



B.C. RANDONNEUR Marathon Bicycling



Founding Member 1983

The Newsletter of the BABC Randonneur Committee

May, 1991

EDITORIAL

Yet another randonneur season is upon us and will soon take over our lives. The spring is a time of year that dedicated followers of the sport will have to rely on their best organization skills to have a semblance of a normal life. The truly imaginative will find time to fit in work, family and socializing around what is truly important. When searching your soul to justify your seemingly irrational behaviour to those that would otherwise rely on your participation in a normal lifestyle, it will be comforting to know that there are dozens of others going through the same process.

Your rationalization process, however, is made simpler this very special year of 1991. This is the 12th running of the Paris-Brest-Paris ("PBP") and also the 100th anniversary of the first time the event occurred. It promises also to be the largest PBP ever staged. There were 2,600 entrants in the 1987 PBP. Between 4,000 and 5,000 are expected for this year's encounter. It will be the true gathering of the clan of long distance cyclists.

You may be one of the twenty B.C. Randonneurs who have indicated that they will be going to the PBP this year. You may be one of the as yet uncommitted, still thinking about it. If you have noticed the quadrennial excitement building in those that have been to Paris before, you would be thinking that there is really something in participating in the PBP; and there surely is!

The event begins with registration the day before the start. In 1987, there were flags flying for each of the 27 countries represented. The fanfare of the registration creates a wonderful anticipation of the event. The official start the next day is nothing like you have every seen here. Over a 1,000 starters snake their way out of the starting compound (some a full 10 minutes after the official start) taking over the streets. For the first 20 km out of Paris, traffic was held up to make way for the PBP. By the time you get over the excitement of the beginning you are 200 km out of the city.

One can go on and on about the PBP. There is simply nothing like it. We admit we are focused on it this year. If you can, be there.

CONTRIBUTIONS

Contributions to this newsletter are welcome. In fact, they would be very much appreciated. Tell us about your personal impressions about recent rides--how you liked the weather, volunteers, route, company or what you did not like. Give us some technical advice about bike lighting, equipment, how to keep rainwater and fog off glasses (especially at night). We will give you credit for your articles. Please send your contributions to Gordon Bisaro at 2627 West 34th Avenue, Vancouver, B.C., V6N 2J3, Fax: 683-5084.

PACIFIC POPULAIRE

This year's Populaire was a success due to the hard work of 36 volunteers and an incredible break in the weather. The volunteers were:

Larry Allen	100 km check
Gordon Bisaro	Start
Anna Bonga	Start
Harold Bridge	Start
Lois Brodie	Start
Norm Brodie	Start
Verni Brown	Statistician
Jim Cave	Start
Dave Charnock	Start/50 km check
Jennifer Drewery	Start / 100 km check/finish
Ian Faris	Start/100 km check
Lorraine Faris	Start/100 km check
Patti Feiger	50 km check
June Gallagher	Start
Ken Grieve	Start/100 km check
Mike Hagen	Start
Bruce Hainer	Start
Jeff Hull	Start/25 km check
Dave Johnston	Start / 50 / 100 km check/finish/chairperson
Marge Johnston	Start/25 km check
Manfred Kuchenmuller	Start
Peter Lysne	Start/Treasurer
Dan Maguire	Start
Peter Oeschler	Start/25 km check
Heather Pearson	Start/50 km check
Don Ross	Start/50 km check
Heather Sampson	Start/finish
Ginny Sims	50 km check
Roy Smyth	Start
Peter Stary	Start
Marty Wanless	Start/finish
Patricia Weingartner	Start/finish
Hans Wintjes	Start
Mark Wintjes	Start/finish/coordinator
Sharon Wintjes	Start
Stuart Wood	Start

Special thanks to the Vancouver Bicycle Club volunteers; the Randonneurs wish you the best of luck and weather for your Single Sock Century on July 28, 1991.

Mark Wintjes,
Coordinator

THE GRUMBLING GRIMPEUR

By the time you read this, the "200" season will be over. The Fraser Valley event should have proved straight forward not too difficult as there are only a few hills and no border or ferry delays. It is a very watered down route in comparison to the one I wanted to impose upon you. The Committee would not let me use the one originally planned in case it frightened people off and, being early season, they would not be ready for it.

