

2010 BC Winter Games Results: Karate

| Girl's Individual Kata | | | Boy's Individual Kata | | |
|-------------------------------|--------------------|--------|------------------------------|--------|--|
| Gold | Bernadette Alvarez | Zone 6 | Tan Nguyen | Zone 5 | |
| Silver | Mamiko Wong | Zone 5 | Trevor Kim | Zone 5 | |
| Bronze | Carah Webster | Zone 6 | Shaajeevan Thulasithasan | Zone 5 | |
| Bronze | Serena Boulter | Zone 2 | Evan Kwong | Zone 5 | |

| Girl's Team Kata | | | Boy's Team Kata | | |
|-------------------------|--------------------------------|--------|------------------------|--------|--|
| Gold | Thompson/Okanagan | Zone 2 | Vancouver/Squamish | Zone 5 | |
| Silver | Fraser Valley | Zone 3 | Northwest | Zone 7 | |
| Bronze | Vancouver Island/Central Coast | Zone 6 | Thompson/Okanagan | Zone 2 | |
| Bronze | Vancouver/Squamish | Zone 5 | Fraser Valley | Zone 3 | |

| Girl's Individual Kumite | | | Boy's Individual Kumite | | |
|---------------------------------|--------------------|--------|--------------------------------|--------|--|
| -44 kgs | | | -44 kgs | | |
| Gold | Shalene Lee | Zone 5 | Terrance Chan | Zone 5 | |
| Silver | Isabel Cahn | Zone 4 | Malaki Vandas | Zone 2 | |
| Bronze | Serena Boulter | Zone 2 | Trevor Kim | Zone 5 | |
| Bronze | Nikita Yamada-Bagg | Zone 3 | Nick Angelucci | Zone 3 | |

| | | | | | |
|------------------|---------------|--------|------------------|--------|--|
| 44-55 kgs | | | 44-55 kgs | | |
| Gold | Avneet Kaloty | Zone 2 | Tan Nguyen | Zone 5 | |
| Silver | Sarah Ellis | Zone 2 | Aaron Ma | Zone 4 | |
| Bronze | Katrina Teitz | Zone 3 | Omer Salihovic | Zone 3 | |
| Bronze | Valerie Doton | Zone 6 | Jackson Tribe | Zone 2 | |

| | | | | | |
|----------------|--------------------|--------|----------------|--------|--|
| +55 kgs | | | +55 kgs | | |
| Gold | Anjela Didak | Zone 4 | Gage Flexhaug | Zone 3 | |
| Silver | Bernadette Alvarez | Zone 6 | Brenden Ly | Zone 4 | |
| Bronze | Michela Russo | Zone 2 | Calen Clausen | Zone 6 | |
| Bronze | Sara Watson | Zone 2 | Benjamin Krell | Zone 2 | |

| Girl's Team Kumite | | | Boy's Team Kumite | | |
|---------------------------|--------------------------------|--------|--------------------------|--------|--|
| Gold | Thompson/Okanagan | Zone 2 | Vancouver/Squamish | Zone 5 | |
| Silver | Vancouver/Squamish | Zone 5 | Thompson/Okanagan | Zone 2 | |
| Bronze | Vancouver Island/Central Coast | Zone 6 | Cariboo/North East | Zone 8 | |
| Bronze | Fraser River/Delta | Zone 4 | Fraser River/Delta | Zone 4 | |