

LIBERIA MARATHON

October 12, 2025

Race Report





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A Message from the Organizers

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

The Liberia Marathon on October 12, 2025 was a true celebration of Liberian life, friendship, and collective successes; filled with countless smiles.

Both the start lines and the finish area SKD Sports Complex buzzed with positive energy.

A record number of close to 2,700 finishers crossed the line, including 33% women, athletes on crutches and in wheelchairs, and participants with impaired hearing and vision alongside their guides.

While the Sierra Leonean guests remained unbeaten in some categories, Liberian elite runners achieved impressive results — including overall victories in several women's and para categories. International participants from 36 countries (more than ever before further contributed to the event's diversity.

With 120 teams ranging from 2 to 126 finishers, the Liberia Marathon 2025 truly became a race for everyone.

Together we move towards to a healthy and active life and society. United (yet competitive) we are pushing the boundaries together.

As the Liberia Marathon Trust we remain incredibly impressed by all our participants. Their courage, determination, endurance and commitment is as inspiring as the thousands different stories being told on race day.

Our sincerest gratitude goes to our sponsors and partners for their support and trust, to our brilliant organizing team for their engery and tireless efforts and the hundreds of volunteers who turn dreams into reality with us..

We cannot wait to continue writing Liberia Marathon story together with all of you..

**Your
Board Members
of the Liberia
Marathon Trust**





A Special Tribute to the Ministry of Youth and Sports

The Ministry of Youth and Sports has been a valued key partner of the Liberia Marathon since its inception in 2011. Over the years, successive Ministers have warmly supported the event and opened the SKD doors to all runners. They even joined the race together with their staff and partners.

The Liberia Marathon Trust expresses its sincerest gratitude to former Minister Cllr. Jerror Cole Bangalu and his team for their outstanding cooperation during the 2024 and 2025 editions.



We greatly appreciated their support, partnership and commitment.

As we look ahead to 2026, we are excited to begin our collaboration with Hon. Minister Atty. Cornelia Wonkerleh Kruah and her team, and we look forward to working together to deliver an even bigger and better Liberia Marathon.

For more info:
liberia@brusselsairlines.com
Tel: 231 777 520 777
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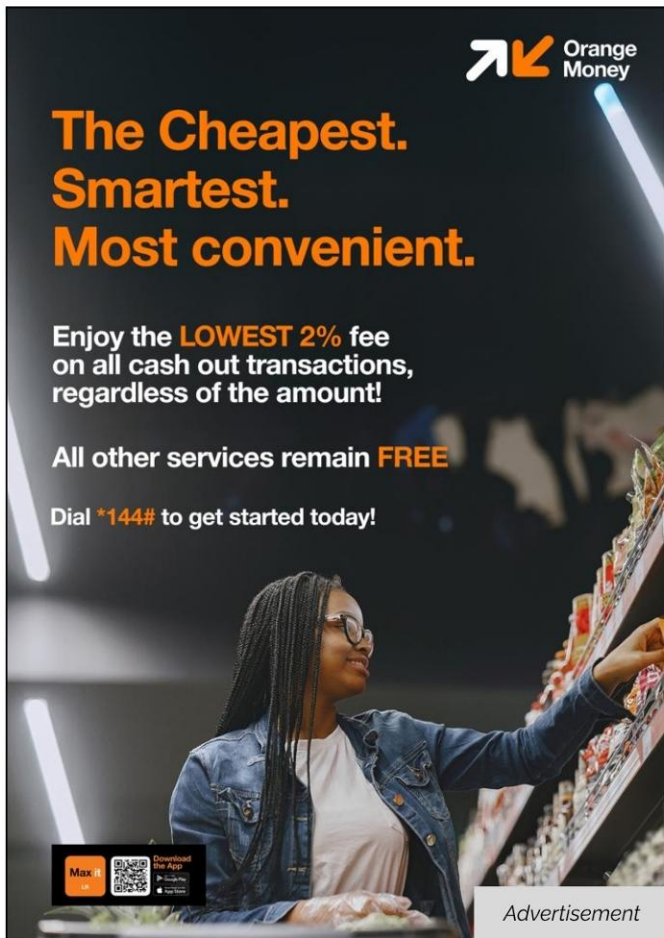


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Fun Facts and Figures

- 25,000 water sachets along the course
- 10,000 water bottles at the finish line
- 7,000 bananas eaten
- 4,000 soft drinks at the finish line
- 3,800 T-shirts
- 2,700 finishers
- almost 900 female finishers
- hundreds of volunteers
- 800 pies for the volunteers
- 120 teams participating
- 1 sold out race
- 36 countries represented
- age range from 16 to 60
- 0 hours of sleep for the Organizing Team
- uncountable smiles all along



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Results of the Liberia Marathon 2025

Congratulations to all winners!

