

# ULTRA X KENYA

## RACE INFORMATION PACK

10-14 MAY 2027

0.36°N/36.78°E

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# RACE OVERVIEW

**Ultra X Kenya with Rhino Ark is a 5 day, 220km safari on foot that takes place in the lesser travelled and more exclusive conservancies of Laikipia County, Kenya.**

Competitors can expect to see a variety of large game whilst also taking in the vast, breathtaking beauty of Kenya's natural landscapes.

Each day from Monday to Friday involves one stage, which will range between 30km and 50km. There are checkpoints stationed approximately 10km apart where competitors can access water, shelter, and if necessary medical support. Each night competitors will camp in locations chosen to showcase the very best of the local area, where they can enjoy physiotherapy treatment, soft drinks, tea/coffee, cold beer and hot water to rehydrate their camp meals.

For this event Ultra X will be working to raise funds for the Kenyan-based conservation charity, Rhino Ark. Since 1988 Rhino Ark has been working to protect mountain ecosystems and endangered wildlife through fencing and related conservation programmes.

After the final stage on Friday, participants will have a chance to enjoy a big BBQ around the campfire. The prize giving and awards ceremony also takes place as well as some local entertainment. The last night at Mugie Conservancy will be one to remember.

Ultra X Kenya is a UTMB® Index Race in the 100K category






# KEY INFORMATION

**For the full race rules and regulations, see our Terms & Conditions.**

**Arrivals:**
We advise participants arrive into Jomo Kenyatta International Airport (Nairobi) on or before midday Saturday 8th May. Participants are responsible for transferring themselves to their accommodation, although an airport transfer service will be offered as an add on.

**Race start:**
The Race Hotel, Tamarind Tree Hotel, Nairobi is where you will meet the event team, collect your race bibs, and board the buses to the race start on the morning of Sunday 9th May. There will be the option to book accommodation at the Race Hotel on Friday 7th, Saturday 8th and Saturday 15th after the race. This can be done through the Ultra X registration platform Racespace.

**Race briefing and kit checks:**
The welcome and race briefing will take place on Saturday afternoon at the race hotel. All participants must attend. This will be followed by kit checks and baggage weighing. Participants will have the option to leave a main travel bag at the race hotel for the duration of the week for anything they won't need. The transport will then depart for the first camp at Sorara in the Mukogodo Forest.



# THE KENYA CHALLENGE

## EVERYTHING YOU NEED TO KNOW

**The Kenya Challenge delivers the same landscapes, camps, checkpoints, and unforgettable experience as Ultra X Kenya – at roughly half the daily distance – 110km.** Designed primarily with walkers in mind, The Kenya Challenge offers adventurers the full experience without the full mileage. The Challenge is an achievable and deeply rewarding way to be part of one of the world's great footraces.

## WHAT IS THE KENYA CHALLENGE?

The Kenya Challenge is a five-day, non-competitive stage run/walk that takes place alongside Ultra X Kenya. You follow the same route, stay in the same camps and cross the same finish lines, starting each day from approximately the halfway point.

**Total distance:** ~110 km across five stages
**Format:** Non-competitive, experience-focused
**Atmosphere:** Identical to the full event – camps, community and finish lines included

## THE KENYA CHALLENGE STAGE DISTANCES:

**Stage 1:** 19 km
**Stage 2:** 28 km
**Stage 3:** 27.5 km
**Stage 4:** 19 km
**Stage 5:** 18 km

Cut-offs apply to ensure everyone reaches camp safely. The required pace is 10 km in 3.5 hours (approx. 3.3 km/h).

## HOW IT WORKS

Each morning, the Kenya Challenge participants are transported by 4x4 to the halfway checkpoint of the day's stage. You then cover the remainder of the route into camp, sharing the trail and the experience with Ultra X Kenya participants.

## WANTING TO SWITCH FROM ULTRA X KENYA TO THE KENYA CHALLENGE?

**Entered the 220 km race but unable to complete a stage?** You can seamlessly continue as a Kenya Challenge participant (subject to medical clearance) and receive a **Kenya Challenge medal.**






## MEDALS & RECOGNITION

Complete all five of the Kenya Challenge stages and you'll receive a First Edition Kenya Challenge medal, distinct from the full Ultra X Kenya medal, but just as meaningful.

## WHO IT'S FOR

First-time multi-stage runners and walkers

Adventurers seeking a reduced-distance challenge

Runners managing injury or recovery

Friends or family supporting an Ultra X Kenya competitor

Anyone ready to do something extraordinary

## COST, SUPPORT & KIT

The Kenya Challenge costs the same as Ultra X Kenya, reflecting the identical level of support, infrastructure, medical care and logistics – plus daily transfers to start points. Mandatory kit requirements are the same to meet safety standards in this remote environment.


