

LIBERIA MARATHON

Liberia Marathon November 24, 2024
Race Report





COMMUNITY & SUSTAINABILITY

Message from the Organizers

To our participants, volunteers, supportive partners and sponsors, and many friends!

What a Liberia Marathon race day this was: On Sunday, November 24, 2024, we all we witnessed a true celebration of running and endurance. Almost 2,000 participants crossed the finish line at SKD and received their medal as icon of their amazing achievements.

The Liberia Marathon 2024 was special in so many ways: Team registration and the convenient online application attracted new runners, astonishing 30% of the participants overall were women, we welcomed more than 20 hearing-impaired runners and three vision-impaired athletes guided by the AFL, and the wheelchair and crutches races witnessed record numbers.

The Liberian elite runners impressed with incredible performances, no matter the pain, and many runners broke their personal bests. The atmosphere was magical and it felt so much more than just a running event.

One of our finishers shared those beautiful words:

Running is not merely an exercise of physical strength; it is a metaphor for the journey we have undertaken as a nation. Each step we take was a reminder of the progress we have made and the challenges we continue to face. Liberia, a nation with a rich history and a resilient spirit, has come a long way. [...]

Today, as we participated in this marathon, we are not just representing ourselves; we are representing the hopes and dreams of an entire nation.

~ Justin S., finisher Liberia Marathon 2024

Over the past years, the Liberia Marathon truly has developed into a sports and city event for the entire society.

The Liberia Marathon Trust is proud to provide this platform - and we are grateful for your trust.

We see you at the next Liberia Marathon starting line!

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the Liberia Marathon Trust



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We proudly present our winners of the
Liberia Marathon 2024...

Rank	Name	Nationality	Time (hrs:min:sec)
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Half Marathon Women

1	Theresa Kargbo	Sierra Leone	01:32:21
2	Mary Kamara	Sierra Leone	01:37:35
3	Adama Kamara	Sierra Leone	01:41:17
LIB Patriot	Lucy Massaquoi	Liberia	01:55:19

Half Marathon Men

1	Amadu Sajor Samura	Sierra Leone	01:17:10
2	Sorie Semion Sesay	Sierra Leone	01:17:48
3	Williams S Saaweyea	Liberia	01:24:22
LIB Patriot	Williams S Saaweyea	Liberia	01:24:22

10k Wheelchair Women

1	Patience Johnson	Liberia	01:21:44
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10k Wheelchair Men

1	Moses Sackie	Liberia	00:48:49
2	Prince Morris	Liberia	00:50:42
3	Thomas Mulbah	Liberia	00:53:18

... and some more fantastic winners!

Rank	Name	Nationality	Time (hrs:min:sec)
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10k Crutches Women

1	Victoria Korgbay	Liberia	01:54:27
2	Yama Massaquoi	Liberia	02:08:28
3	Kemah Wolubah	Liberia	02:32:03

10k Crutches Men

1	Emmanuel J Paye	Liberia	01:07:57
2	Emmanuel Nyumah	Liberia	01:08:04
3	Prince Wymah	Liberia	01:10:10

10k Footrace Women

1	Jane Kargbo	Sierra Leone	00:42:48
2	Mabinty Kamara	Sierra Leone	00:47:29
3	Mariama Njauhija	Sierra Leone	00:52:21
LIB Patriot	Julie Weah	Liberia	00:53:30

10k Footrace Men

1	Kalie Sesay	Sierra Leone	00:34:57
2	Alusine Conteh	Sierra Leone	00:35:06
3	Harris Melemore	Liberia	00:37:41
LIB Patriot	Harris Melemore	Liberia	00:37:41

Runner's profile: Saaweyea S. Williams

3rd Prize and Liberian Patriot Prize Winner Half Marathon Men Liberia Marathon 2024

Name: Saaweyea S Williams

Coach: Timothy Kollie

City/ County of Birth River Gee, Fish Town

Favorite Training Location: Beachside tracks and open fields with fresh air

Favorite fod after the training: Rice with soup and fish, or fresh fruits for quick recovery



What was your biggest success as a runner so far?

Representing Liberia and earning a National Accolade for the Liberia Track and Field Team. Competing at a high level and making my country proud has been one of my greatest achievements.

It was also so amazing seeing myself coming in 3rd at the Liberia Marathon 2024, I didn't believe that I could come 3rd.

What is your biggest dream as a long-distance runner?

To compete at an international level, bring glory to Liberia, and inspire young athletes to pursue their dreams.

What does the Liberia Marathon mean to you?

