

## BC Endurance Project (BCEP)/Provincial Coach Quarterly Report – January 2021

### Project Roster

- Luc Bruchet – 2016 Olympian – 5000m
- Dylan Wykes – 2012 Olympian - marathon
- Rachel Cliff – Former 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
- 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 – 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 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

- **BCEP SNL#2 – 10000m, Burnaby - Nov.21/20**
  - Luc Bruchet – 1<sup>st</sup> - 28:17.33pb
- **BCEP SNL#3 – 5000m, Burnaby – Dec.5/20**
  - Luc Bruchet – 1<sup>st</sup> – 13:32.99
- **The Marathon Project, Chandler, AZ – Dec.20/20**
  - Ben Preisner – 8<sup>th</sup> – 2:10:17pb (**Olympic Qualifying Standard**)
  - Justin Kent – 37<sup>th</sup> – 2:17:22pb

## Quarterly Overview

The Covid-19 pandemic continues to hamper operations & planning with a lot of changes in PHO orders and restricted abilities for training & racing. A few athletes were able to take advantage of some limited racing opportunities this quarter, the most notable performance being Ben Preisner's marathon debut of 2:10:17. This makes him 4<sup>th</sup> fastest Canadian all-time and is well under the Athletics Canada Olympic selection standard of 2:11:30 for Tokyo 2021. It also means he has met the selection standard for the 2022 World Championships.

Aside from that one highlight things continue to be a struggle, as I'm sure they are for many. Hopefully things will turn for the positive by spring but for now it's a long hard winter of training ahead.

Richard Lee, BCEP Head Coach/Provincial Coach – Endurance