

# Running routes of Iten

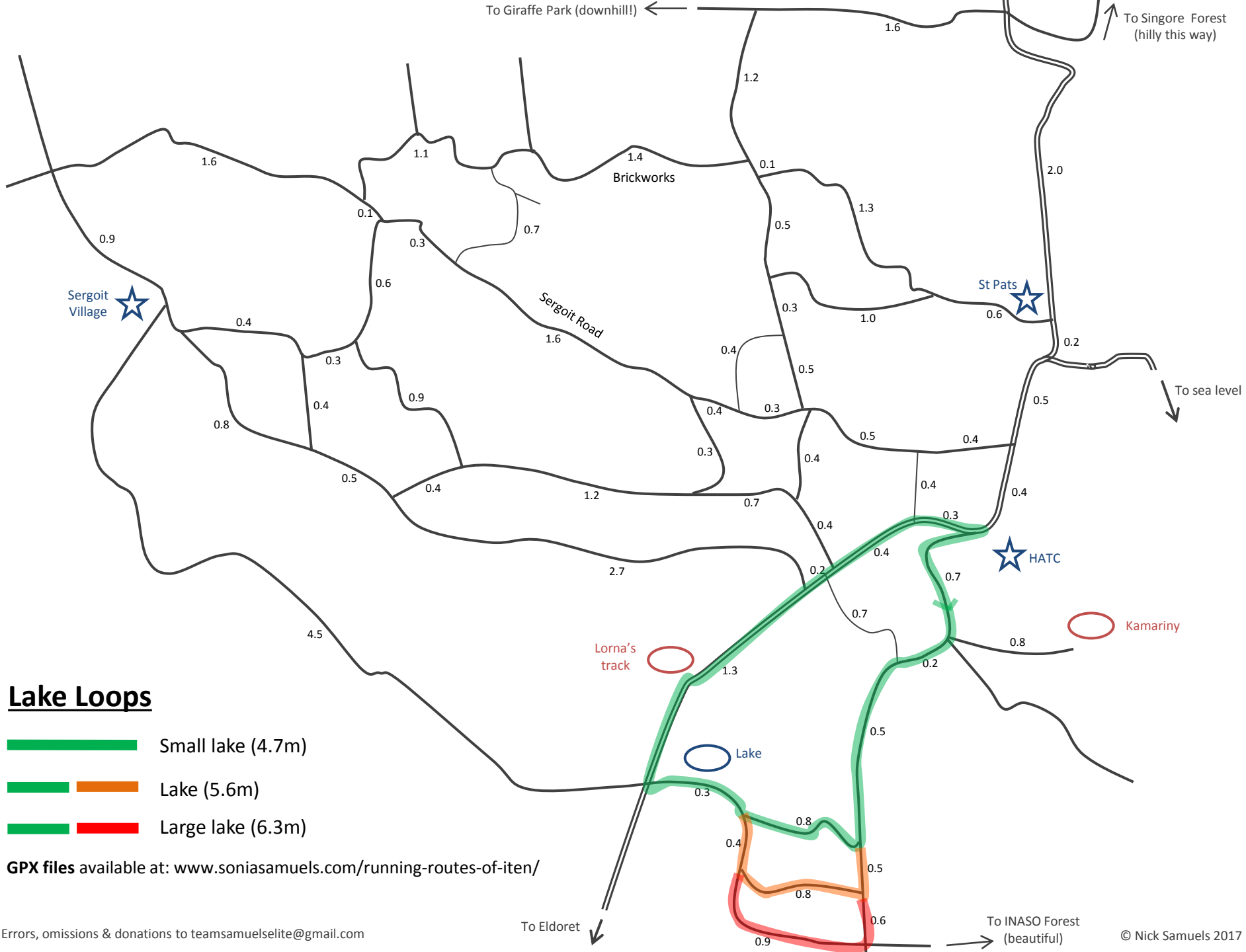
Distances are in miles

Intermediate distance markers between junctions may contain rounding errors so use the total distances of marked routes for accurate overall lengths

Lost? Run uphill & against the strongest headwind you can find and you should end up back at the Tarmac road.