The Liberia Marathon is more than just a race -it's a celebration of endurance, resilience, and national pride. I

t brings the running community together and showcases the strength of Liberian athletes.

Keep pushing forward, no matter the obstacles. Every step you take is a step closer to greatness. Train hard, stay disciplined, and never stop believing in yourself. The journey may be tough, but the rewards are worth it!

~ Saaweyea



Daniel Dean – a Liberia Marathon legend

Daniel Dean joined the Liberia Marathon team all the way back in 2012. He has been serving as Security Coordinator in several editions of the race, gained vast experience and build great relationships with our key partners in the security sector. In the 2024 race, Daniel became the Course Coordinator. Additionally, he also took on the responsibility as team coordinator.

Daniel, you have been with the Liberia Marathon since its early beginnings. What was your motivation to join in and stick to it all the years?

My motivation came from the unique opportunity to contribute to something meaningful for Liberia - a platform that promotes unity, resilience, and a sense of pride. The Marathon has always been more than a race; it's a movement that reflects the strength of our people. Over the years, seeing how it brings communities together, inspires individuals, and creates lasting memories has kept me committed. Being part of this journey has been a source of fulfilment and pride.

What does the Liberia Marathon mean for Liberia?

The Liberia Marathon symbolizes hope, progress, and the unbreakable spirit of the Liberian people.

It's a moment when people from all walks of life - athletes, organizers, and spectators - come together to celebrate what we can achieve collectively.

It also serves as a platform for promoting health and fitness, fostering partnerships, and showcasing Liberia's potential to the world. The Marathon truly highlights the best of who we are as a nation.

How do you see the development of the race over the years?

The Liberia Marathon has come a long way since its inception.

Each edition has been bigger and better, with more participants, improved organization, and stronger partnerships. We've learned from every challenge and grown into a more cohesive team. The race has also gained greater visibility both locally and internationally, and it continues to inspire people to embrace the values of resilience, perseverance, and unity.

What is your personal vision for a Liberia Marathon 2025 and beyond?

My vision is to see the Liberia Marathon evolve into a landmark event for Africa, drawing participants and supporters from around the world. Beyond 2025, I hope the Marathon can serve as a catalyst for deeper community engagement, youth empowerment through sports, and sustained international partnerships.



I envision a race that not only showcases Liberia's beauty and culture but also sets the standard for inclusivity and excellence in sports events. ~ Daniel

After being away for four years, it was amazing sharing the road with old friends, fans and some national athletes at the Liberia Marathon 2024, we actually went further together. ~ Andrew S.



At some point, I felt like giving up. But each time I looked back, I knew I was ahead of others and needed to encourage them. So I kept moving till I got to the finish line. Thank God I made. Congratulations to me menh! ~ Patience



[...]A big thank you to the Liberia Marathon 2024 organizers and all the sponsors who made this incredible event possible. Together, we've celebrated not only the spirit of running but also the power of community, charity, and personal achievement. ~ Ishmeal M. (left)



I'm thrilled to be a part of this history-making moment. It was a race of stamina and endurance. Getting to SKD Sports Complex from JFK Memorial Hospital in less than one hour isn't for the weak. ~ Luther

Our runners share their stories,



Guts, Grits, and Confidence.
Liberia Marathon 2024
10k Footrace FINISHER.
.....
>Bucketlist Item Check
~ Parnneh

... their
experiences
and emotions.

If you wanna go fast, go alone.
If you wanna go farther, go together.
Quite amazing to have completed the 10K run
organized by Liberia Marathon with these amazing
human beings. ~ Joshua



It's not the distance you must
cover in running, it's yourself.
~ Theophilus



My first time taking part in marathon was
a challenge I near give up along the way,
but I kept focus and was able to reach the
finish line. Congratulations to all the
finishers. ~ Laydee

The race started before I began, with the crowd of the
world ahead of me, I had no other choice but to run
consistently, passing by a person after every single
step, giving up was never a plan. ~ Patrick T.

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Team work makes the dream work!

The past editions paved the way - more and more teams started to show up at the starting line, proudly presented their branded shirts, special colors and unique spirit.

And for the Liberia Marathon 2014, it was made official: For the first time, teams could officially register with their team names, celebrate their victory together, and download their team results after the race.

An incredible number of 66 registered teams showed up on race day to join the fun, with members ranging from two to 100 persons. If fitness and running clubs, Government entities, companies, civil society organisations, colleges, church groups and families or the amazing Liberia Marathon sponsors, they all were there.

