## SHAMROCK DUATHLO

5K | 20K | 5K **CONGRATULATIONS** 

## **NEIL KELSEY**

ON FINISHING THE DUATHLON - SINGLE-DAY INDIVIDUAL

0:34:02 0:44:13 **RUN 5K** 

BIKE 20K

RUN 5K2

0:36:11 1:54:26 **TOTAL TIME** 

