

## Back in Business: Athletics once again a Middle Distance powerhouse in Victoria.

MAY 2017



Victoria is the running capital of Canada.

The construction of the track and Centennial Stadium for the 1994 XV Commonwealth Games provided a world class facility from which to build programs.

The launch of the Commonwealth Centre for Sport Development in 1995, later renamed PacificSport and now operating as 94Forward, led to the establishment of several National Training Centers (NTC) in the region - a Middle Distance Centre was among the original group. Within five years, national and international talent was emerging in both genders under the steady direction of Brent Fougner and Wynn Gmitroski.

The Centre enjoyed ongoing success through to 2008 as Gary Reed continually cracked the top 5 in the world. Over the next six years, despite continued results, the Centre wound down to a bare bones reality. As Rio 2016 came and went there was momentum to revive the Middle Distance National Training Centre. The Centre would receive the designation of 'Hub' to indicate support for permanent members and an openness to support athletes and their coaches visiting for training windows.

Driving the revival of the Hub was Heather Hennigar, now coach and former NTC athlete. Coach Hennigar advanced discussions between Athletics Canada and 94Forward and in the spring of 2017 the parties signed a 4 year collaboration agreement supporting the Athletics Canada Western Hub focused on middle distance.

A critical part of the development of the centre is the one-stop shop model built for middle distance at the Pacific Institute for Sport Excellence (PISE). Here, athletes and coaches have full access to the newly built track and incline lanes. The track is steps from a purpose-built warm up and activation area which leads to a dedicated high performance weight room. Down the hall are the sport science and sport medicine resources provided by the Canadian Sport Institute Pacific (CSI-P)

The Athletics Canada Middle Distance Western Hub is back in business.

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