

BC Endurance Project (BCEP)/Provincial Coach Quarterly/AGM Report – August 2023

Project Roster

- Rachel Cliff – Former Canadian record holder – Marathon & ½ Marathon
- Trevor Hofbauer - Tokyo 2020 Olympian – marathon
- Justin Kent – 2023 World Championships team - marathon
- Kirsten Lee – 2020 National XC team member
- Ben Preisner – Tokyo 2020 Olympian/2022 & 2023 World Champs - marathon
- Briana Scott – 2023 Canadian 5000m Champion

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 18/23**
 - Justin Kent – 3rd
- **Canadian Track & Field Championships, Langley, BC – July 27/23**
 - Briana Scott – 5000m – 1st

Quarterly Overview

This quarter was all about recovery & rebuilding for the marathoners and a whirlwind pursuit of World Athletics 5000m ranking points for Briana Scott.

Justin Kent & Ben Preisner are now in St. Moritz, SUI preparing for the World Championships marathon in Budapest on August 27.

Briana continued her personal best setting ways, won her first national title (5000m) & is currently sitting on the bubble for World Championships qualification/selection. With a little luck she will be on her way to Barcelona (AC training camp) in 2 weeks & racing the 5000m in Budapest on August 23.

Fall plans will include the World Athletics Road Running Championships (Briana-5km, possibly Justin & Ben-1/2 marathon), Pan Am Games (Briana-5000m) and the Valencia Marathon (Dec.3-Trevor & Ben).

Year in Review

The 2022/23 season began the narrowing of focus' looking forward to 2024 Paris Olympic qualification. There were plenty of strong performances this year culminating with 2 (possibly 3) athletes set to compete at the World Championships.

National podiums were achieved by;

- Trevor Hofbauer – marathon – Gold
- Briana Scott – 5000m – Gold
- Justin Kent – ½ marathon - Bronze

That brings the totals for the BCEP coming up on its 10th anniversary to;

- 16 national champions (7 different athletes)
- 55 national championship podium finishes (14 different athletes)
- 43 national team spots (16 different athletes).

As always, many thanks & much appreciation from both myself & the athletes for the continued support & encouragement from BC Athletics.

Richard Lee, BCEP Head Coach/Provincial Coach – Endurance