GPX files available at [www.soniasamuels.com/running-routes-of-it/en/](http://www.soniasamuels.com/running-routes-of-it/en/)

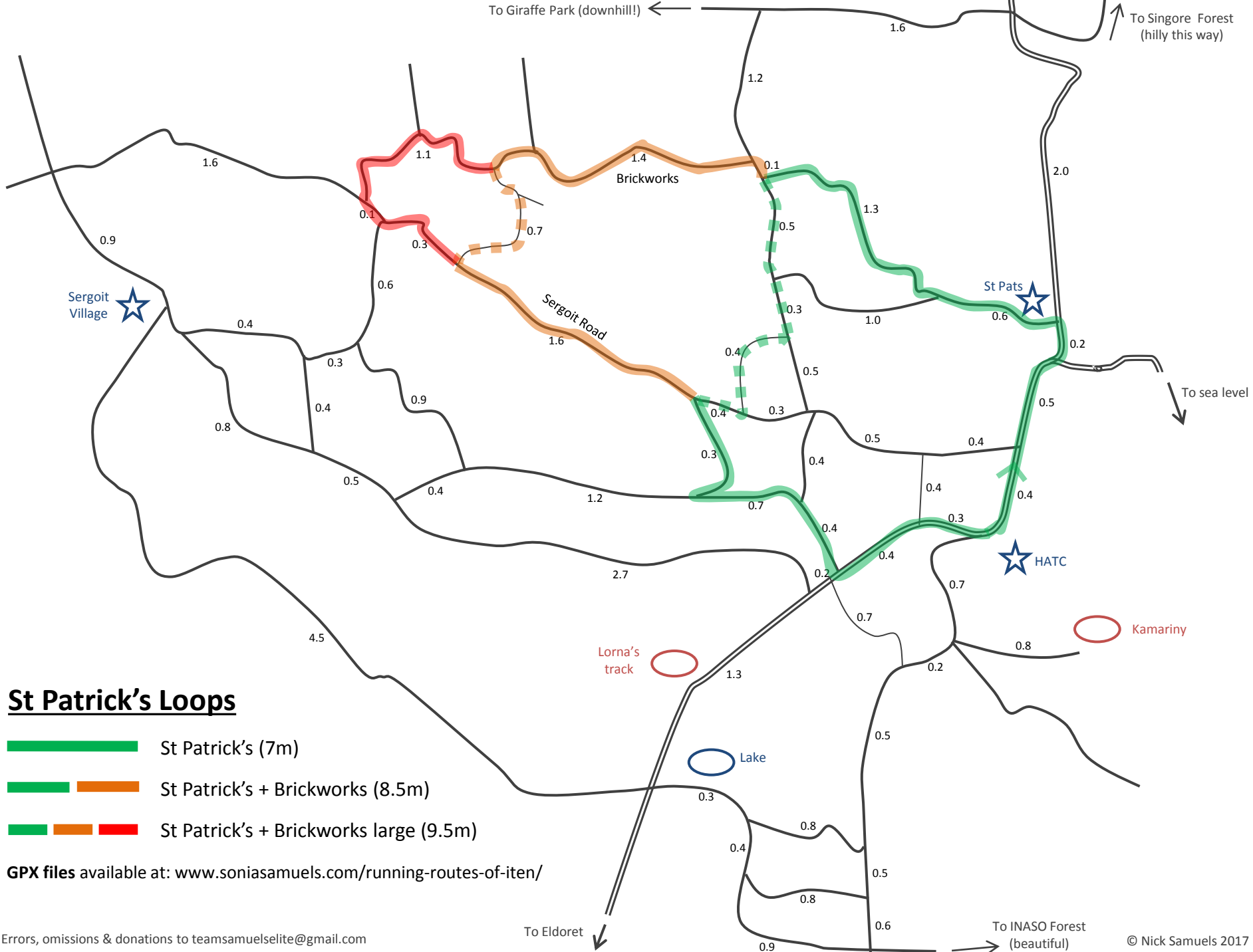
Errors, omissions & donations to [teamsamuelselite@gmail.com](mailto:teamsamuelselite@gmail.com)



## Lake Loops

- Small lake (4.7m)
- Lake (5.6m)
- Large lake (6.3m)

