

# SHAMROCK DUATHLON

## *Revival*

5K | 20K | 5K  
CONGRATULATIONS

**JOHN FRAIN**

ON FINISHING THE DUATHLON

**23:32**

5K RUN 1

**54:11**

20K BIKE

**22:51**

5K RUN 2

**01:40:34**

TOTAL TIME

**HMF**  
EVENTS