Rank	Bib	Name	Nationality	Time (hrs:min:sec)
------	-----	------	-------------	-----------------------

Full Marathon Women

1	67	Mary Kamara	Sierra Leone	03:44:11
2	66	Adama Kamara	Sierra Leone	03:56:11
3	87	Lucy Massaquoi	Liberia	04:27:46
LIB Patriot	87	Lucy Massaquoi	Liberia	04:27:46

Full Marathon Men

1	64	Amadu Sajor Samura	Sierra Leone	02:47:30
2	63	Sorie Semion Sesay	Sierra Leone	02:49:49
3	68	Lamrana Saw	Sierra Leone	02:51:18
LIB Patriot	61	Emmanuel Dahn	Liberia	03:16:10

Half Marathon Women

1	196	Grace N Diagor	Liberia	01:50:54
2	125	Solene Coma	France	02:04:45
3	206	Morgane Ravailault	France	02:05:18
LIB Patriot	196	Grace N Diagor	Liberia	01:50:54

Half Marathon Men

1	156	Alfred Kangagu	Sierra Leone	01:13:16
2	155	Kalie Sesay	Sierra Leone	01:13:24
3	154	Abubakarr Conteh	Sierra Leone	01:13:31
LIB Patriot	164	Lee R Dennis	Liberia	01:18:39

10k Wheelchair Women

1	2837	Rose W Teah	Liberia	01:12:29
2	2835	Patience Johnson	Liberia	01:31:52

10k Wheelchair Men

1	3532	Moses Sackie	Liberia	00:49:30
2	3531	Thomas Mulbah	Liberia	00:54:15
3	3533	Alex Kerkulah	Liberia	01:11:18

10k Crutches Women

1	3508	Victoria Korgbah	Liberia	01:53:56
2	3507	Yamah Massaquoi	Liberia	01:58:14
3	3505	Kemah G Wolubah	Liberia	02:14:34

10k Crutches Men

1	3501	Emmanuel Nyumah	Liberia	01:09:28
2	3502	John Paye	Liberia	01:17:13

10k Footrace Women

1	2654	Marthaline Kessely	Liberia	00:47:02
2	2655	Suah Mokko	Liberia	00:49:40
3	1306	Simona Camillini	Italy	00:51:08
LIB Patriot	2654	Marthaline Kessely	Liberia	00:47:02

10k Footrace Men

1	1861	Edward Sesay	Sierra Leone	00:36:22
2	2657	Marcx Sackie	Liberia	00:37:00
3	3410	Simeon Dolo	Liberia	00:37:49
LIB Patriot	2657	Marcx Sackie	Liberia	00:37:00

Recent Liberia Marathon Results
2025: 1st female Half Marathon
2022: 2nd Female 10k Race
2021: 7th Female 10k Race

Runner's Profile: Grace N. Diagor

Name: Grace N. Diagor
Team: The Horses
Coach: Timothy S. Kollie
Age: 21 year old
County of birth: Nimba
Favorite food after training:
Apple and banana

What was your biggest success as a runner so far?

My biggest success as a runner is that running helps me to travel around the world and make me exposed.

What is your biggest dream as a long distance runner?

My biggest dream as a long distance runner is to become one of the world champions

What does the Liberia Marathon mean to you?

The Liberia Marathon is very important to me because it helps me to move onto the world map.

*"My words of encouragement
to my brothers and sisters
out there:*

***Keep pushing,
success don't come easy.
It will be fine one day"***



Daily
OBSERVER

Deep Dive into the Medical Support

John F. Korfeh is the administrative medical coordinator of the Liberia Marathon and senior member of the organizing team. Learn from him about the important work of our medical committee.

What are your responsibilities?

