

## BC Endurance Project (BCEP)/Provincial Coach Quarterly Report – September 2021

### Project Roster

- Luc Bruchet – 2016 & 2020 Olympian – 5000m
- Dylan Wykes – 2012 London Olympian - marathon
- Rachel Cliff – Former 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
- Theo Hunt – 2014/2018 National XC team member
- Catherine Watkins – Top National Masters athlete – 10km/1/2 marathon
- Kirsten Lee – 2020 National XC team member
- Ben Preisner – Tokyo 2020 Olympian - marathon
- Brianna Scott – CSI-P recognized HP

### 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 10<sup>th</sup> Ave., Vancouver
- Strength & Conditioning
  - **Devon Goldstein, BSC, CSCS**  
Form and Function Movement, 306-345 West 10<sup>th</sup> Ave., Vancouver
- Physiology & Sports Nutrition
  - **Dr. Trent Stellingwerff, BSc, PhD**  
Canadian Sports Institute, PISE, 4371 Interurban Rd., Victoria

### Performance Highlights Last Quarter

- **Harry Jerome Track Classic, Burnaby, BC – June 12/21**
  - Luc Bruchet – 5000m - 13:12.56pb – 1<sup>st</sup> - **Olympic qualifying standard**
  - Brianna Scott – 1500m – 4:14.77pb – 2nd
- **Pacific Distance Carnival/Canadian 10000m Champs, Burnaby, BC – June 18/21**
  - Luc Bruchet – 28:40.66 – 1st
  - Justin Kent – 29:14.60pb – 2nd
  - Brianna Scott – 33:14.99pb – 2nd
- **Canadian Olympic Trials, Montreal, PQ – June 26/21**
  - Justin Kent – 5000m – 2nd
- **Tokyo Olympic Games, Tokyo, JPN – Aug. 3/21 June 26/21**
  - Luc Bruchet – 13<sup>th</sup> in heat 1

## Quarterly Overview

This was an eventful quarter with 2 BCEP athletes selected for the Tokyo 2020 Olympic team; Ben Preisner in the marathon and Luc Bruchet in the 5000m. Some excellent performances on the track by several athletes from the group highlighted by Luc's 5000m at The Jerome Classic – 13:12.56 which is 3<sup>rd</sup> all-time Canadian and also breaks Jeff Scheibler's 23-year-old BC record.

The majority of the group will take a break from racing and heavy training and then build towards a fall where hopefully we will see some off-track longer distance events return to the calendar. Global championships on the radar in the relatively immediate future are World Athletics Cross Country Championships (Bathurst, AUS, Feb.19/22) and World Athletics ½ marathon championships (Yangzhou, CHN, Mar.27/22).

## Year in Review

Despite limited racing opportunities in the past year BCEP continued to make gains in pursuing national championship podiums, national teams & international success;

- 3 Olympic Team qualifiers;
  - Luc Bruchet – 5000m
  - Ben Preisner – marathon
  - Rachel Cliff – marathon (not selected)
- 1 National Champion – Luc Bruchet (10000m)
- 4 Canadian Championship Podium finishes;
  - Luc Bruchet – 10000m -1st
  - Justin Kent – 10000m – 2<sup>nd</sup>, 5000m – 2nd
  - Brianna Scott – 10000m – 2nd

September marks the 8<sup>th</sup> anniversary of the inception of the BC Endurance Project. In those 8 years the group has accumulated 13 national champions (5 different athletes), 47 national championship podium finishes (12 different athletes) and 37 national team spots (15 different athletes).

In a very challenging year in terms of accessing competitions, BCEP with the support of BC Athletics hosted 8 competitions for high performance endurance athletes. These racing opportunities were a crucial part of the Olympic qualification process for many athletes. In total 13 endurance athletes who qualified for the Tokyo 2020 Olympics took advantage of BCEP events in their journeys. That stands as the biggest mark of success for BCEP in 2020-21.

Many thanks, as always, to BC Athletics for their much appreciated and great support.

Richard Lee, BCEP Head Coach/Provincial Coach – Endurance