

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

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 -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

- **Time Trials**
 - Ben Preisner
 - marathon - 2:15:24pb
 - 10km road – 29:52 (Virtual Cdn 10km Championships – 4th)
 - Luc Bruchet
 - 10km road – 28:52pb
 - 29:17 (Virtual Cdn 10km Championships – 2nd)
 - 10000m – 28:32pb
 - 5000m – 13:35.6
 - 3000m – 7:56.9
 - Theo Hunt
 - 10km road – 29:56pb (Virtual Cdn 10km Championships – 6th)

- Rachel Cliff
 - 10km road – 33:35 (Virtual Cdn 10km Championships – 2nd)
- Justin Kent
 - 10km road – 28:54pb(Virtual Cdn 10km Championships – 1st)
 - ½ marathon – 1:04:23pb

Quarterly Overview

Lots of training and a few hard time trials is all that the COVID-19 pandemic is allowing at this time. Everyone is healthy, trying to stay motivated, keeping in small bubbles and enjoying the group atmosphere.

Year in Review

There were not many opportunities to improve on the history of successes in pursuing national teams, national podiums & international success for 2019-20;

- 1 Virtual National Champion – Justin Kent (10km road)
- 4 Canadian Podium finishes
 - Cross Country - Luc Bruchet (2nd)
 - Virtual 10km Road – Justin Kent (1st), Luc Bruchet (2nd), Rachel Cliff (2nd)
- 1 National Team member
 - Kirsten Lee – Pan Am XC

This September marks the 7th anniversary of the inception of the BC Endurance Project. In those 7 years the group has accumulated 12 national championships (5 different athletes), 43 national championship podium finishes (11 different athletes) and 32 national team spots (14 different athletes). Many thanks, as always, to BC Athletics for their unwavering support.

Richard Lee, BCEP Head Coach/Provincial Coach – Endurance