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**TCS Toronto Waterfront Marathon**  
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## **Kumeshi Sichala Joins Ethiopia Team Bound for TCS Toronto Waterfront Marathon** By Paul Gains

Ethiopian women have proven a formidable force at the TCS Toronto Waterfront Marathon having won eight of the last fifteen editions of this World Athletics Elite Label race.

A year ago they filled the top four places in the women's race.

Once again, the East African nation is sending a strong contingent to the October 20th fixture intent on adding to this record. Kumeshi Sichala will now join her compatriots having run a personal best of 2:25:25 to finish second at the Gold Coast Marathon in Australia this past July.

"My training partner Waganesh Mekasha told me about the course and Toronto Waterfront Marathon in general," Kumeshi says of her choice in fall marathons. "Honestly, I cannot wait to race Toronto Waterfront Marathon.

"I watched the Toronto Waterfront Marathon many times (on live stream). My husband told me a lot about Toronto because he was there when Yihunilign Adane (2:07:18) won in 2022. He told me how much the fans motivate the athletes (and that) the atmosphere at the finish line is amazing. (He said) the city is so beautiful, the food is tasty and the people are welcoming."

Waganesh Mekasha is one of the elite athletes with whom Kumeshi trains. Mekasha was second in Toronto Waterfront a year ago and won the 2023 Ottawa Marathon. She has already confirmed her return to this year's event.

Others in the training group include Zeineba Yimer - the 2023 Barcelona winner and Mestawut Fikir who won this year's Paris Marathon in her debut at the distance. They train under the guidance of esteemed coach Nigatu Worku three times a week at various locations around central Ethiopia. And it is Kumeshi's husband, Hailye Teshome, who drives her to the workouts. On other days she runs alone.

Kumeshi won the 2019 Kosice Marathon with a then personal best of 2:26:01 and then took time off as she and Hailye, who works with the group's Edinburgh, UK based sports agency, Moyo Sports, started their family.

"I have a daughter now," Kumeshi says proudly. "Her name is Soliyana."

The name means ‘mother of Jesus’ in Amharic.

Following the birth of Soliyana she didn’t run for six months. Her return to proper training has gone well and now Toronto Waterfront Marathon presents itself as the latest challenge after her personal best earlier in the year.

Like most elite East African runners Kumeshi is grateful to have both her husband and a maid to help with raising her daughter. Considering the amount of time spent training and recovering from workouts there is little time for her other interests but she finds a way to fit everything in.

“When I am not training I like cooking,” she admits. “When I am away from home to compete I do a warm up run every morning and then read books as the race day approaches.”

As evidenced by her choice in names for her daughter she and Hailye are devout Christians. Reading her bible is especially comforting to her.

As she turns her attention to Toronto Waterfront, which will mark her first visit to Canada, she is brimming with confidence. And, why shouldn’t she be. A solid block of training, a fast course and her compatriot Waganesh Mekasha to challenge for the top prize of C\$20,000. Asked what her objective is in the race she is succinct.

“I hope to win the Toronto Waterfront Marathon and run a personal best,” she responds.

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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](http://www.torontowaterfrontmarathon.com).

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## **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.

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