

# MARRAKECH | 24th-27th marathon January 2025



Run today, shape tomorrow, build a lasting legacy

## Run for purpose



Morocco

Fundraising Goal: £1000



# COST BREAKDOWN

The **Prophet Muhammad** (peace be upon him) said: "The believer's shade on the Day of Resurrection will be his charity." - Al-Tirmidhi, Hadith 604

Half-Marathon Registration Fee

**£195.00**

Full-Marathon Registration Fee

**£205.00**

\*Single Room Available at an additional cost of £65

**Fundraising Goal: £1000**

## INCLUDED

- 4\* twin room accommodation for 3 nights on Half-Board basis
- Airport transfers to and from airport to hotel as part of a group pickup. So please ensure you are with a group on your flight. Pick up and drop is available on flights between 10:00 and 21:00. (Outside these hours an additional fee will be due)
- Entry for half Marathon
- Delivery of your race number to your hotel
- 24/7 emergency assistance by our local office in Morocco
- Marathon medal

## EXCLUDED

- Flights to/from Marrakech airport
- Visa or entry documents
- Additional nights and any optional tours/activities as mentioned below
- Any drinks/meals or other services not mentioned in 'what's included.'
- Travel insurance
- Personal expenses such as drinks, phone calls, extra transfers, tips, etc
- Costs of any PCR tests required

## Excursion (Optional Opt In)

Quad biking (single bike) in the Palmeraie, Marrakech

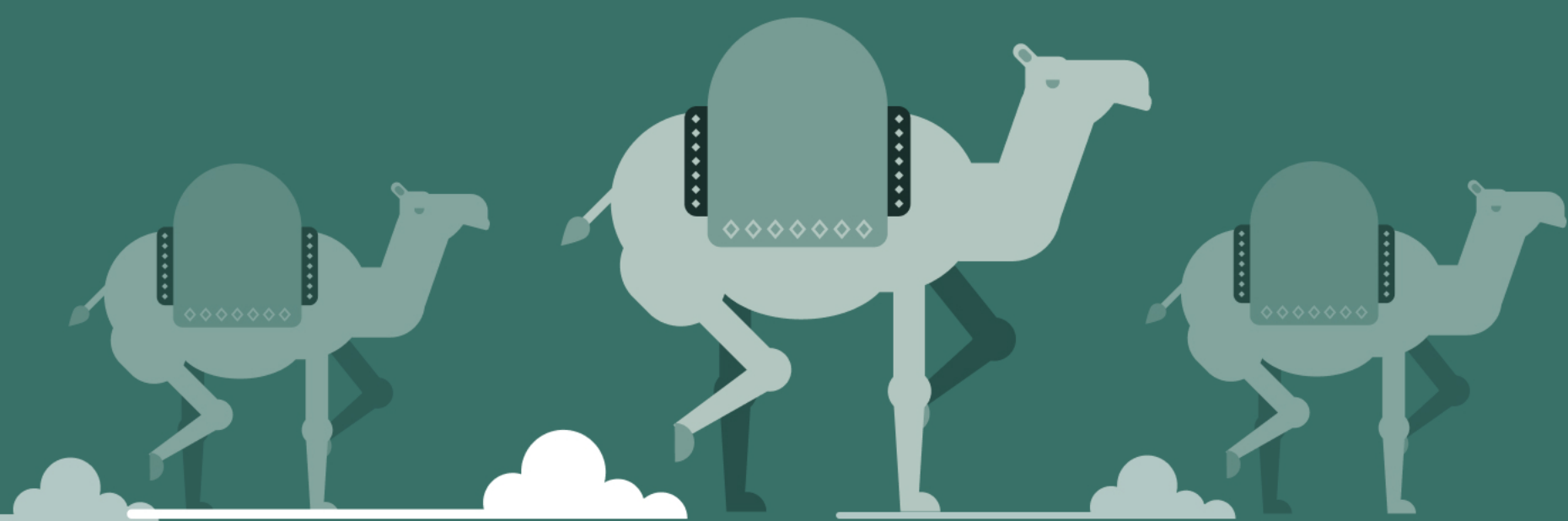
**£35 per person**

- Bus leaves at 4:30 p.m (30 mins travel time)
- Bus returns at 6:45 p.m

**What's Included:** Transport and single Quad Bike for 2 hours

**What's not included:** Drinks or any other services

**Not suitable for children under 18 years old**



# VISION & MISSION

As people, we have more in common, than that which divides us.

The community development hub will act as a centre for people up and down the country, and across the globe - irrespective of their age, gender, status, or whether they are Muslim or Non-Muslim.

