



LIBERIA MARATHON

The Race Continues...

10K RACE Nov. 28, 2021



Race Report



> Though it was challenging; I have always told myself that as long as someone else can do it, I too can do it. I ran to some point that I just couldn't go any further but I remind myself of the motivation that took me to the race (As long as someone else can do it, I too can do it). It was how I reached in 1hrs 26mins 4 seconds. <

-Allen, Finisher



> I was moved to participate in this historical events to raise awareness to our fellow youths to live a healthy lifestyle and always exercise. (...) And oh! I ran along with my friend in the wheelchair and it was fun and wonderful. <

- Jerald, Finisher





Message from the Liberia Marathon Trust

Congratulations to all finishers of the Liberia Marathon 10k race 2021!

It was an epic moment to witness: In the early morning hours on Sunday, November 28th, more than 1,000 athletes gathered inside the JFK Hospital Grounds in Center Monrovia, eagerly awaiting the whistle to blow and kick-start their race. No matter the pace, they all made it through the 10k and hours later, proudly crossed the finish line inside the Samuel K. Doe Stadium in the City of Paynesville.

And just like that the Liberia Marathon races reclaimed the streets: The Minister of Youth and Sports along with his team, the City Mayor of Monrovia, senior officials from Government and the Executive, members of the Armed Forces of Liberia, Liberia's elite runners, guests from Sierra Leone, and Liberia's only female participant at the Paralympics in Tokyo, ran together with hundreds of Liberians of all ages, gender and backgrounds united by their joy of running.

Without the help of the multiple institutions and agencies of the Liberian Government, this event never would have happened. A special thanks goes out to the Ministry of Youth and Sports, the Liberian Athletic Federation and the Monrovia City Council. Thank you for a very constructive collaboration, a great foundation for the coming events!

Our appreciation also goes out to our great corporate partners and sponsors, who not only believed in this idea, but joined the adventure. We are grateful for your commitment and trust and are looking forward to extending our partnerships.

Finally, our sincerest 'thank you' to all volunteers, without who the race could not happen. Hundreds of committed Liberian citizens offered their time and energy to make this race a success.

In the spirit of this collaboration and partnership, we are eager to turn the Liberia marathon races into a regular happening in the Liberian sports calendar. Our vision is to provide a platform for Liberian elite runners to compete and prepare for the international level, and for amateur runners to have a chance to push their own limits and excel their personal achievements. Running can play an important role for a healthy and progressive society and we are ready to support that.

We hope to see all of you at the starting line for the next Liberia Marathon in 2022 – just don't forget to bring your friends!

Let's get Liberia running!

Your Board of the Liberia Marathon Trust

Winners of the 10k Race

Rank	Name	Country	Time hrs:min:sec
10k Race Crutches Male			
1.	Meanwon, Junior	Liberia	1:07:49,00
2.	Nyumah, Emmanuel	Liberia	1:08:41,00
3.	Dolhar, Lawrence	Liberia	1:18:14,00
10k Race Wheelchair Female			
1.	Johnson, Patience	Liberia	1:22:52,00
10k Race Wheelchair Male			
1.	Sackie, Moses	Liberia	0:44:50,00
2.	Dongo, Emmanuel	Liberia	0:46:20,00
3.	Kerkula, Alex	Liberia	0:54:16,00
10K Race Female			
1.	Turay, Isatu	Sierra Leone	0:40:35,00
2.	Massaquoi, Lucy	Liberia	0:43:59,00
3.	Mokko, Suah	Liberia	0:44:17,00
LIB Patriot	Massaquoi, Lucy		
10K Race Male			
1.	Sesay, Edward	Sierra Leone	0:33:48,00
2.	Faraj, Anis Prince	Liberia	0:34:13,00
3.	Momoh, Augustine S.	Sierra Leone	0:35:01,00
LIB Patriot	Faraj, Anis Prince		

LIBERIA MARATHON



A Racing Opportunity for Everyone



Paralympian Patience Johnson was the first ever female athlete in a wheelchair to cross a Liberia Marathon finish line.

highly successful component of all the Liberia Marathon editions – and certainly also an important part of this 10k race.

It was a great joy to welcome repeating and first-time competitors in both, the wheelchair and crutches race, including a female participant for the first time.

And was in particular outstanding to welcome wheelchair athlete Moses Sackie as the first participant overall to cross the finish line at SKD Sports Complex – in under 45min!

In the future, the Liberia Marathon seeks to further extend opportunities for athletes with disabilities to allow even more people an incomparable running experience.

From its inaugural event in August 2011 onwards, the Liberia Marathon has strongly promoted access to running for all Liberians. The running events offer affordable and safe participation for the youth and not-so young anymore, for female and male athletes, elite runners and amateurs and well as for people with disabilities. Gender, age, or income shall not present a barrier for anyone to take part.

