



RYSTON CHALLENGE 2019

Best 3 points scores out of 7 Ryston organised races to count
Best 5 points scores from non-Ryston organised races to count
Figures in red are race points included in championship.

Table with columns for Men and Women, Position, Points, and various race events including ANY MARATHON FEB-DEC 2019, RYSTON MAD HARE 17th FEBRUARY, RYSTON XC 6.5k 10th MARCH, WYMONDHAM 20m 24th MARCH, GEAR 10k 5th MAY, HUMPTY DUMPTY 10k 30th JUNE, RYSTON HANCOCK 5m 4th JULY, DEREHAM TOWN 5k 18th AUGUST, RYSTON WISSEY HALF 1st SEPTEMBER, JOLLY JAGS 10k COLTISHALL 22nd SEPT, RYSTON XC 5k OCTOBER TBC, PETERBORO HALF 13TH OCTOBER, FENLAND 10 27TH OCTOBER, RYSTON XC 9k NOVEMBER TBC, LONG SUTTON 10k 17TH NOVEMBER, RYSTON XC 6.5k DECEMBER TBC, and MARHAM 10k 31ST DECEMBER. Each race column contains sub-columns for Run Points, Run's points, VZ, Oxy, Points, PB, and Total.