
Richard Lee, BCEP Head Coach/Provincial Coach - Endurance

Project Roster

- Dylan Wykes – Canadian Elite - marathon
- Natasha Wodak – Canadian Development – 10000m/marathon
- Luc Bruchet – Canadian Elite – 5000m/1500m
- Kelly Wiebe – Canadian Development -10000m/marathon
- Justin Kent – Provincial Development – 3000m s/c/1500m
- Geoff Martinson – Canadian Development -1500m/5000m
- Theo Hunt – National XC team member
- Kevin Friesen – Top BC track/road runner
- Catherine Watkins – National Masters athlete – 10km/1/2 marathon

Integrated Support Team

- Medical
 - Jim Bovard –Private Sports Medicine
- Physiotherapy
 - Chris Napier – Restore Physiotherapy/Fortius
 - Marilou Lamy – Canadian Wellness
- Massage Therapy
 - Bobby Krudo – private RMT
- Strength & Conditioning
 - Jon Kawamoto – JK Conditioning
- Physiology & Sports Nutrition
 - Trent Stellingwerff – Canadian Sports Institute
 - Elizabeth Gnatiuk – Fortius Sport & Health

Performance Highlights Last Quarter

- Natasha Wodak
 - July 10/15 – BC Championships, Nanaimo – 1st – 5000m – 15:44.82pb
 - July 23/15 – Pan Am Games, Toronto – 7th – 10000m - 33:20
 - Aug.24/15 – IAAF World Championships – 23rd – 10000m -32:59
 - Sept.13/15 – Canadian 5km Championships – 1st – 15:57pb
- Luc Bruchet
 - July 25/15 – Pan Am Games, Toronto - 8th – 5000m
 - Aug.1/15 – Ninove Belgium 5000m – 13:29.79pb
 - Sept.13/15 – Canadian 5km Championships – 4th
- Justin Kent
 - Sept.13/15 – Canadian 5km Championships – 5th
- Geoff Martinson
 - July 10/15 – BC Championships 5000m – 1st
- Catherine Watkins

- July 18/15 – Pan Am Games – marathon – 8th
- Kevin Friesen
 - Sept.13/15 – Canadian 5km Championships – 7th

Competition Outlook

- BC Cross Country Championships, Nanaimo, Oct.24
 - Luc Bruchet
 - Kelly Wiebe
 - Justin Kent
 - Theo Hunt
- Canadian Cross Country Championships, Kingston, Nov.28

Quarterly Overview

The later summer competition schedule concluded with Luc Bruchet(5000m), Natasha Wodak(10000m) & Catherine Watkins(marathon) representing Canada at the Pan Am Games in Toronto. Great experiences for all of them. Natasha went on to compete in the 10000m at the IAAF World Championships in Beijing, CHN. Luc finished off his track season in Europe with a 5000m personal best of 13:39.79. Now less than 5 seconds off the Olympic standard (13:25.00).

Fall is here and that means cross-country, mileage & a big base phase. The group will buckle down for months of solid training in Beautiful British Columbia. Long range plans are for a short indoor season Jan-Feb and a spring training camp in Flagstaff, AZ leading into the outdoor track season. Other than that, lots of hard work on the trails of Stanley, Pacific Spirit , Mundy & Jericho parks.

IST and other operations are running smoothly.

Coach's Travels

Dylan Wykes has been training at altitude in Flagstaff, AZ since July. Training is going well and a possible marathon attempt in late fall/early winter. I will spend 2 weeks in October and perhaps another 10 day block in November with him there fine tuning his marathon preparations.