

INFOPACK 23RD - 26TH JAN 2026

Marrakech Marathon



THE NOMADIC CHALLENGE

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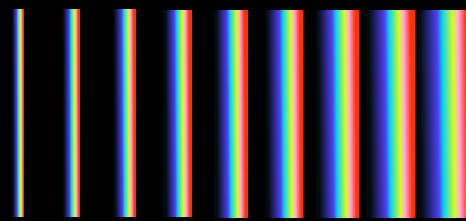


THE **MARRAKECH MARATHON** HAS LONG BEEN CONSIDERED ONE OF THE WORLD'S MOST PRESTIGIOUS MARATHONS. FOLLOWING SINGLE ROUTES AROUND THE CITY, YOU'LL RUN ALONGSIDE 12,000 TO 15,000 RUNNERS FROM AROUND THE WORLD.

An average time for the **half marathon** is usually around **3 to 4 hours**, with 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 completing 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!

PACKAGE BREAKDOWN



WHAT'S INCLUDED

- 3*/4* twin room accommodation for 3 nights
- Daily breakfast
- Transfers to and from airport and hotel
- Prices above include either full or half marathon entry
- Shake-out run participation
- Access to two 'Get-Marathon-Ready' workshops
- Delivery of your race number to your designated hotel
- Medal (On completion of race) & finisher t-shirt
- Onsite assistance from our team whilst in Morocco
- Fundraising support



WHAT'S EXCLUDED

- Flights
- Visa or entry documents
- Additional nights
- Excursions
- Travel insurance
- Personal expenses
- Celebratory dinner



ITENERARY

DAY ONE_23RD JANUARY '26

You'll arrive at Marrakech airport, where our team will meet you, holding up signs with our logo, wearing Nudge t-shirts and a banner. Transport has been arranged to take you to your hotel, based on the designated flights detailed. At the hotel, you'll be greeted by two further members of our team, who will ensure a warm welcome and a smooth check-in.

Depending on your flight arrival time, you may have free time for the rest of the day to explore the beauty of Marrakech and take part in any of the excursions planned.

Sitting between the Sahara Desert on one side and the Atlas Mountains on the other, Marrakech is brimming with souks, beautiful gardens, incredible food and more

DAY TWO_24TH JANUARY '26

After breakfast, you will have free time to explore Marrakech and network throughout the day. Our team will be on hand to facilitate conversations with fellow participants, run club founders and public figures/athletes.

If you have selected to take part in any one of the four excursions, our teams will be ready with transport, waiting in the lobby of your hotels.

The excursions can be done without your whole club taking part. More than welcome to split up for the day and unite in the evening. The excursions are designed to allow for more cross club networking, whilst exploring Marrakech with a level of comfort and peace of mind.

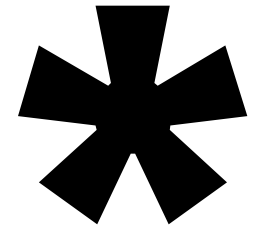
If you choose to do the Ouzoud Waterfall Walk, you will not have any time on this day to do any other excursion.

A 3KM shake-out run will be hosted this evening. Everyone to meet at around 7PM, for a short, fun and social run. This will be an opportunity for all runners to get together before race day. Exact meeting point will be announced closer to the time.

For those wanting to have a go at something a little different, a calisthenics taster session will be led by Micah, post shake-out.

*The morning of this will also include a yoga session for those staying at Kenzi Rose Gardens.

This is the day our team will drop off your race number at the hotel you'll be staying in.



RACE DAY

DAY THREE_25TH JANUARY '26

Race day is here! An early start on day three; ensure you organise a wake-up call to give you sufficient time to get ready for either the full marathon or half-marathon. After a hearty breakfast, you will be greeted in the lobby by our team and guided with others to the starting point of the run.

Both the full marathon and half marathon take place on the same day, from the same starting point, usually within an hour of each other. 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.)

There is usually low humidity, which is comfortable for running. However, as always it will depend on the day.