Being a medical coordinator means a lot, it a privilege and an opportunity for me to be selected amongst great medical personnels to serve as coordinator. My responsibility is to organize medical voluntary personnels and first aiders volunteers who will address all first aids or medical issues of our runners that eventually occurre during race day.

How is the medical support for the Liberia marathon organized? How many medical facilities are involved and how does race day look like?

The medical support for the Liberia Marathon is organized by reaching out to philanthropists, pharmacies and medical institutions to serve as sponsor or partner. In 2025, we had ten medical institutions that were involved. The team of doctors and medical personnel is led and guided by Dr. Nicole Cooper from Wellness Partners.



Race day always look tense because everyone is on their feet waiting to immediately response to runners who will need assistance medically.

How important are the medical volunteers and what kind of tasks do they take over?

The medical volunteers are very much important, because not all runners are fit to run. Also runners do burn more energy, They dehydrate and this can lead to multiple issues in the body system, causing the runners to come down with the following problem: Fatigue, dehydration, heat exhaustion etc. The medical volunteers' task is strictly medical or first aid response.





First aid tents and medical tent are mounted along the course to address most of the runners who suffer from heat exhaustion, fatigue and dehydration.

What is the biggest challenge on race day from a medical perspective?

The biggest challenge on race day from a medical perspective, is assembling the medical volunteers and supplies in time (before race starts) and collecting medical data after the race.

How do you see the development of the Liberia Marathon in general and the medical committee particular over the past few years?

Great question, I see the development of the Liberia Marathon in general is improving and the medical committee is also getting independent and reliable

Thank you to all our medical partners!



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Your Race, your Story - what Our Runners say

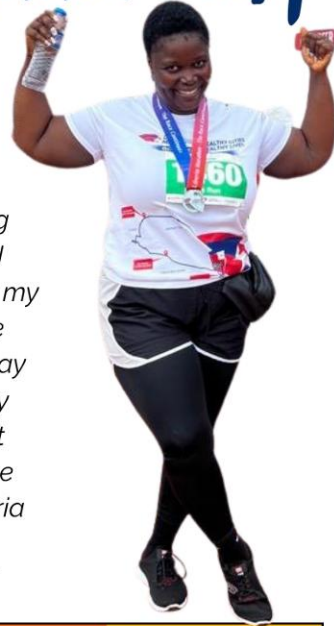
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Today, I took out some time to provide professional supervision and marathon lessons to my colleagues participating in the Liberia Marathon annual race. I maintained an exceptional speed and tenacity from the genesis of the race to the finish line. Don't hesitate to reach out if you need a personal coach or trainer
~ Emmanuel Nurse, 10K



”

When I'm feeling pain bad way .. I can just look at my medal. Then the pain can go away for 6 hours. I pity those who didn't participate in the just ended Liberia Marathon
~ Sharon P, 10K



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"This GROUP of strangers was the spirit of harmony, togetherness and Fitness - that is what the Liberia Marathon is all about. [...] We started strong and end strong.

We left no man behind. It was not all about winning, NO! because at every point of speeding up, we asked everybody to slow it down for others to fit-in. [...]"

”



"If you don't make time for exercise, probably you will make time for illness". [...] At least I won a medal. See you again next year Liberia Marathon
~Kelvin, 10K

”



”

I'm beyond grateful for the support, the energy, and the chance to be part of something bigger than myself.

Together, let's continue to build HEALTHY CITIES and HEALTHY LIVES.

~ Leona, 10K



”

"You look happier"
Thanks... I just ran my first 10km Liberia Marathon
~ Grace S., 10K

”

It was all fun and networking at the Liberia Marathon today, as fitness ambassadors from diverse backgrounds came together to make the program a success. [...]
~ Rachel, 10K



Half Marathon- 21.1K goal was achieved in the Liberia Marathon 2025. It was a tough, but worthy competition.

Easy I Like It!! No Pain! No Gain!

~ Mohammed B.,
Half Marathon

”



Running Against Diabetes

Teah B. Wolloh is a Monrovia-based professional, living with diabetes, a chronic medial condition. In running, he found an escape and a new approach to address his illness.

How did you like the Liberia Marathon?

This was my first race experience, and I had a wonderful time.

You are living with diabetes. What does that mean and how does it affect your daily life and exercise routine?