And the best team name: This victory certainly goes to the APM Terminals Liberia Terminators, who conquered the race course in full steam and lived up to their name.



But no matter the name or number - it is the spirit which counts and the spirit was unbeatable among all teams!

Congratulation to all team captains - you did a great job in leading, guiding and inspiring your teams.



The tireless Armed Forces of Liberia ruled the show with 103 finishers, closely followed by the Liberia Revenue Authority with 90 finishers and the team from the Hill Social and Athletic Club (Hillsac) with 66 proud participants crossing the line.



*As a leader I just don't lead my team,
I ensure each one reaches the finish line.
~ Thomas M., Team Captain Mary's Meal*

Living the team dream

Brussels Airlines is a committed supporter of the Liberia Marathon and has been showing up with big team at the starting line for years.

Marjolein Six is the Country Manager of Brussels Airlines in Liberia. Together with her colleagues, she proudly crossed the finish line of the Liberia Marathon 2024.

Congratulations to your 10k finish at the Liberia Marathon 2024 and thank you for running with us. How was your race experience?

My personal race experience was great. I'm a big fan of the Liberia Marathon vibes. Besides of that, my condition was better than the previous Liberia Marathon edition which was also very welcoming.

For many years already, Brussels Airlines has been showing up with an entire group of employees joining the race and in 2024 you took the opportunity to sign up as an official team. What does the Liberia Marathon mean to your team?

The Liberia Marathon is more than just a race for our Brussels Airlines team—it is a symbol of unity, resilience, and shared purpose. Running together as an official team in 2024 strengthens our bond and reflects our commitment to Liberia.

You are the Country Manager of Brussels Airlines, a long-time partner of the Liberia Marathon. As a partner, why it is worth to support the Liberia Marathon?

Brussels Airlines is proud to support the Liberia Marathon as it aligns with our commitment to community engagement, health, and inclusion. This partnership enhances our brand visibility and strengthens our connection with Liberia.

As a partner, how would you like to see the Liberia Marathon developing in the future? What should be considered?

We would love to bring more Brussels Airlines and Lufthansa Group colleagues from abroad to run the race with us. A timely communication on the race date will certainly facilitate this.



It's an opportunity to celebrate diversity, embrace challenges, and demonstrate our dedication to making a positive impact. ~ Marjolein





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Runner's profile: Adena Augustina Tarnah

Adena was the proud final finisher of our Liberia Marathon 10k run with a fantastic time of 3:01 hours. Managing a lasting nerve injury, Adena had to go through severe pain, but she stood up for herself and never stopped. She represents pure determination and resilience.

Congratulations to your 10k finish at the Liberia Marathon! How was the race day for you?

Race day was a rollercoaster of emotions—fear, joy, doubt, and ultimately, fulfilment. I started at the back, walking slowly, and met a kind family who chose to walk with me. That encouragement kept me going, even when the pain hit early. I suffered and trembled, but I kept going. Reaching SKD changed everything—the crowd's energy and support lifted me. I finished with a full heart and new friends beside me.

You are dealing with a long-time sciatic nerve injury. Can you explain what does that mean and how it affects you?

An injection injury at age 19 injured my sciatic nerve. Though the pain faded for a while, it returned and worsened with time. Movement often hurts, the pain is usually a ten. I have managed to make stretching, low-impact activity, and meditation my daily go to routine, because the pain sometimes gives me anxiety. I still walk 30 minutes three times a week, get a massage as often as I can. It's a daily fight, but I don't give up.

How did you prepare for the race?

I walked 30 minutes a day, five days a week, for a month before the race. I learned how to listen to my body—slower steps, shorter strides, less pressure. It was more than a physical prep - it was emotional strength-building too.

Do you have a recommendation to people who might be in a similar situation?

Don't let fear or others' opinions stop you. I skipped the 2022 race out of fear, but cheered for my family. They were so happy to be a part of the race.

In 2024, I showed up with my family and my church community. As a plus-size woman, I have always faced judgment—but I've learned that others' opinions do not define my reality. Be around those who uplifts you. Find your community and get all the support you need. Your race is your own, do it your way, your rules, at your own pace with grit and joy.

Will you be back at the starting line at the Liberia Marathon 2025?

Yes, absolutely. This was more than a race; it was a transformational experience. I see myself in a stronger, much better light. I'm coming back in 2025 with even more energy. And I hope my story inspires someone else to try and put their self out there.



*Your race is your own,
do it your way, your
rules, at your own
pace with grit and joy.
~ Adena*





Volunteers - the secret of a successful event

The Liberia Marathon volunteers are a class on its own.

