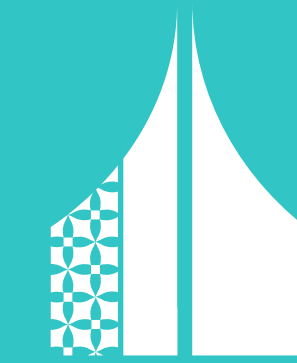


MARRAKECH marathon

24th-27th 
January 2025



ISLAMIC ASSOCIATION
OF NORTH LONDON

International Charity Challenge

Join us there



Morocco

Fundraising Goal: £1000



CHARITY CHALLENGE PACKAGES

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 **£215.00**

*Single Room Available at an additional cost of £65

Fundraising Goal: £1000

INCLUDED

- 4* twin room accommodation for 3 nights on Half-Board basis (breakfast and dinner)
- 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. A list of the designated flights to book are detailed below in the important information (Outside these hours additional fees will be due)
- Prices above include either full or half marathon entry
- Delivery of your race number to your designated hotel as part of this package.
- Medal (On completion of race).
- Assistance from our local office in Morocco.

EXCLUDED

- Flights
- Visa or entry documents
- Additional nights
- Excursions
- Travel insurance
- Personal expenses such as additional drinks/meals, phone calls, extra transfers, tips, etc.

Excursion (Optional Opt In)

Quad Biking & Camel Riding

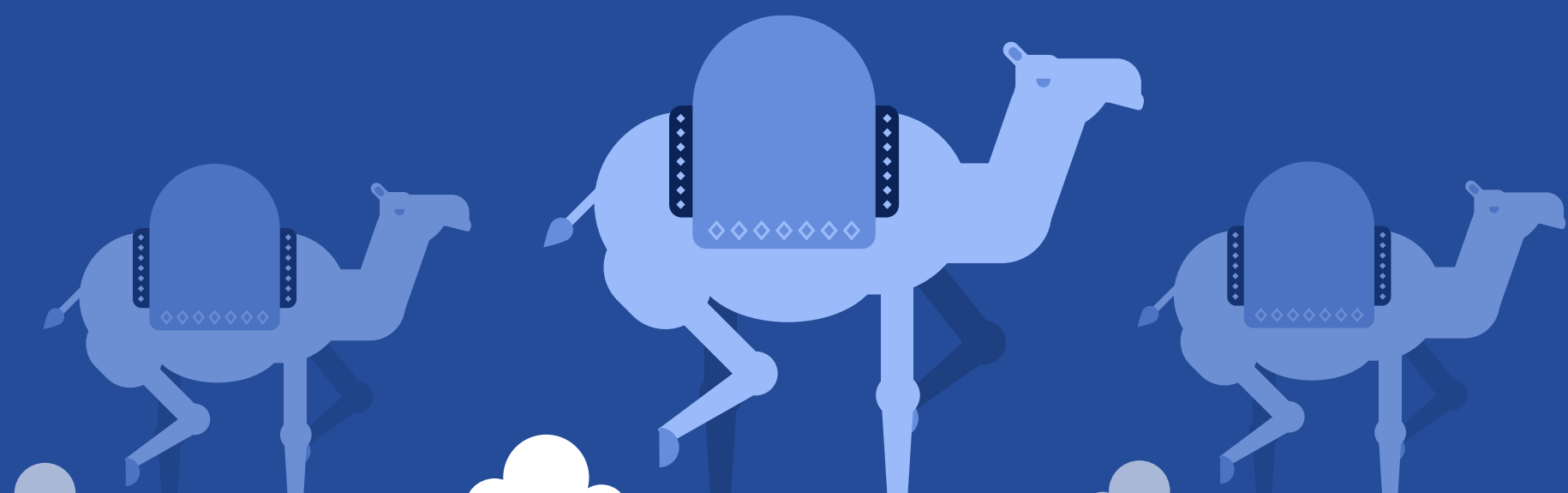
£45 per person

- Single bike ride in the Palmeraie, Marrakech (1 hour).
- Camel riding (1 hour).
- Transport.
- Bus leaves at 3:00 pm (30 mins travel time).
- Bus returns at 6:45 pm.
- Drinks or any other services not included.
- Not suitable for children under 18 years old.

