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 Sport
 

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## He's ultraman

He's CPL Mark Doran



FLTLT Dave Carroll, of 92WG, is greeted by his family as he crosses the inaugural Ultraman Australia in Noosa in May.

*Photo: Barry Alsop, Eyes Wide Open Images*

AN AIR Force triathlete faced the ultimate challenge during the inaugural Ultraman Australia at Noosa on the Sunshine Coast from May 9–11.

FLTLT Dave Carroll, of No. 92 Wing, tested his endurance in the gruelling three-day event where athletes competed in a 10km swim and a 144.8km cycle on day one, cycled for 273.6km on day two and on the third day ran a double marathon of 84.3km.

He finished in a time of 34:45:32, with 4:54:51 for the 10km swim, 18:07:07 for the 418.4km bike (6:46:38 for 144.8km and 11:20:29 for 273.6km) and 11:43:34 for the 84.3km double marathon.

His lead up to Ultraman included Murray Man, Ironman Western Australia, Ironman 70.3 Geelong, Ironman Melbourne and as a warm down to his Ultraman he did the Cairns Ironman on June 14.

FLTLT Carroll said Ultraman was the perfect culmination of the six Ironman events he has completed during the past two years.

“With a 14-hour ironman time, give or take half an hour or so, I knew I would be pushing close to the 36 hours with a race two-and-a-half times the effort of an ironman,” he said.

“My only goal each day was to beat the sunset, which coincided with the daily 12-hour cut

off.

“The training is important and I did some big weekends of running and cycling to prepare my legs for the longer distances.

“During the Easter break I rode 412km and ran 66km in four days, then the next weekend I ran 84km in two days and on the third weekend I rode 206km in one day.” At 44 years’ old and weighing 83kg, FLTLT Carroll has completed every current full-distance ironman in Australia and New Zealand and said age was not a barrier to tackling an ultraman.

“There were competitors in their 50s with the oldest being 65 years’ old,” he said.

“Anybody who can finish an ironman in less than 14.5 hours will be able to complete an ultraman with a little extra training.

“However, you do need to have a very supportive family and a good crew for the event.

“I’m not exactly sure what my next big challenge will be.

“I plan to focus on some longer runs for the rest of the year, including the Adelaide Marathon and Yurrebilla Ultra again, and maybe I will even do the 105km Heysen Trail.”



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