

Other Notable Runners (招待以外の注目選手)

Men:

Oda, Yoshinori

DOB: 5 Dec 1980; Kumamoto Prefecture; Height: 163cm; Weight: 49Kg;

Team: Toyota Motor (since 2003); College: Kanto Gakuin University

Personal Bests:

5000m: 13:42.67 (2007); 10000m: 28:03.92 (2004); Half marathon: 1:01:41 (2009);

International Championships Highlights:World Half marathon Championships: 28th in 2009**Progressions** (since 2005):

Year	5000m	10000m	Half Marathon	Marathon
2009	13:46.47	28:08.13	1:01:41	
2008	13:59.31	28:20.40		
2007	13:42.67	28:27.35	1:02:19	
2006	13:44.98	28:15.80		
2005	13:44.52	28:24.00		

Making Marathon debut**2010 Results**

Date	Race	Distance	Place	Time
1 Jan	New Year Ekiden	Stage 4 – 22.3Km	9 th	1:03:52

2009 Results

Date	Race	Distance	Place	Time
25 Nov	Hachioji Distance Meet	10000m	2 nd r1	28:55.39
8 Nov	Chubu district Corporate Men Ekiden - Gero	Section 4 – 13.9Km	1 st	41:05
11 Oct	World Half Marathon Champ – Birmingham	Half marathon	28 th	1:03:09
26 Sept	Nittai University – Yokohama	5000m	4 th r38	13:54.11
15 July	Hokuren Distance Challenge - Kitami	5000m	2 nd	13:46.47
28 June	JPN National Championships – Hiroshima	10000m	3 rd	28:40.30
31 May	Niigata	10000m	3 rd	28:08.13
16 May	Chubu district Corporate team T&F Champ – Gifu	1500m	4 th	3:52.15
2 May	Cardinal Invitational – Palo Alto	10000m	8 th	28:39.15
18 Apr	Tokai University – Hiratsuka	5000m	6 th r12	13:54.96
15 Mar	JPN Corporate team Half Marathon – Yamaguchi	Half marathon	4 th	1:01:41
22 Feb	Kumanichi 30Km	30Km	2 nd	1:30:07
1 Feb	Meigi Ekiden	Section 1 – 12.4Km	2 nd	36:00
1 Jan	New Year Ekiden	Section 3 – 13.7Km	3 rd	38:50

2008 Results

Date	Race	Distance	Place	Time
29 Nov	Tokyo	10000m	8rA	29:26.24
9 Nov	Chubu district Corporate team Men's Ekiden	Section 6 – 11.6Km	1 st	32:33
18 Oct	Fukuroi	10000m	8 th r3	28:34.03
26 Sept	JPN Corporate T&F Champ – Tendo	10000m	21 st r3	29:09.30
13 July	Hokuren Distance Challenge – Kitami	5000m	15rA	13:59.31
26 June	JPN National Championships - Kawasaki	10000m	11 th	28:20.40

1 June	Niigata	10000m	15 th	28:44.00
10 May	Chubu Corporate team T&F Champ – Gifu	1500m	3	3:54.57
10 May	Chubu Corporate team T&F Champ – Gifu	1500m	2h2	3:53.30
29 Apr	Oda – Hiroshima	5000m	8rA	14:00.82
27 Apr	Hyogo Relays – Kobe	10000m	8 th	28:40.05
4 Mar	Fukuoka Cross Country	10Km	8 th	29:04

Okamoto, Naoki

DOB: 26 May 1984; Height: 176cm; Weight: 56Kg;
 Team: Chugoku Electric Power; Coach: Yasushi Sakaguchi

Personal Bests:

5000m: 13:37.71 (2009); 10000m: 28:11.99 (2009);
 Half marathon: 1:02:16 (2009);

International Championships Highlights:

World Cross Country Championships: 76th in 2009

Progressions (since 2005):

Year	5000m	10000m	Half Marathon	Marathon
2009	13:37.71	28:11.99	1:02:37	
2008	13:47.54	28:24.87	1:03:21	
2007	13:52.0	28:15.52		
2006		29:26.05	1:03:42	
2005	14:04.5	28:51.73	1:03:19	

Making Marathon debut**2010 Results**

Date	Race	Distance	Plac	Time
24 Jan	Inter-Prefectural Men's Ekiden – Hiroshiam	Section 3 – 8.5Km	4 th	24:19
1 Jan	New Year Ekiden	Section 5 – 15.9Km	1 st	46:48

