



Ten to Watch at the 2025 TCS Toronto Waterfront Marathon

Women's Field

SHURE DEMISE 29 Ethiopia PB: 2:20:59

Ethiopian star Shure Demise returns to Toronto Waterfront in search of a third victory having won in 2015 and 2016. She represented her country at both the 2017 and 2019 World Championships and also finished 3rd in the 2018 Chicago and the 2019 Tokyo Marathons. After giving birth to her daughter, she returned to competition, winning the 2025 Milan Marathon in 2:23:31 a full two minutes clear of the field.

BEATRICE CHESEREK 26 Kenya PB: Debut

Toronto Waterfront race fans eagerly await the debut of this talented runner. With a half marathon personal best of 66:48 she believes she has the potential to challenge the course record of 2:20:44 set by Ethiopia's Waganesh Mekasha a year ago. Cheserek served as a pacemaker in Tokyo earlier this year, taking her training partner Winfridah Moseti through 30km. The latter ran 2:16:56. Cheserek also paced the leaders in the 2025 London Marathon. A year ago, she gave birth to her son.

ASIMARECH NAGA 26 Ethiopia PB: 2:24:13

Asimarech is still finding her way in the marathon having competed on the track until 2025. But she set a course record when she won the 2024 Dublin Marathon (2:24:13). In her debut she finished 3rd in the 2024 Rabat (Morocco) Marathon with a time of 2:26:55. And earlier this year she finished 2nd in the Wuxi (China) marathon in 2:24:21. A member of legendary Ethiopian coach Haji Adilo's training group it is a measure of the respect that Haji himself accompanied her to Toronto.

ALMAZ KEBEDE 20 Ethiopia PB: 2:23:30

This Ethiopian lady just turned 20 in September. She finished 8th in her debut marathon (Dubai 2025) in a time of 2:23:30 while still a teenager. Another 8th place finish in Rotterdam solidified her commitment to the event and though she hasn't yet made a podium, her objective in Toronto Waterfront is to do just that. Among her training partners is Waganesh Mekasha, the 2024 Toronto Waterfront winner. Almaz says she watched the race live streamed and has also received advice from Waganesh on the course.

DAYNA PIDHORESKY 38 Canada PB: 2:29:03

This long time Vancouver resident (originally from Windsor, Ontario) set her PB in winning the 2019 Canadian Championships at Toronto Waterfront (10th place overall). That gave her an automatic berth on Canada's 2020 Olympic marathon team. In 2022 she finished 7th overall in



Toronto Waterfront (2:30:58) and believes she is certainly capable of a PB. In addition to her Toronto Waterfront experience - this will be her fifth start - she is a three-time winner of the Vancouver Marathon, her most recent victory coming in May of this year.

Men's Field

MULUGETA UMA 27 Ethiopia PB: 2:05:33

The defending champion returns for the 2025 TCS Toronto Waterfront Marathon intent on another victory in this World Athletics Elite Label race. Earlier this year he finished 5th in the Tokyo Marathon - a World Marathon Major event - 2:05:46. His personal best (2:05:33) came in winning the 2024 Paris Marathon. If conditions are right, he believes he can beat the course record set by Kenya's Philemon Rono in 2019 (2:05:00).

DOMINIC NGENO 28 Kenya PB: 2:06:37

After finishing second in Toronto Waterfront a year ago, Ngeno believes he has learned a lot about the distance. Indeed, he finished 5th in Paris this past April in a new personal best of 2:06:37. He reckons the Paris course is tougher than Toronto. Looking to the future he hopes to represent Kenya one day but is investing his earnings from marathon running into a couple of electronic shops he owns.

SILA KIPTOO 27 Kenya PB: 2:06:21

A third-place finish at the 2025 Paris Marathon (2:06:21) established Kiptoo's credentials as a world class marathoner. On that occasion, he finished two places ahead of his compatriot Dominic Ngeno. Podium finishes are nothing new for him. In 2024 he won the Gyeongju (Korea) marathon and finished 3rd in Rome. Kiptoo trains with former Toronto Waterfront 4th place finisher, Benson Kipruto, who went on to win an Olympic bronze medal at the distance. He says Kipruto has spoken to him about Toronto and the course.

NOAH KIPKEMBOI 32 Kenya PB: 2:07:31

Kipkemboi finished 3rd in Toronto Waterfront a year ago in a personal best of 2:07:31 but knows he can run much faster if the conditions are right. Coached by legendary Kenyan coach, Patrick Sang, he has competed infrequently but has acted as pacemaker for his training partner, the great Eliud Kipchoge in his world record races. Toronto Waterfront course record holder Philemon Rono is another training partner. Rono has helped prepare Kipkemboi for the race.

BEN FLANAGAN 30 Canada PB: debut

Flanagan represented Canada at the 2024 Paris Olympics over 5,000m but is best known for his road racing abilities. His debut in the marathon is therefore highly anticipated. A three-time



winner of the Falmouth Road Race and a three-time Canadian 10km champion he has a half marathon PB of 61:00 making him the third fastest Canadian ever. Originally from Kitchener, Ontario Flanagan and his wife relocated to Cape Cod, Massachusetts in 2024.

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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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