But, there is a hole in our busy season on weekend of 91-06-22/23. I would like to try my "Grumbling Grimpeur" route out with an unofficial, no control point, 200 that will see if it is worth using as a mid-season, official, 200 in future years. Comments and entries to Harold J. Bridge, ph: 941-3448.

FLECHE PACIFIQUE 1991

This popular Randonneur Team event will be held again this spring. It is patterned after the Fleche Velocio in France where each Easter weekend teams cycle a minimum of 360 km in 24 hours to a common meeting point. A trophy is awarded to the team cycling the longest distance, and the ride contributes toward the Super 5000 award. This spring our ride will take place the weekend of May 10th to 12th and by popular demand, our gathering place will again be Harrison Hotsprings and will finish with a windup dinner Sunday afternoon.

Teams are from 3 to 5 units (bicycle or tandem) and they can choose their own route provided no part of it is travelled in the same direction twice. Entries must include the chosen route with an accompanying map to verify distances, a list of controls (50 to 100 km apart) and distances. Itineraries must be confirmed between the organizer and the team captain and it is the responsibility of the team to assure adequate time for route checking, mailing, changes, and approvals. Teams must show proof of insurance, BABC members are adequately covered. Following vehicles are forbidden, motorized assistance may be received at three places on the route maximum.

Contact Dan McGuire, 25-3397 Hastings Street, Port Coquitlam, V3B 4M8 (SSAE) or telephone 942-3235 for registration or information.

ATTENTION!!!

To the rider who lent out crank arm socket at Maple Falls on the Vancouver 200, please call Peter at 929-4565 and have your socket returned.

PARIS-BREST-PARIS EXPERIENCE

Paris-Brest-Paris ("PBP") attracted 2,181 randonneurs from more than fifteen countries in 1983 and among them were Alan Ingham of Southampton, England, Dan McGuire of New Westminster, B.C., and June Gallagher of Vancouver, B.C. drove a support car. Both driver and cyclists suffered discomfort, mainly fatigue, but all enjoyed the experience.

The 1,200 km randonnee (ramble) from Paris to Brest, on France's Atlantic coast, and back to Paris is perhaps the most demanding test or rider and machine organized for cycle tourists. The first PBP was held in 1891, when it was a combined race and tour. The event was so difficult it was only held every ten years. The year 1931 was the last year that professional racing was involved, and Hubert Opperman of Australia won it, finishing in 49 hr. 24 min. The Audax Club Parisienne continued the tradition after World War II and the PBP is now held every four years.

There were four Canadian randonneurs from Vancouver, including Dan, in the 1979 PBP (see BNC Fall 1980) and since then Gerry Pareja of the BABC has organized randonnees of 200 km, 300 km, 400 km and 600 km each year. Successful completion of such randonnees is required in the year of the PBP to qualify. In 1982 Alan, a visiting cyclist from England, rode these randonnees including the 600 km where he and Dan were the only entries. In 1983 Alan qualified for the PBP with Audax U.K. and Dan with the BABC.

The physical conditioning that one obtains from riding the qualifying randonnees is probably enough to ensure being able to finish the PBP. Additional riding is recommended to maintain or improve condition so that the PBP can be more enjoyed than endured. So a tour of England and France was organized to fit into the PBP schedule. Three weeks before the PBP we flew to England where Alan and other friends met us to cycle through the English and Welsh countryside with its many hills, ending with a ride from Le Havre to Paris with Alan. This tour eliminated jet lag, improved conditioning, and accustomed our derrieres to spending long hours in the saddle.

The ride started on Monday so we arrived in Paris the previous Friday. This allowed a rest from cycling although there was lots to do including last minute shopping for equipment, doing laundry, attending the registration on Sunday, sightseeing in fabulous Paris, and of course carbohydrate loading. The registration point was in Rueil Malmaison, a suburb of Paris and it consisted of a quick look to ensure that mudguards and lighting met the regulations, then route cards and bicycle number plates were given out. To see the variety of equipment, the tricycles, tandems, recumbents, and even a triplet is worth the trip itself. Fifteen countries were represented including the U.S.A. with 94 riders, the U.K. with 83, Belgium with 32, Sweden with 25, and Canada with 13.