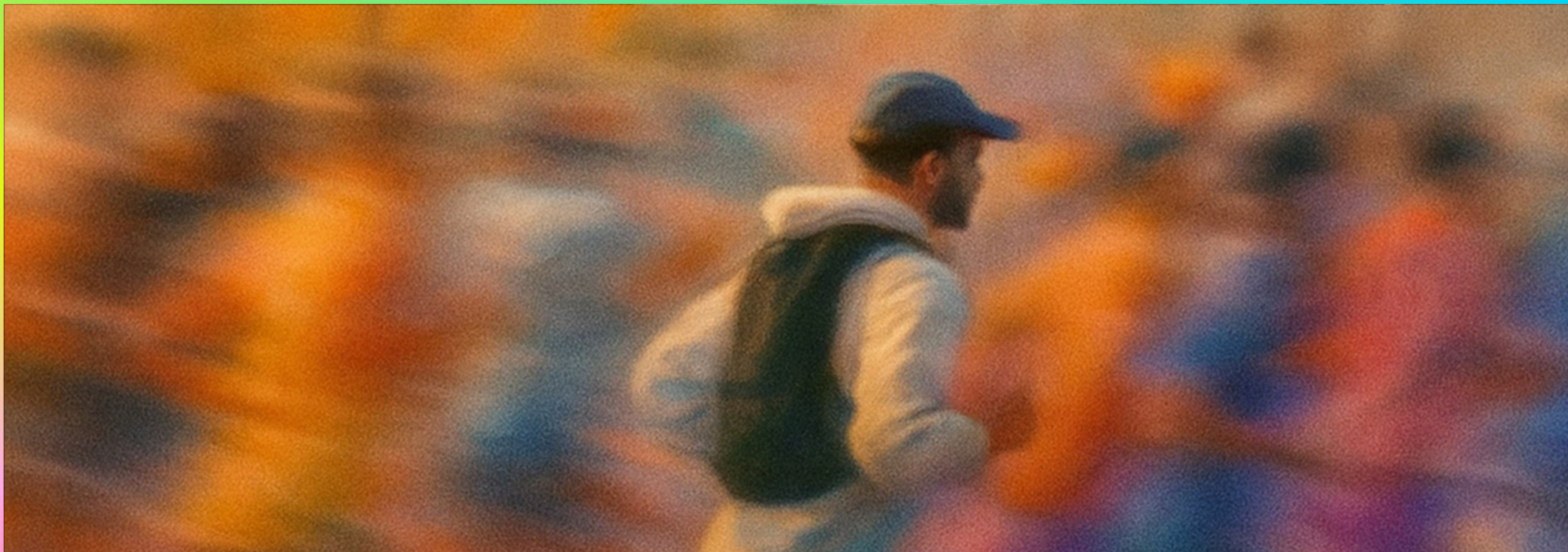
There are usually toilets at the start/finish! However, as mentioned before you are not far from the hotel. There are no toilets on the route. There will be water stations with bottled water on the route, every 5km or so, but no electrolyte drinks or gels, etc. This also applies at the finish where bottled water and oranges are usually distributed.

After completing the marathon we suggest experiencing a traditional hammam space. Great for post full or half marathon body and joint repair.

You'll spend a final night in Morocco, as free-time before preparing to depart back to the UK, the following day.

As per special request, our team has organised a celebratory dinner at the 5* Kenzi Rose Gardens, for all participants. This will be a buffet style meal to cater for all dietary needs.

Although at an additional charge, we think it's a great way to end off the 4 days, with once again, plenty of scope for chat, socialising, networking and actually dressing up!



DAY FOUR_26TH JANUARY '26

Farewells, but only until our next destination run! Hopefully you'd have made tonnes of friends, plenty of connections, with a whole heap of potential creative collaborations in the pipeline, with each other.

Once all packed and ready, with any additional service costs at the hotel settled, we'll head to the airport via arranged transfers.

You'll be advised of your pick up time at the hotel to take you to the airport. Depending on your flight, you may have an opportunity to spend some free time to chill in the Moroccan sun a little more, or even sneak in a cheeky excursion.

