

DIANNE SPROLL - ATHLETE

2024 MRA Hall of Fame Inductee

Dianne is a passionate and accomplished runner, with great versatility, fierce competitive spirit, humility and generosity who won many championships on the roads, the track and cross-country over 5 decades of racing.

Dianne's first road race win was the 1978 Gimli 10 Mile and she continues, while raising 3 children (accomplished runners in their own rights), racing, volunteering and coaching to this day. Her spouse, Karl, has been her most zealous supporter, cheerleader, and sounding board. Dianne was at one time the Manitoba High School 400m champion and record holder; and Manitoba High School cross-country champion (a feat accomplished only by a very select group). She is also a many-time Manitoba open champion at cross-country, 800 meters and 1500 meters, and National Indoor Age Group Champion at 800 meters. As a youth, Dianne was blessed to be coached by the kind, generous and skilled/wise John Kemp, who inspired her and provided invaluable support.

She is very proud of her 9th place finish at the 1979 Bonne Bell 10K Championships in Boston, racing against Olympic Champion Joan Benoit, World Champion Lynn Jennings and other elites. She surprised herself and Coach Chris McCubbins, by calling on her firm resolve and pushing herself to her limits. Chris and Dianne shared a special bond. Chris built her belief in herself, intensified focus and self-confidence. Some other highlights include winning the 1979 Bonne Bell 10K in Manitoba in a field of 856 women; winning the 1984 MRA/Athletes Wear 10K and her berth to the Canadian Championships as a mother of 2 boys; and in her 50's and 60's, winning her age group at road races in Hawaii, Prague, Germany, Minneapolis, and Arizona.

Dianne's years coaching at high school and club level resulted in many Provincial Team and individual Championships, and young athletes realizing their goals and dreams.

Upon reflecting on our sport, she noted, "It's about racing and learning to get the most you can out of yourself." She added, "Dream BIG, the magic is in the journey. Running has been a spiritual experience, time spent with God." Through running she learned many valuable life lessons about perseverance, delayed gratification, setting and working towards personal goals, and the importance of relationships.

Her favourite and most precious memories are the Family road relays in 2015 to 2018.