2009 Results

Date	Race	Distance	Place	Time
25 Oct	Hiroshima Prefecture Ekiden	Section 5 – 9.86Km	1 st	28:51.25
25 Sept	JPN Corporate team T&F Champ – Okayama	10000m	15 th	29:05.10
6 Sept	Great Scottish Run – Glasgow	Half marathon	5 th	1:02:37
22 Aug	Hiroshima Cross Country	8Km	5 th	24:30
26 July	Internationale Atletiek	5000m	15 th	13:49.60
21 July	Gentse Feesten	3000m	10 th	8:04.79
18 July	Night of Athletics – Heusden	5000m	2 nd	13:37.71
12 July	Lappeenranta	5000m	6 th	13:50.88
28 June	JPN National Championships – Hiroshima	10000m	16 th	29:23.35
31 May	Niigata	10000m	4 th	28:11.99
29 Apr	Oda – Hiroshima	5000m	8 th	13:44.00
26 Apr	Hyogo Relays – Kobe	10000m	6 th	28:28.37
28 Mar	World Cross Country Championships – Amman	12Km	76 th	38:02
15 Mar	JPN Corporate team Half marathon – Yamaguchi	Half marathon	7 th	1:02:16
1 Mar	Asian Cross Country Championships - Bahrain	11.85Km	9 th	35:52.1
15 Feb	Chiba Cross Country	12Km	7 th	35:25
20 Jan	Inter-Prefectural Men's Ekiden	Section 7 – 13Km	1 st	37:55
1 Jan	New Year Ekiden	Section 5 – 15.9Km	7 th	47:45

2008 Results

Date	Race	Distance	Place	Time
23 Nov	Chiba International Ekiden	Section 3 – 10Km	2 nd	28:45
16 Nov	Chugoku district Corporate Ekiden	Section 6 – 17.9Km	1 st	53:13
26 Oct	Hiroshima Corporate team Ekiden	Section 3 – 11.12Km	2 nd	32:17
26 Sept	JPN Corporate team T&F Champ – Tendo	5000m	4 th	13:47.54
6 July	Gold Coast Half marathon	Half marathon	6 th	1:04:44
18 May	Chugoku Corporate team T&F Champ – Miyoshi	1500m	2 nd	3:50.22
10 May	Chugoku Corporate team T&F Champ – Miyoshi	5000m	5 th	14:00.44
4 May	Cardinal Invitational – Palo Alto	10000m	22 nd	28:48.24
25 Apr	Oregon Invitational	5000m	7 th	13:56.45
16 Mar	JPN Corporate team half marathon – Yamaguchi	Half marathon	14 th	1:03:21
1 Mar	Fukuoka Cross Country	10Km	23 rd	29:40
10 Feb	Chiba Cross Country	12Km	10 th	36:35
20 Jan	Inter-Prefectural men's Ekiden	Section 3 – 8.5Km	2 nd	23:51
1 Jan	New Year Ekiden	Section 3 – 11.8Km	11 th	32:33

Satoru Kitamura

DOB: 4 Feb 1986; Height: 162cm; Weight: 52Kg;

Team: Nissin Foods; College: Nihon University of Science

Personal Bests:

5000m: 13:36.56 (2009); 10000m: 28:00.22 (2007); Half marathon: 1:02:26 (2009);

International Championships Highlights:World Cross Country Championships: 121st in 2008**Progressions** (since 2004):

Year	5000m	10000m	Half Marathon	Marathon
2009	13:36.56	28:29.11	1:02:26	
2008	13:45.33	28:09.22		
2007	13:40.98	28:00.22		
2006	13:47.31	28:18:40		
2005	13:52.76	28:52.44		
2004	13:46.33	28:12.81		

Making Marathon Debut

2010 Results

Date	Race	Distance	Place	Time
1 Jan	New Year Ekiden	Stage 4 – 22.3Km	14 th	1:04:24

