

**Red Rose Road Runners  
Fell Championship  
Lee Mills Fell Race 31st July 2019**

**Mens**

Name	Time	Points
Frank Nightingale	00:59:27	1
Barry Wheeler	01:02:25	2
Stephen Woodruffe	01:03:32	3

**Ladies**

Name	Time	Points
Paula Plowman	01:20:59	1