

BC Endurance Project (BCEP)/Provincial Coach Quarterly Report – September 2022

Project Roster

- Luc Bruchet – 2016 & 2020 Olympian – 5000m
- Rachel Cliff – Former Canadian record holder – Marathon & ½ Marathon
- Erica Digby – 2017 Francophone Games team – 5000m/2018-19 National XC team member
- Trevor Hofbauer - Tokyo 2020 Olympian – marathon
- Theo Hunt – 2014/2018 National XC team member
- Justin Kent – 2017 Francophone Games team – 1500m/2018-19 National XC team member
- Kirsten Lee – 2020 National XC team member
- Ben Preisner – Tokyo 2020 Olympian/2022 World Champs - marathon
- Brianna Scott – 2021 National 10000m Silver medalist
- Dylan Wykes – 2012 London Olympian - marathon

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

- **Canadian Half Marathon Championships, Winnipeg, MB – June 19/22**
 - Ben Preisner – 2nd
- **Canadian Track & Field Championships, Langley, BC – June 24/22**
 - Luc Bruchet – 5000m – 4th – 13:37.32
- **2022 World Championships, Eugene, OR – July 17/22**
 - Ben Preisner – marathon – 2:11:47 – 28th

Quarterly Overview

Things wound down for the season at the World Championships in Eugene, OR in late July. Ben Preisner had a good race in the marathon, moving up in the later stages to finish 28th in 2:11:47. It was his 2nd best time and a much more enjoyable experience that the heat, humidity & isolation of the Olympics in Sapporo last year.

Everyone is now resetting & planning for fall'22 & spring'23. It's expected the marathon qualifying window for the Paris Olympics, 2024 will open on Jan.1/23. We'll be planning for an early spring'23 marathon then possibly an Olympic trial in the fall of 2023 (October in Toronto again perhaps). In the mean time, more solid training & hoping to improve over some shorter distances (1/2 marathon, 10km).

Year in Review

2021/22 was a bit of a strange year! The group thinned out with a few pregnancies & injuries while still dealing with some pandemic cancellations and restrictions. With both the World cross-country & the World half marathon championships postponed (again!), Ben Preisner, at the World Championships, was the sole Canadian Team representative for the group in 2021/22.

However, there was some strong BCEP representation on the podium at national championship events in the past year;

- Luc Bruchet – 10km (2021) -2nd, 10km (2022) – 3rd, 10000m – 1st
- Ben Preisner - 10km (2021) – 3rd, Half Marathon – 2nd

That brings the totals for the project on its 9th anniversary to;

- 14 national champions (5 different athletes)
- 52 national championship podium finishes (13 different athletes)
- 38 national team spots (15 different athletes).

Much of this success due to the continued support & encouragement from BC Athletics. Many thanks & appreciations from both myself & the athletes for that.

Richard Lee, BCEP Head Coach/Provincial Coach – Endurance