Living with diabetes is like running a marathon every day. There are highs and lows—literally and emotionally. Managing the condition while building a demanding career has never been easy, but I've learned that discipline, preparation, and mindset are everything. I closely monitor my blood sugar levels before, during, and after exercise.

Why did you decide to sign up for the race in 2025? What was your motivation?

The Liberia Marathon was more than a test of endurance. For me, it symbolized my fight against the challenges of diabetes and reflected the resilience required in my job. I also wanted to inspire others living with diabetes and show that the disease is not a death sentence

*"The Liberia Marathon taught me that life is a long-distance run. **There are moments of pain, but also moments of triumph.** To anyone facing their own marathon: keep going. You're stronger than you think."*

Share with us what happened along the course:

As the race began, I found my pace and trusted my preparation. Around the halfway mark, my legs began to ache and my blood sugar dipped, leaving me dizzy. It reminded me of difficult moments in life when I felt like giving up. I relied on discipline, resilience, and the support of others to keep moving forward.

What does it mean to you that you conquered this distance and received your medal? What are you taking with you?

Crossing the finish line was more than a personal victory. It was a declaration: I am stronger than my circumstances and more than my diagnosis. It reminded me that with the right mindset and support, we can overcome great challenges.





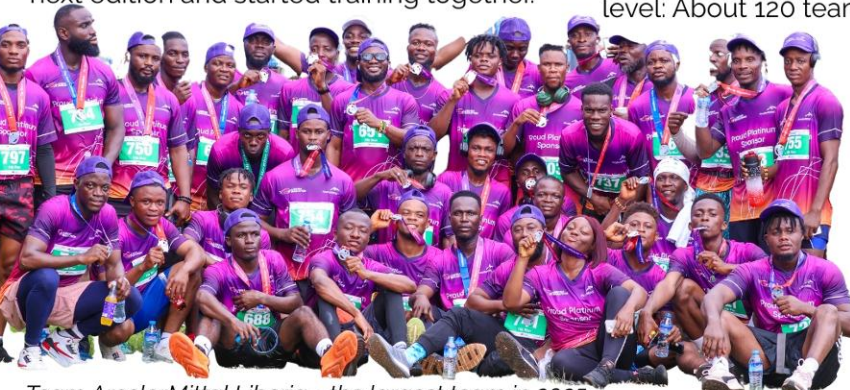


The Power of the Team

*"Run in places you love with people you like.
Enjoying your surroundings and training partners will strengthen your
commitment to running and bring out the best in you."*

*- Deena Kastor, USA distance runner +
2004 Olympic Bronze Medalist, women's marathon*

The Liberia Marathon grew steadily over the years. Proud and successful finishers encouraged their friends, colleagues, or fellow fitness club members to join the next edition and started training together.



Team ArcelorMittal Liberia - the largest team in 2025

They encouraged each other and celebrated their group achievements.



*Team Stop & Shop -
loyal over the years*

And finally, in 2024 the team registration was introduced. For the first time, runners could register as official teams, assigned a dedicated team captain for organisation of registration



and race number pick up and eventually enjoyed the spirit of collective victory.

The Liberia Marathon 2025 experienced the power of the team on whole a new level: About 120 teams took part in the

race, sporting up to 126 members.

Overall, more than 75% of the participants ran as a part of a registered team. Fitness and running clubs, families, groups of friends, sponsors and

corporate entities, institutions and organisations all joined the fun.

Many first time runners dared to give it a try because of supportive team colleagues, and many runners made it to the finish line because of reassuring team members.

*The Deaf
National Team
- a growing force*





*The Horses -
making Liberia proud*

Many first time runners dared to give it a try because of supportive team colleagues, and many runners made it to the finish line because of a reassuring team members

Certainly, running is an individual sport and certainly, every participant has to put the work in to make it to the finish line (no one is doing that for you), but yet, the power of the team helps to push your own boundaries.

The APM Terminators - pushing harder every year.



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Top Five Reasons to Run as a Team

Greater Motivation & Commitment

Team members keep each other motivated throughout training and on race day.

Support When the Race Gets Tough

Encouragement from teammates helps runners overcome fatigue and self-doubt.

More Fun & Memorable Experiences

From training runs to the finish line—and the sore legs the next day—the journey is better together.

Building Team Spirit & Community

Running together strengthens friendships, teamwork, trust, and a sense of belonging.

