

## 2009 Press Releases

<b>Name of publication</b>	<b>Date of publication</b>	<b>Page(s)</b>	<b>Notes</b>
Essex County Standard	Fri, 6 <sup>th</sup> February 2009	77	Academy students make the grade
Essex County Standard	Fri, 20 <sup>th</sup> February 2009	20	Call into Cowdray
Colchester Gazette	Tue, 17 <sup>th</sup> March 2009	20 -21	Meet the football karate kids
Colchester Gazette	We, 25 <sup>th</sup> March 2009	35	Colchester are force to be reckoned with
Colchester Gazette	Fri, 10 <sup>th</sup> April 2009	51	Clubs unite to take on worlds best
Colchester Gazette	Tue, 22 <sup>nd</sup> May 2009	36	Hard training pays off for Academy
Essex County Standard	Fri, 15 <sup>th</sup> May 2009	27	Karate Academy changed my view
Essex County Standard	Fri, 15 <sup>th</sup> May 2009	75	Hard work pays off for Academy
East Anglian Daily Times	20 <sup>th</sup> May 2009		Great success at club's first friendly karate tournament
Colchester Gazette	22 <sup>nd</sup> May 2009	51	Tournament to be made regular event
Essex County Standard	Fri, 22 <sup>nd</sup> May 2009	83	Friendly event for clubs
Colchester Gazette	Tues, 2 <sup>nd</sup> June 2009	4	Enter the Ofsted Inspector
Colchester Gazette	Tue, 7 <sup>th</sup> July 2009	14	<a href="#">Help us live karate dream</a>
Colchester Gazette	Mon, 10 <sup>th</sup> Aug 2009	14	Dad uses strong arm tactics
Colchester Gazette	Wed, 26 <sup>th</sup> Aug 209	18	Chop Shop
Colchester Gazette	Thur, 17 <sup>th</sup> Sept 2009	39	Fourie leads way to worlds medeals
Essex County Standard	Fri, 18 <sup>th</sup> Sept 2009	82	Academy's African Success
Essex County Standard	Fri,, 23 <sup>rd</sup> Oct 2009	90	Students make the grade
East Anglian Daily Times	Tue, 3 <sup>rd</sup> Nov 2009	8	Children give up TV for a month
East Anglian Daily Times Website	Tue, 3 <sup>rd</sup> Nov 2009	website	<a href="#">Children give up TV for a month</a>
Daily Mirror	We, 4 <sup>th</sup> Nov 2009	16	Diaries of the kids who gave up technology for 30 days
Daily Mirror website	We, 4 <sup>th</sup> Nov 2009	Website	<a href="#">No television, no computer, no wii, how did these children manage?</a>

BBC Essex Radio Website	Thu 12 <sup>th</sup> Nov 2009	Front page of sport	<a href="#">Karate instructor takes top award</a>
Essex Sport Awards Website (Sport Essex realted)	Thu 12 <sup>th</sup> Nov 2009	Home page	<a href="#">Sport Personality of the Year 2009</a>
Daily Gazette website	Fri, 13 <sup>th</sup> Nov 2009	Website	<a href="#">Fourie is crowned Essex Sports Personality of the Year</a>
Colchester Gazette	Fri, 13 <sup>th</sup> Nov 2009	56 (back page)	Fourie scoops Essex top honour
East Anglian Daily Times			
Essex County Standard	Fri, 13 Nov 2009	104 (back page)	Lande is lost for words as she gets top award
Braintree and Witham Times	Fri, 13 <sup>th</sup> Nov 2009	Website	<a href="#">Fourie is crowned Essex Sport Personality of the year.</a>
Colchester Connected	Fri, 5 <sup>th</sup> Nov 2009	Bi Monthly Magazine for businesses in Colchester	<a href="#">Colchester Connected on a Mission</a>
Elite Magazine	November Edition	Monthly Magazine for local business	
You Magazine/Huisgenoot	12 <sup>th</sup> November 2009	Weekly National Magazine in South Africa	