Over many weeks, they put in countless hours of registration, handing out race numbers, preparing the course, carrying water and refreshments, setting up tents, manning aid stations, guarding start and finish line in the middle of the night, securing the road and event areas, answering questions, measuring times, handing out medals and bananas, cheering on tired runners, and making sure that the roads are clean and today – and yet they were still all full of smiles.

Our volunteers come from all walks of Liberian life (just as our runners) are students, family members, employees, friends of runners, medical personnel, they come from church, social organisation and the the security forces - and there are so many others. All of them are united in their commitment to support the runners to have the best and safest race day possible.

And they are rewarded with immense gratitude and the experience to be part of something big and beautiful.

Volunteerism plays a crucial role in the development and advancement of society. Whether it's through helping those in need, [...] or working to create a more inclusive and compassionate world, volunteers play a pivotal role in bringing about positive change.
~ Jonathan S., volunteer



[...] the experience is what matters the most, the teamwork, networking moreover the love from the runners were incredible and I look forward to working with you in the years to come.
~ Amadu F., volunteer



NPA

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A Liberia Marathon Tale

Initiated by a team of Liberians and internationals, the Liberia Marathon grew into a national symbol of unity and endurance. With inclusivity at its core, the race welcomes all - elites and amateurs, young and old, men and women, athletes of all abilities, and runners of every level. Each runner at the starting line tells a story of determination, resilience, and pride.



2011: The inaugural race

On August 28, 2011, more than 1,000 runners took to the streets of Monrovia for the first official marathon and 10K race in Liberia. The city pulsed with energy and purpose as elite athletes ran alongside diplomats and everyday citizens. Just eight years after the end of civil war, it was a moment of joy and resilience that united a nation in striving forwards.

2013: Liberia. Rising. Together.

Two years later, the marathon returned on August 25, 2013 coinciding with a decade of peace in Liberia.

The spirit of celebration soared, with over 1,200 runners and 1,000 volunteers transforming the city into a moving tribute to progress.

The introduction of electronic chip timing allowed to precisely track all runners' times and marked a technological milestone. And yet it was the sea of smiling faces at the finish line that defined the day.



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2014: Ebola and a cancelled race

With 'Taking the Lead' as a theme, the 2014 race was set to build on past momentum. But as the Ebola pandemic swept across Liberia, the country turned its focus to survival. Training started, but then the marathon was cancelled—a painful but necessary decision. In its absence, the event stood as a reminder of what was at stake and of the human spirit's power to endure.

2015: A new beginning

When the race returned on November 8, 2015 it carried more than runners - it carried the weight of loss and the hope of recovery. 1,500 runners crossed a finish line in front of a closed Ebola Treatment Unit. With the introduction of the half-marathon, the Liberia Marathon events responded to the various needs and desired of its participants.

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2021: The race continues

After some years of reset, the Liberia Marathon came back strong in 2021. More than 1,000 runners participated in the 10K event on November 28, 2021, bringing the joy of road running back to the streets of Monrovia. The organizing team, a great mix of seasoned members and excited newbies, reminded the country - and them-selves - that the race was far from over.



2022: The race continues

In 2022, for the first time the Liberia Marathon offered a 10k, full and half-marathon at the same time. Over 1,400 participants filled the city with the sound of their steps. With mobile-money registration and an officially certified course, Liberia took its place on the global stage. But beyond the tech upgrades, it was the cheers, the sweat, and the joy that truly defined the day.



2024: Further together

The 2024 edition was a triumph of spirit. With nearly 2,000 finishers, it was the largest Liberia Marathon yet. 30% of runners were women - a new record - and over 40 athletes with disabilities participated. From elite runners to community groups, the event radiated pride, unity, and progress. Smiles and tears at the finish line told stories that words could never fully capture.



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From its early beginnings to a world-class race, the Liberia Marathon continues to inspire. With every step, it writes a story of endurance, togetherness, individual achievement and national pride.

And now, off to 2025...

Runner's Profile: Jerry D.Y. Karbah, Sr

Jerry D.Y. Karbah, Sr is a real Liberia Marathon legend. The running enthusiast has participated in every single Liberia Marathon editions since the inaugural in 2011. In 2024, he completed the half-marathon in full fashion in a great time of 2:47 hours.

Congratulations to your great finish at the Liberia Marathon 2024. How was your race day?