Striving to revive the forgotten traditions of a place of worship, every effort, provision and resource will be in place to ensure that we cater to the variety of needs of the hugely diverse population all around us.



## THE MASJID

The Islamic Centre of Britain will be an iconic 6-Storey Masjid providing capacity for 2,500 worshippers. Complete with multi-functional halls, parking for 150 cars and segregated spaces for men and women. In addition there will be provision of

- Weekly learning circles
- Matrimonial Facilities
- On site Madrassah

Combining the modern beating heart of vibrant city life with a spiritually enriching atmosphere, the ideal location for anyone looking for the best of both worlds.

- Set of 12, 2-bedroom apartments
- Income generation for the daily running of the complex
- Stunning residences within a spiritually enriching atmosphere

## APARTMENTS

## COMMERCIAL UNITS

Our commercial units will support the local economy as well as provide employment opportunities and generate income to make our Community Development Hub self-sufficient.

- Provision of meeting rooms
- A banqueting hall
- Variety of shops and services

# THE DEVELOPMENT HUB COMPLEX

Take in the beauty of our dedicated green spaces, including a roof garden situated adjacent to the Masjid complex.

Our eco-projects aim to;

- Bring true appreciation of the natural world in our beautiful outdoor spaces
- Built in rain water reservoir system
- Includes a solar panel heating
- A space for contemplation and digital nomads

## ECO PROJECT



## COMMUNITY CENTRE

A space where people of different cultures can meet, the young can connect with the elderly and open discussion is positively encouraged in order to challenge thinking and inspire souls.

- Open kitchen and foodbank
- Day centre for the elderly
- Youth centre providing sporting activities and mentoring services
- Support group for new muslims

Empower the next generation of critical thinkers through an on site school and supplementary madrasah classes. We will be delivering the best standards of education, moral and social values in a safe and secure environment.

- Islamic teaching alongside the National Curriculum
- Serving 500 children from primary to secondary level
- Dedicated nursery provision for early years
- Evening Madrasah classes for children age 5 to 16

## LIFELONG LEARNING CENTRE



# MARRAKECH marathon

24th-27th ● ● ●  
January 2025

The Marrakech Marathon has long been considered **one of the world's most prestigious marathons.**

Following a **single route** around the city, you'll run alongside over **12,000 runners from around the world** between 12th century castle walls, through the Menara gardens and on roads lined with palm trees.



You will be part of a group and will receive a full briefing on-site from the organisers.

## Start Points, End Points and Timings

An **average time for the half marathon** is usually around **3 to 4 hours.**

The **average time for the full marathon** around **6 hours.**

However, if this is your first race, we would simply encourage you to do your best and focus on yourself and complete the race to the best of your ability rather than the average times.

**For the more experienced runners, let's work together on beating your PB for a great cause!**

**Half Marathon: 9.30am**  
**Full Marathon: 8.30am**

**Start point:**  
Avenue de la Menara

**End point:**  
Behind Sofitel Hotel



# ITINERARY

## DAY ONE 24th January '25

You'll arrive at Marrakech airport, where our staff will meet you. Transport has been arranged and will take you to your hotel.

Depending on your flight arrival time, you may have free time for the rest of the day to explore the beauty of Marrakech. Sitting between the Sahara Desert on one side and the Atlas Mountains on the other, Marrakech is brimming with souks, snake charmers, incredible food and more.

Visit the Jardin Majorelle, botanical gardens created in the 1920s, or try some Moroccan street food at Jemaa el-Fnaa. We guarantee you'll find something to fill your time.

After breakfast, the group will come together for a quad biking team-building activity.

After the excursion, you will then have lunch with the group before returning to the hotel for final preparations and briefings for the Marathon.

We'll end the day with a team meal.

## DAY TWO 25th January '25



## DAY THREE 26th January '25

**Race day is here!** Today is the big day. An early start on day three, with a 6am wake-up call. After a hearty breakfast, the group will make their way to the starting point of the Marathon.

Both the Marathon and Half Marathon take place on the same day and the start of each race in the morning and is usually within an hour of each other. The marathon goes around the ramparts of the city and along the alleys of palm trees, orange, and olive trees. The half marathon circles around the ramparts of the town.

The start/finish of the race is a short walk from the hotel. This is a basic, no frills, small but generally well organised marathon. There are no facilities or amenities (e.g. food, tents selling running gear etc.) What you get for your money is a good, flat, fast, and reasonably marshalled course with generally excellent, warmish sunny weather. There is usually low humidity, which is comfortable for running. However, as always it will depend on the day

There are usually toilets at the start/finish! However, as mentioned before you are not far from the hotel. There are no toilets on the route. There will be water stations with bottled water on the route c. every 5km or so but no electrolyte drinks or gels etc. This also applies at the finish where bottled water and oranges are usually distributed. You will also get a t-shirt along with your race number, which we will collect for you and distribute to you at the hotel prior to race day.

