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TCS Toronto Waterfront Marathon
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Ten to Watch at the TCS Toronto Waterfront Marathon By Paul Gains

Roza Dereje, 27, Ethiopia
PB: 2:18:30

Roza has dipped under the 2:20 barrier twice with her personal best of 2:18:30 coming when she won the 2019 Valencia Marathon. Selected by the Ethiopian Olympic committee to run in the Tokyo Olympics she finished 4th. She can also point to a 2nd place finish in the 2018 Chicago Marathon (2:21:18) and a 3rd place in 2019 London (2:20:51). Those four results make her an outstanding catch for TCS Toronto Waterfront Marathon organizers.

Waganesh Mekasha, 32, Ethiopia
PB: 2:22:45

After losing the 2023 TCS Toronto Waterfront Marathon by one second Waganesh has vowed to return and claim victory in this year's race. The 32-year-old mother of two has also set her sights on Magdalyne Masai's course record (2:22:16). Winner of the 2023 Ottawa Marathon where she was paced by Canadian men's marathon record holder, Cam Levins, she has high competitive standards. The \$20,000 winner's prize would go a long way to supporting her young family.

Afera Godfay, 33, Ethiopia
PB: 2:22:41

The third-place finisher here a year ago at Toronto Waterfront (four seconds behind the winner) signaled a return to form after taking a couple of years off to give birth to her daughter. Her personal best of 2:22:41 was her last race prior to maternity leave. Afera hails from the war torn northern province of Tigray although she has lived in Addis since 2010. Her family remains in Tigray.

Natasha Wodak, 42, Canada
PB: 2:23:12

Wodak set the Canadian record of 2:23:12 while finishing 12th at the 2022 Berlin Marathon. Twice she has represented Canada at the Olympics. In the 2021 Tokyo

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Games she finished a highly credible 13th in the marathon. Five years earlier she finished 22nd in the Rio Olympics 10,000m. She has won national titles at 5km, 10km (twice), 10,000m (twice) and the half marathon but never in the marathon. Collecting maximum points as a national marathon champion would help in qualification for the 2025 World Championships in Tokyo.

Meseret Gebre, 31, Ethiopia
PB: 2:23:11

Meseret will be seeking redemption for a below par performance when she finished 7th here a year ago. With a personal best of 2:23:11 recorded at the 2022 Barcelona Marathon she is also accomplished at shorter distances. Indeed, just one month following that result she earned the bronze medal for Ethiopia in the African 10,000m championship. English is a little easier for her. In 2017 she spent several months in New York and raced many times in the eastern U.S.

Elvis Cheboi, 29, Kenya
PB: 2:09:20

With a personal best in the half marathon of 59:15 (2022 Barcelona HM) Cheboi has long had the potential to run world-class marathons. On a windy day he won the 2023 TCS Toronto Waterfront Marathon in 2:09:20 and so will be looking to slice off a chunk of that time if conditions are more favourable. The father of two has a farm back home in Mororia (near the famed running town of Iten, Kenya) where he grows wheat and potatoes and keeps sheep and goats. The first-place prize money of \$20,000 would go a long way to increasing productivity.

Mulugeta Uma, 26, Ethiopia
PB: 2:05:33

Winner of the 2024 Paris Marathon, Mulugeta brings a particular set of results to the Toronto Waterfront Marathon with his 2:05:33 personal best from that race and a 2:06:07 at the 2023 Seville Marathon, plus a 2:06:47 from 2023 Frankfurt. He has made an impact, to be sure, since taking up marathoning. Originally, he raced 1,500m on the track winning medals for Ethiopia at both the 2014 Youth Olympics and the 2015 World Youth Championships. Mulugeta's parents are farmers and if it weren't for his running success, he says, he would also be working on the farm.

Abdi Fufa, 28, Ethiopia
PB: 2:05:57

A podium finish remains Abdi's main objective as he contests the Toronto Waterfront Marathon for the first time. Like his countrymen he comes with outstanding credentials. His personal best of 2:05:57 was achieved at the 2021 Sienna Marathon. Earlier this year he finished 4th in the Dubai Marathon running 2:06:23. After missing all of 2023 with a calf injury that was a welcome result. Abdi grew up on a farm with 5 brothers and 4 sisters. It was his brother Imane, a 10,000m runner, who encouraged him to run.

Gizealew Ayana, 21, Ethiopia
PB: 2:07:15

At 21 years of age, Gizealew is by far the youngest competitor among this year's elite field. His personal best (2:07:15) came while winning the 2023 Paris Marathon. His potential in the marathon is unlimited. Just two years ago he was racing the European Cross Country series but found time to run 60:17 at the Cardiff Half Marathon. That's an indicator he can run much faster than his current personal marathon best.

Tristan Woodfine, 31, Canada
PB: 2:10:39

Woodfine has put on hold his career as a paramedic to get the most out of his running career. He looked to have a place on the Canadian 2020 Olympic team sewn up but was bumped at the eleventh hour when Cam Levins ran a slightly faster time. His 2:10:39 personal best came while finishing 6th in the 2024 Houston Marathon. He has a goal of winning the Canadian title and trying to beat 2:10..

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About the TCS Toronto Waterfront Marathon

The TCS Toronto Waterfront Marathon is Canada's premier running event and the grand finale of the Canada Running Series (CRS). Since 2017, the race has served as the Athletics Canada national marathon championship race and has doubled as the Olympic trials. Using innovation and organization as guiding principles, Canada Running Series stages great experiences for runners of all levels, from Canadian Olympians to recreational and charity runners. With a mission of "building community through the sport of running," CRS is committed to making sport part of sustainable communities and the city-building process.

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To learn more about the TCS Toronto Waterfront Marathon, visit www.torontowaterfrontmarathon.com.

About Tata Consultancy Services (TCS)

Tata Consultancy Services is an IT services, consulting and business solutions organization that has been partnering with many of the world's largest businesses in their transformation journeys for over 65 years. Its consulting-led, cognitive powered, portfolio of business, technology and engineering services and solutions is delivered through its unique Location Independent Agile™ delivery model, recognized as a benchmark of excellence in software development.

As part of the Tata group, India's largest multinational business group, TCS has over 601,000 of the world's best-trained consultants in 55 countries. The company generated consolidated revenues of US \$29 billion in the fiscal year ended March 31, 2024, and is listed on the BSE and NSE in India. TCS' proactive stance on climate change and award-winning work with communities across the world have earned it a place in leading sustainability indices such as the mSCI Global Sustainability Index and the FTSE4Good Emerging Index.

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