Best Pictures Ever

Nothing beats a post-race medal photo with your team—and the stories will last a lifetime.

A Matter of Security



The Liberia Marathon is a major mass participation sporting event that brings together thousands of people for a unique and unforgettable experience.

For one day every year, the marathon transforms the streets of Monrovia into a race course, allowing participants to reclaim the roads for a day of sport,

community, and celebration. Ensuring the safety and security of everyone involved is therefore a top priority.

Security at the Liberia Marathon covers several key aspects, including road safety, crowd control, access management, and the overall protection of runners and spectators.

This cannot be done by the organisers alone, but requires trusting collaboration with the responsible institutions and authorities.

The Liberia Marathon is hence proud and grateful to have developed a close cooperation with the Liberia National Police (LNP) and the Armed Forces of Liberia (AFL) as key security partners.

Within the organizing team, the Security Coordinator is responsible to coordinate the efforts.



Together with representatives from the LNP, AFL, and other relevant stakeholders such as the Monrovia and Paynesville City Corporation, a Security Committee is established.

The committee meets regularly in the months leading up to race day to develop a comprehensive Race Day Security Plan. This plan outlines the road closure regime, personnel requirements, access arrangements, and operational procedures.

To ensure effective implementation, committee members conduct a detailed course inspection and dry run to get familiar with the race outlet, identify critical junctions and agree on road closure measures.

Security planning is closely coordinated with the medical and technical teams to ensure all operational needs are met. Managing road closures is one of the most challenging aspects of the event, as key roads must be partially or fully closed for several hours to accommodate different race distances and start locations.

At the same time, controlled access must be granted to sponsors, organisers, and logistics vehicles while roads are closed.





At the finish line at SKD, when all participants get together, additional security measures are implemented through dedicated security personnel and access control systems.

On race day, LNP officers begin securing the course before dawn, implementing road closures and managing traffic. Police escorts guide leading runners and maintain oversight across the course, with motorcycle units ready to respond quickly to any situation.

The AFL provides valuable support through provision of logistics, contributing to crowd management, assistance at water and aid stations, provision of experienced medical personnel and helps course setup and breakdown activities.

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(e to persons under the age of 18)

And not to forget: The amazing AFL marching band, always ready to provide the right beat to make the runners settle into their pace.

Beyond their operational role, AFL members actively participate in the event as runners and also support visually impaired runners to reach the finish line safely. In 2025, the AFL team was among the largest ones to compete.

Thank you very much to our security partners for their commitment and great cooperation.





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Runner's Profile: Eric Jenn-Judgges



*"Start where you are
and build gradually.
The marathon is as much a
mental as it is physical.
**Respect the distance,
but don't fear it.**
Run for yourself -
every kilometer is a
conversation with your
willpower."*

Eric Jenn-Judgges is a multiple finisher of the Liberia Marathon - and he is always looking for the next challenge....

How often did you run, and what were the distances?

I have participated in the Liberia Marathon four times. I started with the 10km race in 2021, ran the 21km race in 2022 and 2024, and in 2025, I completed my first full marathon of 42.2 km.

What was the reason and motivation to always go for the longer distance?

Running long distances has always been a personal test of discipline, endurance, and mental resilience. I believe life rewards consistency and the willingness to embrace discomfort, and each longer distance represents a new level of growth. Over time, I also found a deeper purpose: using every race to raise awareness about road safety and remind people that safe roads save lives.

How did you train for the race in 2025?

My training was unconventional but intentional. With a demanding professional schedule, I followed a "whenever-possible" approach, maintaining at least three 15 km runs per week, plus weekend long runs. I also trained mentally by visualizing the race, pacing myself, and preparing for the challenges every marathoner faces.

What was your best racing experience so far?

My best racing experience was the Liberia Marathon in 2025.

The energy along the route, the encouragement from strangers, and crossing the finish line after 42 km were unforgettable. It was more than a race—it was a personal statement and a moment to amplify the message of road safety.

Do we see you at the starting line in 2026?

Yes, I will definitely be back at the starting line in 2026.



The Greek Marathon Myth

Everyone likes to talk about a marathon – the race “around the world”. But what exactly are we talking about?

Where does the name come from and what about the distance of 42.195m?

Actually, the marathon is one of the world's most famous endurance events, and most countries in the world host one or more marathons every year.

