

PREGNANCY AND RETURNING TO SPORT POSTPARTUM



MELISSA BISHOP-NRIAGU

Bishop is one of Canada's fastest middle-distance runners. Bishop, a Windsor Lancer alum, is a 3x Olympian finishing 4th at the 2016 Rio Olympic Games. She earned a silver medal at the World Championships in 2015, owns the Canadian record in the 800m at 1:57.01, and is a four-time National Champion. Bishop gave birth to her daughter Corinne in 2018 and returned to competition in 2019 to successfully qualify for her third Olympic games, competing in the 2020 Tokyo Olympics.



MALINDI ELMORE

Elmore is a two-time Olympian, competing in the 2004 Athens Olympics in the 1500m and 2020 Tokyo Olympics in the marathon. In 2012, she retired from Athletics and gave birth to her first son, Charlie. Shortly after, Elmore transitioned to triathlons, where she competed professionally in 20 long courses, including a 3rd place finish at Ironman Arizona. In 2019, Elmore returned to athletics just six months after the birth of her second son, Oliver, and competed in her first marathon, running 2:32. A year later, Elmore set the Canadian record in the marathon, running 2:24.50. This qualified her for the 2020 Tokyo Olympics, where despite the high humidity and heat, she finished 9th overall. Malindi is the head coach of the UBC Okanagan Cross Country and Track team in Kelowna, and a busy parent to Charlie (7) and Oliver (3).

PREGNANCY AND RETURNING TO SPORT POSTPARTUM



JESSICA ZELINKA

Is the head coach of the University of Calgary Dinos. Zelinka is a two-time Olympian and one of Canada's best heptathletes, and 100m hurdler with a PB score is 6599 points for the heptathlon. She was the gold medalist at the 2007 Pan American Games, silver medalist at the 2010 Commonwealth Games and repeated her silver medal at the 2014 Commonwealth Games. Zelinka competed in the 2008 Beijing Olympics, placing 4th overall. Zelinka gave birth to her daughter, Anika, in 2009 and returned to training with a new sense of purpose. In 2012, at the Olympic Trials, Zelinka broke her Canadian record in the heptathlon, and two days later, she won the Canadian title in the 100m hurdles. At the Olympic Games in London, Zelinka finished 5th in the heptathlon, then proceeded to race three rounds of hurdles to qualify for the 100m hurdle final, placing 7th.



DR. FRANCINE DARROCH

Francine is an assistant professor in Health Sciences at Carleton University. She is a community-based researcher and educator with expertise in qualitative health research. Her current research aims to address inequities in physical activity and elite sport. Through an equity lens, she focuses on the experiences of pregnant/parenting elite runners specifically related to training and support. In a past life, she represented Canada at the World Junior XC Championships and Pan Am Junior Games. She managed to jog through her own pregnancies and now spends her energy chasing her 5 and 7-year old daughters and coaching with the Mile2Marathon Minis community running program.