KENYA
ULTRA
NAMUNYAK WILDLIFE CONSERVATION TRUST
SARARA CONSERVANCY
MAP OF KEY RACE LANDMARKS
ELDORET
1 HR
APPROX. 350USD
KISUMU
MOUNT KENYA NATIONAL PARK
KORA NATIONAL PARK
NAKURU
ABERDARE NATIONAL PARK
MWINGI NATIONAL RESERVE
SOUTH WESTERN MAU NATIONAL RESERVE
325KM
BY ROAD
20K
KENYA
RUIRU
NAIROBI

# ITINERARY

**Saturday 8th May**
Race Registration, kit checks, bag weighing and welcome will take place in the afternoon at the Race Hotel in Nairobi. All runners must attend.

**Sunday 9th May**
The transport will then depart for Laikipia county, where participants will have plenty of time to relax prior to the first stage. The welcome and race briefing will be taking place at the campsite in Mugie Conservancy.

**Race Week**
**Monday 10th May –** 40km - Mugie Conervancy
**Tuesday 11th May –** 58km - Mugie to Loisaba Conservancy
**Wednesday 12th May –** 55km - Loisaba Conservancy
**Thursday 13th May –** 38km - Loisaba to Ol Maisor Conservancy
**Friday 14th May – 36km –** Ol Maisor Conservancy

On Friday evening after the race, the organisers host a big BBQ where the prize giving and awards ceremony takes place. This will be on Mugie Conservancy.

**Saturday 15th May**
On Saturday morning a breakfast will be available to purchase or there will be the use of hot water for dehydrated meals. All competitors will then be transported back to the race hotel in Nairobi (7hrs). For those with flights on

Saturday we recommend not booking a flight departing before 20:00.

For those wanting to take the fast route back to Nairobi, you can book a seat on a small bush plane. This will be at your own expense.



# CAMPING

The living accommodation consists of two person tents. Participants must bring their own sleeping bags and roll-mat. Competitors will be allocated tents at random by gender, unless specifically requested to share (a form will be sent out in the build up to the race).

Camp showers, camp fires and electricity are available at each campsite for competitors to use and enjoy.

**VIP and Single Supplement Tents:**
If participants would prefer to have their own tent, then this can be booked as an add-on via Racespace. We are also offering the option for competitors to purchase VIP tents. VIP tents are walk-in tents with a sleeping cot, mattress, pillow, sheet and duvet with a floor mat and chairs. VIP tents can be shared by two persons.

Although competitors must carry essential safety equipment (such as water bottles, daily nutrition, etc) in their running packs, their race holdall (containing sleeping equipment, clothing, meals etc) is transported between each campsite. by the organisers.

## FOOD & COOKING

For food, the organisers will provide hot water with which to rehydrate dehydrated meals. Hot water will be available at camp two hours before the scheduled race start each day and after the finish each day.

Competitors can select to have two meals per race day (Monday-Friday) provided as part of their race package. Meals will be cooked in the bush and cater to all dietary requirements.



# CUT-OFFS

Exact cut-offs will be communicated to competitors before each stage of the race. Participants must have departed the checkpoint before the cut-off time, or they will not be allowed to continue.

We want everyone to finish the race whilst enjoying the scenery. We therefore have generous time allowances of 2.5 hours for every 10km for the flatter stages of the event and up to 3 hours per 10km for other sections.

# DROP OUTS

Participants may withdraw from the event at any time. Any competitor who wishes to stop their race must inform the organisation at Race HQ and hand in their bib number and tracker before departing.

Should a participant retire or be withdrawn from the event, all additional costs incurred (accommodation, transfers, food, etc) must be covered by the participant.

If you cannot finish a stage (as long as you are cleared by the medical team) you may start the following day's stage. However, you will not receive a rank or medal. If you cannot finish a second stage your race will be over.

For those taking on Ultra X Kenya and wanting to drop down to the shorter Kenya Challenge - they may do so at any point.

# INSURANCE

Personal insurance that covers ultramarathon trail running is required to participate in this event. It is the responsibility of the individual to check that they have adequate cover (most standard travel insurance policies do not include ultramarathon running). This must cover you fully against the costs of hospitalisation, medical care and repatriation if you were not able to continue the Race, including the cost of air or other forms of evacuation and / or repatriation should sickness or injury necessitate such a course of action.

