



## 2024 BC Athletics Annual General Meeting

BC Endurance Project (BCEP)/Provincial Coach Report Report by:

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The BC Endurance Project operates as part of BC Athletics Strategic Plan under the goal of enhancing & growing the High Performance Pathway. The BCEP's mission is to develop distance runners (5000m to marathon) to national and international standards, place athletes on BC and Canadian championship podiums and on Canadian national teams.

### **2023/24 Priorities**

The two major global championships in the past 12 months were the 2023 World Athletics Championships (Aug'23 - Budapest, HUN) and the 2024 Olympic Games (Aug'24 - Paris, FRA). These were the primary focus', particularly the Olympics, for athletes in the group. Pursuing qualification for these events has entailed extensive travel & competition throughout Canada, USA & overseas in order to meet World Athletics somewhat complicated qualifying system.

### **2023/24 Highlights**

With some excellent results earlier in 2023, three athletes qualified for & competed in the 2023 World Athletics Championships in Budapest;

- Ben Preisner – marathon – 27<sup>th</sup>
- Justin Kent – marathon – 29<sup>th</sup>
- Briana Scott – 5000m – 35<sup>th</sup>

As a whole, a successful pursuit of excellence and good experiences which set these 3 athletes along with Olympic marathoner Trevor Hofbauer in good positions to begin the task of gaining qualification for the 2024 Olympics in Paris. However, as is the nature of our sport, untimely injuries and some bad luck took significant tolls on some of the athletes' 2024 plans.

Notable performances for 2024;

- Ben Preisner posted the 3<sup>rd</sup> fastest Canadian marathon all-time (2:08:58) in February at the Beppu-Oita marathon in Japan. Although this ranks Ben 58<sup>th</sup>

(3/country) in the world for 2024 it was unfortunately not enough to qualify for the Paris Olympics. On a positive note, the result is within the qualifying window for the 2025 World Athletics Championships & puts him in a strong position for qualifying for Tokyo'25 going forward.

- Briana Scott took the silver medal in the 5000m at the Canadian Championships/Olympic Trials in Montreal in June. Ultimately this sealed her qualification for the Olympic Games. A fantastic accomplishment in only her 3<sup>rd</sup> year of serious training & competition. She went on to proudly represent Canada & BC in Paris with a 19th place finish in her heat.

BCEP stats (since 2013);

- 56 national championship podiums
- 47 national teams (including 7 World Championship & 6 Olympic team spots)

### **2024/25 Outlook**

The fall of 2024 will be spent running (pun intended) out the remaining 2024 goals & programs which will include the Canadian marathon championships (Toronto - Oct.20) & possibly the Canadian 5km road championships (Montreal – Sept.21) &/or the Canadian Cross-Country championships (London - Nov.30).

I will also be spending this fall winding down BCEP operations under my guidance & helping the remaining athletes transition to new training/coaching arrangements as needed. 40 years after coaching my first Olympian (wife Sue – LA'84) & after 11 years of great success with the BCEP helping to raise the performance levels of endurance events in BC, the time has come for me to retire from high performance coaching. 2024 being the end of an Olympic cycle seems an appropriate time to perhaps re-evaluate the approaches to enhancing and growing endurance high performance within BC

Athletics.

I would like to take this opportunity to give special thanks to current CEO (Megann), past CEO (Brian), current/past BCA staff and current/past board of directors' members for the unwavering support and encouragement over the years. It has been a very rewarding and challenging endeavor. Many fabulous memories made for me and many lifelong dreams realized by the athletes. All of which would not have been possible without the support of BC Athletics.