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Bundanoon Bravehearts defeat Goulburn G-RAM-Pies in the Southern Highlands Games as aged care facilities go head to head.

Yesterday, the Bundanoon Bravehearts took on the Goulburn G-RAM-Pies in a Scottish Highlands Games inspired competition which saw them partake in multiple athletic competitions including a kettlebell relay, a heavy rope pull sprint, a sit to stand relay, a pedal sprint and a weighted ball toss. Competitors aged in their 80's and 90's were representing Warrigal Aged Care Homes from Goulburn and Bundanoon.

The Goulburn G-RAM-Pies boarded the bus with excitement and anticipation at 9am. There was something special in the air. Supporters and family members had travelled from all over to see the athletes compete. Competition was close with the Goulburn G-RAM-Pies taking the initial lead in the first half, with an impressive display of Kettle Bell carries. It was the afternoon where the Bravehearts brought it home securing the win with strong displays in the pedal sprints and weighted ball toss.

Phil 81, who had a stroke a year ago and has been learning to walk again said 'I've been training in the gym for this for weeks but I nearly pulled out a couple of weeks ago as the nerves got the better of me. But I've had such a great day, it's made all the gym time worthwhile'. Phil received the 'Spirit of the Games' medal for his displays of 'strength, confidence and enjoyment'.

Margaret 91, now branded a 'local celebrity' after her morning discussion with ABC news also added 'I struggle with gripping the equipment due to my arthritis but I won't let that get me down'. She then went on to win her heat in heavy rope pull.

Craig Smith, a member of the Warrigal Executive team, commented in a heartfelt speech at the end of the day 'We are extremely proud of the partnership with Warrigal and Guide Healthcare, hosting events like this which genuinely put our resident's health and happiness first. This approach is at the core of what we are all about and I am exceptionally proud of what I have seen here today'.

Physiotherapist and Managing Director of Guide Healthcare, Simon Kerrigan added 'This event has made me extremely proud of working in the aged care industry. Today was the culmination of 10 weeks of planning, preparation and hard work by many people, but my goodness it was worth it! Seeing the residents so energised and happy - It was easily my favourite day that I've ever had working in aged care'.

About Guide Healthcare

Guide Healthcare is an allied health team with an innovative approach to aged care service delivery. Guide is dedicated to providing new opportunities for aged care residents to meet their core value of social justice. The Southern Highlands Games epitomises this dedication.

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