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TCS Toronto Waterfront Marathon
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Chasing The Legend of Tom Longboat

By Paul Gains

Kristian Jamieson is on a mission to beat the time his great, great-grandfather ran at the Boston Marathon. This might bear little relevance were it not for the fact that he is chasing the standard set by the legendary runner Tom Longboat.

Longboat, a member of the Onondaga First Nation, won the 1907 Boston Marathon in 2:24:24 and was widely considered the world's best long-distance runner of that era. Jamieson hopes to realize his dream of beating his time at the TCS Toronto Waterfront Marathon on October 18th.

Attending elementary school on the Six Nations Reserve near Brantford, Ontario - where Longboat also lived and died - Jamieson first learned about the heroics of Longboat. As a child he was unimpressed but, as he matured, he realized the enormity of his ancestor's achievements.

"Running a 2:24, in Boston, that is the pinnacle of racing for a long-distance runner," Jamieson says. "Boston is one of the most famous courses in the world, a very difficult course - Heartbreak Hill the Newton Hills. I was fascinated.

"I think it came down to a kid wanting a role model to look up to. I was like 'wow, someone in my family lineage who was a phenomenal athlete, loved by Canada and the world. Maybe some of those genetics are in me.' Once I got a little piece of that, like, treasure I wanted to dig it out."

Jamieson is a member of the Upper Cayuga First Nation one of the Six Nations which make up the Haudenosaunee Confederacy. Several of its members will be running TCS Toronto Waterfront Marathon alongside a contingent of the famous Raramuri from Chihuahua, Mexico in what Canada Running Series is calling 'The Friendship Project'.

The Six Nations are also comprised of clans and he proudly acknowledges he is also member of the Wolf clan. Although he says he is not obsessed with the wolf he does admire the species.

"I kind of like the wolf," he adds. "It's a predator, they hunt, they move around, they are fast runners, they are tenacious. I have a husky and a lot of people said our husky looks part wolf. When I think of my Wolf clan I kind of think of my dog."

During his childhood Jamieson's family moved about southern Ontario finally settling in Niagara Falls. Like many Canadians his focus as a child was hockey. He played for his high



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school team and, after graduating from Brock University with a Bachelor of Biomedical Science degree, he continued playing intramural hockey at Western University's Schulich School of Medicine and Dentistry in London, Ontario. He is currently in his final year of studies. The team takes on the University of Toronto Dentistry team for an annual charity event and he excitedly points out that, during his first year, they finally ended a lengthy losing streak to their rivals. Then came the impact of Covid.

Running for fitness and to relieve boredom was initially his motivation as 'stay at home' restrictions took place. Hockey was cast aside. "I was running more seriously," he explains. "I was not going to risk getting injured playing these games. Third year, I stopped playing to focus totally on running!"

Although he made his marathon debut in 2023 with a modest 3 hours 13 minutes performance his pursuit of Longboat's time became a full on commitment after he finished 3rd at the 2025 Niagara Falls International Marathon with a time of 2:39:23. That easily qualified him for this year's Boston Marathon. There he improved his time to 2:34:02. Five weeks later he lowered his personal best to 2:31:25 in Ottawa.

"When I was in Ottawa people were asking me 'are you going to try and run 2:24 here?' he recalls smiling. "I said 'oh no.' I had to tell them, 'How do you think I am going to go from 2:34 to 2:24, I am barely recovered from Boston?'"

"I ran a 2:31:25 and Ottawa was a hard race. The highs and lows of marathon running I had never experienced before. When I was in Boston it was all a high. There were maybe one or two moments that were scary but other than that it was smooth sailing."

Jamieson was encouraged to learn that Kenya's Beatrice Cheserek knocked almost nine minutes off her personal best after debuting in Toronto Waterfront Marathon a year ago. Cheserek with a personal best of 2:21:56, will also run this year's Toronto Waterfront. He would welcome a similar improvement.

Meeting elite runners in Ottawa including Canadian Olympians Rory Linkletter and John Gay, (the latter confirmed to run in Toronto Waterfront), as well as several Kenyan stars he says was inspirational. And, their willingness to offer advice further increased his commitment to his dream. But he also gives credit to renowned marathon coach Rick Mannen, who has written training programs for him since the spring. Mannen guided Krista DuChene to a 3rd place finish at the 2018 Boston Marathon and also to a berth at the Rio Olympics.

"It is nice to see a young person like him so connected to his great, great-grandfather's legacy and using it as a catalyst to chase his dreams while honouring Tom Longboat," Mannen says. "I feel very honoured to be coaching him."



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The summer break from school allowed Jamieson to raise his training volume sometimes up to 200 kilometres a week and to get to a gym regularly for strength training. Between sessions he watched YouTube videos of distance runners to learn about their lifestyle. Most importantly he had the time to sleep. It is not that way now that his final year of studies has begun.

“It’s difficult. That is what I am going to miss the most,” he laments. “In the summer I could sleep in and recover. Some of my workouts are two hours long. With school I don’t have as much time.

“(During school) I was waking up at 4:00 a.m. or 4:25 a.m. then starting my run anywhere from 4:30 am. to 5:00 am. I would wake up and then start running.”

With his dream to beat Tom Longboat’s Boston time now well recorded in the media - and amongst the patients he sees at the Schulich School of Medicine and Dentistry - the attention he has received could be stifling.

“Do I feel any pressure? Honestly, I don’t feel any pressure,” he responds. “Running is something I love to do. It’s a passion it makes me feel alive knowing that I have a goal and every day matters. I am trying to get one step closer to achieving this time. It’s given me so much purpose.

“2:24 is just the beginning. Once I hit 2:24 I am looking to go sub 2:20 and seeing how far I can push myself. I am in it for the long term.”

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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 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



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Marathon Championships. Since 1999, CRS has gained international recognition for innovation and organization. To learn more about CRS, visit <https://canadarunningseries.com/>.