Quad Biking notes:

- You will be under the supervision of professional guides. You will need to complete a Disclaimer prior to taking part in this activity;
- On the day, your instructor will give you a short safety briefing as well as a lesson on how to control and drive your quad. You will then follow your guide as they take you around the route. Helmets will be provided;
- Ensure that you wear closed trainers/shoes – no sandals and you should also have adequate clothing e.g., warm clothes especially in the colder months;
- It is not necessary to hold a current driver's license but you must be over 18 years old.
- If you have back or neck problems you should consider if you should participate in this activity;
- If you are pregnant, you should not take part;
- You should ensure that your personal holiday insurance covers this activity.

Exact timings to be confirmed nearer the time



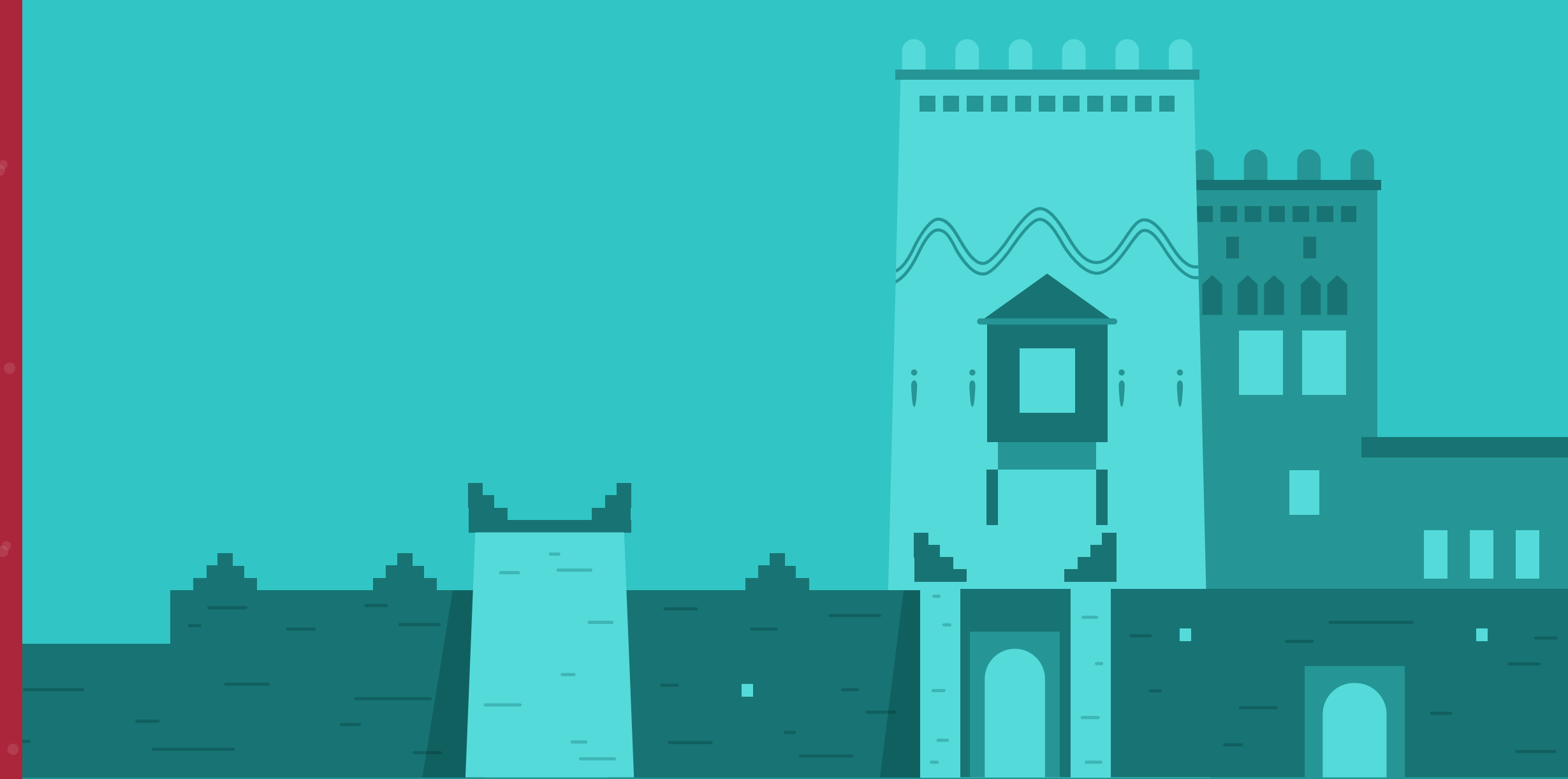
INTRODUCTION

Established in 1977, we pride ourselves on being more than a place of worship. Welcome to The Islamic Association of North London (IANL); Finchley Mosque.

Located in the London Borough of Barnet, we are part of a thriving, vibrant community with a Muslim population of approximately 20,000.

Attendees of our beloved mosque have backgrounds from over 65 different countries, making the IANL congregation unique and spectacularly diverse, Alhamdulillah

We welcome you to join us



VISION. MISSION & VALUES

- Ensuring we provide a safe and welcoming space to those that seek it
- To share goodness in accordance with the tenets, philosophy, ideology and traditions of Islam
- To provide a fully comprehensive Islamic education
- Providing help and support to members of our community going through hardship and struggle
- Provide opportunities for the spiritual, emotional and physical development within an Islamic framework
- To create the next generation of thinkers, academics and positive contributors to Muslim society

THE FUTURE WITH IANL

Presently, IANL Finchley Mosque accommodates 650 worshippers. Daily prayers are well attended and the centre is extremely popular on Fridays for Jummah prayers, the two festivals of Eid, as well as Ramdan - the Muslim month of fasting.

Due to its growing popularity and the expanding local population, we currently hold 3 congregational prayers on Fridays and 5 congregational prayers on the respective Eid days to ensure we accommodate everybody.

