

Kenya's Sila Kiptoo to Challenge for TCS Toronto Waterfront Marathon Crown

By Paul Gains

To the list of outstanding contenders for victory at the 2025 TCS Toronto Waterfront Marathon the name Sila Kiptoo can now be added.

The 27-year-old Kenyan joins a superb men's field which includes the top three finishers from last year's race: the winner Ethiopian Mulugeta Uma and Kenyans Dominic Ngeno (2nd in 2024) and Noah Kipkemboi (3rd).

"Yes, I am coming there maybe to win maybe," Kiptoo declares. "If not, I will try to run a PB (personal best)."

"My training is going well so I am waiting for the day to come and compete against the guys. I will normally run 35km a day, so it means each week about 210km. It's the same for Paris. I didn't make any changes from when I was going to Paris."

Earlier this year he ran a personal best of 2:06:21 to finish third in the Paris Marathon, two places ahead of Ngeno. Although they are from the same area of Kenya they train in different groups and had not met before.

Kiptoo has a history of earning podium places at major city marathons. In 2024 for instance, he finished 3rd in Rome and was the winner of the Gyeongju International Marathon in Korea. He was also 2nd in the 2023 Madrid Marathon. He says he is looking forward to his first visit to Canada.

"I train with Benson Kipruto and Sebastian Sawe," he reveals. "Benson has come there to Toronto before and says the course is good. He ran there in 2019 he went there and ran a 'PB' with Philemon Rono."

Kipruto, it should be remembered, was 4th in the 2019 Toronto Waterfront Marathon in 2:05:13 in a race where Rono set the still standing course record of 2:05:00. That also remains the Canadian All Comers' Record. Of course, Kipruto went on to even greater notoriety earning the 2024 Olympic bronze medal while Sebastian Sawe won both the London and Berlin marathons this year.

Those are just two of the training partners Kiptoo enjoys time with at the group's camp in Kapsabet. They are coached by the famed Italian Claudio Berardelli.

"I live in Kapsabet but I grew up in a place known as Kosirai in Nandi County," Kiptoo explains. "It's not far away from my training ground, around 8km. I am staying in the camp (all week) so no driving home."

Part of the sacrifice Kiptoo and his friends have made is to isolate themselves and dedicate everything to their athletics success. Like many he has a wife, Asca Jemutai, who is studying to be a clinical officer at the Kaptagat Medical Training College. The couple has a three-year-

old daughter named June-Bethel Jepkirui. The camp, however, is designed to be as comfortable as possible since they spend five or six days a week there away from their families.

During a video call the affable Kenyan provides a tour holding up his phone camera as he wanders the grounds.

“We are around thirty people, runners,” he says providing video of the dining room with a large picnic table in the centre. “And this is where we eat lunch or whatever. There is also a room where we do our exercises. The other building is the ladies’ (dormitory) building. Behind them is ours.

“Normally after training we eat in the dining room and if you feel like going to sleep you go. We have a television and other things. We play pool here. And we watch football. I am a fan of Manchester United.”

Being a supporter of the Reds is something that Kiptoo shares with Toronto Waterfront race director, Alan Brookes. And since it is tradition in the Kapsabet camp that winners of major marathons are celebrated with a cake, Brookes has committed to paying for the celebration, should he win this year’s race.

Tradition is important in the Kenyan running environment and influences from one generation to another are common. Like many Kenyans Kiptoo would see runners training on the dirt roads in the rural area in which he grew up. But, from those early years he also had a link to marathon running.

“I started in primary school 2004 and I finished school in 2015,” he says of his education. “So, when I was starting in running my uncle was an international runner, Martin Lel (a three-time London Marathon winner). He was the one who gave me inspiration to run. I was watching him and sometimes we would meet with him. He gave me advice on how to start running.”

Surrounded by such excellence in marathon running for much of his life Sila Kiptoo is destined for greatness. A victory in the TCS Toronto Waterfront Marathon would surely be another major leap forward.

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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



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“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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