Silver	13-17 male blue/red -63kg	Bronze					
	Scottish Open	Gorbals	13-17 red	Silver	13-17 mael blue/red -52kg	Gold	Scissors	1			
	Grand Prix I	Eastern Leisure	13-17 blue/red	¼	13-17 male blue/red -63kg	Gold					
	2005	British Open	Sheffield	13-17 red	1	13-17 male blue/red -52kg	Bronze	Scissors	1		
Grand Prix III		Eastern Leisure	13-17 blue/red	Silver	13-17 male blue/red -63kg	Bronze					
Slovenian Open		Radovljica	13-17 red	¼	13-17 male colour -55kg	¼					
Welsh Open		Cogan Leisure	13-17 red	¼	13-17 male blue/red -52kg	Silver	Scissors	1			
Grand Prix II		Eastern Leisure	13-17 blue/red	Silver	13-17 male blue/red -63kg	¼					
English Open		Sheffield	13-17 red	1	13-17 male blue/red -52kg	¼	Scissors	1			
Grand Prix I		Eastern Leisure	13-17 blue/red	Bronze	13-17 male blue/red -63kg	Bronze					
2004	Welsh Open	Cogan Leisure	13-17 red	Bronze	13-17 male blue/red -52kg	1	Scissors	1			
	Scottish Open	Clydebank	u13 red	¼	u13 male blue/red +146	2	Flying	1			
2003	Grand Prix III	Canton Leisure	u13 red		u13 blue/red -146						13-17 blue - 3rd overall

	English Open	Exeter?	u13 blue	2	u13 blue/red -135	Silver	u13 colour -135	Gold				R
2001	Welsh Open	Cogan Leisure	u13 yellow	1	u13 yellow/green -135	Bronze						R