

| Handicap race | | | HCP | Place | Points | Scr | AGP | Minutes | Minutes | Summer route PB | World Std Time |
|--------------------|----------|---------|---------------|-------|--------|-----|-------|----------|---------|-----------------|----------------|
| 12/5/21 | 3 | TIME | 53'33" | | | | % | Per Mile | per Km | | |
| LYNNE MARIE MASSON | 14:05 | 38:45 | 52:50 | 1 | 10 | 8 | 66.88 | 7:36 | 4:43 | | 25:55 |
| GREG BRUCE | 14:15 | 38:56 | 53:11 | 2 | 9 | 9 | 56.55 | 7:38 | 4:45 | 38:28 | 22:01 |
| DEREK MILNE | 19:45 | 33:46 | 53:31 | 3 | 8 | 3 | 69.84 | 6:37 | 4:07 | 32:57 | 23:35 |
| CHARLIE NOBLE | 15:10 | 38:25 | 53:35 | 4 | 7 | 7 | 76.49 | 7:32 | 4:41 | 31:40 | 29:23 |
| RICHARD MUTCH | 15:25 | 38:10 | 53:35 | 4 | 7 | 6 | 61.31 | 7:29 | 4:39 | 36:28 | 23:24 |
| MAX ABERNETHY | 26:45 | 27:04 | 53:49 | 6 | 5 | 1 | 80.36 | 5:18 | 3:18 | 27:13 | 21:45 |
| BRENDA MUTCH | 00:45 | 53:13 | 53:58 | 7 | 4 | 16 | 49.11 | 10:26 | 6:29 | | 26:08 |
| DAVID ABERNETHY | 11:10 | 42:49 | 53:59 | 8 | 3 | 13 | 58.78 | 8:24 | 5:13 | 36:18 | 25:10 |
| JIM BOWIE | 16:45 | 37:15 | 54:00 | 9 | 2 | 5 | 75.08 | 7:18 | 4:32 | 33:34 | 27:58 |
| CAROL MASSIE | 14:55 | 39:26 | 54:21 | 10 | 1 | 11 | 76.71 | 7:44 | 4:48 | 36:17 | 30:15 |
| LAURELLA NOBLE | 15:05 | 39:18 | 54:23 | 11 | | 10 | 62.93 | 7:42 | 4:47 | 38:08 | 24:44 |
| ANDREW WEST | 17:20 | 37:10 | 54:30 | 12 | | 4 | 65.52 | 7:17 | 4:32 | 34:27 | 24:21 |
| ROBBIE YOUNGSON | 23:00 | 31:38 | 54:38 | 13 | | 2 | 81.56 | 6:12 | 3:51 | 29:53 | 25:48 |
| JOHNNY BEEDIE | 16:40 | 39:29 | 56:09 | 14 | | 12 | 63.19 | 7:45 | 4:49 | 35:57 | 24:57 |
| JENNIFER BEEDIE | 07:30 | 50:03 | 57:33 | 15 | | 15 | 49.98 | 9:49 | 6:06 | | 25:01 |
| ALISON WEST | 14:05 | 45:38 | 59:43 | 16 | | 14 | 58.29 | 8:57 | 5:34 | 39:33 | 26:36 |
| TRACEY WESTON | 0:00:00 | 1:00:53 | 1:00:53 | 17 | | 17 | 47.30 | 11:56 | 7:25 | | 28:48 |