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TCS Toronto Waterfront Marathon
2 Berkeley St, Unit 305 | Toronto, ON M5A 4J5
416-944-2765 | torontowaterfrontmarathon.com

TEN TO WATCH

Men

ADUGNA TAKELE, 34 Ethiopia PB: 2:05:52

Although this is Adugna Takele's first time in Toronto he has in fact been to Canada four times. In 2013 he won the Ottawa 10k and was 3rd in the 2018 Ottawa Marathon. His personal best of 2:05:52 came at the 2022 Seville Marathon. Inspiration to become a runner was supplied by his uncle Worku Bikila - a world class 5000m runner who represented Ethiopia in the 1992 Olympics and 1993 world championships. Adugna is aiming to beat his personal best in Toronto. One of his training partners, Lemi Berhanu, was 2nd in the 2019 Toronto Waterfront Marathon.

YOHANS MEKASHA, 25 Ethiopia PB: 2:07:19

Relatively young for a marathoner, Yohans Mekasha is intent on beating the personal best of 2:07:19 he set at the Kosice (Slovakia) Marathon in October 2022. He first came to light as a 17-year-old representing Ethiopia at the 2015 World Cross Country Championships, where he helped his nation to a silver medal team performance. Earlier this year he ran 2:08:00 at the Doha Marathon. He is coached by renowned coach Abshera Tessema.

ELVIS CHEBOI, 27 Kenya PB:2:10:21

Cheboi has great plans to compete at the front of this year's Toronto Waterfront Marathon after a tough debut in Vienna back in April. There he ran with the leaders for much of the race before fading to 2:10:21, which earned him 7th place. Both he and his coach Gabriele Nicola were disappointed as he believed 2:05 or 2:06 was possible. With a half marathon personal best of 59:15 he is capable of such a time.

ABDELA GODANA, 31 Ethiopia PB: 2:08:06

Abdela is no stranger to marathon podiums, having won the 2021 and 2022 Madrid Rock and Roll Marathons and the 2018 Nagano (Japan) marathon. Early in his marathoning career he twice finished 2nd in the Beirut Marathon. His personal best of 2:08:06 came in winning the 2020 Beppu-Oita Marathon. Abdela truly believes he can compete at the front in Toronto Waterfront.

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ALFRED KIPCHIRCHIR, 29 Kenya DEBUT

Although he is making his debut in Toronto, Alfred Kipchirchir is a highly talented distance runner with the ability compete against the world's best. Three times he has beaten 60 minutes in the half marathon running a personal best of 59:43 at the 2021 Madrid Half Marathon. He trains in Iten, Kenya with a strong marathon group which includes Vincent Ngetich (2nd in 2023 Berlin, 2:03:13 in his debut). Coach Peter Bii says they push each other. Another training partner, Enock Onchari, was 4th in Toronto a year ago and is providing useful intel on Toronto Waterfront Marathon.

Women

AFERA GODFAY, 31 Ethiopia PB: 2:22:41

After winning the 2019 Dongying Marathon in China with a superb 2:22:41 personal best, Afera took a couple of years off competition to give birth to her daughter, Maranata. These days she is training with coach Gemedu Dedefo alongside new world marathon record holder Tigist Assefa. Afera believes she is ready to compete for top honours after posting a good 1:10 25 half marathon in Rabat, Morocco. She travels to Canada with one of coach Gemedu's other top athletes, Adugna Takele.

WAGANESH MEKASHA, 31 Ethiopia PB: 2:22:45

Waganesh Mekasha trains in the same group as 2022 TCS Toronto Waterfront Marathon champion Yihunilign Adane. She has watched the event on Youtube several times and consulted with her friend Yihunalign as to what can be expected in Toronto. Waganesh won the 2023 Ottawa Marathon in 2:24:48 - paced by Canadian record holder Cam Levins. She finished 5th in Chicago 2022 in 2:23:41 but has a personal best from the 2019 Dubai Marathon (2:22:45). If the conditions are right she says she can get the course record (2:22:16 held by Magdalene Masai of Kenya).

FOYIZA JEMAL AMID, 25 Ethiopia PB: 2:25:09

Foyiza made her marathon debut in March 2023 at the Rome Marathon. There she finished 2nd in a time of 2:25:09. Her only other experience at the marathon distance was this past June at the Kigali (Rwanda) International Peace Marathon where she finished 3rd in 2:37:14. The time is a little deceptive since Kigali is very hilly and at an altitude of 1500m+. Foyiza belongs to a training group based in Assela, Ethiopia and coached by Coach Kasime Adillo the brother of famed Ethiopian coach Haji Adilo. Training has been better than expected and she aims for a massive improvement of her current personal best if conditions will allow it.

EMILY DURGIN, 29 USA DEBUT

This 29-year-old from Portland, Maine made her marathon debut at the 2022 New York Marathon but dropped out near the 30km race after being affected by the heat. This resident of Flagstaff, Arizona has earned bronze medals at the 2023 USATF Cross Country Championships, 2022 USATF 10 Mile Championships as well as a silver at the 2022 USATF

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15km Championships. Most encouraging is her superb personal half marathon best of 67:54 which she recorded at the 2022 Houston Half Marathon. It is indicative of a time nearer 2:20.

DAYNA PIDHORESKY, 36 Canada PB: 2:29:03

Pidhoresky won the 2019 Toronto Waterfront Marathon in a personal best of 2:29:03. That performance earned her an automatic place on the Canadian team bound for the Tokyo Olympics. Unfortunately, she was ordered to quarantine in Japan after it was determined she had been seated near a Covid positive airline passenger. She hopes to return to the Olympic stage in Paris to make up for her poor result at the Tokyo Olympics. A year ago she finished 7th in Toronto Waterfront in 2:30:58. Pidhoresky also represented Canada at the 2017 World Championships in London.

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About the TCS Toronto Waterfront Marathon

The TCS Toronto Waterfront Marathon is Canada's premier running event 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 the Olympic trials. 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 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 50 years. TCS offers a consulting-led, cognitive powered, integrated portfolio of business, technology and engineering services and solutions. This is delivered through its unique Location Independent Agile™ delivery model, recognized as a benchmark of excellence in software development.

A part of the Tata group, India's largest multinational business group, TCS has over 614,000 of the world's best-trained consultants in 55 countries. The company generated consolidated revenues of US \$27.9 billion in the fiscal year ended March 31, 2023, and is listed on the BSE (formerly Bombay Stock Exchange) and the NSE (National Stock Exchange) 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.

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