2009 Results

Date	Race	Distance	Place	Time
6 Dec	Kosa 10 Miler	10 Mile	2 nd	46:41
3 Nov	East JPN Corporate team Ekiden – Saitama	Stage 4 – 9.8Km	1 st	29:03
26 Sept	JPN Corporate team T&F Champ – Okayama	5000m	3 rd heat2	14:06.05
25 Sept	JPN Corporate team T&F Champ – Okayama	10000m	9 th	28:29.11
26 July	Vlaanderen	5000m	12 th	13:41.44
21 July	Gentse Feesten	3000m	5 th	7:57.67
18 July	Night of Athletics – Heusden	5000m	1 st	13:36.56
12 July	Lappeenranta	5000m	5 th	13:50.33
28 June	JPN National Championships – Hiroshima	10000m	6 th	28:57.40
25 June	JPN National Championships – Hiroshima	5000m	3 rd	13:45.25
30 May	Golden Games – Nobeoka	5000m	5 th	13:49.27
17 May	East JPN corporate team T&F Champ – Tendo	5000m	21r4	14:21.52
15 Mar	JPN Corporate team Half Marathon - Yamaguchi	Half marathon	60 th	1:04:20
1 Mar	Asian Cross Country Champ – Bahrain	11.85Km	7 th	35:50.9
11 Feb	Himeji Road Race	10 Mile	1 st	47:57
1 Feb	Marugame Half Marathon	Half marathon	4 th	1:02:26
18 Jan	Inter-Prefectural Men's Ekiden - Hiroshima	Stage 7 – 13Km	8 th	38:07
1 Jan	New Year Ekiden	Stage 1 – 12.3Km	3 rd	35:42

2008 Results

Date	Race	Distance	Place	Time
6 Dec	Kosa 10 miler	10 Mile	15 th	47:07
3 Nov	East JPN Corporate team Ekiden	Stage 2 – 15.1Km	2 nd	43:44
18 Oct	Fukuroi	10000m	16 th r3	28:50.32
20 Sept	Konosu	5000m	5r7	14:12.36
13 July	Hokuren Distance Challenge – Kitami	5000m	2 nd	13:49.49
9 July	Hokuren Distance Challenge – Abashiri	3000m	3 rd	8:11.46
28 June	JPN National Championships – Kawasaki	5000m	5 th	13:54.71
26 June	JPN National Championships – Kawasaki	10000m	9 th	28:09.22
1 June	Niigata	10000m	8 th	28:23.08
18 May	East JPN Corporate team T&F Champ - Kumagaya	5000m	26 th	14:13.58
27 Apr	Hyogo Relays – Kobe	10000m	10 th	28:43.80
20 Apr	Nittai University distance – Yokohama	5000m	8r25	13:45.33
30 Mar	World Cross Country Champ – Edinburgh	12Km	121	38:48
4 Mar	Fukuoka Cross Country	10Km	6 th	28:56
10 Feb	Chiba International Cross Country	12Km	4 th	36:14
20 Jan	Inter-Prefectural Men's Ekiden	Section 7 – 13Km	1 st	38:09

Tokumoto, Kazuyoshi

DOB: 22 June 1979; Height: 174cm; Weight: 59Kg;
 Team: Nissin Foods; College: Hosei University;

Personal Bests:

5000m: 13:26.19 (2003); 10000m: 28:13.23 (2003);
 Half marathon: 1:03:36 (2009); Marathon: 2:15:55 (2007)

International Championships Highlights:

World Cross Country Championships: 35th in 2006
 5000m: 5th in 2001 World University Games
 10000m: 3rd in 2001 World University Games

Progressions (since 2005):

Year	5000m	10000m	Half Marathon	Marathon
2009	13:58.12	28:15.39		
2008	13:41.82		1:03:36	
2007	13:46.14	28:46.45		2:15:55
2006	14:01.77	28:19.09		
2005	13:50.00			
2004	13:29.65	28:28.66		
2003	13:26.19	28:13.23		

Marathon career

	Time	Venue	Place	Date
Personal Best	2:15:55	Tokyo Marathon	5 th	18 Feb 2007

2010 Results

Date	Race	Distance	Place	Time
1 Jan	New Year Ekiden	Section 6 – 11.8Km	2 nd	34:30

2009 Results

Date	Race	Distance	Place	Time
21 Nov	Nittai University Distance – Yokohama	10000m	5r7	28:15.39
3 Nov	East JPN Corporate Ekiden Champ -	Section 5-7.4Km	1 st	21:37
26 Sept	JPN Corporate team T&F Champ – Okayama	5000m	24 th	14:16.60
26 Sept	JPN Corporate team T&F Champ – Okayama	5000m	7h3	14:03.38
25 June	JPN National Championships – Hiroshima	5000m	8 th	13:58.12
14 June	Hokuren Distance Challenge – Shibetsu	5000m	11 th rB	14:13.23
10 June	Hokuren Distance Challenge – Fukagawa	3000m	5 th	8:13.39
6 June	Hokuren Distance Challenge – Sapporo	5000m	21 st rA	14:08.69
1 Jan	New Year Ekiden	Section 3- 13.7Km	14 th	39:21

