

Our 4 days of training at Yaya Athletics Village...



... with many pleasant
memories.



Fit and fast women on a morning training run



Another of the numerous early morning training teams



...and another



Constant pace marathon training

(an elite runner following a pacer with the Sudanese national soccer team in the background)



Running with the Ethiopians



Field Drills





Running hills with the speedy Brits

including Luigi the Italian Londoner.
Hannah (their leader) never seemed to tire.

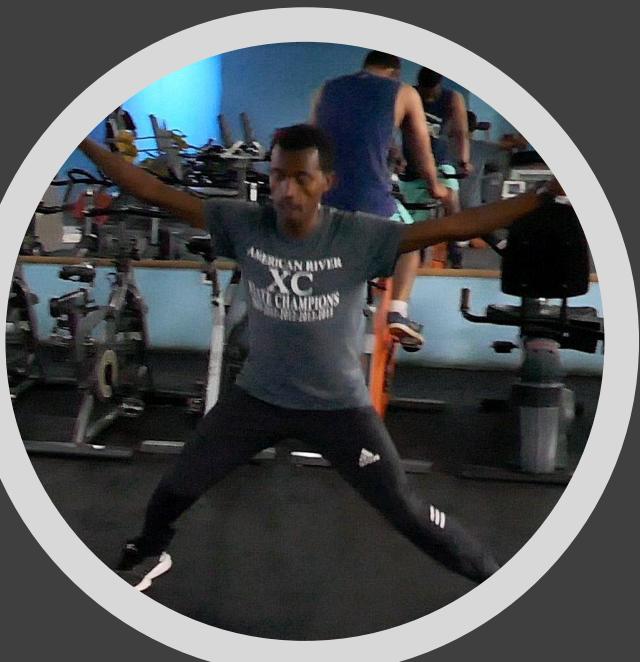
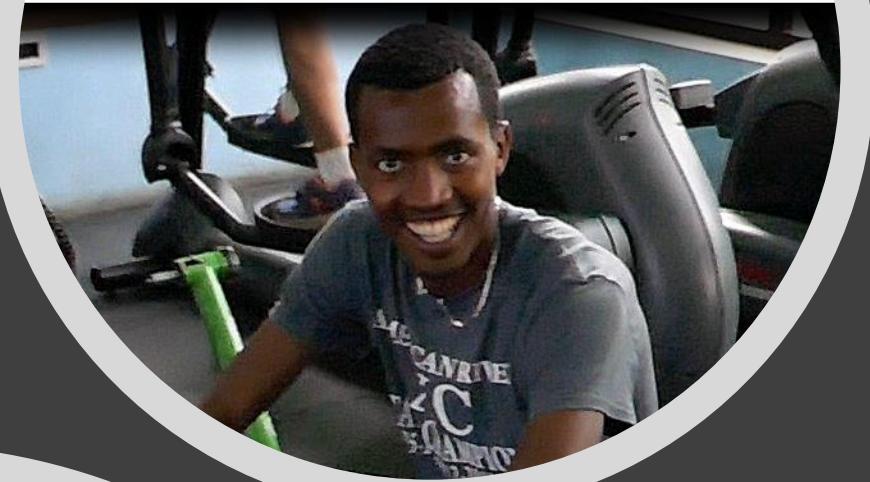
Running through high country fields



Fleet Foot Fekadu

One of our gifted guides leading us around the grass training oval high above the village.





Challa's Heart Palpitating
High Intensity Gym Drills

A farmhouse compound



A field of barley

– a very common crop



Scenes around Saluta



What, no running shoes?





Hard working village women

Saluta's Tasty Village Dump

In the middle of a forest road



Receiving a delivery of teff

The nutritious seed from which Ethiopia's staple bread, Injera, is made.



The Grand Gates of Yaya



The Tranquil Spaces of Yaya