The mosque extension project is currently underway and will allow us to change the future of our offerings. We will be able to cater to larger numbers of worshipers as well as improving and extending the services we deliver.



COMMUNITY

- Doubling the prayer capacity for salah, Jummah, Ramadan and Eid
- A conference hall and dedicated offices
- Dedicated space for imams, for the discussion of sensitive matters.
- Food bank provision to help the local community

YOUTH

- A safe recreation area
- A sports hub for martial arts, wrestling and fitness activities.
- Mentorship programmes
- More classes broadening Islamic knowledge

SISTERS

- Doubling the capacity of the current women's facilities
- Storage space for pushchairs and buggies
- Kitchenette providing facilities for tea and refreshments
- Sister's office space
- Increased space for dedicated sisters classes

GENERAL

- Lift access to all floors
- Increased provision of counselling/mental health/advice clinics
- Library
- Cafe
- A dedicated reception area with a front of house staff member

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

Cut off time after race start: Half marathon 3 hours and Marathon 6 Hours



ITINERARY

DAY ONE 24th January '25

You'll arrive at Marrakech airport, where our staff will meet you. Transport has been arranged based on the designated flights detailed earlier 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-Fna. We are sure that you'll find something to fill your time. Dinner is included and will be available at the hotel.

After breakfast, you will have free time to explore Marrakech and have lunch (not included) in one of the many restaurants.

If you have booked quadbiking/camel riding as part of your charity group, you should be available downstairs in the hotel lobby for 4:30 p.m. After the activity, transport will take you back to the hotel c. 7:30 p.m. You will then have time for final preparations /briefings for the race.

We'll end the day with a team/charity group meal as dinner is included at the hotel.

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, ensure you organise a wake-up call to give you sufficient time to get ready for either the marathon or half-marathon

After a hearty breakfast etc. you will be able to make your way with your charity group to the starting point of the race.

