

## Beluga Staff Go the Extra Mile

The staff at Beluga have raised \$700 for The Alfred after participating in the 10km run in the Run Melbourne event held on June 22. The event garnered the interest of six runners in the café, who tackled the event with varying levels of fitness.

Training in the lead up to the event involved the use of a personal trainer for those embarking on the 10km run, whilst those running in the 5km event decided to front up on the day and let fate take its course.

Waking to a typically Melbourne morning, the 10km runners were greeted with a morning drizzle, which cleared in time for the 5km runners. All six members of the team completed the course, with Che achieving a personal best by clocking in at 46 minutes after his 10km run.

Adi Kerr, manager of Beluga, said he decided to raise money for The Alfred's Intensive Care Unit after he noticed the volume of support he received from Alfred staff in the café.

Inspired by the success of their achievements, the team are now holding discussions to compete in a half marathon.



*Beluga Run Melbourne participants (from left), Che, Adi and Rob*