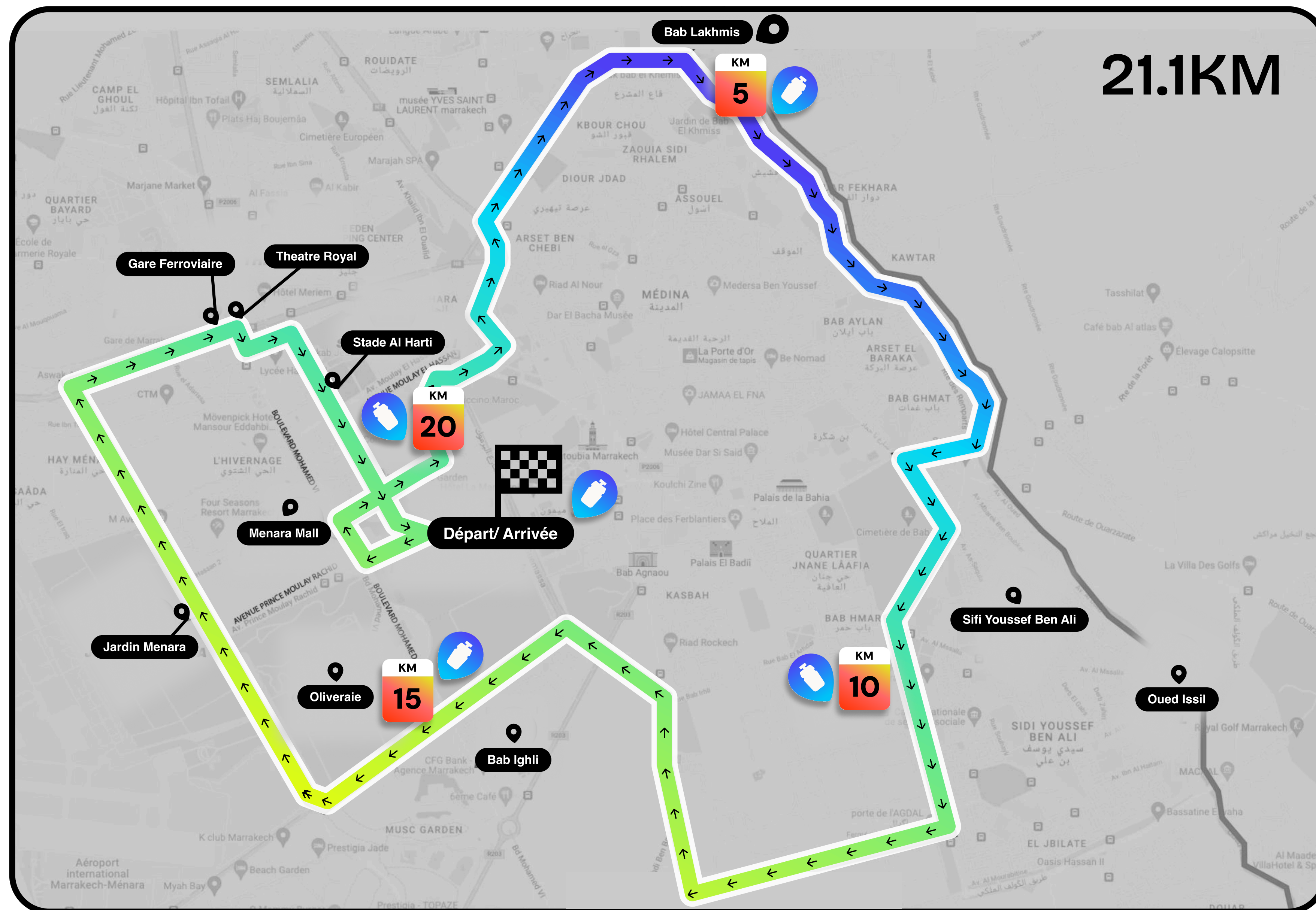
**Marrakech
Marathon**

HALF MARATHON ROUTE

Start Time: 9:45am

Start and End Point:
Avenue de la Menara (Hivernage)
/ Behind Sofitel Hotel

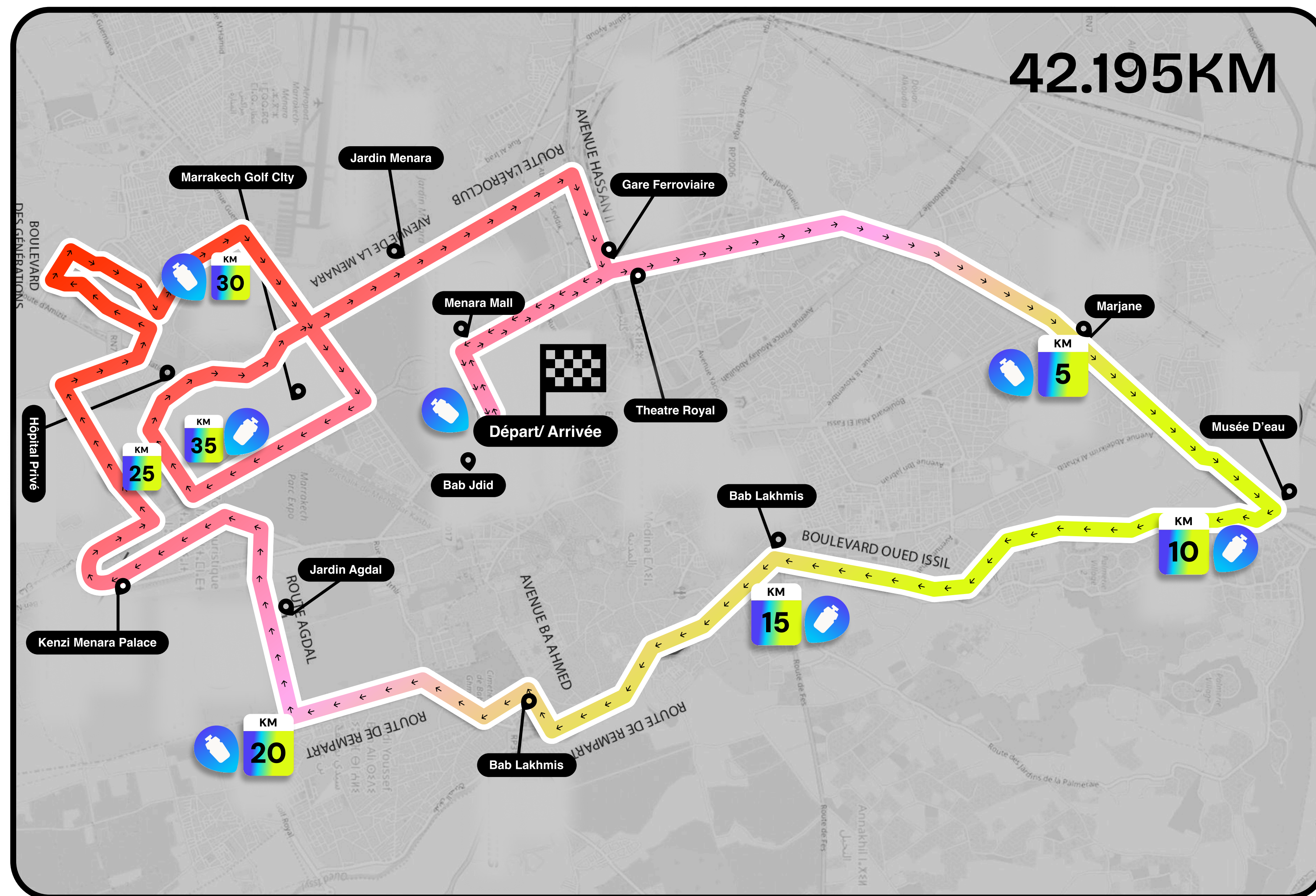
Cut off time after race start:
3 hrs to run (12:45pm)