Its roots are tracing back to ancient Greece, specifically to the Greek town of Marathon where Greek and Persians were invested in a heavy battle about 490 years BC. **According to legend, a messenger named Pheidippides ran from Marathon to Athens, a distance of about 40 kilometres, to announce the Greek victory. He then collapsed and died due to exhaustion.** This story inspired the creation of the modern marathon race and fed people's interest and hunger to push their limits.

The marathon was hence already part of the first modern Olympic Games in Athens in 1896.

Who won the first Olympic Marathon?

The first Olympic marathon winner was **Spyridon Louis** (also known as Spyros Louis), a Greek water-carrier who won the gold medal at the inaugural 1896 Summer Olympics in Athens, Greece. He finished the 40-kilometer race with a time of 2 hours, 58 minutes, and 50 seconds.



Statue of Pheidippides © [Britannica](#)

As said, the original race distance was approximately 40 kilometres, reflecting the legendary route from Marathon to Athens.

So what happened to add additional 2km to make it to the official marathon distance of 42,195m?

Well, in 1908 the Olympics Games took place in London, and the marathon start was set at the iconic Windsor castle. In order to have the race finishing right in front of the royal box at the stadium, where the royal family was watching the race, the courses was extended.

When it was then measured, it was exactly 42.195m and it was officially adopted as the global marathon standard in 1921 and used in Olympic competition from 1924 onward.

This is a pretty long distance and for a long time, there was the belief that only men are capable to run this distance.

Women were long excluded from marathon competition because of misconceptions about their physical and mental ability to endure. It took until mid 1970 before first marathon race officially allowed women to race, and until 1984 before women were allowed to compete in Olympic Marathon. Imagine, this has been only 40 years - and clearly, nothing about the prejudice proved to be true. **Women are excelling in the race.**

Today, running is a popular sport all around the world. The elite is dominated by runners from the African continent. Athletes from Kenya, Ethiopia but also Uganda in particular keep battling for world records and major marathon victories.

As the full marathon distance requires extensive training hours and commitment, **shorter distances became very popular, including the half-marathon (exactly half of the distance of a marathon) and 10k races.** They still require proper training, yet not as extensive and are a great door opener to running for many people.

The Liberia Marathon is great evidence – many runners start with the 10k distance (JFK to SKD). They then may continue to challenge themselves by trying the longer distances – first the half-marathon distance (Freeport to SKD) and then even the actual marathon (SKD to SKD - "around the world". Everyone shares parts of the same course and runs together, enjoys the spirit of the Marathon and inspires each other.

Which distance are you going to tackle in 2026? Do you dare to take the next step?

World Fastest Marathon Times

(June 2026)

MEN

Sebastian Sawe, Kenya, 1:59:30

Yomif Kejelcha, Ethiopia, 1:59:41

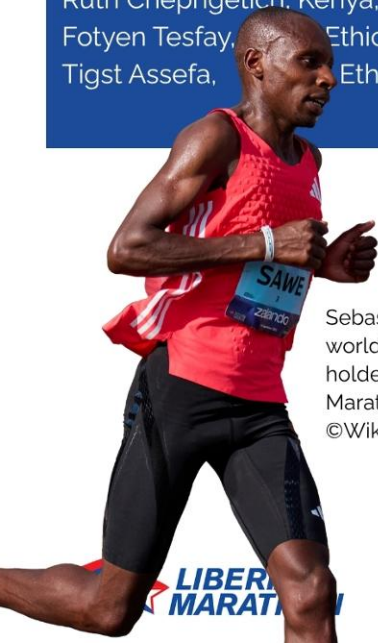
Jacob Kiplimo, Uganda, 2:00:28

WOMEN

Ruth Chepngetich, Kenya, 2:09:56

Fotyen Tesfayoh, Ethiopia, 2:10:51

Tigst Assefa, Ethiopia, 2:11:53



Sebastian Sawe, world record holder, at the Berlin Marathon in 2025
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Ruth Chepngetich, female world recordholder, in 2021 © Wikimedia

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Organizing Committee 2025

The Organizing Team is responsible for the coordination and implementation of the Liberia Marathon events. Composed of experienced, dedicated, voluntary members, they make running magic possible.



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Race Coordinator



John F Korfeh
Medical



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Mercy Gonpue
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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.

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

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