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TCS Toronto Waterfront Marathon
2 Berkely St, Unit 305 | Toronto, ON | M5A 4J5
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Victories Over Fast Times for Kenya's Elvis Cheboi

By Paul Gains

There are those who run fast marathon times, but remain in the shadows, and others who focus on winning races. Elvis Cheboi is amongst the latter.

The Kenyan won both the 2023 TCS Toronto Waterfront Marathon in what is still his personal best time (2:09:20) and more recently the 2026 Ottawa Marathon (2:09:22) beating strong international fields which included men who have run several minutes faster than him.

Now he will return to Toronto, the city which really launched his international marathon career, for the 2026 TCS Toronto Waterfront Marathon, on October 18th.

Reached at his home approximately two kilometres outside Iten, Kenya 'the celebrated 'Home of Champions' ' he appears delighted to recall his past visit to Canada's biggest city.

"I think the first time I ran in Toronto it was my first time to win a marathon," he says smiling. "I think it was a big achievement for me. First of all I thank God. The first time in Toronto I was so proud of myself my first marathon to win and also my personal best."

Cheboi, who says he doesn't know why his parents named him Elvis, turns 31 today (September 29) and when he receives birthday wishes from a journalist he reacts with his customary good natured laugh.

"I didn't remember that next week is my birthday," he reveals. "I will just wish myself a birthday and that's it and also thank God for his love."

Living so close to the training camp where he spends most days means he can spend time between training sessions with his wife and two children, Sharline (8) and Shalom (4). That is clearly a precious benefit. Many Kenyan elites live in training camps operated by their management companies and only go home on weekends.

"In fact a few days ago the little one had his fourth birthday," Cheboi explains. "I just wished him a birthday with our family a small wish to him. It was a small party with cake so he can feel special just for him."

The fact he enjoys life at home should not be mistaken for complacency. Clearly, a balanced life works for him and might well be the reason he oozes positivity when talking about his running. These days he is coached by James Ebenyo

"Yes I am happy with my training," he declares. "I am running, in a week 185 to 190km."



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Sometimes I am training alone and three days a week I run with a group. It depends on the schedule or the program. If it will be a long run something like 40km then the group. It depends.

"Now I think everything is going well. But I can't say I will come and win, but I am in good shape."

Cheboi has competed internationally for more than a decade. At the 2014 World Under 20 Athletics Championships in Eugene, Oregon he claimed the 10,000m silver medal behind current world record holder and two time Olympic champion, Joshua Cheptegei of Uganda. He gradually moved up to the half marathon recording a personal best of 59:15 at the 2022 Barcelona Half Marathon. That's a good indicator he can run a much faster marathon.

With victories in both Toronto Waterfront and Ottawa on his resume he must clearly love Canada. "It has given me a lot," he admits laughing. Now he has his eyes set on a stellar performance on the shores of Lake Ontario. As for specific objectives a personal best perhaps he won't reveal them.

"You know everything depends on how you train and how your body responds on that day," Cheboi admits. "And also the weather!"

"I cannot predict that. Maybe (a personal best) but for now I don't know if I will run but God willing and also people moving I will one day. I wish one day that maybe I run (a PB) but I am not sure. God knows."

A victory at Toronto Waterfront Marathon will by no means be easy. For a start his compatriots 2025 champion Leonard Langat, Noah Kipkemboi, second a year ago, and the 24-year-old Fanny Kiprotich, winner of the 2026 Vienna Marathon, will also carry Kenya's fortunes against a strong international field.

But Cheboi knows how to compete and he especially loves competing in Canada.

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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



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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/>.