FULL MARATHON ROUTE

Start and End Point:
Avenue de la Menara (Hivernage)
/ Behind Sofitel Hotel

Cut off time after race start:
5.5 hrs to run (2:00pm)



EXCURSIONS, SITE SEEING & TEAM BONDING ACTIVITIES

***The guided Ouzoud waterfall walk can only happen on the Saturday.**
If you wish to do this excursion, as well as others, please note, the other activities will be scheduled for you on either the Friday or Monday.

If you fly in on the Friday anytime before 2PM, we can make this work. If you flyout on the Monday anytime after 6PM, we can make this work.



FRIDAY	SATURDAY	SUNDAY	MONDAY
	Guided Ouzoud Waterfalls Walk with Boat Rides Set off at 8:30AM , arrive at 11:30AM. Depart Ouzoud at 3:30PM and arrive back at the hotel for 6:30PM. Ensure you bring cash to possibly make purchases at all the small shops. There's steps to the top of the waterfall.		
	Souk Tour through Jemaa el-Fnaa Set off at 10:30AM , get to the souks for 11AM, with a slow-paced stroll. With the guided tour being based on stopping, browsing, shopping, grabbing lunch - 5 hours will easily fly by. We aim to return for 4PM, to freshen up, unwind, connect with others and get ready for dinner and perhaps the evening shake-out run		Souk Tour through Jemaa el-Fnaa Set off at 10AM , get to the souks for 10:30AM, with a slow-paced stroll. With the guided tour being based on stopping, browsing, shopping, grabbing lunch - 4 hours will easily fly by. We aim to return for 3PM, to freshen up, unwind, connect with others and get ready for dinner and perhaps the evening shake-out run
Single Rider Quad Biking in the Palmeraie First group sets off at 4PM , arrive by 4:30PM, begin driving by 5PM and return by 6:30PM. Second group sets off at 5PM , arrives by 5:30PM, begin riding by 6PM and return by 7:30PM. On arrival, food wraps and a drink will be handed out to eat, whilst a 20minute safety briefing will be delivered. It would make sense at this stage to pay the extra £20 and take part in camel ride activity, as it's in the same area. If you do chose to do this, then you'll simply be arriving back either at 7:30PM or 8:30PM.	Single Rider Quad Biking in the Palmeraie First group sets off at 10AM , arrive by 10:30AM, begin driving by 11AM and return by 12:30PM. Other groups will follow throughout the day, dependent on numbers On arrival, food wraps and a drink will be handed out to eat, whilst a 20-minute safety briefing will be delivered. It would make sense at this stage to pay the extra £20 and take part in camel ride activity, as it's in the same area. If you do chose to do this, then you'll simply be arriving back either at 1:30PM or 2:30PM.		Single Rider Quad Biking in the Palmeraie First group sets off at 10AM , arrive by 10:30AM, begin driving by 11AM and return by 12:30PM. Second group sets off at 11AM , arrives by 11:30AM, begin riding by 12PM and return by 1:30PM. On arrival, food wraps and a drink will be handed out to eat, whilst a 20-minute safety briefing will be delivered. It would make sense at this stage to pay the extra £20 and take part in camel ride activity, as it's in the same area. If you do chose to do this, then you'll simply be arriving back either at 1:30PM or 2:30PM.
Sunset Camel Rides through Golden Sands and Palms First group sets off at 4PM , arrive by 4:30PM, begin riding by 5PM and return by 6:30PM. Second group sets off at 5PM , arrives by 5:30PM, begin riding by 6PM and return by 7:30PM. On arrival, food wraps and a drink will be handed out to eat, whilst people are being helped to mount and get all the traditional clothing on (if you wish). It would make sense at this stage to take part in the quad biking activity, as it's in the same area. If you do chose to do this, then you'll simply be arriving back either at 7:30PM or 8:30PM.	Camel Rides through Golden Sands and Palms First group sets off at 10AM , arrive by 10:30AM, begin riding by 11AM and return by 12:30PM. Other groups will follow throughout the day, dependent on numbers On arrival, food wraps and a drink will be handed out to eat, whilst people are being helped to mount and get all the traditional clothing on (if you wish). It would make sense at this stage to take part in the quad biking activity, as it's in the same area. If you do chose to do this, then you'll simply be arriving back either at 1:30PM or 2:30PM.		Camel Rides through Golden Sands and Palms First group sets off at 10AM , arrive by 10:30AM, begin riding by 11AM and return by 12:30PM. Second group sets off at 11AM , arrives by 11:30AM, begin riding by 12PM and return by 1:30PM. On arrival, food wraps and a drink will be handed out to eat, whilst people are being helped to mount and get all the traditional clothing on (if you wish). It would make sense at this stage to take part in the quad biking activity, as it's in the same area. If you do chose to do this, then you'll simply be arriving back either at 1:40PM or 2:40PM.

