

Monday, 25 July 2011

Chef Adds Some Pepper



Giovanni Pilu is committed to achieving his PB in this year's City2Surf and reaching his fundraising target of \$10 000, crucial funds for his charity of choice, Barnardos Australia.

This year seems to be the chef's race, with a number of other high profiles chefs like Neil Perry throwing their support behind a good cause but whilst Giovanni is passionate about his food he is also extremely passionate about the safety of Australian children and young people.

"It's hard for us chefs, we are constantly eating and tasting, luckily, I am built to race," laughs the Sardinian-born chef who, with his slight frame and five percent body fat, is quite the anomaly in his food-loving industry.

Giovanni will start the Sun-Herald City2Surf in the Red start group following the elite runners, as part of the new Gold Charity Ticket initiative and it seems the course is one pressure-test this chef has no problem handling.

"I don't like to jinx myself, but I do have a really good PB," says Giovanni. Without sharing the exact time, he admitted to running, "under 60 minutes."

Running well is not Giovanni's only motivation. Giovanni and his team from Pilu at Freshwater are running to raise funds for Barnardos Australia, his favorite charity and you can help by donating on their fundraising page at Everyday Hero.

"These poor children deserve all the help we can give them. Sadly, Barnardos helps over 6,000 Australian children and young people who are exposed to abuse and neglect. With our help these children can feel loved instead of let down. We can really make a difference where it counts," says Giovanni.

With a fundraising total already reaching \$3,000, Giovanni is proving his commitment to the cause, to help combat child abuse and neglect.

A chef's schedule isn't always conducive to a fitness regiment, but Giovanni doesn't let that stop him. He regularly rises before 5am to squeeze in a (short) two hour bike-ride before getting his own children off to school. He is determined to get in some running training too. Not that he's out of shape, in June he took out first place in the Soft Sand Classic in the 40+ age group in his home town of Manly.

"That's a tough race, 21kms on sand. But I did it," said Giovanni. "I probably only won because my running partner was away overseas, he's really fast, but still, I was happy with that event." Indeed, with a time of just under 48 minutes, we can see why.

"But it's not only me running. I'm really proud of my team who are running too. I really admire their dedication to get out. But primarily we're all really committed to raising money and awareness for Barnardos Australia," says Giovanni.

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For media enquiries or to arrange a photo opportunity please contact Emma Lipscombe on 0409 283 924, email: elipscombe@barnardos.org.au.

Notes for editors:

Barnardos is a non-government, non-denominational child welfare charity that has been helping children in need for over 120 years. Barnardos Australia is one of the largest children's charities in the country, caring for children and young people at risk of abuse and neglect. The work of Barnardos Australia focuses on the prevention of abuse and neglect and entry into care. Children and young people of all backgrounds and cultural heritage are helped through a range of welfare programs including crisis care, family support, counselling and permanent foster care.

Our vision is that all children and young people will have caring families, in which they can grow up safely and reach their full potential supported by quality services and engaged communities.

For more information visit: www.barnardos.org.au.