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Comox Valley athletes earn medals at BC Winter Games

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by [Contributed - Comox Valley Record](#)
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Comox Valley competitors helped Zone 6 (Vancouver Island-Central Coast) collect 53 medals at the Penticton 2016 BC Winter Games.

Zone 6 finished fifth of eight zones at the Feb. 25-28 Games with 14 gold, 23 silver and 16 bronze medals. Zone 4 (Fraser River) took top spot with 107 medals (42 gold, 44 silver, 21 bronze).

Local athletes ascending the podium included:

Black Creek - Sienna Stephens 1st karate intermediate kumite girls 44kg, 2nd karate intermediate kata, 2nd karate team kata. Alexandra Apedaile 2nd karate team kata, 3rd karate intermediate kata.

Comox - Stephen Lamon 1st cross-country skiing individual sprint midget boys, 2nd cross-country skiing individual start midget boys, 2nd cross-country skiing 4x2km mixed.

Courtenay - Aiden Noble 1st cross-country skiing individual start midget boys, 2nd cross-country skiing individual sprint midget boys, 2nd cross-country skiing 4x2km mixed.

As well as athletes, the Valley sent several coaches and officials to this year's Games. A total of 1,225 athletes competed in 17 different sports. They were supported by 333 coaches and 180 officials.

The BC Winter Games has been the starting point for many athletes who have gone on to higher levels of sport. Over 50 per cent of Team BC athletes at the 2015 Canada Winter Games were BC Games alumni.

"The athletes, coaches, and officials are taking their first step towards future national and international level competitions," said Kelly Mann, President and CEO of the BC Games Society.

For more information about the BC Winter Games visit bcgames.org

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