SINGLE RIDER QUAD BIKING IN THE PALMERAIE - £45

Throttle Through the Desert

Feel the adrenaline surge as you swap running shoes for horsepower with our **Single Rider Quad Biking** adventure through Marrakech's legendary Palmeraie.

This off-road experience takes you beyond the city walls and into the wild, past swaying palm groves, dusty desert trails, and traditional Berber villages. Ride solo, ride free, and kick up some dust as your local guide leads you through a side of Morocco most visitors never see.

No racing bibs here, just revs, freedom, and unforgettable scenery.

Perfect for thrill-seekers looking to balance the marathon buzz with a burst of speed and desert energy.



GROUP SOUK TOUR THROUGH JEMAA EL-FNAA - £25

Unlock the Secrets of the Medina

Step into the heart of Marrakech with our expertly guided Group Souk Tour. As the city pulses with Marathon energy, join fellow adventurers for a deep dive into the legendary **Jemaa el-Fnaa** and its maze of vibrant souks.

With our local knowledge, we'll navigate the hustle and guide you straight to the hidden gems, no aimless wandering, just pure discovery.

Highlights include:

- The rich scents of the **Spice Souk**
- The time-honoured craft of the **Leather Souk**
- Vibrant colours in the **Ceramic Souk**
- Authentic finds in the **Handmade Furniture** and **Soft Furnishings Souks**

Perfect for runners, supporters, and explorers alike, this is your chance to experience Marrakech beyond the race.



GUIDED OUZOUND WATERFALL - £30

Nature's Reward After the Race

Trade the heat of the Medina for cool mountain air with our **guided day trip to the Ouzoud Waterfalls**, one of Morocco's most breathtaking natural wonders.

Just a few hours from Marrakech, this lush escape offers the perfect pre-race chill: scenic walking trails, local wildlife (look out for the cheeky monkeys!), and misty boat rides that take you right beneath the cascading falls.

Led by experienced local guides, you'll discover the best viewpoints, hear the stories of the region, and have time to relax, swim, or sip mint tea by the river.

Whether you're gearing up ahead of your marathon effort or just soaking up Morocco's natural beauty, this unforgettable experience is a must.



CAMEL RIDES THROUGH GOLDEN SANDS & PALMS - £20

Ride into the Moroccan Twilight

Slow the pace and soak in the majesty of the desert with our unforgettable **Camel Ride** through the golden sands and palm-lined trails of the Palmeraie.

As the sun dips behind the Atlas Mountains, you'll sway gently atop your camel, surrounded by glowing dunes, rustling palms, and the quiet hush of twilight. It's a moment of calm before the marathon chaos, or the perfect escape from the city's buzz.

Led by friendly local guides, this experience offers not just a ride, but a chance to connect with Morocco's ancient caravan traditions while watching the desert sky ignite with colour.



FLIGHT INFORMATION

Designated flight times for both arrival and departure to/from Marrakech.

***Please note, the information below is accurate at time of writing this pack.**

***Please take ownership of flight updates.**



ARRIVAL TO MARRAKECH Friday 23th January 2026	DEPARTURE FROM MARRAKECH Monday 26th January 2026
Ryanair RK3126 5:50AM Manchester - 10:30AM Marrakech	British Airways BA2811 11:30AM Marrakech - 14:05PM Gatwick
Ryanair RK3556 6:00AM Stansted - 10:40AM Marrakech	Ryanair RK3557 11:35AM Marrakech - 14:15PM Stansted
Wizz Air W95753 6:10AM Gatwick - 10:50AM Marrakech	
Easyjet EZY8705 7:40AM Gatwick - 12:25PM Marrakech	Easyjet EZY8706 13:15PM Marrakech - 15:55PM Gatwick
Jet2 LS3737 7:45AM Glasgow - 12:45PM Marrakech	Jet2 LS3738 13:35PM Marrakech - 16:45PM Glasgow
Jet2 LS1477 8:50AM Stansted - 13:25PM Marrakech	Jet2 LS1478 14:25PM Marrakech - 17:10PM Stansted
British Airways BA0668 12:25PM Heathrow - 17:10PM Marrakech	British Airways BA0669 17:00PM Marrakech - 19:40PM Heathrow
British Airways BA2812 13:45PM Gatwick - 18:25PM Marrakech	
Easyjet EZY8707 13:45PM Gatwick - 18:35PM Marrakech	
Ryanair RK3128 14:35PM Manchester - 19:15PM Marrakech	British Airways BA2813 19:05PM Marrakech - 21:45PM Gatwick
Wizz Air W95795 15:00PM Gatwick - 19:40PM Marrakech	Ryanair RK3127 20:10PM Marrakech - 23:00PM Manchester
Ryanair RK7870 15:55PM Stansted - 20:35PM Marrakech	Wizz Air W95796 20:15PM Marrakech - 23:00PM Gatwick

There is also a Jet2 flight from Manchester and Jet2 flight from Birmingham that we are happy to arrange pick up for.

