



*Aveline Harielall, Kirthi Hansraj, Shivaan Ramdeen, Yashna Sarju and Shrihara Pattundeen.*

## Local karatekas scoop top honours

The five local karatekas who represented South Africa at the Commonwealth Championships in Centurion, Gauteng on October 16 and 17, all walked away with top honours from the prestigious tournament. Aveline Harielall scooped two gold medals for kumite, Kirthi Hansraj received gold in the team kumite and bronze for individual kumite, Shrihara Pattundeen won gold in the team kumite and silver for individual kumite, Shivaan Ramdeen won silver in the individual kumite and Yashna Sarju lost in the semi finals. This was an outstanding achievement considering that 16 countries participated in the event. Shrihara Pattundeen will also be competing in the

World Karate Federation Junior and Cadet world championships in Morocco in November and is hoping to bring back more gold medals to South Africa. These karatekas are also eagerly awaiting the 2010 World Championships in Poland. The karatekas received intensive squad training from KZN Karate and the International Federation of Funakoshi Shotokan Karate of South Africa (IFF-SKSA) prior to the tournament. Shihan Eric Govender, president and chief instructor of IFF-SKSA, said discipline and training ensured these karatekas achieved their goals and other karatekas in the organisation were now instilled with enthusiasm to emulate their success.