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Running with the Kenyans takes us on a great journey to Iten, Kenya, to the beating heart of the running community in the world. It is always a beautiful experience to meet new people and I really enjoyed meeting all the great people throughout this fascinating journey.

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“Running with the Kenyans: Discovering the Secrets of the Fastest People on Earth” by Adharanand Finn After a couple of disastrous and cramp-filled races the previous year, my friend Tim had a “marathon monkey” on his back at the starting line of the 2014 Edinburgh Marathon.

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This dream became a reality after he won a 10K charity race in Devon with his personal best time of 38 minutes and 35 seconds. (Kenyans commonly run sub 30 minute 10Ks.) His sister-in-law, who lived in Kenya, suggested that he run the Lewa Marathon, one of the toughest marathons in the world, run across a wildlife conservancy in Kenya.

Running with the Kenyans: Discovering the secrets of the ...

Adharanand Finn is the author of Running with the Kenyans (2012), The Way of the Runner (2015) and The Rise of the Ultra Runners (2019). The first of these was the Sunday Times Sports Book of the Year, won Best New Writer at the British Sports Book Awards and was shortlisted for the William Hill Sports Book Award.He is a journalist at the Guardian and also writes regularly for the Financial ...

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