

## Liffey Valley AC Winter League of Races 2021/22

Provisional Rank	Athlete	Cake Race	5k Cross Country	XC Championship	Avondale	2 Mile Road Race	Bonus for competing in all races	Total
1	Ellie O'Driscoll	42	43				10	95
2	Mary Ellen Ryan	50	29				10	89
3	John Touhy	33	45				10	88
4	Arnaud Benjacar	39	37				10	86
5	Declan Connor	44	31				10	85
6	Geoffrey Alexandre	41	34				10	85
7	Lea Fulcher	35	40				10	85
8	Keith Lunders	38	35				10	83
9	Siobhan Nugent	29	44				10	83
10	Joe Cooper	45	27				10	82
11	Tom O'Connor	32	30				10	72
12	Paddy Reilly	23	33				10	66
13	Brigid Long	28	26				10	64
14	Orla Gordon	26	25				10	61
15	Aoife Brady	27	23				10	60
16	Una Reilly	24	19				10	53
17	Sean O'Malley		50					50
18	Tom Prenderville	43						43
19	Stephanie Hawkins		42					42
20	Leo Kavanagh		41					41
21	Sinead McDonald	40						40
22	Jen Preston		39					39
23	Palina Plancova		38					38
24	Sergei Dolgy	37						37
25	Ciaran Reilly	36						36
26	Matt Blyth	34						34
27	Rachel Murphy		32					32
28	David Van Buren	31						31
29	Tom Ward	30						30
30	Clare Kavanagh		28					28
31	Tommy Breheny	25						25
32	Luke Ryder		24					24
33	Annie Gittens		22					22
34	Stephen Coughlan	22						22
35	Alice Clement		21					21
36	Hillary McDonald	21						21
37	Eddie McGrath		20					20
38	Tara Fitzsimons		18					18

Final Total = Best 5 of 6 races

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