

## **BC Endurance Project (BCEP)/Provincial Coach Quarterly Report – September 2017**

### Project Roster

- Luc Bruchet – 2016 Olympian – 5000m – Ranked #3 in Canada
- Dylan Wykes – 2012 Olympian - marathon
- Rachel Cliff – 2017 IAAF World Championships 10000m – Ranked #2 in Canada
- Geoff Martinson – 2011 IAAF Worlds -1500m – Top Nationally Ranked - 5000m
- Justin Kent – 2017 Francophone Games team – 1500m
- Theo Hunt – 2014 National XC team member
- Catherine Watkins – Top National Masters athlete – 10km/1/2 marathon
- Kevin Coffey – Canadian 10km Champs -3<sup>rd</sup> - marathon - 2:21:40(2014)/ 10km – 30:15(2017)
- Kirsten Lee – Provincial Level - 1500m-4:20/500m-16:25
- Brittany Therrien – Provincial level 5000m – 16:45

### 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
- Chiropractic
  - Aaron Case
- Strength & Conditioning
  - Jon Kawamoto – JK Conditioning
  - Devon Goldstein – Form Coaching
- Physiology & Sports Nutrition
  - Trent Stellingwerff – Canadian Sports Institute
  - Elizabeth Gnatiuk – Fortius Sport & Health

### Performance Highlights Last Quarter

- Canadian Track & Field Championships, Ottawa, July 6-10
  - Luc Bruchet – 3<sup>rd</sup> – 5000m
  - Rachel Cliff – 4<sup>th</sup> – 5000m
  - Theo Hunt – 10<sup>th</sup> – 5000m
  - Justin Kent – 9ht1 – 1500m
- BC Track & Field Championships, Coquitlam, July 14-16
  - Kirsten Lee – 1<sup>st</sup> – 1500m, 2<sup>nd</sup> – 800m
- 2017 Jeux de Francophonie, Ivory Coast, July 25
  - Justin Kent – 8ht1
- 2017 IAAF World Track & Field Championships, Aug.5
  - Rachel Cliff – 20<sup>th</sup> – 10000m – 32:00.03

### Notable track results

- Rachel Cliff – 3000m - 8:57.15pb – Cdn rank #2
- Luc Bruchet – 5000m – 13:31.99 – Cdn rank #3
- Kirsten Lee – 1500m – 4:20.58pb

### Quarterly Overview

The track season & racing continued through July and August with a series of championships and a small European tour. Rachel Cliff, Justin Kent, Luc Bruchet and Theo Hunt enjoyed several competitions throughout England, Ireland, Belgium & Ivory Coast. The highlight being Rachel's excellent run at the IAAF World Championships producing a 20<sup>th</sup> place, 32:00.03 personal best & solidifying her 6<sup>th</sup> place ranking on the Canadian all-time list. Luc Bruchet continued his strong overall season. He was not able to put up a World Championship qualifying mark after his 3<sup>rd</sup> place at national however.

For now it's back to the drawing board with sights set on qualifying for 2018 NACAC Cross-Country, 2018 IAAF World Indoor Champs (March, Birmingham, GBR), 2018 IAAF World Half marathon Champs (March, Valencia, ESP) and 2018 Commonwealth Games (April, Gold Coast, AUS). In the short term with those goals in mind most athletes will be focusing on BC and Canadian cross country championships &/or pursuing qualifying marks for the World half marathon champs.

On the IST front, a local strength & conditioning coach has been contracted for several athletes in the group. Devon Goldstein (Form Coaching) has been working with Racewalk West the past year & comes highly recommend.

### Year in Review

Another successful year of pursuing national teams & international success;

- 1 National Champion – Rachel Cliff (10km road)
- 5 Canadian Podium finishes
  - Cross Country - Luc Bruchet(2nd), Rachel Cliff(2<sup>nd</sup>)
  - 10km Road - Rachel Cliff(1<sup>st</sup>), Kevin Coffey(3<sup>rd</sup>)
  - Track – Luc Bruchet(5000m-3<sup>rd</sup>)
- 4 National Team members
  - Justin Kent – Francophone Games – 1500m
  - Rachel Cliff – IAAF World Championships – 10000m
  - Rachel Cliff – NACAC 10km
  - Luc Bruchet – NACAC 10km

From an operational and coaching standpoint this year was one of the smoothest. Everyone is looking forward to working towards continued success & furthering the projects vision and mandate.

Richard Lee, BCEP Head Coach/Provincial Coach – Endurance