Competitions for disabled athletes in wheelchairs and on crutches have been an established and



Moses Sackie crossing the finish line



Athletes at the starting line

The Race in Numbers

- 1 dedicated organizing team
- 10,000 meters to run
- 1,000 proud athletes crossing the finish line
- 33 minutes for the fastest runner to finish the race
- 13 shining winners in 5 categories
- 5,000 liters of water for runners and volunteers deployed at starting area, along the course and at the finish
- 1,500 bananas to feed the hungry runners
- 150 kilograms of plastic collected along the course and at the finish line
- 300 wonderful volunteers as the backbone of the race
- 25 partners and sponsors from public and private sector for a great collaboration
- 99 percent Liberian runners
- 10 different nationalities





LIBERIA MARATHON





Collaboration is Key

The Liberia Marathon 10k race was a massive, city-embracing event with a great atmosphere from the starting point a JFK Hospital at Tubman Boulevard, all the way to the finish line at SKD Sports Complex on Paynesville.

Such a successful race event requires close collaboration between many different partners; all playing a strong role in this fantastic orchestra. The Liberia Marathon Trust as host organisation is in particular grateful for the strong support from the Government of Liberia and its various institutions and agencies.

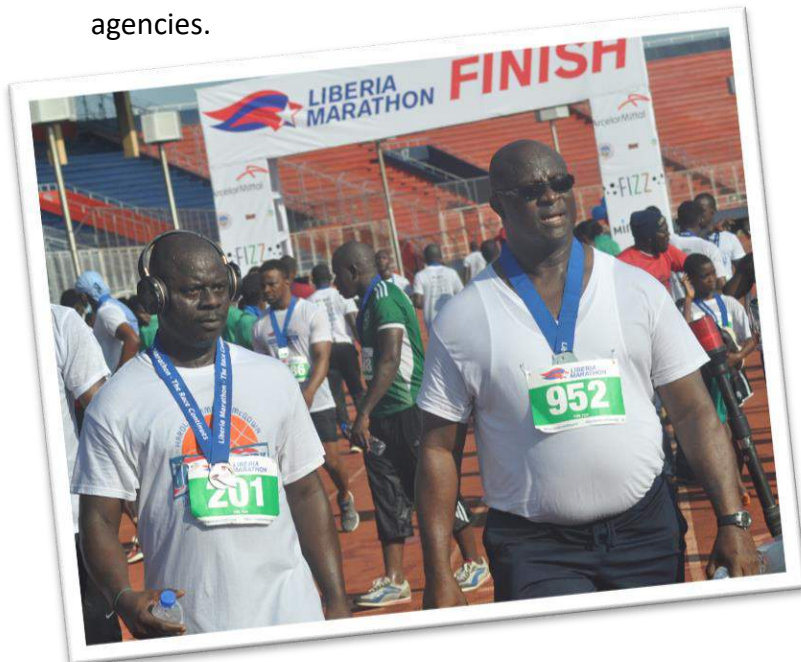
disseminating important information among the public and increasing visibility to the running race. The Liberia National Police (LNP) and the Monrovia City Police (MCDP) are long-time and trusted partners to assure the necessary security on race day – creating a safe space for participants, volunteers and spectators.

The Armed Forces of Liberia (AFL) have been also a long-timer supporter and promoter of the Liberia Marathon. This year, once again members of the Armed Forces helped as members of the medical team, handed out water at the aid stations and helped setting up the start and finish area.

