

KARL SPROLL

Athlete

Karl ran his first MRA race, the Festival du Voyageur 5 mile, while in high school in 1971. Karl was welcomed to the University of Manitoba by Coach Jim Daly and Chris McCubbins in 1972. The distance runners were encouraged to run every day and to run a high volume of kilometers. Karl took up the challenge and trained consecutive days for 5 years, 5 months and 15 days, through blizzards, sickness, injuries, hail and heat. Within months of joining the team, Karl was running well above 160 km per week. Twice he ran 966 km (600 miles) in September, including races and very intense workouts. The race results improved with the hard training.

Karl was a founding member of the Yellow Snow Athletic Club. He represented Manitoba at the National Junior Olympics 1974, Western Canada Games 1975 and the 1984 National 10km Road Championships. He placed 3rd at the Olympic Trials in 1976. He ran 13:49 for 5000m at the Montreal Olympic Rehearsal. His road racing performances include: Bird's Hill 20km in 1:03:44, 2nd place; Vancouver Nike Lions Gate 20km 2nd place; 1984 MRA/Athletes Wear Champion 10 km 30:57 (his wife Dianne won the female race that same day and represented Manitoba at the National Championship event also) and many age group championships from 2000 to 2018. Karl is fortunate to have met his wife Dianne, a many-time champion, through running and they have enjoyed running road races in Manitoba and several cities in the US and in Europe. His greatest satisfaction has come from participating on several family relay teams and twice running the half marathon with his sons at the Manitoba Marathon.

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