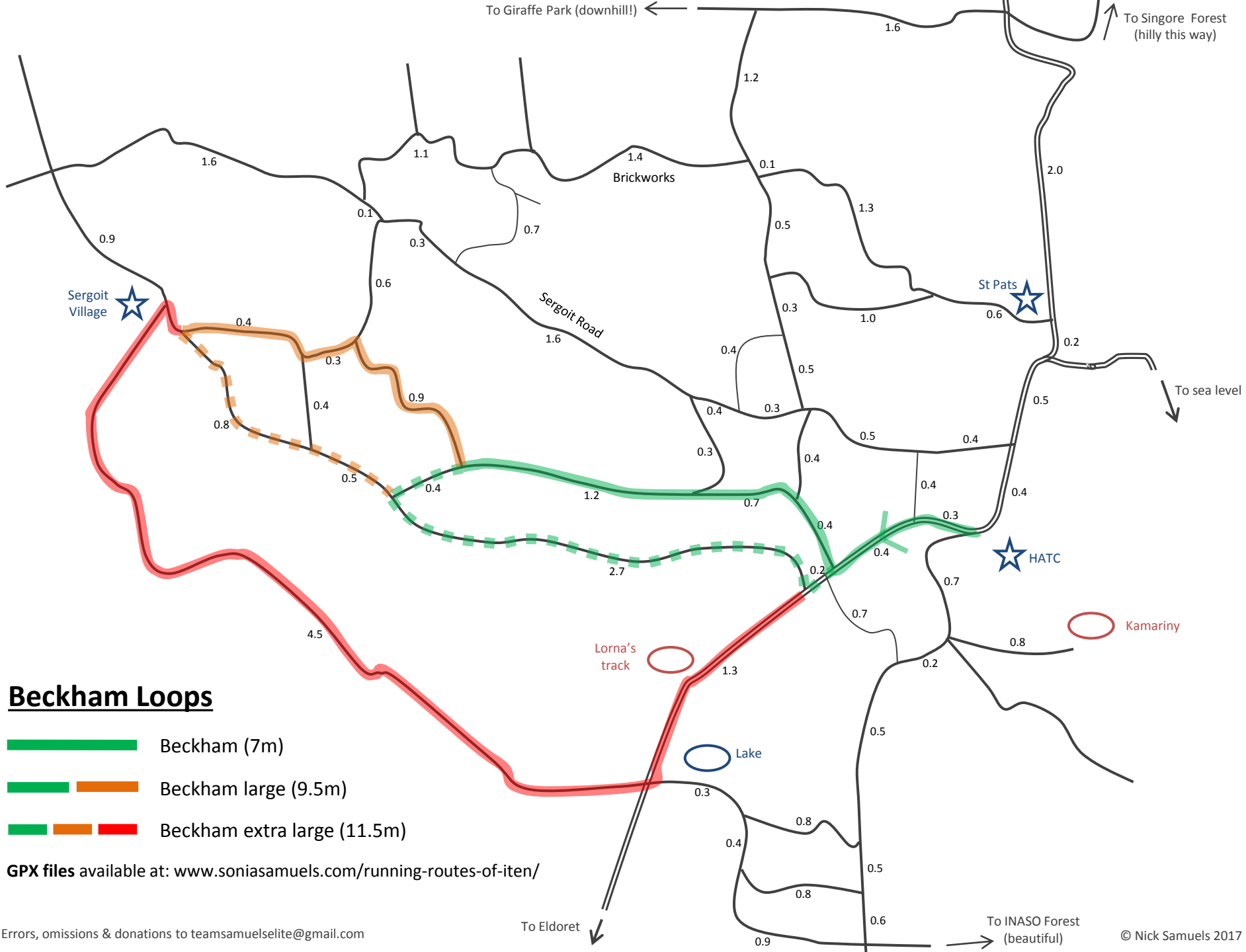
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## St Patrick's Loops

- St Patrick's (7m)
- St Patrick's + Brickworks (8.5m)
- St Patrick's + Brickworks large (9.5m)

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To Giraffe Park (downhill!!) ←

↑ To Singore Forest (hilly this way)

↓ To sea level

↓ To Eldoret

→ To INASO Forest (beautiful)