Each randonneur must choose a start time which will determine the maximum completion time for his or her ride. The maximum allowed is 90 hours with a start time of 4 a.m., about 1,100 riders chose this option. We and about 900 others chose 84 hours with a start time of 10 a.m. There were fewer than 200 "Vedettes" who chose the 4 p.m. start with a 78 hour limit.

A police motorcycle squad signalled the start by revving their engines and escorting the long colourful peloton, adrenalin flowing freely, through the streets of Rueil Malmaison, and westward.

The route to Brest is well chosen, it is scenic, with a generally good road surface, and it avoids high traffic areas as much as possible. It winds between cultivated fields, through forests, across a bit of lat, wheat and corn-growing area, but the main feature is hills - les Collines de Normandie, les Monts d'Arree - never-ending hills!

We had no schedule planned for the ride. We tried to pace ourselves yet take advantage of drafting opportunities. Helped by a following wind we arrived at the first control in Belème, 161 km out, 5 hr. 25 min. after the start. But we could not keep up that pace for long. Our rest stops were quite leisurely, averaging 1 1/4 hours each. We extended some stops with sleep at facilities provided at controls - one hour the first night on cots, four hours the second on mattresses (plus a shave and shower), and two hours the third night on hay spread on the floor of an empty room. Sleep at these controls was generally disturbed by noisy talk and cyclists clacking by in cleated shoes. Some riders slept less, many slept more.

Saddle sores which plagued many on this long ride were avoided by having a change of shorts, treating the chamois with Nivea, a lanolin-based cream, and applying a mixture of Aloe Vera cream and Preparation H to the contact area at each control stop. It really was effective.

During the last stages of the ride we were cycling quite strongly, feeling fine, and rode into the festive scene of the finish in Rueil Malmaison 77 hours after we had left.

June had hoped to ride the PBP but encountered knee problems during the qualifying rides in the spring, so she offered to help her two friends. She rented a car in Paris - unlimited mileage rates were best as she drove 1,500 km in three days - carried gear, obtained food and water, and acted as photographer and coach. Drivers were only allowed to assist within 3 km of controls, and their route was on different roads than the randonnee, so navigation was difficult, especially at night on narrow country roads. Detailed maps and a flashlight were necessities.

There was good cafeteria food at Villaines-la-Juhel, Loudeac, and Brest. At the other controls we decided to buy food and prepare our own meals. Shopping for supplies is different in France than in North America: it might require four different shops to buy ingredients for a single sandwich!

June commented, "I thoroughly enjoyed the experience, the camaraderie was great, both

with the riders and other support participants, and I met many interesting people. The only difficulty was driving an unfamiliar car on narrow roads amongst crazy drivers. In Paris at the end of the PBP I thought I would never volunteer for such a task again, but in retrospect, if I myself don't enter in '87, I would help again."

It was almost as tiring for the support person as for the riders. June got less sleep than some PBP finishers, about 8 hours in three nights, and most of this in the car.

The success and enjoyment of any event is dependent on the attitudes of the people involved. Each phase of the PBP, registration and accommodation, bike check-in, start, controls, finish, and post-ride gatherings was very well organized and run. Everyone was friendly and accommodating, patient with our poor French (and amused by it), and no one was given a hard time. Spectators and bystanders were interested and encouraging with their clapping and inspiring shouts of "bon courage!". Typical of the hospitality was the quiet crossroads 20 km east of Fougere where local families gathered to give coffee to the riders. It was nearly midnight of the first day and the coffee was most welcome. We also stopped there on the return and they remembered "Le Canadien casque."

We were proud to have participated in the tradition of Paris-Brest-Paris, it was a lot of fun and we look forward to doing it again.

June Gallagher and
Dan McGuire

100-200-300-400

You will notice that results from the 100 and Vancouver 200 are published with this newsletter. The next newsletter due in early June will have all results up to the 400. We hope to fill the newsletter with articles on the randonnees. I know there are plenty of you riding these things so write about your experience and send it in. The organizers usually give us an article but they do not ride the event. Our readers like to read of shared experiences (misery likes company) so put pen to paper before you recover from your sore butt.

