



**Keene to run away  
from the  
road works**



Invincible farmer Rob Keene, despite his optimism, has finally had enough and has decided to run away from the difficulties and inconvenience caused to his business by the road works on the A40 in Gloucester. Rob is set to travel half way across the world, nearly 4000 miles to escape the bother.

On Sunday 12<sup>th</sup> October Rob will take part in the Bank of America Chicago Marathon, where he will run 26.2 miles starting and finishing at Grant Park, Chicago.

'I started training in June and have since run approximately 250 miles. It's quite funny really, during my training I get down the road at a faster speed on foot than those sat in the virtually stationary traffic.' Said Rob Keene, Owner, Over Farm Market.

Last year Over Farm Market was affected by the floods and this year it has been by the road works. The work taking place has caused the farms trade to suffer significantly since they were introduced on the busy commuter road at the end of June this year.

'It has been tough time but the important thing is to remain positive and make the best of a bad situation. The marathon has given me something else to focus on and I am really looking forward to it.' Explains Rob Keene, Owner, Over Farm Market.

Rob is a trustee of the Old Spot Trust, a charity that was set up in at the beginning on this year with the aim to benefit local charities and good causes in the Gloucestershire area. Any money that Rob raises through sponsorship will go to the Old Spot Trust and will consequently be

deposited back into the local community through grants in the near future.

'It is wonderful to do this for charity, especially for the Old Spot because it is charity that is close to my heart as it helps to benefit Gloucestershire people.' Said Rob Keene, Owner, Over Farm Market.

'This is typical of Rob, he's always thinking of others. He's going through a hard time himself but instead of feeling de-motivated he's thinking of ways to benefit the Trust and people in the local area. I really do hope that business picks up for him soon, it's not fair that he should suffer, he's a good guy and an example to us all really. I wish him the best of luck in Chicago.' Said Rob Ayland, Managing Director, Colt Cars Mid West- Mitsubishi.

This will not be the first Marathon that Rob has participated in, he ran in the London marathon in April of 2005. From this he raised approximately £3000 in sponsorship for Clic Sargent, a charity that cares for children and young people with cancer. He ran again independently in November 2005 in the New York marathon. Rob was due to be included in the Chicago event last year, however it was cancelled due to the heat which meant that he was unable to.

The Chicago marathon is known for its fast flat course that allows runners to explore Chicago as they proceed through numerous neighbourhoods and past some of Chicago's famous landmarks, attracting people of all ages from all 50 States and over 120 Countries.