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## Richard Lee – BCEP Head Coach/Provincial Coach - Endurance

### Project Roster

- Dylan Wykes – IPS CE Carded - marathon
- Rob Watson – IPS CE Carded – marathon
- Natasha Wodak – IPS Level 1 – 10000m/marathon
- Luc Bruchet – IPS Level 1A – 5000m/1500m
- Kelly Wiebe – IPS Level 1 -10000m/marathon
- Kevin Friesen – IPS Level 1 – 5000m
- Justin Kent – IPS Level 2 – 3000m s/c/1500m
- Sabrina Wilkie – National XC team member
- Theo Hunt – National XC team member
- Geoff Martinson – former national team member -1500m/5000m
- Adam Byles (AUS) – Provincial athlete – 5000m/10km
- Catherine Watkins – National Masters athlete – 10km/1/2 marathon
- Dylan Gant – Provincial athlete – 10km/marathon
- Richard Mosley – former national XC team member

### Integrated Support Team

- Medical
  - Fortius Sport & Health – Dr. Rose Martel
  - Alan McGavin Sports Medicine – Dr. Rob Lloyd-Smith
  - Jim Bovard –Private Sports Medicine
- Physiotherapy
  - Chris Napier – Restore Physiotherapy/Fortius
  - Marilou Lamy – Canadian Wellness
- Massage Therapy
  - Andrew Peters – private RMT
- Strength & Conditioning
  - Jon Kawamoto – JK Conditioning
- Physiology & Sports Nutrition
  - Trent Stellingwerff – Canadian Sports Institute
  - Elizabeth Gnatiuk – Fortius Sport & Health

### Performance Highlights (2013-2014)

- Luc Bruchet – 2013 National Cross Country Champion (Nov'13)
- Dylan Wykes – 2013 Chiba Ekiden Team (Nov'13)
- Rob Watson – BC 8km road championship – 2<sup>nd</sup> (Jan'14)
- Natasha Wodak – BC 8km road championship – 2<sup>nd</sup> (Jan'14)
- Sabrina Wilkie – 2014 NACAC Cross Country Team (Feb'14)
- Dylan Wykes – 2014 Sun Run 10km – 2<sup>nd</sup> (April'14)
- Rob Watson – 2014 Canadian marathon championships – 2<sup>nd</sup> (May'14)

- Catherine Watkins – BC 5km road championships – 1<sup>st</sup> (June'14)
- Sabrina Wilkie – BC 5km road championships – 2<sup>nd</sup> (June'14)
- Sabrina Wilkie – BC 10000m Championships – 2<sup>nd</sup> (June'14)
- Catherine Watkins – BC 10000m Championships – 3<sup>rd</sup> (June'14)
- Luc Bruchet – Canadian Championships 5000m – 2<sup>nd</sup> (June'14)
- Justin Kent – Canadian Championships 3000 s/c – 5<sup>th</sup> (June'14)

#### Current Canadian Rankings

- Dylan Wykes – 10km(1st), ½ marathon(1<sup>st</sup>)
- Rob Watson – marathon(3rd), ½ marathon(4th)
- Luc Bruchet – 5000m(4<sup>th</sup>), 1500m(4<sup>th</sup>)
- Sabrina Wilkie – 10000m(5<sup>th</sup>)
- Justin Kent – 3000m s/c(9<sup>th</sup>)
- Kelly Wiebe -10km(2<sup>nd</sup>), ½ marathon(5<sup>th</sup>)
- Geoff Martinson – 10km(3<sup>rd</sup>)

#### Competition Outlook

- Chiba Ekiden, Japan, Nov.24 - Luc Bruchet & Kelly Wiebe
- Canadian Cross Country Championships, Vancouver, Nov.29
- NACAC Cross Country Championships, TBD, Feb.21
- IAAF World Cross Country Championships, China, Mar.28
- Mt. Sac Relays, Walnut, CA, Apr.17
- Payton Jordon Invite, Stanford, May 2
- Canadian 10km road Championships, Ottawa, May 23
- Canadian ½ marathon Championship, Calgary, May 31
- Canadian Track & Field Championships, Edmonton, July 4
- Pan American Games, Toronto, July 10-26
- IAAF World Championships, China, Aug.22-30
- Berlin Marathon, Sept.27

#### Yearly Financial Review

For the 12 month period Aug'13-14 the breakdown in project expenditures were as follows;

- Competition travel -24%
- Training Camps – 23%
- Medical Supports – 19%
- Coaches Travel -14%
- Strength & Condition – 13%
- Equipment – 5%
- Entries – 2%

This is what generally would have been expected. For a high performance group there is a large portion of the budget spent on prevention and management of injuries (i.e. Medical Support+Strength & Conditioning = 32% of budget). Moving forward with a larger group of athletes there will be less expenditure on training camps which should allow fuller coverage of medical & competition travel expenses.

## Coach's Summary

As a whole 2013-14 was a successful year for the BC Endurance Project. Performance wise the results were encouraging though not completely satisfying. The biggest shortcoming being in the area of placing athletes on national teams. This was partly due to the fewer opportunities (2014 being a 'down' year with fewer international competitions) and some ill-timed injuries to some athletes. 2015 should present better & more frequent national team & international competition opportunities. I would also expect improvements in BCEP representation at National championships on track, road & cross country.

Perhaps the most successful development in the project was the establishing of a strong integrated support team (IST). I am pleased & confident with the personnel I have been engaged and garnered support from. Collaboration, communication and support is good and I'm comfortable that anyone and everyone's needs in the group are and can be met. This took a considerable amount of my time and energy over the past year. Now that things are somewhat settled in the IST department I'm looking forward to using that time & energy more effectively in the realm of coaching.

In conclusion 2015 looks to be an exciting year and provide good stepping stones to the 2016 Rio Olympics in Rio with international competition opportunities at IAAF World Cross Country (March-China), World Student Games (FISU-July-Korea), Pan American Games (July-Toronto), and IAAF World Track & Field (August-China). Also, January 1, 2015 will be the opening of the window for Olympic marathon qualification. Plans will be in place to chase qualifying mark during the year.

And finally, on a professional development front I have completed & been certified at the NCCP Performance Coach level (old NCCP Level 3) and now considering challenging for NCCP Level 4.