

SHAMROCK DUATHLON

Revival

5K | 20K | 5K
CONGRATULATIONS

JOHN FRAIN

ON FINISHING THE DUATHLON - SINGLE-DAY INDIVIDUAL

0:24:17

RUN 5K

0:56:48

BIKE 20K

0:23:19

RUN 5K2

1:44:24

TOTAL TIME

HMF
EVENTS