Sergoit Village ★

Brickworks

St Pats ★

Sergoit Road

HATC ★

Lorna's track ○

Kamariny ○

Lake ○

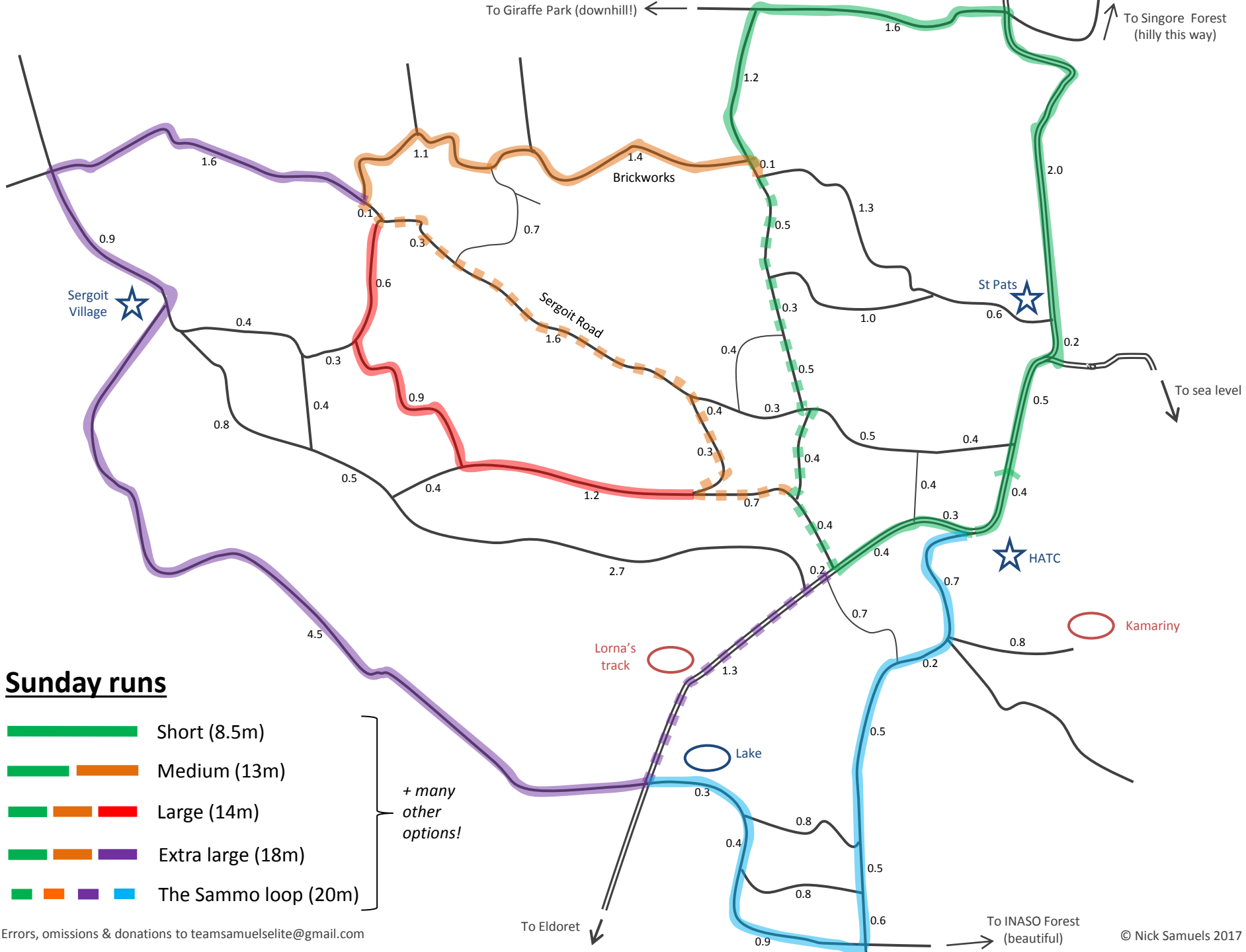
## Beckham Loops

- Beckham (7m)
- Beckham large (9.5m)
- Beckham extra large (11.5m)