There are several insurance companies that offer ultramarathon trail running cover. We recommend:

ITRA Insurance
The British Mountaineering Council
Mann Broadbent

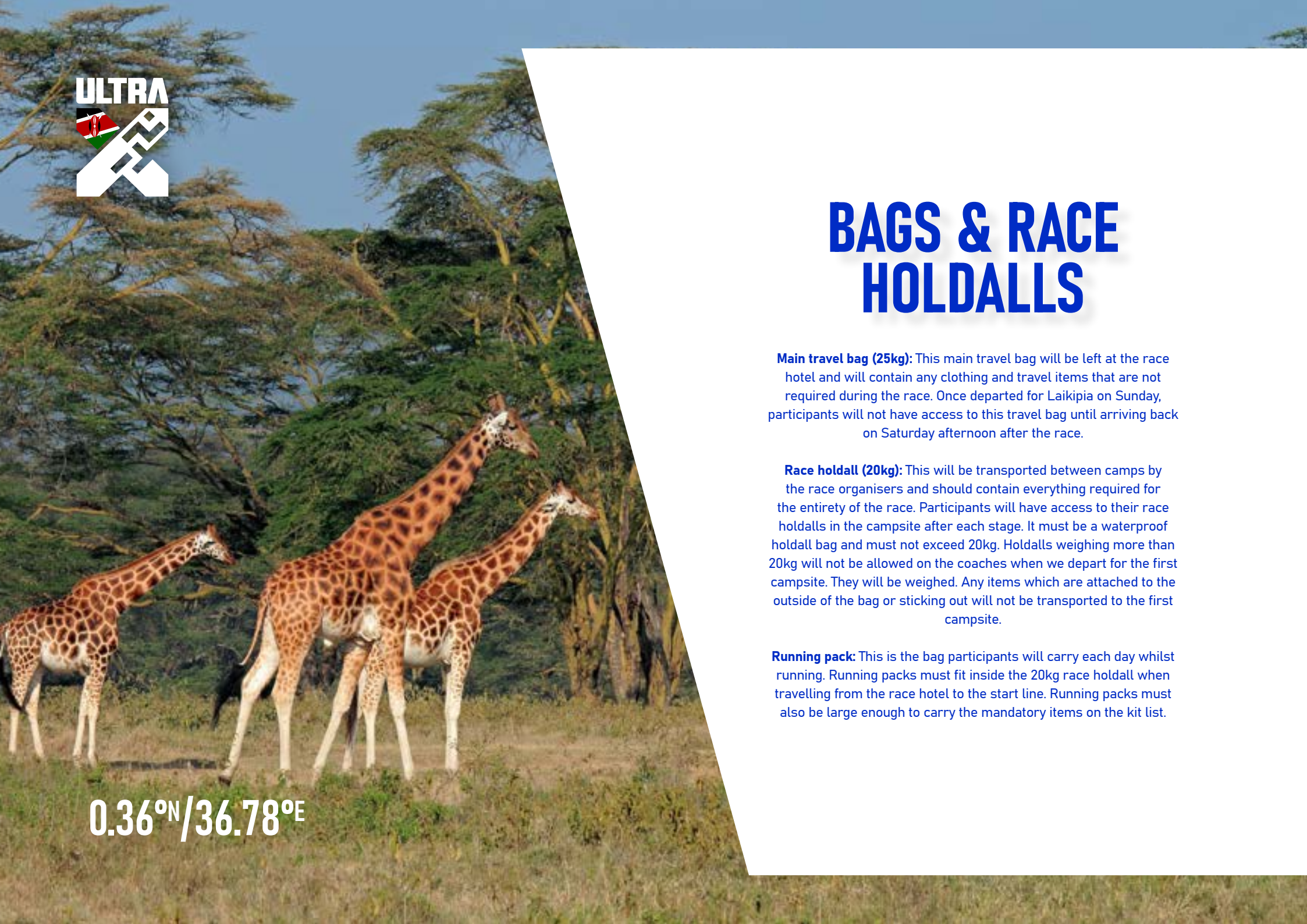
# CLIMATE

Whilst May is supposed to be the end of the wet season in Laikipia, rainfall is sporadic and the area is semi-arid. We do not anticipate rainfall but that does not mean we should not prepare for it. Runners can expect a range of between 19°C-34°C during each day.

# ANIMALS

Animals are a mild safety risk in Kenya but will always avoid humans when possible. Our experienced expedition support team and local partners take all necessary precautions to keep competitors safe.

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# BAGS & RACE HOLDALLS

**Main travel bag (25kg):** This main travel bag will be left at the race hotel and will contain any clothing and travel items that are not required during the race. Once departed for Laikipia on Sunday, participants will not have access to this travel bag until arriving back on Saturday afternoon after the race.

