

Where are they now?

LETHBRIDGE SPORT COUNCIL ACHIEVEMENT AWARD RECIPIENTS



Deborah won Master Athlete in 2017 at the Lethbridge Sport Council Achievement Awards for her commitment and dedication in BMX! Currently Deborah is still racing and coaching BMX! Deborah also is an official but since she competes and coaches she doesn't fulfill that role very often. She was an official at one provincial race last year as she had broken ribs at the time. She is also riding Mountain Bike this year because the Covid-19 Pandemic shut down their race season in every aspect, locally, provincially, and nationally including Worlds in Houston. Deborah's favourite quote is simple but important as an athlete, "believe!"

Sport has shaped who Deborah is from when she was very little. She has always been involved in sport and competed, she is competitive in everything she does. Coaching has helped her to grow as a person and athlete. She truly enjoys coaching and has learned a lot from it.

Deborah reflects on her favourite sport memories with winning the Bronze medal in her class at the World Championships in Rock Hill, South Carolina in 2017 and winning the National #1 Girls Cruiser title for BMX Canada in 2019.



2017 MASTER ATHLETE

Deborah Williams