REWARD

Your newsletter editor is p.r.o.'d about the theft of his super high tech bike being stolen after the Vancouver 300 on April 28th. He is offering a reward of \$1,000 for information leading to the return of his bike. If the bike is returned the person who provided the most helpful information will get the reward. The bike was a red 62 cm Masi Volumetrica with Shimano grip shift 8 speed cluster. Please call 683-9621 (day) or 263-4646 (night). Confidentiality assured.

Gordon Bisaro

100-KM (continued)100-KM (continued)100-KM (continued)100-KM (continued)

G. Cook	4:14	Michael Kamps	DNS	Gary Menard	5:57	Linda Schroeder	4:14
David Costello	4:22	Richard Ketchen	4:46	Margaret Miller	4:04	Walter Schroeder	4:15
Chris Crosby	DNS	Richard Kho	3:37	Murray Miller	3:27	Jack Schuller	4:50
Roger Crossley	DNF	Brad Kilburn	3:11	Suzette Miller	3:27	Barb Shaw	5:39
Brian Crowe	3:37	Peter Kinsey	4:37	Barry Monaghan	3:11	Ken Shaw	5:39
Francis Crowley	4:26	Dennis Knoll	4:37	Katherine Moran	5:24	Alan Shiveral	5:27
Tom Dalton	4:01	Cyndi Komuska	3:13	Margaret Moreau	4:04	Duke Shoebottom	DNS
Jamie Davidson	4:15	Manfred Kuchenmuller	4:04	Mark Morishita	3:13	George Siudut	3:58
Jim Davidson	4:42	Walter Lai	3:42	Gary Morris	4:33	Michael Skule	4:10
Wayne Deans	4:13	John Lakes	6:15	Judy Morrison	DNF	Karen Smith	5:18
Victor DePaul	5:01	Selena Lam	4:52	David Morton	3:22	Roy Smyth	4:46
Barb Diggins	5:43	Flynn Lamont	3:48	David Mullens	5:30	Glen Springle	4:34
Neil Dobson	5:40	Janet Land	DNF	Mark Nelstrop	4:33	Peter Stary	3:55
Robert Docherty	3:31	Bruce Landels	4:37	A. Northrop	3:29	Tom Stelfoy	4:59
Bob Douglas	4:56	Lyn Langstaff	4:15	Orest Novik	DNS	Susan Sterne	5:03
Arn Driver	5:44	Michael Lapointe	4:25	Cindy Nylund	4:47	Karen Takahashi	5:42
Bill Duncan	4:16	Michelle Lebeau	5:29	Donna Oddy	4:47	Sheila Tansey	5:39
Peter Durham	4:35	Brian Lee	6:40	Paul Okada	4:21	Colin Taylor	3:31
David Dutton	3:23	Rosemary Leffelaar	DNS	Craig Oliver	3:35	Scott Taylor	3:39
Robert Eaton	3:12	H.A. Lewandowski	5:01	Ingemar Olson	3:14	Richard Tench	6:14
Dave Edwards	4:36	Tim Lilburn	6:14	Doug Oram	4:02	Dave Thomas	DNS
Brent Fahl	3:30	Malcolm Lissone	4:27	Marion Orser	5:00	Sandra Thompson	5:00
Steven Fong	4:37	Jim Little	3:58	Patrick Paglia	3:13	Robin Tivy	3:50
Drew Forbes	5:32	Angus Livingstone	4:11	Shelley Palmer	DNS	Laurence Tkach	4:19