The race day was exciting it was always exciting with me. The moment with different personalities from different backgrounds, the interaction and getting to see new friends, etc. My favorite moment is when reaching the finish lines and reaching the medals. This shows my endurance and resilience.

You took part in all Liberia Marathon events since 2011. What encouraged you to take part in the 2011 race and why did you continue to come back every time?

I participated in every marathon event since 2011 because of my desire for jogging, I started jogging a few years back before 2011 to keep me fit and good looking. I usually go to the gym to give me perfect physics and decide to add the track to the process. I continue coming to the race because I feel that it is a part of me - I enjoyed the process and the long distance we covered. I am not very fast but have a lot of endurance.

Which year was the most special one for you?

The 2024 race was most special because I was captured among those that have stylish or creative outfit. Seeing the post motivated me and made me to know that everything you do, there are people watching you so be careful in everything you do. It is important when people give you a tap on the back for the little things you do, and I appreciated that moment.

What does the Liberia Marathon mean to you?

The Liberia Marathon means a lot to me. It is an opportunity to show the entire world that we have

people in West Africa that love the sports, and have the capability to run longer distances.

The marathon gives you the opportunity to see a lot of people come out to have fun and laughter through exercise, to see different nationals and the skills they possess as well.

Please share words of encouragement for other runners:

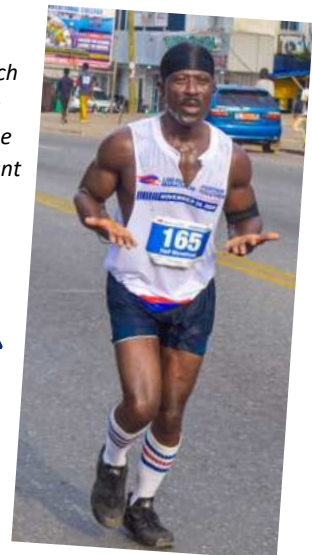
I would like to encourage Liberians and other nationals to always register for the Marathon whenever the time is up. It is an experience that you will always want to experience.

Are we going to see you at the starting line for the Liberia Marathon 2025?

Trust me I will be there this year again at the 2025 race. Let us make use of these moments while we have life. It is not just a race I see it as a lifestyle and I will always be a part anywhere I find myself in this world.

The race has so much excitement on the way. That brings me joy that I always want to experience.

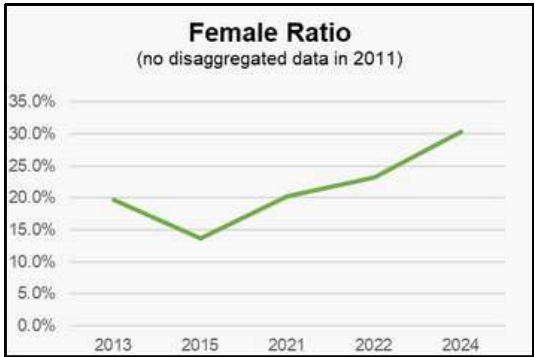
~ Jerry



Liberia Marathon – a race for the people

Diversity and inclusion are two of the core principles which guide and define the Liberia Marathon race. It is an event and a platform which invites and welcomes everyone to participate. Continuous efforts are made to create the suitable framework conditions. `

Historically, men were seen as more suitable to run long-distances. Women would be too weak. All over the world, female runners have proven the opposite, gaining even in strength the longer the distance is.



Liberia is no exception. The women keep inspiring each other and they bring their friends, siblings and colleagues. In 2024, 30% of the finishers were women and it does not stop here.

People of diverse class, religion, culture, gender, race & sex coming together for sport was just incredible! ~ Richard, finisher



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People with disabilities are often used to hear that they are not able to do something – fortunately many of them chose not to listen and do things anyway.

And the Liberia Marathon wants to supports that all the way: Since the inaugural race 2011, the Liberia Marathon offers racing opportunities for athletes on crutches and in wheelchairs.

The sprint start of the crutches racers is unprecedented and a wheelchair race is often the first athlete we can welcome at the finish line. Also, here, the number of female athletes is growing.




In 2022, young athlete Andrew Sammie made history as first deaf finisher of the Liberia Marathon 10k race – but no one knew about that. In 2024, this young man inspired more than 20 other hearing impaired athletes (including five women) and together they formed the strong team “Deaf National Athletes”. Support was provided by a professional sign language interpreter.




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Also visual impairment also does not stop our athletes from racing. A group of visually impaired requested participation in the 2024 edition.

It was an honour to welcome them and their fantastic guides from the Armed Forces of Liberia to the Liberia Marathon at the finish line.