Please notify the team if your flights fall outside of the recommended times, so we can arrange transport in advance.



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.

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

If you need further advice, please contact a reputable running retailer, your run club or a member of the Nudge team.

Please see a non-exclusive list below.

- Good running shoes (regular trainers may cause injuries), used and broken into before 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
- 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



ADDITIONAL

NOTES

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.

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. running, quad biking, camel riding etc.

VISA REQUIREMENT

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.

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

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.

Morocco is 'cash culture' and therefore most of the time cash will be needed, especially at souks. At your hotel or the more high-end restaurants, card transactions should be fine, most of the time.

If travelling outside of Marrakech it is advisable to have sufficient cash with you for your trip. ATMs are available in Marrakech, as well as all other major cities, but not so much in the smaller villages and rural areas.

THE ABOVE INFORMATION IS FOR GUIDANCE ONLY.

Please carry out your own checks to ascertain your requirements, on the following link:
<http://www.moroccanconsulate.org.uk/en/Visa.html>

FAQS

How far are the hotels from the start line?

Between 10mins to 25mins walk, depending on the hotel you have been accommodated in.

What are the plans for the shake-out run?

3KM run planned to take place on Saturday evening. This is most likely the only time we will be able to get together as one big group.

Which hotels are we staying in?

By the time you're reading this, Hotel and room allocations would have already been completed, after working closely with each run club founder. The logistics team has spent time going through each run club project file, observing upgrades, special requests, single occupancy requests and confirmations, matching with hotels that can facilitate without splitting members from their own club.

How are the water facilities during the race?

Water points are installed every 5kms.

What are the cut off times for races?

Half-marathon is 3 hours and full marathon is 5 hours 30mins.

What is the course like?

It is a flat and speedy course, particularly the half marathon route, which circles the old medina. With regards to the full marathon, which is also primarily flat and speedy, there are some undulations particularly the section through the Palmeraie.

What duty of care is taken towards the camels?

We are animal lovers and remain vigilant naturally. In the years we've taken part in the camel ride excursion, nobody from our team has witnessed any of the camels in distress, looking neglected, or being harmed, verbally or physically. The bedouin community is well connected, and we work through recommendations.

We can confirm, they are kept as part of a herd. They have rest times in between the rides, they also rest all evening, till morning. Only when the camels reach the age of 2 or 3 years are people allowed to mount them.

What happens if a club has an odd number of people and we all opt for sharing?

Once registrations close, we'll have a full view of the eclectic group of people we've collated. There's currently around 35 project files being updated at any given time. Once figures are finalised, we'll go over the outcome with each club leader and collaboratively establish workable solutions. What we wouldn't do is pair people up without having conversations first. We have immense respect for the leaders and equally maintain respect for each of our guests.

When do we receive our race numbers?

Unfortunately Marrakech doesn't have an expo for bib collection. Alternatively the Team will deliver all bibs on Saturday.

What is the temperature like?

Between 22 degrees to 26 degrees during the day. Can drop all the way down to around 8 degrees in the evening. We do tend to wear a hoodie or something a little more cosy in the evenings. We haven't found it overly humid.

Are there any aid services that help incase of an injury during the race?

Yes, there are aid buses that drive up and down the route. Some people even if not injured, but can't go on anymore, hop on too.

Will our team be running also?

Unfortunately not. But we will be there along the course to cheer you all on with your loved ones! Anything you need we are a phone call away.

Can we do more than one excursion?

Yes, you can even do all four, if your inbound and outbound flights are booked according to the excursion info-pack. Although, we would advise not to do all four, because you do want time to rest and prepare. Quads & camels are in the same area, so we'd recommend these two together.

Marrakech
Marathon

BEYOND

THE RUN

- because child hunger is wrong

While fundraising is optional, our destination runs have always been about creating opportunities. Opportunities for not just those who live here in the UK, but for those across the globe. For those who we may never meet, but know exist and are in need.

Our ultimate aim to bring people from various clubs, no clubs, athletes and brands together to create a space and place where destination runs became accessible for better community cohesion, whilst leaving forever footprints in the hearts of those who will always remember that souls unknown thought of them enough to act and do.

Aligning with the values of **self-reflection, unity, love, purpose** and **potential**, we selected a cause we believe in and feel worthy enough to present, to go one step further.

Supporting the global school meal programme across displaced communities in Africa, South Asia and the Middle East, to prevent;

- **Children being sold by their parents** under the belief that it secures them a better life, when in fact they are trafficked into prostitution or exploitative labour.
- **Mothers pushed into prostitution** to feed their children.
- **Children sold** due to parental addiction to alcohol, drugs, or gambling.
- **Families trapped** in bonded labour after borrowing to buy food at extortionate rates. Debts that are passed to children who spend their lives repaying interest.
- **Girls married off** before puberty to reduce household costs or receive a dowry.



As conscious beings, we know what's right... and what's wrong. It's wrong for a child to go hungry. It's wrong for hunger to stand in the way of learning, dignity, and potential.

Your individual £130 raised will contribute to 1036 children taken off the streets and into education for an entire year.

