

BC Endurance Project (BCEP)/Provincial Coach Quarterly Report – April 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 National XC team member
- Erica Digby – 2017 Francophone Games team – 5000m/2018 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)
- 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 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

- **Houston ½ Marathon** – Jan.20/19 – Houston, TX
 - Evan Esselink – 1:02:17pb (4th fastest all-time Cdn)
- **Cardiff Kook 10km** – Feb.3/19 – Encinitas, CA
 - Luc Bruchet – 1st – 29:34pb
 - Justin Kent – 2nd – 29:56pb
 - Kirsten Lee – 1st – 34:41pb

- **NACAC Cross Country Championships** – Feb.16 – Trinidad
 - Evan Esselink – 9th
- **Muragame 1/2 Marathon** – Feb.3/19 – Kagawa, JPN
 - Rachel Cliff – 5th – 1:10:28
- **Nagoya Women's Marathon** – Mar.10/19 – Nagoya, JPN
 - Rachel Cliff – 15th – **2:26:56 - Canadian Record**
- **IAAF World Cross Country Championships** – Mar.30 – Denmark
 - Justin Kent & Erica Digby – Mixed 4x2km Relay -7th
- **Vancouver Sun Run 10km** – Apr.14/19 – Vancouver, BC
 - Justin Kent – 1st – 29:30pb
 - Theo Hunt – 12th – 30:42

Quarterly Overview

A rash of injuries had many athletes on the sidelines through February & March. Both Luc & Evan were forced to remove themselves from the Canadian team for the IAAF World XC Championships in Denmark. However, some intermittent excellent results by healthy members has kept things afloat and spirits high. Highlighted of course by Rachel's Canadian record run in Nagoya. This result is also under the IAAF Olympic standard that were released in March.

Everyone's health seems to be turning the corner thanks to the great support from our IST. Spring is here and Justin has set the tone/standard for the group with a well calculated win at the Sun Run last Sunday.

The focus now moves to the track & chasing qualification for Pan Am Games (Peru-Aug.) and IAAF World Championships (Doha-Sept.).

Main events on the horizon are;

- Apr.19 – MtSac Relays – Los Angeles, CA
- May 2 – Payton Jordon – Palo Alto, CA
- May 24 – Canadian 10km Championships – Ottawa, ON
- June 9 – Portland Track Festival – Portland, OR
- June 13 – Canadian 10000m Championships – Burnaby, BC
- June 20 – Harry Jerome Track Classic – Burnaby, BC

Richard Lee, BCEP Head Coach/Provincial Coach – Endurance