

## **BC Endurance Project (BCEP)/Provincial Coach Quarterly Report – June 2019**

### Project Roster

- Luc Bruchet – 2016 Olympian – 5000m
- Dylan Wykes – 2012 Olympian - marathon
- Rachel Cliff – Canadian record holder – Marathon & ½ Marathon
- Geoff Martinson – 2011 IAAF Worlds -1500m – Top Nationally Ranked - 5000m to ½ mar.
- 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
- 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
  - **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

- **Payton Jordon Invitational** – May 2/19 – Stanford, CA
  - Rachel Cliff – 31:54.88**pb** (5<sup>th</sup> fastest all-time Cdn)
  - Erica Digby – 15:39.10**pb**
- **USATF High Performance** – May 16/19 – Los Angeles, CA
  - Luc Bruchet – 13:45.26
  - Rachel Cliff – 15:32.49
  - Erica Digby – 15:33.51**pb**

- **Canadian 10km Championship** – May 24/19 – Ottawa, ON
  - Dylan Wykes - 1<sup>st</sup> – 29:56
  - Justin Kent – 2<sup>nd</sup> – 29:59
  - Kevin Coffey – 7<sup>th</sup> – 30:53
  
- **Portland Track Festival** – June 9/19 – Portland, OR
  - Justin Kent – 13:46.30**pb**
  
- **Canadian 10000m Championship** – June 13/19 – Burnaby, BC
  - Rachel Cliff – 2<sup>nd</sup> – 32:12.
  - Luc Bruchet – 2<sup>nd</sup> – 28:42.29
  - Justin Kent – 4<sup>th</sup> – 29:38.63**pb**
  - Evan Esselink – 5<sup>th</sup> – 29:42.21
  - Theo Hunt – 7<sup>th</sup> – 30:14.09**pb**
  - Kevin Coffey – 10<sup>th</sup> – 30:37.19

### Quarterly Overview

Spring/Summer track season is in full swing and solid results are being amassed by many athletes in the group. The usual trips to California & Portland have netted several new personal bests. The group also had a strong showing on the men's side on the roads at the Canadian 10km championships in Ottawa with Dylan Wykes taking the national title.

Most recently BCEP co-hosted the Canadian 10000m Championship & 1<sup>st</sup> annual Pacific Distance Carnival (June 13). The meet with its 'progressive' format, including fireworks, seemed to be a great success and we look forward to co-hosting again next year. BCEP athletes did their parts with excellent performances and 2 podium finishes.

There is more track racing on the horizon with BC Championships (July 5-7), Canadian Championships (July 25-27) & Pan Am Games (Aug.6) on the calendar.

With the Canadian Olympic marathon trials set for Scotiabank Toronto Waterfront Marathon on Oct.20, a few athletes are readying themselves for several months of hard mileage & preparation. Coach's pace bike may require a tune-up.

Richard Lee, BCEP Head Coach/Provincial Coach – Endurance