

Alice Sherwin

Alice Sherwin has won both the full and half marathons in the Manitoba Marathon and has been seen in many other local (and distant!) races. She got her start when her mother, a lifelong runner, was running and she was riding her bike beside her for company. This inspired her to try running herself when she was old enough. At Churchill High School in Winnipeg, Alice competed in cross-country and track, as a sideline for her main athletic competitive focus, paddling. She competed in canoeing competitions across Canada but canoeing for women has only just become an Olympic event. At age 19, Alice was ready to shift from paddling to running seriously. She had taken a year away from school after graduating from Churchill and Claude Berube invited her to join the Bison cross-country and track team. As a 19-year-old, she had won the Manitoba Marathon half marathon in 1:23:36, which is still her PR. She had not really decided that university was for her but when Claude offered her a scholarship, she felt she needed to give it a try. She made lifelong friendships with her running colleagues on the Bisons (and married one of them) and completed her Education degree with which she earns her living teaching kindergarten at James Nisbet Community School in the Seven Oaks School Division. She tries to transfer her passion for running to her students through cross-country and running clubs.

Alice won the Manitoba Marathon full marathon in 2014 in 3:04:38 in just her second full marathon ever. Because she won in just her second race, and was not expecting to win, she considers this her greatest achievement to date on the roads. She was just (47 seconds) over 3 hours in a Twin Cities Marathon in 2015, which is her marathon PB. Alice has run 18:30 for 5 km and 38 and half minutes for 10 km on the roads. Her best 10 miler was at the Manifest race in 64 minutes. Alice spent some time in Thailand in 2012 and competed successfully in several races there, where the prize money and trophies put ours to shame! On the downside, the races there have to start at 5:00 a.m. because of the heat.

Alice's favourite road running experience is training with her friends. She attributes many of her best results to training with friends and good training plans put together by her husband and coach Kristjan Hunter (a very accomplished runner in his own right). At other times, Alice's mom rides her bike beside Alice in a reversal of roles from when Alice got her start. Alice trains hard and has had her share of injuries and burn out, but she uses each of those as a lesson to pave the way for future success. She is grateful that she has been able to continue her running activities for this long and hopes to continue far into the future, maybe running an ultra event one day.