



## SHELL CUP CANADIAN CHAMPIONSHIPS CHAMPIONNATS CANADIENS DE LA COUPE SHELL



### SHELL CUP AGGREGATE CHAMPIONS 1976-1982

The silver Shell Cup is presented to the overall men's and women's cross country champions following three individual events at the national senior championships. Relays are not counted to determine Shell Cup winners.

Combined points obtained in the men's 15km, 30km and 50km events determine the best overall male skier of the week-long meet. The top woman is selected from efforts in the 5km, 10km and 20km races. A skier must compete in all three individual events to count.

Points are determined in each race as follows: Suggested example

15km	1. Pierre Harvey	44:15
	2. Doug Gudwer	44:30

Pierre: 44 minutes times 60 seconds equals 2640 seconds plus 15 seconds equals 2655. A first-place finisher is given 100 points regardless of winning time.

Doug: 44 minutes times 60 seconds equals 2640 seconds plus 30 seconds equals 2670 seconds.

Pierre's 2655 seconds are then divided by Doug's 2670 seconds to reach Doug's points which would be 99.44.

Such a system is used in each race to determine the points of the top dozen finishers. These points are then added at the conclusion of the three individual runs to select the overall Cup winners.

To date only two skiers have had perfect 300 point scores to take the Shell Cup award. Bert Bullock of Inuvik accomplished the feat in 1976 with three gold medals and Shirley Firth of Inuvik managed the same in 1978 to sweep the ladies' events.

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CHAMPIONNATS CANADIENS DE LA COUPE SHELL**



SHELL CUP CHAMPIONS 1976-1982 STATISTICS

The following is the list of Shell Cup champions in men's and women's senior national competition from 1976 to 1982. The Cup is awarded to the top male and female who has accumulated the highest point score from the combined efforts in three individual events. Relays do not count towards Shell Cup awards.

1976	Bert Bullock, Inuvik Ski Club, Inuvik, N.W.T. Joan Groothuysen, Inuvik Ski Club, Inuvik, N.W.T.
1977	Stan Dunklee, US Eastern Ski Association, Brattleboro, Vermont Sharon Firth, Fresh Air Experience Ski Club, Calgary
1978	Hans Skinstad, Devon Nordic Ski Club, Devon, Alberta Shirley Firth, Inuvik Ski Club, Inuvik, N.W.T.
1979	Reijo Puiras, Reipas Ski Club, Thunder Bay Shirley Firth, Inuvik Ski Club, Inuvik, N.W.T.
1980	Reino Keski-Salmi, Larch Hills Ski Club, Salmon Arm, B.C. Shirley Firth, Inuvik Ski Club, Inuvik, N.W.T.
1981	Pierre Harvey, Rouge et Or, Laval University, Quebec City Shirley Firth, Inuvik Ski Club, Inuvik, N.W.T.
1982	Pierre Harvey, Rouge et Or, Laval University, Quebec City. Shirley Firth, Inuvik Ski Club, Inuvik, N.W.T.

Pierre Harvey, who will compete for Stoneham, Quebec this season, is the only back-to-back winner of the men's Shell Cup. Shirley Firth has a virtual stranglehold on the Cup with five consecutive victories.

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STATISTICS 1975-1982

The following represent the winners of the women's individual races from 1975, when Shell Canada Limited first sponsored cross country events, up to last year's nationals in Edmonton. Note that the women's 20 kilometre run debuted in 1976.

<u>5KM</u>	<u>NAME</u>	<u>HOME TOWN</u>	<u>DIVISION</u>	<u>TIME</u>
1975	Shirley Firth	Inuvik	NWT	16:47.55
1976	Joan Groothuysen	Inuvik	NWT	17:55 ***
1977	Sharon Firth	Banff	ALTA	15:25.65
1978	Shirley Firth	Inuvik	NWT	19:15.04
1979	Sharon Firth	Banff	ALTA	20:32.48
1980	Esther Miller	Burns Lake	BC	15:44.41
1981	Esther Miller	Burns Lake	BC	15:46.21
1982	Shirley Firth	Inuvik	NWT	18:01.8
<u>10KM</u>				
1975	Sharon Firth	Inuvik	NWT	35:30.18
1976	Shirley Firth	Inuvik	NWT	37:58 ***
1977	Sharon Firth	Banff	ALTA	35:30.66
1978	Shirley Firth	Inuvik	NWT	39:08.95
1979	Shirley Firth	Inuvik	NWT	32:14.97
1980	Shirley Firth	Inuvik	NWT	32:24.90
1981	Shirley Firth	Inuvik	NWT	34:32.09
1982	Shirley Firth	Inuvik	NWT	37:01.8
<u>20KM</u>				
1976	Sharon Firth	Inuvik	NWT	1.11:15 ***
1977	Shirley Firth	Banff	ALTA	1.10:41.27
1978	Shirley Firth	Inuvik	NWT	1.20:47.39
1979	Shirley Firth	Inuvik	NWT	1.10:59.5
1980	Angela Schmidt	Honey Harbour	SONT	1.08:37.61
1981	Shirley Firth	Inuvik	NWT	1.06:39.20
1982	Sharon Firth	Inuvik	NWT	1.13:22

\*\*\* Track loops used were shorter than normal

STATISTICS 1975 - 1982

The following represent the winners in the men's individual races from 1975, the year of Shell Canada involvement in cross country, up to last year's nationals in Edmonton.