You can be comfortable knowing that if you decide to raise funds, we have an internal fundraising support coordinator, who will guide you all the way.



**Marrakech
Marathon**

THE COMMUNITY



Asra, a community space centring Muslim women in sports, wellness and sisterhood. Founded in 2019, we have a running club with over 800 runners in the UK and The Gambia. ASRA's aim is to unlock the inner athlete by nurturing a safe space and creating an environment to support spiritual, physical health, mental health and wellbeing.



Slow Paced, bringing together women of different fitness levels and ages who are looking to boost their health and fitness while creating an amazing and inclusive community. Within SRPC, we believe that running should be enjoyable for everyone. Whether you're a total beginner or an experienced runner, we've got a spot for you. We take it easy, focusing on a relaxed pace that allows you to challenge yourself at your own comfort level. SPRC believes in the 3 C's - Community, Conversation, Coffee; and this is what we carry into every one of our runs.



Embankment, founded in 2021 by Luke & Millie, ERC was designed to bring Nottingham's runners together, offering an alternative to the traditional athletics club scene in the city through hosting weekly 5k & 10k runs along the River Trent, finishing with an Apres Run social at the pub. The club exists to create opportunities for connection, & community through running, whilst we also pride ourselves on being more than just a run club, offering regular socials & opportunities for our crew to get to know each other outside of our weekly runs as well, helping to create deeper friendships.



Hamro, founded in 2019 with a mission to build a vibrant and supportive running community. The word "Hamro" means "ours" in Nepali, symbolising the inclusive spirit that defines who we are. While we proudly represent the Nepalese running community, our club is open to everyone, runners of all backgrounds are welcome. HRC's main aim is to promote health and fitness through our weekly social runs and other organised events. HRC began in Folkestone, Kent, and has since grown into a thriving community with branches in Ashford, Maidstone, and South East London. We're excited to be expanding soon into Canterbury and Andover as well.



Westside Runners, situated in the heart of West London, Westside Runners serves as a welcoming haven for diverse mature runners seeking continuous physical and social wellness. Our mission is to connect and empower mature individuals of all abilities, fostering enduring friendships and providing a structured training framework to maintain a strong stride for years to come.



Dockside Runners, is a free and inclusive running collective based in the heart of Liverpool City Centre. The collective have risen to become an established part of the Liverpool running community for over ten years, and have a diverse group of runners from complete beginners to seasoned athletes. Runners take on an array of challenges from 5k parkruns to 100 mile ultras and everything in between. We hope to create an environment which good for meeting new running friends, staying motivated and enjoying the city scenery.



Mindful Strides

Mindful Strides is a community designed for you to connect through movement, nature and wellness. Our mission is to bring people together in ways that supports both body and mind, creating spaces for people to move, reflect and connect.



Common Ground, our mission is to build a hyper-local running community in Dalston, designed to facilitate and create social connection through movement. We're creating an inclusive environment where everyone is welcome to show up as themselves, meet new people, and find common ground through a shared love of running. Together, we run for our minds, our bodies, and our neighbourhood. At Common Ground Run Club, no one runs alone.



Strive & Thrive, a women's wellness and running community created to help women meet new people in London, outside of work, university, or their usual circles. Rooted in connection, confidence, and community, we host inclusive run clubs, wellness events, and retreats that make movement feel fun, social, and sustainable. Our mission is to help women build self-belief through movement while forming genuine friendships along the way. From local runs to international races and retreats, the Stride & Thrive Club is all about showing up for yourself, finding joy in the journey, and thriving together; both on and off the run.



Reform Your Health a community run club founded by Reformation Charity, an organisation supporting communities and those below the poverty line in London and abroad. We empower young people to get directly involved in meaningful community work. Through group runs and other activities, RYH promotes well-being, encourages volunteers to stay active, and creates opportunities to fundraise and support the charity's mission.



Rusty Runners, a community for those who miss the thrill of sprinting the "I used to be so fast" crew and for anyone ready to experience that joy of fully expressing yourself for the first time.

All paces and faces welcome, kindness first and squad support are some of our core values. When it comes to Rusty Runners you're never more than 200m from your team!



Running Buddies is a Birmingham based social run club all about having fun, meeting new people, and actually enjoying running. We started back in 2023 to have a space where running can be fun and have since grown into a thriving community with trips, events, and socials alongside a weekly run club.



Run Her Way, it started with a few of us figuring it out in the depths of winter keeping motivated. Now we're a TEAM. All about showing up for ourselves and other women. We aim to make space for women running, no matter what the miles look like. If you've ever thought you weren't a runner enough or don't fancy running alone - this is for you. Women. Running. Doing hard things daily.



Rep Runners, Established June 2017. We come from all walks of life with a different running back story that led us cresting the Rep Runners family. With over 300 active members to date, 1200+ medals acquired, and millions of miles ran, Rep Runners have come a long way and still have more chapters to write.

All paces and faces are welcome; for the people, by the people, because of the people. A smile, a sense of achievement and a plan to run with us again and again. This is what our running community is, not only the running part, but friendships that have been built and lasted the test of time.