2008 Results

Date	Race	Distance	Place	Time
7 Dec	Kosa 10 miler	10 miler	8 th	46:54
28 Sept	Hakodate Half Marathon	Half marathon	4 th	1:03:36
20 Sept	Konosu	5000m	6r7	14:21.27
16 July	Hokuren Distance Challenge – Kushiro	3000m	2 nd	8:12.28
29 Apr	Oda – Hiroshima	5000m	6rA	13:52.30

20 Apr	Nittai University Distance Meet – Yokohama	5000m	5r25	13:41.82
19 Jan	Saipan 10Km	10Km	1 st	31:55
1 Jan	New Year Ekiden	Section 2 – 22Km	19 th	1:04:46

Mwangi, James (KEN)

DOB: 23 June 1984;

Team: NTN;

Personal Bests:

5000m: 13:28.47 (2004); 10000m: 27:49.27 (2009);

Half marathon: 1:00:34 (2008); Marathon: 2:10:27 (2007)

International Championships Highlights:Half Marathon: 7th in 2005 World Half Marathon Championships**Progressions (since 2005):**

Year	5000m	10000m	Half Marathon	Marathon
2009	13:41.30	27:49.27	1:02:35	
2008	13:59.48	27:58.43	1:00:34	
2007				2:10:27
2006	13:46.46	27:57.35	1:02:16	

Marathon career

	Time	Venue	Place	Date
Personal Best	2:10:27	Wien	2 nd	29 Apr 2007

2010 Results

Date	Race	Distance	Place	Time
7 Feb	Meigi Ekiden	Section 4	4 th	27:28
1 Jan	New Year Ekiden	Section 2- 8.3Km	9 th	22:31

2009 Results

Date	Race	Distance	Place	Time
6 Dec	Kosa 10 Miler	10 miles	5 th	46:32
23 Nov	Nagoya half marathon	Half marathon	5 th	1:02:35
8 Nov	Chubu district corporate team men's Ekiden	Section 3- 15.4Km	4 th	44:37
17 Oct	Shizuoka Distance – Fukuroi	10000m	3r2	27:49.27
12 Oct	Chubu district corporate team T&F - Tajimi	5000m	1 st	13:41.30
25 Sept	JPN Corporate team T&F Champ - Okayama	10000m	6r3	28:05.52
5 July	Sapporo Half Marathon	Half marathon	6 th	1:02:43
1 Jan	New Year Ekiden	Section2-8.3Km	18 th	23:32

2008 Results

Date	Race	Distance	Place	Time
14 Sept	Rotterdam Half Marathon	Half marathon	13 th	1:00:34
16 July	Hokuren Distance Challenge – Kushiro	10000m	3rA	27:58.43
12 July	Ise	5000m	1r3	13:59.48
1 Jan	New Year Ekiden	Section1 – 12.3Km	5 th	34:53

Mwaniki, Joseph (KEN)

DOB: 29 Nov 1988; Height: 165cm; Weight: 54Kg;
Team: Konica Minolta;

Personal Bests:

5000m: 13:53.82 (2009); 10000m: 28:27.53 (2007);
Half marathon: 1:01:39 (2008);

International Championships Highlights:**Progressions** (since 2007):

Year	5000m	10000m	Half Marathon	Marathon
2010			1:01:49	
2009	13:53.82		1:01:57	
2008			1:01:39	
2007		28:27.53	1:01:52	

Making Marathon debut**2010 Results**

Date	Race	Distance	Place	Time
7 Feb	Marugame half marathon	Half Marathon	3 rd	1:01:49
1 Jan	New Year Ekiden	Section2- 8.3Km	18 th	23:17

2009 Results

Date	Race	Distance	Place	Time
3 Nov	East JPN Corporate team men's Ekiden	Section 3 – 9.5Km	5 th	28:00
27 Sept	Hakodate Half Marathon	Half marathon	1 st	1:01:57
15 July	Hokuren Distance Challenge – Kitami	5000m	13 th	14:05.31
5 July	Sapporo Half Marathon	Half marathon	13 th	1:03:17
30 May	Golden Games – Nobeoka	5000m	12 ^{rE}	13:53.82
10 May	Sendai Half Marathon	Half marathon	4 th	1:02:52
1 Jan	New Year Ekiden	Section2 – 8.3Km	11 th	23:11