**Race holdall (20kg):** This will be transported between camps by the race organisers and should contain everything required for the entirety of the race. Participants will have access to their race holdalls in the campsite after each stage. It must be a waterproof holdall bag and must not exceed 20kg. Holdalls weighing more than 20kg will not be allowed on the coaches when we depart for the first campsite. They will be weighed. Any items which are attached to the outside of the bag or sticking out will not be transported to the first campsite.

**Running pack:** This is the bag participants will carry each day whilst running. Running packs must fit inside the 20kg race holdall when travelling from the race hotel to the start line. Running packs must also be large enough to carry the mandatory items on the kit list.

# MEDAL RIBBONS

All finishers will receive a race medal. Different medal ribbons will be awarded based upon the finishing times outlined below. Those that do not want a medal will be able to opt-out at race registration.

As part of our Sustainability Policy, the Green Ribbon will be awarded to the competitor that displays the highest commitment to reducing their environmental impact both in preparation for and during the race (as determined by the organisers).




**Black Ribbon**
Under 26 hours




**White Ribbon**
Under 31 hours




**Blue Ribbon**
Over 31 hours




**Green Ribbon**
Environmental award




# MANAGING YOUR BOOKING

Racespace is the registration platform we use where participants sign up and can manage their booking from.

In order to manage your booking, log on to your Racespace account and navigate to My Entries.

It is here that you can see all races that you are signed up to and add extras to a race (such as hotel bookings or airport transfers) using the Entry Actions button.

In order to see what you have previously purchased, the My Receipts tab on the My Entries page will display all previous purchases.

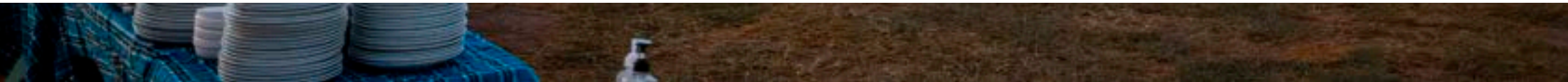
**If there are any other issues, then try the Racespace support page which will hopefully answer your question. If not then feel free to get in touch.**

# RACE RULES

| No. | Rule |
|---|---|
| 1. | There will be no unofficial runners (i.e pacers). |
| 2. | Runners must be completely aware of the length and specificity of the event and be prepared for it. It is the runners' responsibility to stay up to date with the event information as it is emailed to participants and published on the event webpage. |
| 3. | Each runner's bib number must be worn on the front of the body and must be easily visible at all times. |
| 4. | Runners must always follow the marked trail/course. |
| 5. | Each runner must complete the entire course under their own power. |
| 6. | Runners may not store supplies of any kind along the trail. E.g drop bag |
| 7. | Each runner must be checked IN to all checkpoints. You will be disqualified if your time is not registered at every aid station. |
| 8. | Cut-off times will be strictly enforced. Runners leaving any aid station after the cut off will not be listed as official finishers and will not be eligible for awards. |
| 9. | Injection of PEDs or Fluids/ IVs by non-official race medical personnel will result in disqualification. |
| 10. | Littering of any kind will result in immediate disqualification. Please respect the natural beauty of our trails and the right of everyone to enjoy them. Littering will threaten our use of the trails and the future of the race. |

| No. | Rule |
|---|---|
| 11. | Any runner who is unable to finish the race must personally inform the aid station captain of the nearest checkpoint of their decision to withdraw. This serves as official notice of a runner's withdrawal from the race. Runners who leave the course without turning in their number will be classified as "lost," initiating search and rescue. |
| 12. | Runners are responsible for the actions of any supporters. If your supporters are deemed to have broken any of the runner race rules the runner will be held accountable. Your supporters act on YOUR behalf and based on YOUR instructions. |
| 13. | Runners must carry with them AT ALL TIMES the mandatory equipment required. |
| 14. | There will be mandatory kit checks at the start, on route, and at the finish. Failure to comply with the kit checks will result in disqualification. |
| 15. | Runners are not to be accompanied by dogs at any time whilst on course. |
| 16. | Any athlete who has been determined to have violated anti-doping rules at any time - through IAAF, the World Anti-Doping Agency, UK Anti Doping or any other National Sports Federation is ineligible for entry into any of our events. We reserve the right to conduct pre and post-competition testing for any and all performance-enhancing drugs (PEDs) listed on the current WADA Prohibited List. Any athlete who refuses to submit to anti-doping controls, if selected for testing, shall be disqualified and subject to a lifetime ban from our events. |
| 17. | Runners must not be crewed in any way at this event. |
| 18. | Runners must at all times comply with any instruction given by race management, staff and volunteers. |

*All race rules above will be subject to Ultra X penalty and disqualification guidelines found in our Terms and Conditions here, Clause 22.




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THAN YOU THINK YOU CAN
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