**Beth Worthington (S11 NAD) & Jack Worthington (S10 DAB)**

Jack competed in the -45kg Cadet Male and the -45kg Junior Male categories at the recent British National Championships.  After some tough fights, he won the silver medal to be runner-up champion for 2012 in the -45kg Cadet Male category and gained great experience from the Junior category.

Beth fought in the Junior and the Senior -46kg female categories.  She won silver in the Junior and after fighting very experienced senior fighters, went on to be British Champion 2012 in the Seniors.

They both trained very hard in the weeks leading to the championships.  As well as training in Manchester for two weeks of their summer holidays, they trained almost every day prior to the competitions, which were held at the Manchester Velodrome.

Beth and Jack are now maintaining their training regime with the up-coming Croatian Open 2012, in November.  With the European Championships next year, they will be aiming to be selected for Team GB.  They would like to thank Plymstock School, their club South Hams Tae Kwon Do and Fort Stamford Health and Fitness Centre for their support.



