

SAM VINCENT

2023 MRA Male Road Runner of the Year

I was born and raised in Winnipeg, Manitoba, and played a variety of sports growing up. I was involved mostly with basketball and running, and didn't focus on running until my last year in high school, as basketball was my primary sport. Some of the skills that I developed in basketball transferred very well to the track, which then became my primary focus after high school.

I focused on the 800m and 1500m throughout high school and a number of years in my time with the Bisons, slowly gravitating towards longer distances as I got a bit older, as much athletes tend to do. I started running the 5000m on the track a few years ago and at that time, had only run a handful of races on the roads.

I've run 3:43 in the 1500m and 13:48 in the 5000m, and those were pretty good prerequisites for the longer stuff. My coach, Rob Guy, and I thought running some longer distances would be a good idea, and we dabbled in a newer kind of training method that's been adopted by more training groups recently, but has been around for a few decades under a different name.

I look forward to running these longer distances with everything I have acquired and the successes of some of my counterparts in other provinces that have had similar pedigrees on the track to myself.

2023 Best Times:

5k: 14:36

10 Mile: 49:28.11

Half Marathon: 1:04:28