Rick Fowler	3:12	Janet Livingstone	DNF	Ron Pasdernick	3:22	Graham Todd	4:57
Gary Fraser	3:23	Dave Long	5:32	Gordon Paslawski	4:39	Greg Todd	4:58
Keith Fraser	2:58	Ronald Lu	3:22	Doug Paul	3:39	Art Traill	5:00
Ron Fraser	4:03	Gord Luckow	5:24	Mike Pearson	3:41	Cliff Ungar	4:25
Werner Froemgen	DNS	Melanie Ma	5:24	Ralph Petry	4:10	Jeff Vandervall	4:12
June Gallagher	4:45	Susan Maas	5:23	Jason Pickering	4:49	Suzana Vuletich	DNF
Linda Gannon	5:00	Brian Macdonald	3:19	Garlene Pickett	5:55	James Ward	5:43
Louise Gibson	5:31	Gordon Mace	4:41	Walter Piovesan	4:09	Helen Warn	4:53
Sylvia Giles	4:41	Reesa MacKinnon	DNF	Rita Pollock	5:30	Ernst Weingartner	4:07
Andrew Gilson	4:17	James Mackintosh	6:27	Tim Pollock	5:30	John Whistler	DNS
Stephen Grady	DNF	Don Maguire	2:58	Ian Polley	4:58	Tara Wintjes	6:38
Steve Grant	3:29	Mick Maguire	3:44	Ray Polman	4:16	Tom Wojcik	3:54
Theresa Green	5:39	Duncan Maillie	6:26	Lorna Porter	6:16	Ming Wong	4:43
Glenn Greenfield	3:38	Jim Mandelli	4:33	Les Pringle	4:10	Bill Woodson	4:19
P. Guernsey	3:22	Alex Mann	3:22	Dennis Quigley	4:31	Gwyn Woodson	4:14
Chris Hacker	3:37	Robert Marsh	4:48	Bill Quon	5:38	Dyann Yamamura	5:56
Mike Hagen	3:08	Garry Martinick	6:21	Cathy Quon	5:38	Mike Yamamura	5:56
Malcolm Haigh	4:26	Jens Martinick	6:20	Ian Raeburn	4:57	Dan Yancey	4:47
Terry Haigh	4:37	Pierre Masse	5:38	Gavin Reed	3:40	Brent York	4:14
Bob Haras	4:16	Horst Maurer	DNS	Don Render	4:00	Bonnie Ziegler	6:18
Wendy Hardy	4:22	Leo Mazzoleni	2:58	Anne Ribey	DNS	Mark Ziegler	6:17
Paul Haym	5:30	Hamish McArthur	4:55	Joan Richardson	DNF		
Keith Head	4:25	Jim McBeth	3:39	Ron Richmond	DNS		
Malcolm Hempell	5:14	James McConville	4:31	David Riddell	5:08		
Jon Heshka	4:11	Dan McGuire	NOYB	Scott Riddell	5:08		
Richard Hogg	4:30	Mike McIntosh	5:29	Leo Rimanic	4:04		
Rod Horsley	DNS	Bruce McKenzie	4:22	Louise Rimanic	5:41		
Kim Hunchak	4:14	Linda McLaren	4:41	Gordon Ross	5:09		
Brian Hunter	4:30	Susan McLennan	6:17	Jason Roulette	DNF		
Charlie Hunter	3:26	Barbara McMahon	6:14	Stacey Roulette	5:31		
Ian Hunter	4:30	Adam McMillan	5:55	Lawrence Roulston	4:00		
William Jans	4:27	Eric Mead	4:26	David Ruckle	4:28		
Thomas Johnson	4:25	Bruce Meek	4:38	Brett Sanders	4:52		
Richard Kadulski	6:15	Kathryn Melzak	5:26	Daren Savkey	4:30		

