

## Liffey Valley AC Winter League of Races 2022/23

Final Rank	Athlete	Cake Race	5k XC	XC		2 Mile Road		Worst Score	Grand Total
				Championship	Avondale Cup	Race	Bonus		
1	David Carroll	39	44	50	42	29	10	-29	185
2	Patrick Fox	45	38	50	50				183
3	Arnaud Benjacar	29	39	50	43	28	10	-28	171
4	Hilary McDonnell	16	41	50	45	18	10	-16	164
	Bernard O'Sullivan	20	50	50		44			164
6	Orla Gordon	27	41	50	24	35	10	-24	163
7	Mollie O'Donnell	36	31	50	28	32	10	-28	159
	Brigid Long	30	28	50	36	33	10	-28	159
	John Touhy	41	31	50	37				159
10	Joe Cooper	25	29	50	39	27	10	-25	155
11	Pat Collins	18	36	50	29	26	10	-18	151
	Úna Reilly	22	37	50	32	14	10	-14	151
13	Tom Breheny		45	50	40	13			148
14	Keith Lunders	23	39	50		34			146
15	Rebecca McLoughlin	50	37	50					137
16	Peter Bowe		33	50		50			133
17	Conor O'Loughlin			50	35	42			127
	Diego Alejandro Cavallo		32	50		45			127
19	Paulius Zeimys			50	33	43			126
20	Matt Blyth	38	35	50					123
21	Sergei Dolgy		30	50		36			116
22	Paul Balfe	34		50	26				110
23	Geoffrey Alexandre		35	50		20			105
24	Siobhán Nugent	24	29	50					103
25	Tom Ward	35			30	37			102
26	Stephanie Hawkins	26		50		25			101
	Michael Ferreira	43	33		25				101
28	Jim Davis			50	21	21			92
29	Paddy Reilly			50	23	17			90
30	Seán O'Meallaigh		42		44				86
31	Pierce Geoghegan		43			41			84
32	Conor Galvin		40			39			79
33	Michelle Skeath	19	27			22			68
34	Tom O'Connor	31	34						65
35	Ciaran Reilly				38	23			61
36	Shauna Dunne				41	15			56
37	Mary Ellen Ryan				27	24			51
38	Javier Silvan			50					50
39	Brendan Beere	44							44
40	Sile Muldowney	42							42
	Eoin Buckley					40			40
42	Ciara Broderick Farrell	40							40
43	Simon Monds					38			38
44	Elle O'Driscoll	37							37
45	Kevin McDonnell				34				34
46	Ben O'Connor	33							33
47	Peter Arthur	32							32
48	David Van Buren				31				31
	Jen Preston					31			31
50	Malcolm Prince					30			30
51	Stephen Coughlan	17				12			29
52	Antonio Lorente	28							28
53	John Costigan				22				22
54	Aoife Brady	21							21
55	Heather Browning					19			19
56	Louise Brennan					16			16
57	Pat Gibbons					11			11

Final Total = Best 4 of 5 races

- Rules: Points allocated after race results adjusted for handicap
- #1 1st = 50
  - 2nd = 45
  - 3rd = 44
  - 4th = 43
  - 5th.....
  - 50 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 5 races
  - #4 Judge's Decision is Final