

BC Endurance Project (BCEP)/Provincial Coach Quarterly Report – November 2019

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 – National Level - 1500m–4:19/5000m-16:03(10th)

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

- **Eastside 10km** - Sept.14/19 – Vancouver
 - Evan Esselink – 1st - 29:50
 - Kevin Coffey – 4th – 30:49
 - Theo Hunt – 5th – 30:54
- **IAAF World Championships** – Oct.2/19 – Doha, Dubai
 - Rachel Cliff – 5000m – 10h2
- **Canadian Marathon Championships** – Oct.20/19 – Toronto, ON
 - Evan Esselink – 2:18:38db – 7th
 - Kevin Coffey – 2:20:22pb – 10th
 - Dylan Wykes – 2:22:50 – 15th

Quarterly Overview

Most of the group spent this quarter in a recovery & rebuild phase after the summer track season. Rachel Cliff, being a late addition to the IAAF World team in the 5000m, extended her summer to gain more experience on the international stage in Doha.

Unfortunately, the three marathoners (Evan Esselink, Kevin Coffey, Dylan Wykes) had less than ideal performances at the Canadian Championships in Toronto. A lot was learned in the training, preparation & racing process however that should pay dividends in the future. All 3 will regroup and run spring marathons again before the May 28, 2020 Olympic qualifying deadline.

Currently, while those marathoners are recovering, the rest of the group is at an altitude training camp in Flagstaff, AZ. for the next 3-5 weeks. Hopefully this will be the first building block in successful 2020 campaigns. The next major competition on the calendar is the Athletics Canada cross country championships in Abbotsford. Several athletes will be vying for national team spots for the Pan Am Cup cross country championship to be held in Victoria in February.

Richard Lee, BCEP Head Coach/Provincial Coach – Endurance