



KAREN VAN NEST

 CANADA

AGE: **61**

HIGHEST WR: **73** (CW 26 June 2017) - **6** (CWO 30 October 2013)

BIOGRAPHY

CITY OF RESIDENCE: **SOUTH BRUCE PENINSULA, CANADA**

CITY OF BIRTH: **NORTH BAY, CANADA**

STARTED ARCHERY: **2009**

INTERNATIONAL DEBUT: **2009**

CLUB: -

COACH: **PHIL HENDERSON, (CANADA)**

HOBBIES: -

ARCHERY STATS

LEFTHANDED

ARROW LENGTH:

25"/63.5 CM

DRAW WEIGHT:

46LBS/20.9 KG

MEDALS - OUTDOOR ARCHERY

PARALYMPIC GAMES: (CAPS: 3)

WORLD ARCHERY PARA CHAMPIONSHIPS: (CAPS: 6)

WORLD CUP STAGE: (CAPS: 2)

PARA PAN AMERICAN GAMES: (CAPS: 1) **1 SILVER** (INDIVIDUAL - 2015)

PAN AMERICAN OUTDOOR CHAMPIONSHIPS: (CAPS: 4) **2 GOLD** (INDIVIDUAL - 2016, 2016), **2 SILVER** (INDIVIDUAL - 2021; TEAM - 2018), **3 BRONZE** (INDIVIDUAL - 2018, 2014; TEAM - 2016)