

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

- **BCEP Intra-Squad ½ marathon, Comox – Sept.13/20**
 - Justin Kent – 1:04:20pb
 - Luc Bruchet – 1:07:41pb
 - Theo Hunt – 1:09:40
 - Rachel Cliff – 1:15:24
 - Erica Digby – 1:16:36pb
 - Kirsten Lee – 1:17:19pb
- **BCEP SNL#1 – 1hour/20000m, Burnaby - Nov.7/20**
 - Justin Kent – 19,651m/ 1:01:01.42
 - Rachel Cliff – 16,872m/1:11:38.60 Canadian Records

Quarterly Overview

Racing opportunities are still few & hard to come by so we have developed a few in-house and local opportunities. Comox Valley Road Runners were extremely gracious & supportive in hosting the group for an Intra-Squad ½ marathon on September 13. This allowed Justin Kent to qualify for the World Half Marathon championships along with teammate Rachel Cliff & Ben Preisner who were already named to the team. Unfortunately Athletics Canada chose to withdraw the team at the last moment due to COVID concerns.

The first of our 3 mini-meets at Burnaby Central was a success on Nov.7 with 2 pending Canadian records set by Rachel. The other 2 mini-meets will be Nov.21 (10000m) & Dec.5 (5000m) provided Provincial Health COVID orders and restrictions continue to allow for them. Hopefully these small competitions will bridge the gap to 2021 when we might see some improvement in the competition schedule.

Currently three athletes (Rachel, Justin & Ben) are preparing for an elite-only marathon being held in Phoenix on Dec.20. Otherwise, lots of training and continuing to try to stay motivated & healthy.

Richard Lee, BCEP Head Coach/Provincial Coach – Endurance