

BRIT TOWNSEND

**SFU TRACK & FIELD
ATHLETE AND HEAD COACH**

DEGREE - KINESIOLOGY



ATHLETE

- Former NAIA Record Holder & Champion
800m Outdoor - 2:03.89 (1986)
- Former Canadian Record Holder
1500m (4:03.36) 800m (2:00.02) Mile (4:23)
- 2-Time Canadian Olympian
1984: Los Angeles (7th place-1500m)
- 1983 World Championships (8th place-1500)
- 1985 Bronze Medalist
World Indoor Championships-1500m
- 1987 Bronze Medalist
Pan American Games-1500m
- 1987 SFU Female Athlete of the Year
- 1989 Gold Medalist
World Francophone Games-800m



COACH

- 15 years as Head Coach SFU- Over 75 National titles
- NAIA National Coach of the year 7 times
- Coached NCAA Indoor & Outdoor 800m Champion
 - Helen Crofts
- Coached Canadian Olympians
 - Emilie Mondor
 - Ruky Abdulai
 - Jessica Smith
 - And Many other National team athletes