

Liffey Valley AC Winter League of Races 2021/22

Provisional Rank	Athlete	Cake Race	5k Cross Country	XC Championship	Avondale Cup	2 Mile Road Race	Bonus for competing in all races	Total
1	Joe Cooper	45	27	50	36	50	10	191
2	Sinead McDonald	40	36	50	40	30	10	176
3	John Touhy	33	45	50		43		171
4	Sergei Dolgy	37		50	37	40		164
5	Siobhán Nugent	29	44	50	30	27	10	163
6	Brigid Long	28	26	50	45	26	10	159
7	Arnaud Benjacar	39	37		43	33		152
8	Tom O'Connor	32	30	50	34			146
9	Stephanie Hawkins		42	50	31	20		143
10	Sean O'Malley		50	50	42			142
11	Orla Gordon	24	25	50	32	21	10	141
12	Paul Balfe			50	41	45		136
13	Aoife Brady	25	23	50	27	23	10	135
14	Hillary McDonald	19		50	28	36		133
15	Mary Ellen Ryan	50	29	50				129
16	Geoffrey Alexandre	41	34	50				125
17	Paddy Reilly	21	33		33	31		118
18	Tom Ward	30		50	38			118
19	Elle O'Driscoll	42	43			29		114
20	Lea Fulcher	35	40			38		113
21	Palina Plancova		38	50		24		112
=22	Una Reilly	22	19		35	32		108
=22	Jen Preston		39		44	25		108
24	Jim Davis			50	29	28		107
25	David Carroll			50	50			100
26	AN Other			50	26	18		94
27	Declan Connor	44	31					75
28	Keith Lunders	38	35					73
29	Tommy Breheny	23		50				73
30	David Van Buren	31				41		72
31	Sharon Kinsella			50		17		67
32	Stephen Coughlan	20				44		64
33	Tadgh Prendiville		18		39			57
=34	Mollie O'Donnell			50				50
=34	Luke Ryder	26	24					50
36	Clare Kavanagh		28			19		47
=37	Tara Fitzsimons		18		25			43
=37	Tom Prenderville	43						43
39	Phil Williams					42		42
40	Leo Kavanagh		41					41
41	Mark Naylor					39		39
42	Kevin McDonald					37		37
43	Ciaran Reilly	36						36
44	Ciaran Broderick Farrell					35		35
45	Ben O'Connor					34		34
46	Matt Blyth	34						34
47	Rachel Murphy		32					32
48	Aisling McAleir	27		0				27
=49	Sile Muldowney					22		22
=49	Annie Gittens		22					22
51	Alice Clement		21					21
52	Eddie McGrath		20					20
53	Anna Flynn					16		16

Final Total = Best 4 of 5 races

- Rules:
- #1 Points allocated after race results adjusted for handicap
1st = 50
2nd = 45
3rd = 44
4th = 43
5th.....
- #2 50 Points allocated to completion of Championship Races - XC
Total Comprised of Best 5 out of 6 Races
- #3 Bonus 10 points for athletes who compete in all 5 races
- #4 Judge's Decision is Final