Runner's Profile: Lucy Massaquoi

Liberian Patriot Prize Winner Women Halfmarathon in Liberia Marathon 2024

Coach: My Father

City /County of Birth: Monrovia Liberia

Favorite Training Location: SKD Track

Favorite Food after the training: Eggs, toast, Smoothies with protein, bananas

What was your biggest success as a runner so far?

My biggest success as a runner is having the honor of representing my country on the international stage. It was a great privilege to attend 400 and 800m sprint events in Sierra Leone, Uganda, Ivory Coast and in Guinea.

Wearing my nation's colors and giving my best is something I take great pride in. It's not just about the results, but about showing determination and inspiring others to believe in themselves and chase their dreams.

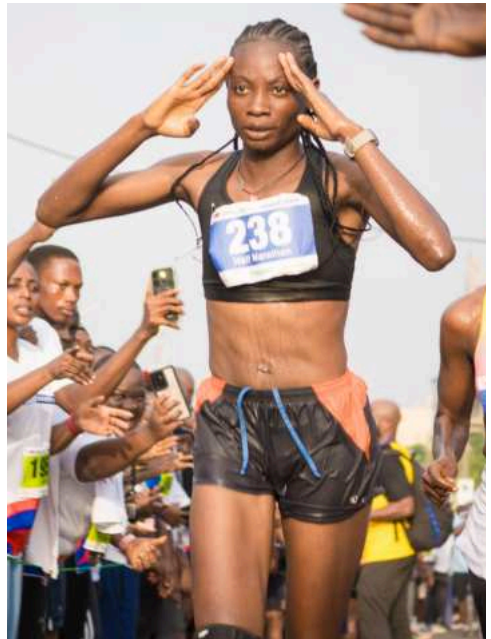
Also, of course winning the first Liberia Marathon in 2011 as first female was a great success and made me believe in my skills even more.

What is your biggest dream as a long-distance runner?

My biggest dream as a long-distance runner is to continue representing my country on the world stage, pushing my limits and achieving new personal bests. I aspire to inspire others, especially young athletes in Liberia, to pursue their dreams and believe that anything is possible with hard work and dedication.

What does the Liberia Marathon mean to you?

The Liberia Marathon means a lot to me. It represents not only a personal challenge, but also an opportunity to showcase the strength and talent of Liberian athletes. It's a symbol of resilience, unity, and pride for our country. Being a part of such an event reminds me of the importance of pushing beyond limits and inspiring others to do the same.



To all the runners in Liberia, keep believing in yourselves and never give up. Every step you take, no matter how hard, brings you closer to your goals. Don't be discouraged by setbacks; they are part of the journey. Stay focused, work hard, and always remember that you have the power to make a difference. Keep pushing, and inspire others with your dedication and passion for the sport as I am doing. ~ Lucy

The Liberia Marathon 2024 was brought to you by our amazing sponsors...



... and incredible partners



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The amazing Organizing Committee 2024

The Liberia Marathon events are arranged and coordinated by a volunteer group of (mainly) Liberians who commit their time, expertise and experience to assure the best race day possible. Coordinating their respective sector (in collaboration with the many partners and volunteers), they form a strong team and represent the heart and core of the Liberia Marathon.



Daniel Dean
Course &
Team Coordination



John F Korfeh
Medical



Mercy Gonpue
Reg, Management r



J. Latty Zarwu
Reg. Outreach



Rosa Yates
Finances



Sam B. Morris
Communications



Magdalene Saah
Press & Media



Fred Bass
Technical Coordinator



Moses F. Tengbeh
Volunteers



Jacob Johnson
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Events



Richelieu Hutchinson
Admin & Gen, Support

About the Liberia Marathon Trust

The Liberia Marathon Trust (LMT) is as Liberian-based Non-Profit Organisation which was established in 2011. The LMT is the host organization of the Liberia Marathon events. It is managed by the Board of Trustees, which is responsible for the mid- and long-term development of the organisation, the strategic orientation, and financial and institutional sustainability. The Board further supervises the organisation of the individual race events, and provides advice to the organising committee.

Vision

Institutionalising road-running as crucial part of the Liberian professional and recreational sports sphere in line with the Sports for Development Agenda.

Mission

Providing road-running outlets and events on international standards for Liberian professional athletes and the general public, creating development linkages through sports and promoting a fit and healthy society

Core Principles



Get in touch with us!



www.liberiamarathon.org



info@liberiamarathon.org

[@liberiamarathon](https://www.instagram.com/liberiamarathon)



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