

BC Endurance Project (BCEP)/Provincial Coach Quarterly Report – September 2018

Project Roster

- Luc Bruchet – 2016 Olympian – 5000m
- Dylan Wykes – 2012 Olympian - marathon
- Rachel Cliff – 2017 IAAF World Championships/2018 CWG 10000m
- Geoff Martinson – 2011 IAAF Worlds -1500m – Top Nationally Ranked - 5000m to ½ mar.
- Justin Kent – 2017 Francophone Games team – 1500m/2018 National XC team member
- Erica Digby – 2017 Francophone Games team – 5000m/2018 National XC team member
- Lisa Brooking – 2016/2018 National XC team member
- Theo Hunt – 2014/2018 National XC team member
- Catherine Watkins – Top National Masters athlete – 10km/1/2 marathon
- Kevin Coffey – 2017 Canadian 10km Champs -3rd - marathon - 2:21:40(2014)
- Kirsten Lee – National Level - 1500m–4:19/5000m-16:03(10th)
- 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 Crudo – private RMT
- Chiropractic
 - Aaron Case
- Strength & Conditioning
 - Devon Goldstein – Form and Function Movement Coaching
- Physiology & Sports Nutrition
 - Trent Stellingwerff – Canadian Sports Institute
 - Elizabeth Gnatiuk – Fortius Sport & Health

Performance Highlights Last Quarter

- **Canadian 10000m Championships** – June 13/18 – Guelph, On
 - Rachel Cliff – 1st – 33:06.53
- **Canadian Track & Field Championships** – July 5-8/18 – Ottawa, On
 - Justin Kent – 5000m – 4th
 - Justin Kent – 1500m – 10th
 - Kirsten Lee – 5000m – 12th
 - Theo Hunt – 5000m – 16th
- **NACAC Track & Field Championships** – Aug.11 – Toronto, ON
 - Rachel Cliff – 10000m – Bronze

Quarterly Overview

Summer track season concluded with Canadian Championships in Guelph & Ottawa and a few athletes journeying over to Belgium through July in search of personal bests & European racing experience.

Most athletes have taken a nice healthy break from intense training through August. Several are now back to health after missing training & racing over the summer. During the break the majority of athletes acted as councillors for the inaugural BC Endurance Project High School XC camp in Whistler on Aug.23-26. The camp seemed to be a huge success & was enjoyed by both the kids and councillors alike. A big thank you to Chris Winter (BCA T&F technical manager), Julia Howley (BCA Summer Student) & BC Athletics for the huge amount of work & support put into organizing & running the camp.

The first race on the fall calendar is the Canadian 5km road championship in Toronto on Sept.9 with Justin Kent & Luc Bruchet competing. This will be Luc's return to racing after suffering a stress reaction in his foot in June. The majority of the group will target the BC & Canadian XC championships later this fall in hopes of qualifying for the IAAF World XC Championships in Denmark in March 2019.

We have a new addition to the group in Erica Digby, one of BC's top middle distance/distance athletes & are also looking at a likely new addition on the men's side later in the fall. However, a sad farewell from the group will be Olympian Dylan Wykes as he relocates to Ottawa on Sept.22.

Year in Review

Another successful year of pursuing national teams & international success;

- 3 National Champions – Luc Bruchet(XC), Rachel Cliff (10km road & 10000m)
- 4 Canadian Podium finishes
 - Cross Country - Luc Bruchet(1st), Rachel Cliff(3rd)
 - 10km Road - Rachel Cliff(1st)
 - Track – Rachel Cliff (10000m-1st)
- 5 National Team members
 - Justin Kent – Pan Am XC – 13th
 - Theo Hunt – Pan Am XC – 27th
 - Lisa Brooking – Pan Am XC – 20th
 - Rachel Cliff – Commonwealth Games – 10000m – 9th
 - Rachel Cliff – NACAC – 10000m (Bronze)

This September marks the 5th anniversary of the inception of the BC Endurance Project. In those 5 years the group has produced 10 national champions (4 different athletes), 35 national championship podium finishes (9 different athletes) and 27 national team spots (12 different athletes).

More to come!

Richard Lee, BCEP Head Coach/Provincial Coach – Endurance