1991 25-KM POPULAIRE
(49 registrants)

1991 50-KM POPULAIRE
(130 registrants)

50-KM (continued)

50-KM (continued)

Elizabeth Anderson	1:53	Brian Adamson	3:07	Dee Kroeker	2:23	Frans VanLakerveld	3:51
J.E. Beetlestone	1:23	Don Allan	3:12	Lavana LaBrey	3:10	Jason VanLakerveld	3:51
Wes Buchanan	1:01	Iain Allan	3:12	Valerie Lawton	2:18	Manon Villeneuve	2:46
Gavin Davidson	DNS	Dan Allard	3:30	Patti Lefkos	2:25	Brendan Walashek	1:50
Edward Domenco	1:32	Kate Allard	3:30	T.R. Leslie	3:35	Herman Waldhuber	2:24
Marjorie Evans	2:10	James Allen	3:45	Lona Lonergan	3:03	Chris Wasylyshyn	3:04
Sue Evans	1:15	Michael Allen	3:48	Gord Luckow	DNS	Robert Weir	3:45
Kathy Findlay	1:15	John Armstrong	2:49	Steven Magnuson	1:50	Sherree Weir	3:45
Leanne Fraser	DNS	Lyne Armstrong	2:49	Annique Mak	3:47	Peter Weisinger	1:46
Mary Lou Fraser	DNS	Ginger Atwal	3:24	Orton Mak	3:47	Kelly Wharton	2:18
Stephen Fraser	DNS	Dennis Baher	2:38	Ian Makaida	2:14	Bob Wikenheiser	2:35
John Gary	1:36	Darren Beckett	1:55	Brent Makelki	2:52	Maureen Wood	DNS
Thomas Gary	1:36	Adam Blasberg	2:32	Terry Mattu	2:15	Ross Woodhouse	2:40
Lori Glover	1:30	Bruce Blasberg	2:32	Jolie Mayer-Smith	2:25	Chris Wright	2:30
Robert Gough	2:16	David Bob	2:15	Richard Mazzoleni	1:56	Karel Zimprich	4:08
Cliff Green	2:03	Jeremy Bobroff	DNS	David McAdam	DNS		
Jeffrey Green	2:03	Brenda Boychuk	DNS	Shelley McIntosh	2:48		
Kelsey Green	2:03	Shannon Breeze	3:25	J. McMaster	2:13	<u>1991 100-KM POPULAIRE</u>	
Kevin Green	2:03	Gail Bursey	2:57	Anne McMillan	3:39	(257 registrants)	
Deirdre Hartwell	1:49	Herb Challier	DNS	Laurie Murdoch	2:53	George Agnew	DNF
Dawn Hinchey	1:33	Gillian Cheek	2:53	Jan Patenaude	3:23	Debbie Anderson	4:09
Sonny Hong	1:41	Steve Cowley	2:00	Ben Perez	2:32	Tom Barichello	3:07
Esther Janzen	1:32	Ray Davison	1:50	Gary Petillion	2:15	Judy Barjaktarouil	5:56
Kristine Kieszkowski	2:00	Kim Edwards	1:45	Ann Phelps	3:15	Ann Barnes	3:31
Marian Kim	1:28	John Ferguson	2:31	John Price	DNS	Ashley Barrington	4:51
Ida Koric	2:00	Tanya Ferry	3:50	Gayle Quigley	2:25	Jai Beaupre	4:52
Ksenia Koric	2:00	Steve Foord	DNS	Dave Randhawa	2:55	Philip Beck	5:43
Gordon Kwan	1:00	Ernest Foster	2:23	Jim Rennie	2:30	Barney Bentall	3:22
Jan Lindberg	1:35	Blair Fulton	1:45	Donald Ross	3:11	Linda Berg	4:25
Tonya Lum	1:45	Melanie Furness	2:38	Marie Rozitis	2:39	Luis Bernhardt	3:15
Ed Maas	2:16	Scott Furness	2:38	Kristine Running	2:30	Gordon Bisaro	3:34
Barbara Macleod	1:27	Judy Gale	3:20	Anna Ruth	2:58	Barry Bogart	5:06
Rick McKelvey	1:10	Keith Griffiths	2:25	Kassie Ruth	3:23	Anna Bonga	3:12
Peg Milligan	2:20	Lynn Guest	2:26	Thomas Ruth	2:58	Harold Bridge	5:44
Allan Neifer	2:05	Ed Hagen	2:35	John Rybinski	1:40	Lois Brodie	6:45
Gregory Neifer	2:05	Barbara Hanlon	2:29	Jack Sharkey	2:33	Norm Brodie	6:15
Roy Neifer	2:05	Sharon Hanna	3:50	Michael Sharkey	2:35	Margaret Brown	6:50
Colleen Ponzini	1:49	Rosamund Harrison	3:37	Nancy Sharkey	2:35	Ed Browne	4:27
Chari Prevedoros	1:49	Gary Heald	2:48	Gail Shevchuk	DNS	George Brownell	4:22
Keith Proctor	2:00	Judy Healey	2:40	C. Shoemaker	4:05	Alex Bruce	DNS
Lynne Proctor	1:56	Michael Healey	DNS	Chris Siggers	2:20	Steve Buckoski	3:22
Janet Sephton	1:45	John Henderson	2:53	Danny Siggers	2:17	Judy Burnell	5:36
Patrick Stafford-Smith	1:33	Linda Hennessey	DNS	Eric Simonson	2:32	Tom Burns	5:44
Ian Tacy	DNF	Timothy Hennessey	DNS	Norma Sinclair	2:56	Jim Butts	4:00
Harvey Tom	1:53	Cameron Heryet	1:56	Dan Slemko	DNS	Aenea Cameron	5:02
Patricia Tom	1:53	Karen Hicks	2:48	Stanley Smith	DNF	Astrid Cameron	4:14
Lisa Whitehead	2:00	Corinne Hill	2:55	Ken Spencer	3:20	Rollie Campbell	3:12
Tanis Wittal	1:10	David Hill	3:00	Wylie Spencer	3:19	Gavin Castle	6:26
Carey Wong	1:46	Gordon Hobbis	2:09	Roxanne Stedman	2:13	Brian Ceresney	6:28
		Jock Hobson	2:19	Catherine Stewart	3:15	Monique Ceresney	6:28
		Martin Howie	2:48	Jonathan Stewart	1:43	Kelvin Chao	3:49
		Don Jackson	DNS	Ben Strander	2:29	Bill Chan	5:39
		David Jensen	2:24	Dawn Sutcliffe	2:25	Frederick Chen	6:23
		Linda Kapatan	2:25	Marta Sutherland	2:35	Doug Cho	4:41
		Zoltan Keresztes	1:45	John Taaffe	2:14	John Choo	6:38
		Bonnie Kerr	2:27	Shirley Turcotte	3:35	Deanna Clark	6:17
		Doreen Kilasa	2:29	Darryl-Anne Vanderwall	2:45	Stephen Close	4:02
				Kevin Vandop	3:25		