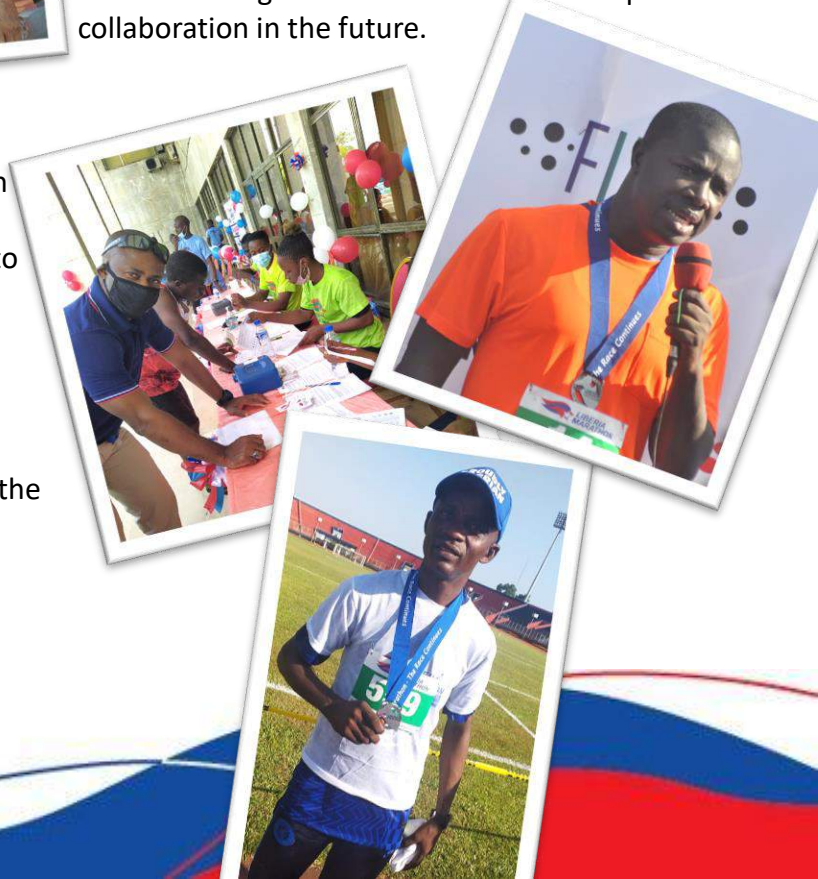
And the best thing: All those Governmental institutions, bodies and related structures not only collaborated with and supported the Liberia Marathon – they also ran.

The Liberia Marathon Trust was very proud and happy to welcome many Government officials and representatives of collaboration partners behind the finish and would like to congratulate everyone.

We are looking forward to extend and deepen our collaboration in the future.



It has been a great pleasure working together with the Ministry of Youth and Sports (MYS) and the Liberia Athletics Federation (LAF) as key partners to establish the suitable framework for the race and making a spectacular finish possible. The Monrovia City Corporation (MCC) and the Paynesville City Corporation (PCC) have been very helpful in allowing a smooth preparation and implementation of the race day – such as hosting the registration launch event at Monrovia City Hall. The Ministry of Information, Cultural Affairs and Tourism (MICAT) has been a great partner in



Clean, Cleaner, the 10k Liberia Marathon Race

We loved the atmosphere in the finish area on race day. People cheered for incoming finishers, sat down on the track, enjoyed their refreshment, had a chat with friends and fellow runners and followed the entertainment programme. And we also noticed something else: With having at the peak more than 1100 people walking around, yet the area looked amazingly clean. What a success!

Of course, organizing a running event creates waste. We cannot completely avoid that. But as organizers, we are interested to minimize the amount of waste and the impact on the environment as much as possible.

And we are proud and happy that we made big steps in the right direction:

Multiple trash bins were deployed in the starting and finishing area to avoid that trash will be dropped on the ground and left in the environment, causing potential damage to nature and animals. Runners were sensitized to use those bins and many followed our request. Our fantastic volunteers started early to pick up any trash left on the ground, kept the areas clean and convenient and encouraged others to do the same. The great team from the SKD Sports Complex also did their part and made sure that filled-up trash bags were replaced and found their way into the further waste management process.

And last but not least, we are so impressed by the work of our partner Abundant Rain (<https://www.abundantrain.com/>).

You may remember the guys in their blue shirts with the large blue trash bags?

The Abundant Rain team followed the last runners throughout the entire course and picked up all the water sachets dropped by thirsty athletes, and later joined our volunteers at the finish line to pick all the plastic bottles.

They did not only walk the 10k, but they literally walked the extra mile and collected more than 150kg of plastic waste on one single day. And what is most exciting: Abundant Rain is currently working on solutions how to recycle this plastic and give it a new life.

We are so appreciating of everyone who helped to keep our event clean and limit the environmental impact. We want to continue this way – if you would like to partner with us, please reach out and email us at info@liberiamarathon.org.



**Our fantastic
sponsors and partners:**



ArcelorMittal





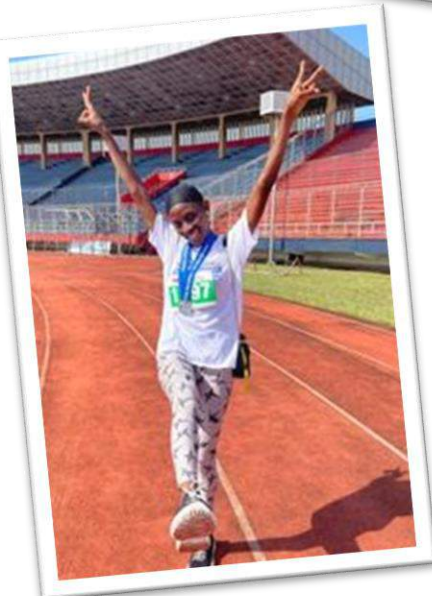
**Congratulations
to all finishers –
thank you for
running with us!**



