

Lanny James II 25/10/1992 - Ely School of Taekwon-Do

Year	Competition	Patterns	Result	Sparring	Result	Special T	Result	Power	Result	
2010	ITF Wales								Gold Award	
	ITF Wales								Silver Award	
	ITF Wales								Bronze Award	
	UK Open	UWIC Cardiff	18+ female II	Bronze						
	English Open	K2 Crawley	13-17 female II	Gold	13-17 female black -56kg	Gold	Scissors	1		
	London Open	Guildford	13-17 female II & III	Silver	13-17 female black -56kg	Gold				
	Welsh Open	UWIC Cardiff	13-17 female II & III	Silver	13-17 female black -52kg	Bronze				
	Scottish Open	Bellahouston	13-17 female II	Silver	13-17 female black -56kg	Bronze				
	XVI Euro Juniors	Barletta, Italy	13-17 female II	¼	13-17 female black -52kg	1				
2009	UK Open	Kelvin Halls	13-17 female II	Silver						
	Welsh Open	UWIC Cardiff	13-17 female II	Silver	13-17 female black -58kg	Silver				
	English Open	K2 Crawley	13-17 female I	Bronze	13-17 female black -58kg	Silver				
	Scottish Open	Inverness Lesiure	13-17 female I	¼	13-17 female black -58kg	Gold				
2008	Irish Open	Tallaght	12-17 dan	Silver	12-17 female dan heavy sparring	Silver				
	UK Open	Fenton Manor	13-17 female I	Gold	13-17 female black -52kg	Gold	Scissors	1		
	Welsh Open	NIAC Cardiff	13-17 female I	Silver	13-17 female black -52kg	Gold	Scissors	1		
	VIII World Juniors	Tashkent			13-17 female black -52kg	1				
	London Open	Guildford	13-17 female I & II dan	Bronze	13-17 female black -53kg	Gold	Scissors	1		
	Scottish Open	Kelvin Halls	13-17 female I dan	Silver	13-17 female black -52kg	Gold	Scissors	Bronze		
	XIV Euro Juniors	Porec, Croatia	13-17 female I dan	1	13-17 female black -52kg	1				
	English Open	K2 Crawley	13-17 female I dan	Gold	13-17 female black -51kg	Gold				
2007	Master's Shield	ITF Wales							13-17 Overall winner	
	Irish Open	Tallaght	13-17 dan patterns	Gold	13-17 female dan heavy	Gold	Scissors	1		
	UK Open	UWIC Cardiff	13-17 I dan female	¼	13-17 female black -51kg	Gold	Flying	1		
	XIII Euro Juniors	Tallinn	13-17 I dan female	Bronze	13-17 female black -52kg	¼				
	English Open	K2 Crawley	13-17 I dan female	Silver	13-17 female black -51kg	Gold	Scissors	1		
	London Open	Guildford	13-17 red	Gold	13-17 female blue/red -55kg	Gold			13-17 colour - Overall	
	Welsh Open	UWIC Cardiff	13-17 red	Gold	13-17 female blue/red -55kg	Gold	Scissors	1	13-17 colour - Overall	
	Grand Prix II	Eastern Leisure	13-17 female blue/red	Gold	13-17 female blue/red -55kg	Gold				
	Scottish Open	Kelvin Halls	13-17 red	Bronze	13-17 female blue/red -55kg	Gold	Scissors	1		
	Grand Prix I	Eastern Leisure	13-17 blue/red	Silver	13-17 female blue/red -55kg	Gold				
	2006	UK Open	Sheffield	13-17 red	Silver	13-17 female blue/red -52kg	Gold	Scissors	1	
		Irish Open	UCD Dublin	13-17 red	Bronze	12-14 female green-red	Gold			
		Grand Prix III	Eastern Leisure	13-17 blue/red	¼	13-17 female blue/red -55kg	Gold			
English Open		Crawley	13-17 red	Bronze	13-17 female blue/red -52kg	Gold				
London Open		Reading	13-17 red	Gold	13-17 female colour -55kg	Gold			13-17 colour - Overall	
Welsh Open		WIS, Cardiff	13-17 blue	Gold	13-17 female blue/red -55kg	Silver				
Grand Prix II		Eastern Leisure	13-17 blue/red	Bronze	13-17 female blue/red -55kg	Gold				
Scottish Open		Gorbals	13-17 blue	Silver	13-17 female blue/red -48kg	Gold	Scissors	1		
Grand Prix I		Eastern Leisure	13-17 blue/red	Silver	13-17 female blue/red -55kg	Gold				
2005		British Open	Sheffield	13-17 blue	Bronze	13-17 female blue -48kg	Gold	Scissors	1	
	Irish Open	Blanchardstown	13-17 blue	Silver	12-14 female green-red	Bronze				

	Grand Prix III	Eastern Leisure	u13 blue/red	Silver	u13 blue/red +146	Silver					u13 - 1st overall
	Slovenian Open	Radovljica	u13 female blue	Silver	u13 female colour -40kg	Gold					
	Welsh Open	Cogan Leisure	u13 blue	Bronze	u13 blue +146	Gold	Flying	1			
	London Open	Reading	u13 green	Gold	u13 green +146	Silver					
	Scottish Open	Clydebank	u13 green	Gold	u13 green +146	Gold	Flying	1			u13 colour - Overall
	Grand Prix II	Eastern Leisure	u13 yellow/green	Gold	u13 yellow/green +146	Bronze					
	English Open	Sheffield	u13 green	¼	u13 green +146	Gold	Flying	1			
	Grand Prix I	Eastern Leisure	u13 yellow/green	Gold	u13 yellow'green +146	Gold					
2004	Ely										Junior Student of Year
	British Open	Sheffield	u13 green	Gold	u13 green +146	Gold	Flying	1			
	Irish Open	Dublin	u13 green	Silver	12-14 female green-red	Bronze					
	Grand Prix III	Eastern Leisure	u13 white/yellow	Gold	u13 white/yellow +146	Gold					u13 - 1st overall
	Welsh Open	Cogan Leisure	u13 yellow	Gold	u13 yellow +146	Gold	Flying	1			
	Grand Prix II	Eastern Leisure	u13 white/yellow	Gold	u13 white/yellow -146	Silver					
	Scottish Open	Clydebank	u13 yellow	Gold	u13 yellow -146	Gold					u13 colour - Overall
	English Open	Swindon	u13 yellow	¼	u13 yellow -146	Gold					
	Grand Prix I	Eastern Leisure	u13 white/yellow	Gold	u13 white/yellow -146	Silver					
2003	Grand Prix III	Canton Leisure	u13 white	Silver	u13 white -146	Silver					u13 white - 1st overall
	British Open	Llantrisant			u13 yellow -146	Gold					
	Grand Prix II	Canton Leisure	u13 white	Gold	u13 white -146	Bronze					

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