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 starts first then the half-marathon an hour later. The marathon goes around the ramparts of the city and into the Palmeraie before heading back to the centre of the city. The half marathon circles around the ramparts of the town.

The start/finish of the race is usually a short walk from the hotels. 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, warm 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 enjoying 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.

Dinner in the hotel is included.

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! If you have used any additional services at the hotel, please ensure that you settle the account prior to booking out of your room

You'll be advised of your pick up time at the hotel to take you to the airport. 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. But, please make sure you are back at the hotel prior to the pick up time to take you to the airport.

WHAT TO BRING

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

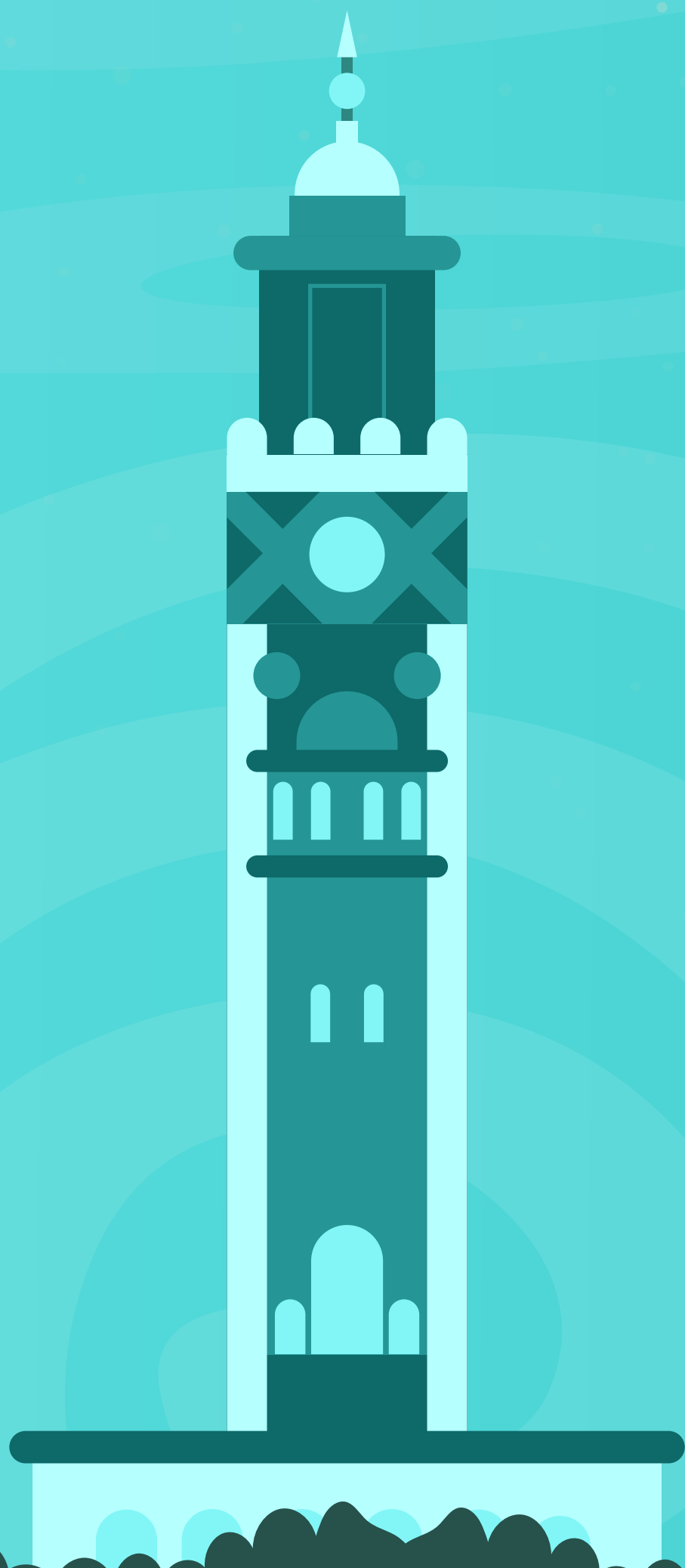
We recommend that you travel as light as possible – airlines might charge you an extra fee.

