

BC Endurance Project (BCEP)/Provincial Coach Quarterly Report – January 2020

Project Roster

- Luc Bruchet – 2016 Olympian – 5000m
- Dylan Wykes – 2012 Olympian - marathon
- Rachel Cliff – Canadian record holder – Marathon & ½ Marathon
- 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 -3rd/marathon - 2:21:40(2014)
- Kirsten Lee – 2020 National XC team member
- Ben Preisner – 2019 National XC team member

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

- **2019 Canadian Cross Country Championships** – Nov.30/19 – Abbotsford, BC
 - Luc Bruchet – 2nd
 - Ben Preisner – 4th
 - Theo Hunt – 15th
 - Kirsten Lee – 7th
- **Sanyo Womens 1/2 marathon** – Dec.15/19 – Yokohama, Japan
 - Rachel Cliff – 1:10:06 (6th) **Canadian Record**
- **Boxing Day 10mile** – Dec.26/19 – Hamilton, ON
 - Ben Preisner – 48:28(1st)

Quarterly Overview

A fairly quiet quarter on the competition front for the group. A few significant highlights however with a new Canadian record for Rachel Cliff in the half marathon and a first national team for Kirsten Lee in cross country. Kirsten will compete at the Pan Am XC Cup in Victoria on Feb.29. Strong showings also by Luc Bruchet & Ben Preisner at the Canadian cross country champions. Ben is a new addition to the group and will focus on the marathon. Both Luc & Ben have declined their XC team spots as they focus on higher priorities in 2020.

The core of the group will spend significant time training in Flagstaff, AZ this winter & spring hoping to put in the quality training (warmer, drier, altitude) needed in pursuit of Olympic qualification. Evan Esselink & Ben Preisner are confirmed for the London marathon on April 26 & will need a 2:11:30 clocking or better to be eligible for selection. Luc Bruchet has races lined up in Boston (Feb.14 & 28th) and will be the only member doing any indoor racing this year.

All-in-all things are going along as normal; riding the fine lines between training hard, training hard enough & staying healthy.

Looking forward to a successful 2020!!

Richard Lee, BCEP Head Coach/Provincial Coach – Endurance