After completing the run, you can rest, explore and celebrate the success of not only completing the marathon, but also releasing as a team what we have achieved through dedicated fundraising.

You'll spend a final night in Morocco, before preparing to depart back to the UK.

## DAY FOUR 27th January '25

The trip is over now sadly. Head to the airport via already arranged transfers, and we see you again next year!

Depending on your flight time, you may have an opportunity to spend some free time to explore Marrakech and arrange your own lunch before transferring to the airport.

# WHAT TO BRING

Ensuring you have the correct running clothing will make your race more comfortable. We hope that you find the following suggestions useful when considering what to take on your trip.

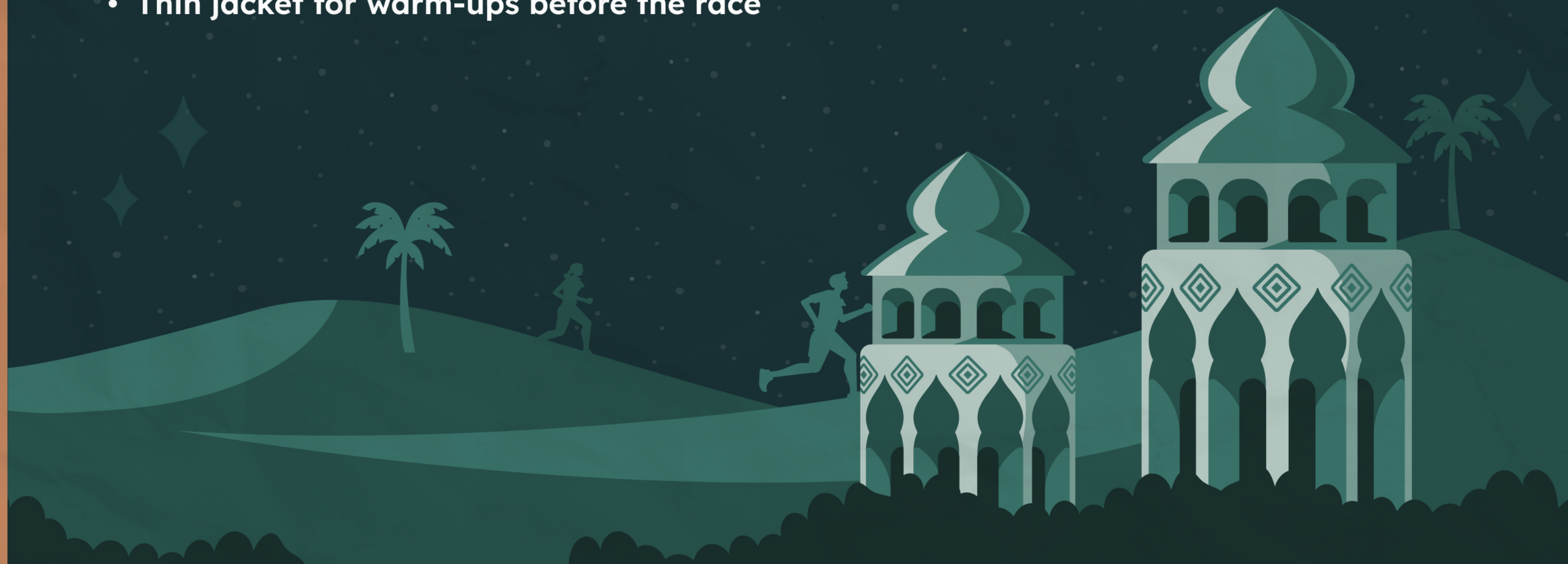
They are based on personal experiences, and we are confident that you may find other solutions working equally well.

**We recommend that you travel as light as possible – airlines might charge you an extra fee.**



Below is a **non-exclusive** list of what you should bring to this trip. If you need further advice, please contact a reputable running retailer or us:

- **Good running shoes** (regular trainers will not be sufficient, and may cause injuries)
- **Short sleeve t-shirt** (look for specific running or tech gear)
- **Long sleeve t-shirt** (look for specific running or tech gear)
- **Sweat-wicking running leggings, trousers or shorts**
- **Running vest or jacket**
- **Sweat-wicking, lightweight socks**
- **Sunglasses, sunscreen and lip salve**
- **Hat/baseball cap**
- **Thin jacket for warm-ups before the race**
- **Small towel**
- **Small gels or snacks for use during the marathon**
- **Personal first aid kit** (wet wipes, flu remedies, stomach remedies, supplements, bandages). **If you require any personal medication, please ensure you bring this with you.**
- **Water bottle or** (recommended) **hydration pack, with electrolytes**
- **European adapter/plug** (two pin round plugs) **and electricity supply is 110V**





# IMPORTANT INFORMATION

## 1. Travel

Marrakech Menara Airport is served by numerous airlines from the UK, European and international destinations.

