



George Mole – double bronze medallist at Karate World Championships

Havering Sixth Form College student George Mole has just returned from representing England at the Goju Kai Karate World Championships in South Africa - with two bronze medals to his name!

George, 17, a former pupil at Hall Mead School, Upminster, came 3rd in the +76kg Kumite (fighting) event for 16-17 year olds and was also placed 3rd in the Senior Team Kata (form) event when he represented England at the competition held in the Belville Velodrome, Cape Town, last month.

The Politics, Law and History A Level student has been training hard for a minimum of three times a week at his club, Yamaguchi Goju Kai, in Grays, and was in South Africa to prepare for the prestigious championships for two weeks before the event, which ran from 23rd to 25th October.

George only took up the sport at the age of 11 when his mum (who practiced karate throughout her teens, before breaking her ribs competing) took him to her old instructor's club.

He said he found the trip to South Africa a fantastic experience. "It was a great opportunity to compete in such a high standard of competition – and to come back with two bronze medals was really unbelievable. South Africa is an amazing place and I had such a wicked time," George said.

George is now getting back into studying hard to catch up on the time he missed from College, but says his tutors made sure they kept him up to date by providing him with work to complete while he was away. When he leaves College next year he is planning on going to University to study either Politics or International Relations.

And he will still be focusing on his training as he has his sights set on success at the English Karate Championships in March 2010 and following that, the European Goju Kai Championships in Hungary in 2011.

Overall the 11-member England squad returned from South Africa with 2 Golds, 3 Silvers and 7 Bronze medals.