>It wasn't easy. I never imagined myself engaging into such sporting activity. But I did it and it's a motivation that anything is possible!<
- Malema, Finisher

*>The Embassy of Sweden was very proud and excited to have been part of the Liberia Marathon 10 km race. The Embassy compliments the organizers and all the volunteers who worked hard to make the event successful. **We ran together, we all won.** The Swedish Embassy ran as a team to raise awareness to end sexual and gender based violence in Liberia. We call on all to join us in this effort, let's end #SGBV through our individual and collective efforts.<*

-H.E Urban Sjöström, Ambassador of Sweden to Liberia



>It was worth everything. I almost gave up around SD Cooper junction but fought and reached the finish point. I am super proud of myself and thanks to the organizers.<

- Chu, Finisher

>It was a challenge for me but I mustered the courage to go through it and at the end I was so excited.<

- Cecelia, Finisher

A Massive Shout Out to Volunteerism

There is no race without runners. Everyone knows that. But there is one thing not everyone knows: There is also no race without volunteers. Volunteers are the backbone of every running event worldwide and Liberia is no exception.



The Liberia Marathon 10k race really was brought to life through our volunteers. More than 200 individuals from different backgrounds and with different expertise committed their time and energy to turn the 10k race into a spectacular event and a great memory for everyone. Many came even for the second or third time to support the Liberia Marathon events.

Volunteers helped with the registration in the past months, handed out race numbers, set up the start and finishing areas, guided the runners along the course, assured the medical safety, handed out water and bananas, cheered for the finishers, took care of exhausted runners and cleaned up after everyone has left. It was amazing.

Clearly, volunteerism cannot and should not be taken from granted. It is a very generous decision to give something to others and society for a certain cause without expecting of receiving anything in return.

As Bernice Cargeor, Volunteer Coordinator for the Liberia 10k race explains: "Due to the economic

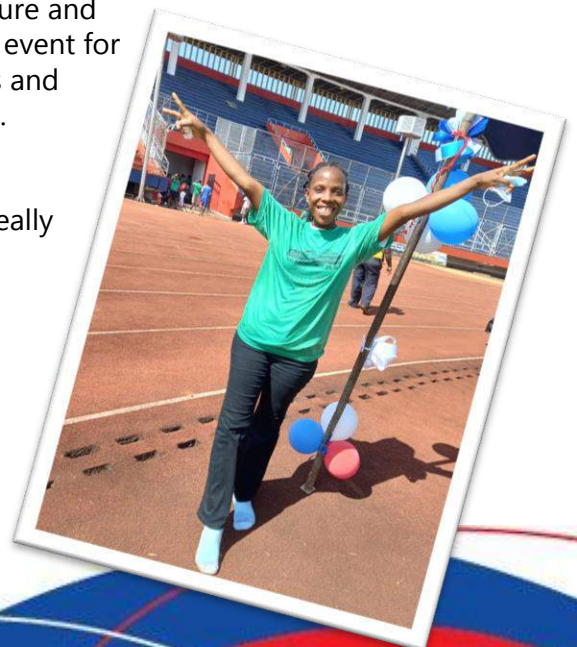
hardship in the country right now, people are looking for a piece of job or opportunity that will put food on their table. To get these people with this kind of mindset on board to volunteer without expecting anything in return was a difficult thing to do but was achieved through the efforts of other volunteer organizations by preaching the concept of volunteerism."

Hence, we are so very grateful for all the individuals who came out to help, we are very grateful for the University of Liberia Volunteers, the Liberian Volunteers Hub, the Bill Rogers Youth Foundation and various medical institutions such as JFK Hospital and SDA Cooper Hospital which used their organizational structures to recruit a great number of fantastic volunteers.

Last but not least, we want to give a massive shout out to the member of the Liberia Marathon 10k race organizing committee. They also serve as volunteers in their respective position – no matter if as registration coordinator, medical coordinator or security director and are driven by a passion and great belief in this event.

Those women and men dedicated countless hours to organize this first Liberia Marathon race since 2015 – and even sacrificed their precious night sleep before race day to assure a safe, secure and successful event for all runners and spectators.

Thank you for a job really well done!



#theracecontinues

**The next Liberia Marathon race
will take place in 2022.**

Plans are set for

- ✓ full marathon distance (42.2k / 26.2. miles)
- ✓ half marathon distance (21.1k / 13.1 miles)
- ✓ 10k races, also for wheelchair/crutches athletes

Check liberiamarathon.org for updates and
details and follow us on social media.

Stay tuned!

We cannot wait to see you race with us again!



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