



UNIT ONE

LESSON FIVE

RESOURCE

DEBBIE BRILL

Prepared by the B.C. Sports Hall of Fame

Debbie Brill is considered the finest women high jumper ever to compete for Canada and is the originator of the now common backward style of jumping, then aptly described as the '*Brill Bend*'.

Debbie began participating in track and field in elementary school, and by the time she was 12 she was scouted by a Langley recreation club, and at fourteen was already setting records in her age category.

Debbie was only 16 in 1970 when she burst onto the international track and field scene and by 1979 has established herself as the top female high jumper in the world.

Brill represented Canada at three Olympics Games, two world championships, four Commonwealth Games and three Pan American Games. During her career in high jump she won more than 65 national and international medals, and was the first North American woman to jump six feet.

In 1980 she was named BC's athlete of the decade and later went on to set an indoor world high jump record of 1.99 metres.

Her advice to young people is to find something you really love to do and stick with it, remembering that nothing comes easily or without a lot of hard work.

An amateur athlete with the attitude of a pro, and a uniquely individual flair, Debbie demonstrated a strong commitment to excellence throughout her high jumping career.