

**Published in the Truro Daily News, Tuesday the 10<sup>th</sup> of February 2009**

**Local athletes win medals at biathlon championships**

The Truro Daily News

TRURO – Several Colchester County athletes nabbed medals at the 2009 Nova Scotia Biathlon Championships on the weekend in Charlo, N.B.

Truro's Michael Castein led the way with a gold medal in the junior boys (13-14) 4km sprint competition, while Vernon Arndt, also of Truro, was second in the youth men (17-18) 7.5km sprint competition. Arndt was also second in the youth men 10km pursuit. Kaitlyn Castein won silver in the junior girls 4km sprint with Wendy Castein coming third. Stewiacke's Christian Roy claimed silver in the junior boys 5km pursuit. Wendy Castein was second in the junior girls 5km pursuit with Kaitlyn Castein crossing the line third. Francis Castein came home second in the senior girls (15-16) 7.5km pursuit.