DNF = did not finish
DNS = did not start

VANCOUVER 200KM

Linda Allis	09:54	Carrie Marshall	11:19
Barney Bentall	07:27	Dwayne Martin	11:44
Gordon Bisaro	09:15	Garry Martinick	11:30
Joe Blakeman	08:55	Barry Monaghan	07:04
Barry Bogart	09:54	Margaret Moreau	09:22
Anna Bonga	07:04	Judy Morrison	11:32
Kelly Bowman	11:37	David Morton	07:27
Harold Bridge	08:55	Ray Muniz	10:07
Norm Brodie	10:53	Ronald Noakes	07:27
Dave Cambon	10:31	Eric Nodwell	10:06
Jim Cave	08:53	Peter Oechsler	12:08
Bob Chambers	09:24	Craig Oliver	09:15
David Charnock	08:59	Marion Orser	11:19
Doug Cho	10:30	Ron Pasdernick	07:27
Michael Claque	11:32	Gordon Paslawski	09:16
Gordon Clark	09:42	Rita Pollock	DNF
Gord Cook	09:15	Tim Pollock	DNF
Robert Dacenis	08:19	Les Pringle	09:22
Rene Derome	11:35	Ron Robb	10:06
Arn Driver	11:30	Pat Rodden	08:59
Andy Evans	10:21	Jack Shorkey	11:04
Ian Faris	10:30	Michael Skuce	09:19
Gary Fraser	07:27	Karen Smith	11:35
Keith Fraser	06:39	Peter Stary	07:04
Glenn Gibson	11:07	Tom Stelfox	11:55
Louise Gibson	11:07	Robin Tivy	08:55
Syliva Giles	12:07	Earnest Weingartner	12:04
Cliff Green	08:51	Linda Weingartner	DNF
Theresa Green	13:00	Robert Weir	07:51
Chris Hacker	08:51	Mark Wintjes	12:07
Mike Hagen	07:04	Tom Wojcik	09:15
Bruce Hainer	12:04	Stuart Wood	07:04
Michael Hart	10:20	A Brent York	09:42
Keith Head	09:42	Charles Yuen	11:48
Yuen Heshka	09:19		
Rod Horsley	DNF		
Manfred Kuchenmuller	09:22		
Duhane Lam	09:22		
Selena Lam	09:22		
Thomas Lawrence	08:59		
Dorothy McDowell	08:53		
Bruce McKenzie	12:04		
Kathleen McPoland	10:06		
Richard McPoland	10:06		
James Mackintosh	13:30		
Melanie Ma	11:37		