

# SHAMROCK DUATHLON

## *Revival*

5K | 20K | 5K  
CONGRATULATIONS

### TOM ST JOHN

ON FINISHING THE DUATHLON - SINGLE-DAY INDIVIDUAL

**0:24:36**  
RUN 5K

**0:47:09**  
BIKE 20K

**0:29:15**  
RUN 5K2

**1:41:00**  
TOTAL TIME

**HMF**  
EVENTS