

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

Project Roster

- Luc Bruchet – 2016 Olympian – 5000m
- Dylan Wykes – 2012 Olympian - marathon
- Rachel Cliff – 2017 IAAF World Championships/2018 CWG 10000m-Cdn record ½ mar
- 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

- **Canadian Cross Country Championships – Nov.24/18 – Kingston, ON**
 - Luc Bruchet – 1st
 - Evan Esselink – 3rd
 - Theo Hunt – 18th
 - Justin Kent – 20th
 - Dylan Wykes – 22nd
 - Kevin Coffey – 40th
 - Kirsten Lee – 15th

- **UW Preview**) – Jan.12/19 – Seattle, WA
 - Luc Bruchet – 3000m – 7:56
 - Justin Kent – 3000m – 8:02pb
 - Erica Digby – 3000m – 9:07pb
 - Kirsten Lee – 3000m – 9:28

- **Pioneer 8km** – Jan.13/19 – Saanich, BC
 - Rachel Cliff – 2nd – 26:15pb

Quarterly Overview

Fall 2018 culminated with a very successful showing at the Canadian Cross Country championships. 7 athletes competing with two, Luc & Evan, qualifying to go on and represent Canada at both the NACAC (Feb.17-Trinidad) & IAAF World (Mar.29-Denmark) championships.

After a solid block of training through December/early January many athletes will be back competing. Competitions up ahead are;

- Jan.20 – Houston Half marathon (Evan & Catherine)
- Jan.20 – Icebreaker 8km – Steveston (Theo, Kevin)
- Jan.25 - UW Invite – Seattle, WA (Luc, Justin, Erica, Kirsten)
- Feb.3 – Cardiff Kook 10m – Encinitas, CA (Luc, Justin, Kirsten)
- Feb.3 – Kagawa Marugame half marathon – Marugame, JPN (Rachel)
- Feb.10 – First Half marathon – Vancouver (Dylan, Kevin, Theo)
- Feb. 17 – NACAC XC – Trinidad (Luc, Evan)

Everyone is looking forward to an exciting & successful 2019 with IAAF XC (Denmark), Pan Am Games (Peru), IAAF Worlds (Doha) on the calendar. But, of course, especially excited to be hosting the Canadian 10000m championships at ‘home’ at Swangard, Burnaby in June.

Richard Lee, BCEP Head Coach/Provincial Coach – Endurance