

Sam Vincent

One of Manitoba's current fastest distance runners is homegrown Sam Vincent. Sam went to St. John's High, a school not well known for its track or cross-country program, but Sam greatly benefited from the coaching and mentoring of teacher Matt Blewitt, who steered Sam away from his keen interest in basketball to pursue a career on the track. When Sam went to the U of MB, he trained under coach Claude Berube with a fast group of fellow athletes.

To continue his development and to get a chance to compete in the big track meets in Europe, Sam signed on with the BC Endurance Project and with Vic City Elite, two track clubs on the West Coast. In 2018, that led to a trip to Europe to compete on the circuit. Although he didn't have the connections or race times to get in the fastest heats, he ran excellent times including a 13:50 in the 5 km and a 3:44 in the 1500 m. In recent years, Sam has participated in some MRA races to keep sharp and ran far ahead of the rest of the field in local 5 kms, as you can imagine. He ran in the 10 and 10, the Run at the Ridge and Ted's Run. Turning 29 in 2021, Sam still aspires to running faster times in the years to come.

In considering his favourite achievement, he recalls the 2013 Canada Summer Games where he won a bronze medal for Manitoba in the 1500 m in a time of 3:47.