

## **BC Endurance Project (BCEP)/Provincial Coach – Richard Lee Quarterly Report – November 2018**

### Project Roster

- Luc Bruchet – 2016 Olympian – 5000m
- Dylan Wykes – 2012 Olympian - marathon
- Rachel Cliff – 2017 IAAF World Championships/2018 CWG 10000m-Cdn record ½ mar
- Geoff Martinson – 2011 IAAF Worlds -1500m – Top Nationally Ranked - 5000m to ½ mar.
- Justin Kent – 2017 Francophone Games team – 1500m/2018 National XC team member
- Erica Digby – 2017 Francophone Games team – 5000m/2018 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 -3<sup>rd</sup> - marathon - 2:21:40(2014)
- Kirsten Lee – National Level - 1500m–4:19/5000m-16:03(10<sup>th</sup>)
- Brittany Therrien – Provincial level 5000m – 16:45

### Integrated Support Team

- Medical
  - Jim Bovard –Private Sports Medicine
- Physiotherapy
  - Chris Napier – Restore Physiotherapy/Fortius
  - Marilou Lamy – Canadian Wellness
- Massage Therapy
  - Bobby Crudo – private RMT
- Chiropractic
  - Aaron Case
- Strength & Conditioning
  - Devon Goldstein – Form and Function Movement Coaching
- Physiology & Sports Nutrition
  - Trent Stellingwerff – Canadian Sports Institute
  - Elizabeth Gnatiuk – Fortius Sport & Health

### Performance Highlights Last Quarter

- **Canadian 5km road Championships - Sept 9/18 – Toronto, ON**
  - Luc Bruchet – 2<sup>nd</sup> – 14:12
  - Justin Kent – 5<sup>th</sup> – 14:37
- **BMW Berlin marathon (IAAF Gold Label) – Sept.16/18 – Berlin, GER**
  - Rachel Cliff – 2:28:53 – fastest Cdn marathon debut – 4<sup>th</sup> Cdn all-time
  - Catherine Watkins – 2:40:11 – Cdn record W45+
- **BC Cross Country Championships – Oct.27 – Abbotsford, BC**
  - Luc Bruchet – 1<sup>st</sup>
  - Evan Esselink – 2<sup>nd</sup>
  - Theo Hunt – 6<sup>th</sup>
  - Kirsten Lee – 15th

## Quarterly Overview

The fall of 2018 has been fairly quiet after a few exciting performances in Berlin & Toronto early in September. The focus has been on building a solid base/foundation and preparing for a long 2019 season. The majority of the group kept things interesting by competing at the BC cross country championships and will now venture to Kingston, ON for the Canadian cross country championships on Nov.24. This will be the trial for the 2019 IAAF World Cross Country championships to be held in Denmark at the end of March.

Looking ahead to the rest of 2019 is a bit uncertain with the IAAF not have set qualifying standards & procedures yet for the 2019 IAAF World Champs (Doha) & 2020 Olympics (Tokyo). Until those are set we are unlikely to see what Athletics Canada's criteria will look like. So, we venture on somewhat blindly. Training, group dynamics and logistics however are running smoothly and I expect 2019 to be a strong year.

We have a new addition to the group in Evan Esselink, one of Canada's top distance runners. Evan comes to us from Ontario and is a great addition to the group. He has been on numerous national cross country teams, was Canadian 10000m champion in 2017 & competed at the 2018 IAAF World half marathon championships for Canada earlier this year.

Richard Lee, BCEP Head Coach/Provincial Coach – Endurance