<u>15KM</u>	<u>NAME</u>	<u>HOME TOWN</u>	<u>DIVISION</u>	<u>TIME</u>
1975	Ed Day	Prince George	BC	49:56.47
1976	Bert Bullock	Inuvik	NWT	40:25 ***
1977	Hans Skinstad	Prince George	BC	47:01.16
1978	Pierre Vezina	Beaupré	QUE	47:49.06
1979	Anders Lenes	Banff	ALTA	54:56.54
1980	Doug Gudwer	Prince George	BC	43:04.75
1981	Pierre Harvey	Rimouski	QUE	43:49.62
1982	Pierre Harvey	Rimouski	QUE	47:08.5
<u>30KM</u>				
1975	Ed Day	Prince George	BC	1.44:21.72
1976	Bert Bullock	Inuvik	NWT	1.19:46 ***
1977	Stan Dunklee	Brattleboro, Vermont	USEAST	1.35:35.81
1978	Pierre Vezina	Beaupré	QUE	1.37:22.25
1979	Reino Keski-Salmi	Salmon Arm	BC	1.38:57.82
1980	Doug Gudwer	Prince George	BC	1.27:54
1981	Reino Keski-Salmi	Salmon Arm	BC	1.39:53.79
1982	Pierre Harvey	Rimouski	QUE	1.37:10.7
<u>50KM</u>				
1975	Hans Skinstad	Prince George	BC	3.08:18.28
1976	Bert Bullock	Inuvik	NWT	2.41:49 ***
1977	Tim Caldwell	Putney, Vermont	USEAST	2.39:21.90
1978	Doug Gudwer	Prince George	BC	2.47:06.47
1979	Reijo Puiras	Thunder Bay	NONT	2.48:45.4
1980	Reino Keski-Salmi	Salmon Arm	BC	2.36:49.88
1981	Doug Gudwer	Prince George	BC	2.34:58.08
1982	Richard Weber	Cantley	QUE	2.54:34.

\*\*\* track loops used were shorter than normal.



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### RELAY CHAMPIONS IN SHELL CUP NATIONALS 1975-1982

The following is a list of divisions winning the men's and women's relay titles in the Shell Cup senior nationals from the period 1975 to 1982.

#### MEN: 3-by-10 km event.

1975	Ed Day, Lauri Karjaluoto, Hans Skinstad	1.41:15.72	BC
1976	Doug Gudwer, Lauri Karjaluoto, Hans Skinstad	1.51:46	BC
1977	Doug Pettersen, Tim Caldwell, Stan Dunklee	1.31:19.20	USESA
1978	Doug Gudwer, Reino Keski-Salmi, Angus Cockney	1.40:24.78	BC
1979	Marvin Strimbold, Doug Gudwer, Reino Keski-Salmi	1.37:48	BC
1980	Marvin Strimbold, Reino Keski-Salmi, Doug Gudwer	1.33:19.45	BC
1981	Pierre Vezina, Richard Weber, Pierre Harvey	1.34:02.34	QUE
1982	André Tourigny, Richard Weber, Pierre Harvey	1.38:04.7	QUE

#### WOMEN: 3-by-5 km event.

1975	Shirley Firth, Winnie Bullock, Sharon Firth	57:45.75	NWT
1976	Sharon Firth, Joan Groothuysen, Shirley Firth	1.02:28	NWT
1977	Shirley Firth, Joan Groothuysen, Sharon Firth	45:47.59	ALTA
1978	Luise Sander, Clare Wastenays, Marilyn Atkinson	58:37.54	NCD
1979	Duchane Richards, Joan Groothuysen, Sharon Firth	1.00:06	ALTA
1980	Angela Schmidt, Cheryl Niemuller, Dasha Cejnar	55:32.26	SOD
1981	Karrina Engelbrecht, Margo Wallensteen, Esther Miller	49:08.63	BC
1982	Josée Auclair, Marie-Andrée Masson, Céline Giguere	55:35.3	QUE

The lead runner on each team starts in a mass start, skis a complete five kilometre leg (women) or ten kilometre leg (men) before tagging the team's next runner. The exchange is made in a tagging zone. A tag from the shoulder area to the lower back is permitted. No batons are exchanged in a cross country skiing relay.

After the last-leg runner is tagged, the first skier across the finish line wins the relay for the respective division.

The relays are the most dramatic of cross country events at the national and international level. Mount Royal will be the site of the 1983 relays January 23rd.

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