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 may cause injuries), used and comfortable before the race day
- **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 or clothing that you can throw away before the race begins** (runners often do this to avoid issues of where to store extra clothing)
- **Small towel**
- **Hat/baseball cap**
- **Small gels or snacks for use during the marathon**
- **Personal first aid kit**
- **Water bottle or (recommended) hydration pack, with electrolytes**
- **European adapter/plug** (two pin round plugs, electricity supply is 110V) **for use at the hotel**



IMPORTANT INFORMATION



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.

Refer to the designated flights available as shown in the IMPORTANT INFORMATION SECTION.

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.

Credit Cards

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

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.

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 medina area (Jemma El Fna) or 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 travelling 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.

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>

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. Training is crucial.

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.

Designated Flight Times

For both arrival and departure to/from Marrakech. This is correct at time of writing but may be subject to flight changes depending on the airlines. Please note arrival and departure times to/from Marrakech and book accordingly

Friday 24 January 2025

Flight grouping for pick up from the airport.

Group 1

Ryanair RK3556 – London Stansted **6:00** arrive Marrakech at **10:40**

Wizz Air – London Gatwick **6:10** arrive Marrakech at **10:50**

Group 2

Easyjet EZY8705 – London Gatwick **7:35** arrive Marrakech **12:15**

Jet2 – London Stansted **8:50** arrive Marrakech **13:25**

Group 3

British Airways BA0668 – London Heathrow **12:30** arrive Marrakech **17:10**

British Airways BA2812 – London Gatwick **13:40** arrive Marrakech **18:15**

Group 4

Wizz air – London Gatwick **15:00** arrive Marrakech at **19:40**

Easyjet EZY8707 – London Gatwick **15:40** arrive Marrakech **20:20**

Ryanair RK7870 - London Stansted **15:55** arrive Marrakech at **20:35**

Monday 27 January

Flight grouping for pick up from the hotel. Pick up times from hotels will be advised later

Group 1

Wizz air - Leaving Marrakech **11:20**, arrival Gatwick **14:05**

British Airways BA2811 – Leaving Marrakech **11:30**, arrival at Gatwick **14:05**

Ryanair RK3557 – Leaving Marrakech at **11:35**, arrival Stansted **14:15**

Group 2

Easyjet EZY8706 – Leaving Marrakech at **13:15**, arrival at Gatwick **15:55**

Jet2 – Leaving Marrakech **14:25**, arrival Stansted at **17:10**

Group 3

British Airways BA0669 – Leaving Marrakech 17:15, arrival at Heathrow 20:00

British Airways BA2813 – Leaving Marrakech 17:35, arrival at Gatwick 20:10

Group 4

Wizz air – Leaving Marrakech 20:15, arrival at Gatwick 23:00

Easyjet EZY8708 – Leaving Marrakech 21:05, arrival at Gatwick 23:45

Please note we are happy to arrange pick up outside these flight, dates and times, however additional fees will be charged to and from the airport.

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

IANL Rep

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07778 841 780

Morocco Memories Rep

Rachid Afouzar

rachid@morocomemories.co.uk

07517 662 724

Donation Methods

Online or Phone

Website: www.ianl.org.uk

Phone: 020 8492 0028

Bank Deposit or Transfer

Bank Name: Al Rayan Bank

Account Name: Islamic Association of
North London

Account Number: 01408238

Sort Code: 30-00-83

Ref: (IANL & your name)

Cash or Cheque

Payable To: Islamic Association of North
London

Address of IANL Finchley Mosque:

683-685 High Road, North Finchley,
London, N12 0DA





ISLAMIC ASSOCIATION OF NORTH LONDON

Address: IANL, 683-685 High Road, North Finchley,
London, N12 0DA

Website: www.ianl.org.uk

Email: info@ianl.org.uk

Phone: 020 8492 0028

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