



Halcyon team's marathon spirit

A BLI BLI senior who has had polio since childhood has proved age and illness are no barriers to fitness after walking the five kilometre event in the Sunshine Coast Marathon over the weekend.

Nola Dunbar, 75, was one of 137 home owners and staff from four Halcyon over-50s communities who competed across the five kilometre, ten kilometre, half marathon and marathon events on Sunday.

Mrs Dunbar, who lives at Halcyon Landing, has had polio from an early age and wears a calliper to aid her walking.

"I knew a large group from Halcyon was competing so I started training a couple of months ago to be able to walk with them," Mrs Dunbar said.

"With the help of a



AGE NO BARRIER: Halcyon's Nola Dunbar and supporters.

PHOTO: CONTRIBUTED

support crew I was thrilled to have walked the entire distance half-an-hour faster than my goal time of two hours.

"The camaraderie of the Halcyon team was very encouraging."

In a show of the group's community spirit, Mrs

Dunbar was presented with a guard of honour as she crossed the finish line.

Halcyon Landing community manager Donna Osborne said the Halcyon team, who all donned blue Halcyon shirts, was a crowd too big to be ignored.

"The team was competing

across various events but our blue shirts and white caps dotted the entire course," she said.

"We were one of the biggest groups on the day and the efforts of the entire Halcyon team should be commended.

"To see the home owners embracing the challenge and competing in such high spirits proves age is no barrier to fitness."

Halcyon home owners from across south-east Queensland have competed in numerous Gold Coast and Sunshine Coast marathon events over the past several years.

As well as inspiring community integration, Halcyon has championed a transparent financial model and does not charge home owners exit or deferred management fees.