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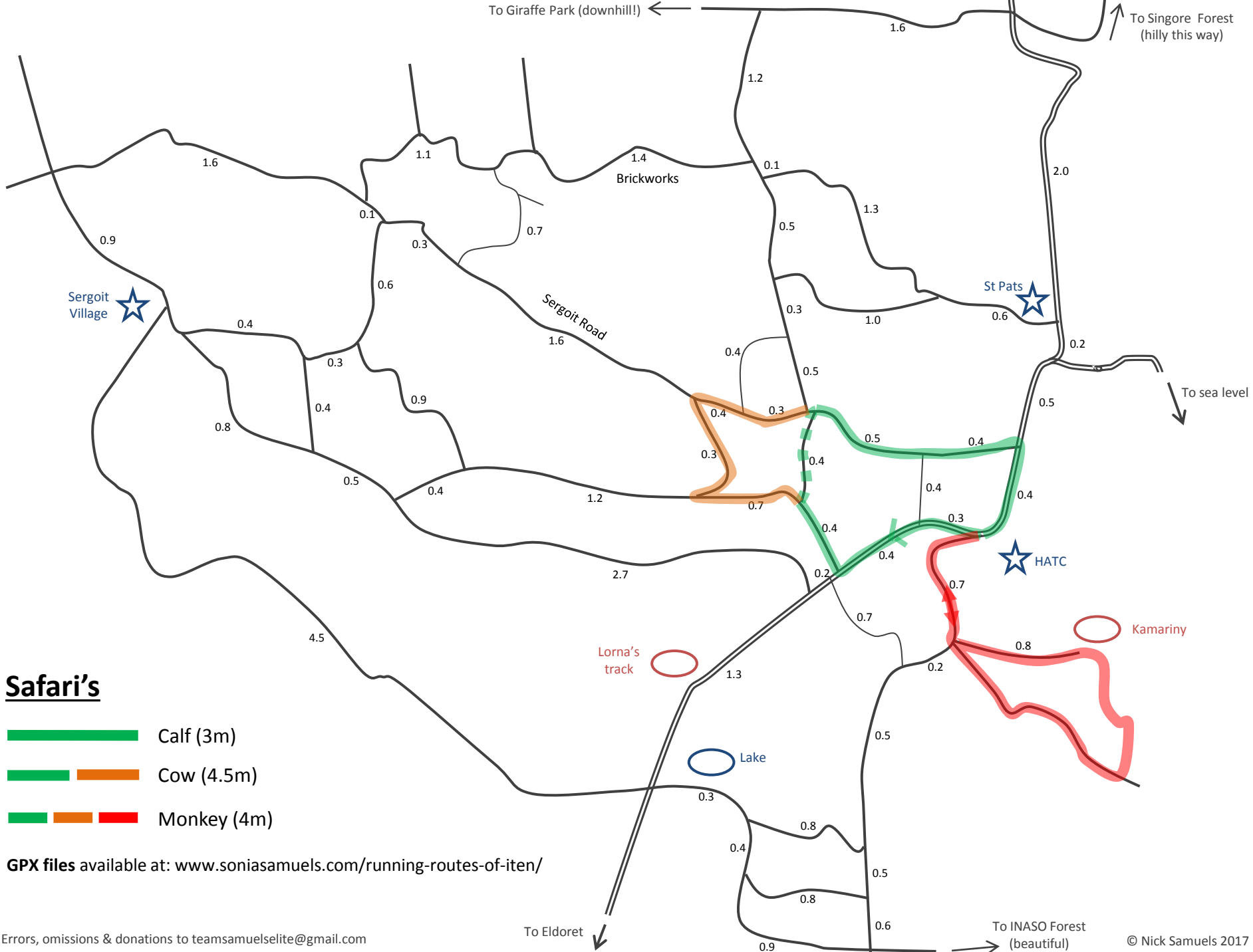
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## Sunday runs

- Short (8.5m)
- Medium (13m)
- Large (14m)
- Extra large (18m)
- The Sammo loop (20m)

+ many other options!



To Giraffe Park (downhill!!) ←

↑ To Singore Forest (hilly this way)

↓ To sea level

↓ To Eldoret

→ To INASO Forest (beautiful)

Sergoit Village ★

St Pats ★

★ HATC

Lorna's track ○

Lake ○

Kamariny ○

Brickworks

Sergoit Road

**Safari's**




- Calf (3m)
- Cow (4.5m)
- Monkey (4m)

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## Singore Forest (start at the lake)

-  Small loop (4-5m)
-  Medium loop (6m)
-  Large loop (9.5m)

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