

Selene Sharpe

Selene Sharpe is a rising star on Winnipeg's roads. Her 2:53:39 winning time in the 2019 Manitoba Marathon, at age 19, raised a lot of eyebrows, especially from someone who did not dominate the track through her high school years. She seems to be a dedicated, self-taught natural talent.

Selene began competing in the Manitoba Marathon Super Run when she was in Grade 2 or 3. She moved up to the relay with her Robert H. Smith schoolmates in Grades 4 – 6. At River Heights and Kelvin, she competed in many sports, but mainly soccer and track/cross-country. She really enjoyed working with Kelvin track coach, Tim Shynkaruk, who is also a family friend. She did some training with the U of M cross-country team under the guidance of Claude Berube, but opted not to compete in the races. She likes to train on her own and follow her own program.

Selene tried the Manitoba Half Marathon in 2016 and ran 2:00:27 as a 16 year old. A year later, she lowered her time to 1:49:16. As an 18 year old, she decided she wanted to tackle the full marathon. She had no idea what to expect of herself. She Googled to find a women's training guide, but probably trained less far and hard than she would have with a more demanding program. The result was a 3:07:03 result in her first full marathon in the 2018 Manitoba race, finishing 2nd overall among females. Later in 2018, Selene won the 30 km event in the 10 and 10 with a time of 2:05:33.

She proceeded to increase her training, both in distance and speed, and used treadmill training over the winter (she doesn't do outdoor running in the winter) and did one-mile intervals. With the spring, she increased her mileage to as much as 120 miles per week, and consistently 100 miles per week. She learned about training techniques through podcasts and YouTube videos. Despite no coaching and training on her own without a training partner, she produced that stellar 2:53 marathon on Father's Day, 2019. That summer, she ran the Islendingadagurinn 10 mile race in 1:04:46.

Selene took a break after the 2019 season, but she is ready to race again in 2021. Some day, she would like to combine travel and racing to do Boston and London, and perhaps others. One has to think that there is a coach out there who would like to help Selene realize her great potential as a road racer.