Please note that flight information can change rapidly, and not all flights run daily. **Please check directly with the airlines' websites or Skyscanner before finalising any bookings.**

## 2. Clothing

**Please ensure that you bring adequate clothing for the run.** Do not attempt to complete the marathon in jeans, slippers, thick layers or regular trainers.

## 4. Credit Cards

You can use credit cards in hotels etc, in Marrakech. However, cash will usually be needed at the souks etc. Please carry enough cash with you for the duration of your trip.

## 5. Travel Insurance

**You must have adequate insurance against personal accident, illness and/or injury to cover any medical expenses incurred during your trip.** Your policy should also include repatriation cover and take account of your activities, e.g. trekking, quad biking, camel riding etc.

This should be organised and arranged **BEFORE** you travel. Make sure that you take the policy document and contact details of the insurance company with you during your trip.

## 6. Money exchange

**Money in Morocco is the Dirham (MAD).** It is recommended you wait until you arrive in Marrakech before exchanging GBP to Dirhams for a better exchange rate. This can be done at Marrakech airport or in the city centre/at your hotel.

In addition, Moroccan currency cannot be imported and exported. Therefore, you should exchange any Dirhams you have left back into your own currency at the end of your trip at the airport before flying home.

If traveling outside of Marrakech it is advisable to have sufficient cash with you for your trip. ATMs are available in Marrakech and all the other major cities.



## 7. Visa Requirements

Our current understanding is that British, European, American and Australian nationalities do not need a visa, providing you have a valid passport that has at least 6 months before the expiry date. However, we would highly encourage you to check the Moroccan Embassy website before you travel to ensure you understand all entry requirements.

The above information is for guidance only and we cannot accept any liability or claims should you decide to rely on this information and do not carry out your own checks to ascertain your requirements.

<http://www.moroccanconsulate.org.uk/en/Visa.html>

## 8. Fitness

If you have any medical conditions, such as joint problems, heart problems etc. You should consider whether this challenge is right for you. If you have any concerns, we recommend speaking with your GP before booking. You will need to be comfortable running or walking a few miles a week. If not already, we would recommend you train for the half marathon, either by running or walking a few times a week, so that you are prepared for the length of this challenge - after all, it is a challenge!

## 9. Weather

**We expect it to be warm - around 17-20 degrees during the day.** Temperatures will drop considerably, sometimes to around 8 degrees in the evening.

# IMPORTANT INFORMATION

**You must have a valid passport.** The challenge will be for a total of 3 nights and 4 days. Fundraising target of £1000, 80% of which must be raised before 10th January 2025.

# EMERGENCY CONTACTS

ICoB Rep	-----
Nasser Khan Siddiqui	07932 767 007
Morocco Memories Rep	eileen@morocomemories.co.uk
Eileen Imrie	07778 841 780
Morocco Memories Rep	rachid@morocomemories.co.uk
Rachid Afouzar	07517 662 724

# Donation Methods

## Bank Deposit or Transfer

**Bank Name:** HSBC Bank  
**Account Name:** Qadria Trust UK  
**Account Number:** 1162 7457  
**Sort Code:** 40-11-20  
**Ref:** (ICoB & your name)

## International Bank Transfer

**IBAN:** GB15HBUK40112011627457  
**BIC:** HBUKGB4119N  
**Ref:** (ICoB & your name)

## Cash or Cheque

**Payable To:** Qadria Trust UK  
Address of Qadria Trust: 26 Alfred Street,  
Birmingham, B12 8JL

## Online or Phone

**Website:** [www.icob.uk](http://www.icob.uk)  
**Phone:** 0121 688 0821 | 07940 709106  
**Paypal**





**Address of Project:** Highgate Road & Stratford Road, Sparkbrook,  
Birmingham, B12 8DL

**Address of Qadria Trust:** 26 Alfred Street, Birmingham, B12 8JL

**Website:** [www.icob.uk](http://www.icob.uk)

**Email:** [info@icob.uk](mailto:info@icob.uk)

**Phone:** 0121 688 0821 | 07940 709106

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