



Michael Hall is aiming to better his time from last year's event in December's Busselton Ironman. Picture: Jon Hewson

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## Hall eyes new target for Ironman

### ■ IRONMAN

A DISCUSSION at his father's birthday party three years ago led to Michael Hall, his father and brother deciding to enter the Busselton Ironman group event.

"We thought we'd give it a crack," Hall said.

"It turned out that we really enjoyed it as it was something we could all do together as a family."

In fact, Hall enjoyed it so much he decided to enter the solo competition in the 45-49 age group.

"Basically I just wanted to prove to myself that I could do it," he said.

"It's one of those things that I

wanted to tick off my list.

He has been in training for the 3.8km swim, the 180km bike ride and the 42km marathon since August.

"I ride to Perth and back along the bike track, train at the aquatic centre and run around Mandurah," he said.

"Last year my aim was just to cross the finish line. I managed that, so this year I'm hoping to beat last year's time. It's given me something to aim for."

The Busselton Ironman will be held on Sunday, December 5.

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