

42 HOUSE

Supporting Hopeful Talents, Progressing the Whole Sport of Running

WHERE TALENT GROWS

We push running forward by supporting talented athletes at 42 House in Iten, Kenya. 42 House is a place to train, learn, and share.

At KIPRUN, running is more than performance. It shapes daily life, brings joy, and builds community. We created 42 House to live these values and help the sport grow. Here, athletes follow a path of growth and discovery. They develop as runners and as people, and keep running – no matter what.

A performance centre like no other

It takes its name from the 42 kilometres a marathon runner must conquer. It sits at an elevation of 2400 metres above sea level, offering all the benefits of high-altitude training. However, 42 House is much more than a training centre. It's a place where athletes can enjoy amazing opportunities to work with their coaches, physios and trainers to remove any barriers to ultimate performance. Right in the Rift Valley, the home of the sacred red earth and the base of so many of the world's most dominant distance runners, it is our ambition to propel these hopeful talents to the highest podiums at international meetings all over the world.



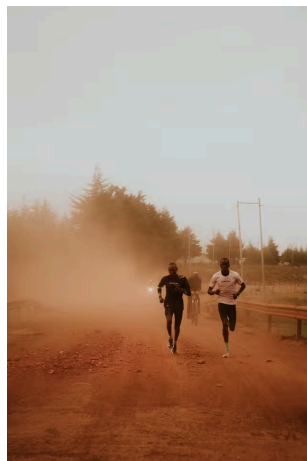
Our Approach

The KIPRUN values underpin athletes' quest for performance and excellence. At 42 House, we support talented athletes through tailored training and so much more. We provide full board and a monthly allowance above the Kenyan average, enabling participating runners to also support their families while they develop their skills. We also teach about banking and finances to help develop financial literacy. At the same time, 42 House also provides media training, high-quality medical and nutritional support, and career development guidance.

SPORT + EDUCATION = A BRIGHT FUTURE

Not every talented athlete can become a star runner. That's why it's so important for us to work to achieve success in running and beyond. This holistic project, combining athletics, education and social support, prepares the resident athletes for their future careers and their whole lives. At 42 House, we're always looking for the new talent of tomorrow. That's why, each year, we reach out to hundreds of teenage students in Iten and Cherangani to offer a first essential stepping stone that young people can use to build their future.

After their school years, the most promising athletes can embark on a transition into the professional world over 2 years. They will learn what life in top-flight athletics looks like and how to manage a running career. Some of them might join 42 House, while others might engage in further vocational opportunities through KIPRUN and Decathlon. Either way, we do everything in our power to keep them running and growing.





Go deeper into KIPRUN

Stories, innovation and expertise behind our athletes and products.



Meet our athletes

Passionate runners sharing their journeys and inspiring the KIPRUN community.



More Runs. More Life.

Our philosophy since 2007. Discover the KIPRUN story.



KIPRIDE MAX

Built for long-lasting comfort.

KIPRUN

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