

Position	First Name	Surname	Time	(M/F)	Club
1	RICH	Ayling	14.27	M	Avon Valley Triathletes
2	Sam	Mckelvie-Warsop	15.36	M	
3	Tim	White	16.39	M	
4	Ben	Holding	16.59	M	Bristol & District Triathletes (Bad Tri)
5	Paul	Redman	17.33	M	Na
6	Chris	Norris	18.27	M	Kingswood Tri Club (Bristol)
7	Neil	Parker	19.26	M	Kingswood Tri Club (Bristol)
8	Holly	Newman	19.48	F	Avon Valley Triathletes
9	James	Williams	20.39	M	
10	Ann-Marie	Withers	20.46	F	Avon Valley Runners
11	thomas	miller	20.59	M	
12	Bjorn	Bjergfelt	21.02	M	
13	Beccy	Evans	21.12	F	Bristol & District Triathletes (Bad Tri)
14	Richard	Newman	21.14	M	Avon Valley Triathletes
15	Alan	Tang	21.18	M	
16	Will	Richardson	21.25	M	
17	Gillian	Wilson	22.08	F	
18	Lisa	Atkins	22.34	F	
19	Fiona	Gibbs	23.40	F	AVON VALLEY TRIATHLETES
20	Beckie	Smith	23.55	F	
21	Helen	Parker	23.58	F	
22	fiona	cobham	24.04	F	
23	paul	burgess	24.06	M	Frampton Cotterell Harriers
24	Tony	Knight	24.19	M	
25	Gordon	Lewis	24.48	M	
26	Richard	Nuell	24.58	M	North Bristol Triathlon Club
27	Wendy	Price	25.00	F	
28	Melissa	Houston	25.09	F	
29	Rachel	Andrew	26.40	F	Bristol & District Triathletes (Bad Tri)
30	Mark	Wilson	27.44	M	
31	david	Knight	29.19	M	
32	Emma	Hallam	29.42	F	North Bristol Triathlon Club
33	Helen	Blundell	31.40	F	
34	Elizabeth	Walsh-Iheoma	32.43	F	
35	Gwen	Blundell	32.49	F	

**There is only one way
To arrive at the destination:
Begin.**

Sri Chinmoy