

BC Endurance Project (BCEP)/Provincial Coach Quarterly Report – September 2019

Project Roster

- Luc Bruchet – 2016 Olympian – 5000m
- Dylan Wykes – 2012 Olympian - marathon
- Rachel Cliff – Canadian record holder – Marathon & ½ Marathon
- Justin Kent – 2017 Francophone Games team – 1500m/2018-19 National XC team member
- Erica Digby – 2017 Francophone Games team – 5000m/2018-19 National XC team member
- Evan Esselink – 2017 Canadian 10000m Champion - 2017/2018 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)

Integrated Support Team

- Medical
 - **Dr. Jim Bovard, MD**
201-101 16th St W, North Vancouver
- Physiotherapy
 - **Marilou Lamy, BSc(PT), CGIMS, MCPA, MAPA, Dip Sport Physio**
Synergy Physio, 307-267 West Esplanade Ave., North Vancouver
- Massage Therapy
 - **Bobby Crudo, RMT**
Therapia Center, 1377 Homer St., Vancouver
 - **Kimen Petersen, RMT**
360-2184 West Broadway, Vancouver BC
- Chiropractic
 - **Dr. Aaron Case, BSc DC**
3785 West 10th Ave., Vancouver
- Strength & Conditioning
 - **Devon Goldstein, BSC, CSCS**
Form and Function Movement, 306-345 West 10th Ave., Vancouver
- Physiology & Sports Nutrition
 - **Dr. Trent Stellingwerff, BSc, PhD**
Canadian Sports Institute, PISE, 4371 Interurban Rd., Victoria

Performance Highlights Last Quarter

- **BC Track & Field Championships** – July 4-7/19 – Kamloops
 - Theo Hunt – 1st -5000m
 - Erica Digby – 3rd – 1500m
 - Justin Kent – 4th – 1500m
 - Luc Bruchet – 10th – 1500m
- **Canadian Track & Field Championships** – July 25-28/19 – Montreal
 - Rachel Cliff – 5000m – 3rd
 - Erica Digby – 5000m – 6th
 - Kirsten Lee – 5000m – 16th
 - Luc Bruchet – 5000m – 4th
 - Justin Kent – 5000m – 6th
 - Theo Hunt – 5000m -16th

- **Pan American Games, Aug.6/19, Lima Peru**
 - Rachel Cliff – 10000m – **Bronze**
- **Edmonton ½ marathon, Aug.18/19**
 - Evan Esselink – 1st – 1:05:07
 - Kevin Coffey – 4th – 1:05:55**pb**
- **Other notable results;**
 - Rachel Cliff – 5000m – 15:21.12 (IAAF World Standard)
 - Luc Bruchet – 5000m – 13:30.36
 - Justin Kent – 3000m – 7:58.68**pb**

Quarterly Overview

This report brings to a close a long summer of track racing & chasing fast times/standards obviously highlighted by Rachel Cliff's bronze medal performance at the Pan Am Games. Results were somewhat mixed but generally a good rebound from a winter unfortunately riddled with injuries & time off. Still, many members from the group will be occupying top spots on the year end Canadian rankings for 2019.

Preparations are already under way for the Canadian marathon championships in Toronto (Oct.20) for Evan Esselink & Kevin Coffey. The winner will be a conditional selection for the 2020 Olympic team. Although Rachel has the IAAF automatic qualifying standard she will not be running Toronto but will start rebuilding for a strong push in 2020.

The group has just completed a successful 2nd edition of The BCEP High School XC camp in Whistler. A big thanks to Chris Winter for all his work to make this happen. Both the kids & the camp counsellors are now looking forward to strong fall XC seasons.

Year in Review

Another successful year of pursuing national teams & international success;

- 1 International Podium – Rachel Cliff – PanAm 10000m – Bronze
- 1 Canadian Record – Rachel Cliff – marathon – 2:26:56
- 2 National Champions – Luc Bruchet(XC), Dylan Wykes (10km road)
- 7 Canadian Podium finishes
 - Cross Country - Luc Bruchet(1st), Evan Esselink(3rd)
 - 10km Road – Dylan Wykes(1st), Justin Kent(2nd)
 - Track – Luc Bruchet (10000m-2nd), Rachel Cliff (10000m-2nd, 5000m-3rd)
- 3 National Team members
 - Justin Kent – IAAF World XC
 - Erica Digby – IAAF World XC
 - Rachel Cliff – PanAm Games -10000m

This September marks the 6th anniversary of the inception of the BC Endurance Project. In those 6 years the group has accumulated 12 national championships (5 different athletes), 42 national championship podium finishes (11 different athletes) and 30 national team spots (13 different athletes). Many thanks, as always, to BC Athletics for their unwavering support.

Richard Lee, BCEP Head Coach/Provincial Coach – Endurance