Gals Go Run, a women's social run club based in Fife, Scotland. We're built on the values of community, empowerment, and connection. Our mission is to create an inclusive space where women of all paces can come together to move their bodies, make new friends and strengthen their confidence both in running and day to day life.

Through our regular social runs and post-run coffee meet-ups, we aim to foster genuine connections and a sense of belonging. Our vision is to inspire a supportive network of women who motivate one another to stay active, mindful, and joyfully "on the go" in every step of life.



Hyde Park Runners, is built on community, consistency, and progress. We believe running is more than pace or distance; it's about connection, shared goals, and pushing limits together. Our mission is to create a space where every runner, from beginner to advanced, feels supported and inspired to grow stronger physically and mentally. Our vision is to build a community that celebrates effort, joy, and resilience, where every step taken together leads to something greater.



Run Your way's, mission is to build a supportive community of like-minded individuals who are all striving to better themselves, both on and off the track. We believe running is more than just a sport; it's a way to connect, grow, and build confidence together. Whether you're a seasoned runner, training for your next big event or someone looking to add a bit of fun and fitness to your routine, everyone is welcome here. Our vision is to create an inclusive space where runners of all abilities feel empowered, encouraged, and part of something bigger. As we continue to grow, we're committed to supporting one another, celebrating progress, and inspiring our community to keep running their own way.



Sister Stride, a female-only, beginner-friendly fitness community based in Surbiton, South London. Here, it's all about starting in the most welcoming, supportive, and beginner-friendly way possible. We're a community of like-minded women coming together to move, laugh, and grow stronger; both physically and mentally. There's no pressure to be the best. No pressure to look a certain way. Just the joy of showing up, trying something new, and celebrating every small win. Because at Sister Stride, starting is the biggest achievement.



Alfa Active, more than just a brand - it's a sisterhood, a community, a safe space, and a movement to help women unlock their strength, confidence, and potential. Growing up we didn't have role models who looked like us in the fitness space. We know how intimidating it can feel, how hard it is to take that first step, and how important it is to have people cheering you on. That's why ALFA is here - to give you the support, tools, and inspiration you need to thrive. Whether it's through our coaching, run clubs, or events, our goal is to create a space where YOU feel seen, heard, and capable of achieving anything.



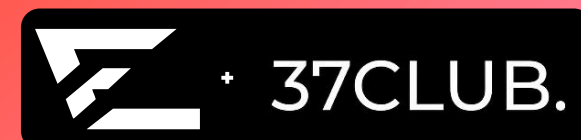
Canary Wharf, a running community built on connection, consistency and shared energy. Based in the financial heart of the City; a place defined by ambition and drive, we bring together professionals who use running to connect, unwind and stay active. **Our mission:** To make running more social, inclusive and inspiring by bringing together people from all backgrounds to connect, move and grow both on and off the track. **Our vision:** To make Canary Wharf not only a centre of finance but also a hub for a vibrant, active community that champions wellbeing and human connection through running and shared experiences.



Club One Percent, is a fitness third space focused on running and calisthenics, founded in February 2025. We're built around the idea of continuous self-improvement, getting 1% better every day. Our mission is to create a diverse, inclusive space where people of all ages and backgrounds can come together through sport, supporting one another in pursuit of their goals. Our slogan, "It Takes a Village," reflects the heart of our community. The belief that progress is not achieved alone but through collective effort, encouragement and shared growth. Together, we move forward. One percent at a time.



Stride or Die, built for runners who chase progress, not comfort. We focus on the sessions that make you faster, tempo runs, intervals, and speed work. Each week, we come together to push the pace, sharpen our mindset, and build the kind of strength that only comes from digging deep. Whether you're training for a race or just hungry to get quicker, this is where you learn to love the grind.



37Club, a community for Women and Men separately, founded and run by the Modest Activewear brand EvoluteClo in Manchester, UK. It's a community driven by producing inclusive, judgement free spaces for those who feel more comfortable around the same gender. A place where genuine connections can be made forming a Sisterhood and Brotherhood between our members causing great motivation to achieve fitness and life goals without any outside distractions. Not only that but it's a safe haven for those who think alike, have similar goals and can resonate with one another, no matter their background.

Our aim is to change members' outlook on fitness, whether it's running or activities that we organise such as Padel, Skiing and Pilates. We want everyone to believe that it is possible to get involved in these sports and achieve big, big things, especially those coming from minority backgrounds!



Free Motion, is a community built on the belief that movement connects us all. Our mission is to bring people together through the power of movement, creating space for every pace, background, and story, whether through running, yoga, Tai Chi, or other activities. We value inclusivity, freedom, and the joy of shared motion, building both physical and mental well-being. Our vision is to inspire a world where movement is more than exercise, it's a celebration of connection, balance, and personal growth.



She Runs, a movement in breaking barriers and building bridges - created by and for ethnic women who run the streets and trails with purpose, pride and power. We move for representation, resilience and real connection. Redefining what strength looks like at every mile turned into a statement of unity, culture and unapologetic confidence.

Founded in London in 2023, we're here for our sisters - locally and globally. Supporting every runner from their very first run to the ultra finish line and beyond. Through sisterhood, community and care, we ride together for both mental and physical and with the aim of locking in for life.



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