

Kenyan Women's Duo to Battle for TCS Toronto Waterfront Marathon title By Paul Gains

East African rivalries continue at the TCS Toronto Waterfront Marathon as two Kenyan women have now been confirmed for this World Athletics Elite Label Race on October 19.

Beatrice Cheserek and Cynthia Chemweno are their country's response to the young Ethiopian duo, (Almaz Kebebe and Adane Anmaw), who were previously announced by the organizers. The matchup is expected to yield exciting results with all four possessing incredible potential at the distance.

Cheserek is making her debut in the marathon at the age of 26. However, she comes with superb credentials including a personal best in the half marathon of 66:48 recorded in winning the 2022 Cardiff Half Marathon race.

A taste of big city marathon experience is also in her resume. Two years ago, she paced Rosemary Wanjiru through 30 kilometres of the 2023 Tokyo Marathon - a World Marathon Major - which her teammate won in 2:16:28.

The following year saw her take maternity leave to give birth to her son, Fabian Kiprop.

"This is my first marathon I hope to do my best because I was pacing in Tokyo before I went to Delhi," she explains. "I paced up to 30k strongly. I paced for Rosemary Wanjiru and Rosemary ran 2:16 so I know I am strong."

In her first comeback race this year she finished 6th in the Santa Pola (Spain) Half Marathon in 70:25.

"My training now is going well," she says. "Last week I did a 40k and I saw my body was well. I finished strong. I think I am going to do the best there (in Toronto). I want to run 2:20 or 2:19. I know that Toronto is not a hard course. A little bit faster."

The course record (2:20:44) is held by Waganesh Mekasha a training partner of the young Ethiopians, the aforementioned Adane Anmaw and Almaz Kebebe.

Meanwhile both Cheserek and Chemweno are part of an Asics group managed by Mezzo Sports Management. The two often trained together a year ago. That was before Chemweno moved to Kaptagat where the men's group and coaches are located at a camp built by Mezzo. It's called Chojo Camp after the Japanese word meaning 'striving for the peak'.

Cheserek has remained in Iten. She was born 40 kilometres away in Chepkorio.

"Now I train with my husband," the 28-year-old reveals. "He is Cyrus Kiplagat he is the one who assists me with my pacing I just trained a little bit for that time in Kaptagat and I cannot go back. My sister-in-law looks after the baby (during training) here. Fabian is now one year and five months."

But this is the rainy season in Kenya and many of the roads are dirt and therefore impassable. It's a common problem. But somehow Kenyan athletes make the best of it. Indeed, Chemweno believes she will run better than when she made her debut in the Hamburg Marathon this past April. There she finished 5th in 2:23:39. Her performance has given her confidence.

"Yes, Hamburg was my first marathon," Chemweno says. "The course was very good, and I managed to run a good time. I was so excited when I finished. I really enjoyed it."

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Media accreditation has begun for the 2025 TCS Toronto Waterfront Marathon. Here is the link to register: <https://www.torontowaterfrontmarathon.com/media/>

ABOUT THE TCS TORONTO WATERFRONT MARATHON

The TCS Toronto Waterfront Marathon is Canada's premier running event, Toronto's largest marathon 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 an Olympic qualifier. 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. To learn more about the TCS Toronto Waterfront Marathon, visit www.torontowaterfrontmarathon.com.

ABOUT CANADA RUNNING SERIES (CRS)

Canada Running Series (CRS) organizes the TCS Toronto Waterfront Marathon. CRS is the nation's premier running circuit with 6 events, 4 in Toronto & 2 in Vancouver. It annually attracts over 60,000 participants and raises more than \$6 million for some 320 mostly-local charities. The Series includes the World Athletics Elite Label TCS Toronto Waterfront Marathon, and the Athletics Canada National Marathon Championships. Since 1999, CRS has gained international recognition for innovation and organization. To learn more about CRS, visit <https://canadarunningseries.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. For more information, visit www.tcs.com.



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