



**PRESS RELEASE**

**March 2009**

## **Supporter takes on the hardest footrace on Earth in aid of FARM-Africa!**

Not satisfied with undertaking a 151 mile run in support of FARM-Africa, Andy Turnbull, an Investment Manager for Brewin Dolphin in Edinburgh, will run this epic distance across the Sahara Desert, when he joins the infamous Marathon des Sables in March.

The Marathon des Sables is a six day race across some of the toughest terrain on earth. Andy will be running in searing daytime temperatures of up to 40 degrees centigrade.

Each runner has to be totally self sufficient- carrying all of their own kit including the essential 10 litres of water that they will have to drink each day. On the longest day our intrepid runner will run 52 miles in an effort to improve the lives of African farmers.

Andy explains why he is supporting FARM-Africa, "I basically like the idea that FARM-Africa encourages farmers to be self sufficient and provides long term solutions to food shortages rather than just quick fix solutions. I am proud to be undertaking this journey for FARM-Africa"

To support Andy's remarkable efforts for eastern Africa's farmers please go to [www.justgiving.com/andrewturnbull150](http://www.justgiving.com/andrewturnbull150) .

FARM-Africa transforms the lives of poor rural people in Africa. The work over more than 20 years has proved that with just a little assistance, Africa's farmers can dramatically improve their lives.

FARM-Africa works in Ethiopia, Kenya, Tanzania, Uganda and Southern Sudan. Through grassroots projects the charity helps rural communities to grow more food; keep their livestock healthy and manage their natural resources sustainably.

Notes to editors:

For more information on FARM-Africa please visit [www.farmafrica.org.uk](http://www.farmafrica.org.uk) or contact Ngaio Bowthorpe in the Press Office on 020 7067 1252 or email [ngaiob@farmafrica.org.uk](mailto:ngaiob@farmafrica.org.uk) .