2008 Results

Date	Race	Distance	Place	Time
3 Nov	East JPN Corporate team Men's Ekiden	Section 3- 9.5Km	6 th	26:52
28 Sept	Hakodate half marathon	Half marathon	1 st	1:02:08
16 July	Hokuren Distance Challenge – Kushiro	10000m	DNF	DNF
15 June	Sapporo Half marathon	Half marathon	4 th	1:02:04
11 May	Sendai Half Marathon	Half marathon	5 th	1:02:23
3 Feb	Marugame Half Marathon	Half marathon	2 nd	1:01:39

Maeda, Kazuyuki (JPN)

DOB: 10 Feb 1980; Height: 166cm, Weight: 51Kg;
Team: Konica Minolta;

Personal Bests:

5000m: 13:52.22 (2003); 10000m: 28:44.31 (2003);
Half marathon: 1:01:49 (2003); Marathon: 2:13:55 (2009)

International Championships Highlights:

Half Marathon: 14th in 2003 World Half Marathon Championships

Progressions (since 2006):

Year	5000m	10000m	Half Marathon	Marathon
2009	14:29.41		1:03:52	2:13:55
2008	14:06.94	29:29.92	1:02:50	
2007			1:02:34	
2006			1:03:20	2:43:43
2005	14:10.78	29:00.45	1:04:32	

Marathon Career

	Time	Race	Place	Date
Personal Best	2:13:55	Nobeoka	1 st	15 Feb 2009
	DNF	Fukuoka	DNF	2 Feb 2007
	2:43:43	Beppu-Oita	158 th	5 Feb 2006

2009 Results

Date	Race	Distance	Place	Time
27 Sept	Nittai University – Yokohama	5000m	20r36	14:29.41
5 July	Sapporo Half Marathon	Half marathon	33 rd	1:04:46
10 May	Sendai Half Marathon	Half marathon	10 th	1:03:52
15 Feb	Nobeoka Marathon	Marathon	1 st	2:13:55
1 Jan	New Year Ekiden	Section7-15.7Km	17 th	48:36

2008 Results

Date	Race	Distance	Place	Time
2 Nov	East JPN Corporate team Ekiden	Section6-10.6Km	1 st	30:32
27 Sept	Toka-machi distance carnival	10000m	7 th	29:32.91
31 Aug	Rock n Roll Half marathon – Virginia Beach	Half marathon	4 th	1:05:18
8 June	Hokuren Distance – Shibetsu	10000m	1rB	29:29.91
31 May	Golden Games – Nobeoka	5000m	21rB	14:24.34
17 May	East JPN Corporate team T&F Champ - Kumagaya	5000m	18r4	14:06.94
16 Mar	JPN Corporate team Half Marathon - Yamaguchi	Half marathon	7 th	1:02:50
24 Feb	Kumanichi 30Km road race	30Km	2 nd	1:30:34
20 Jan	Inter-Prefectural Men's Ekiden – Hiroshima	Section7-13Km	19 th	39:20

Women:

Sato, Yumi

DOB: 22 December 1976; Height: 172cm; Weight: 55Kg;
Team: Shiseido; College: Kyoto Sangyo University

Personal Bests:

5000m: 15:19.68 (2005); 10000m: 31:48.95 (2005); Half marathon: 1:12:30 (2009);

International Championships Highlights:

5000m: 3rd at 1995 World University Games; 3rd in 2005 Asian Championships

10000m: 2nd in 2005 Asian Championships

World Cross Country Championships: 30th in 2006, 52nd in 2004

Progressions (since 2005):

Year	5000m	10000m	Half Marathon	Marathon
2010			1:12:43	
2009	16:08.29	33:12.47	1:12:30	
2008	16:25.98			
2007	15:57.88			
2006	15:26.21	32:34.64	1:16:43	
2005	15:19.68	31:48.95		

Making Marathon debut

2010 Results

Date	Race	Distance	Place	Time
17 Jan	Inter-Prefectural Women's Ekiden	Section 9 – 10Km	15	32:57
6 Jan	Miyazaki Women's Road Race	Half marathon	11 th	1:12:43

2009 Results

Date	Race	Distance	Place	Time
13 Dec	JPN Corporate team Women's EKiden Champ – Gifu	Section 2 – 3.3Km	8 th	10:23
Nov	East JPN Women's Ekiden	Section 9 – 10Km	3 rd	33:16
17 Oct	Shizuoka Prefecture Distance – Fukuroi	5000m	9 th r2	16:08.29
10 Oct	Kobe Women's Distance	5000m	5 th	16:17.04
25 Sept	JPN Corporate team T&F Champ – Okayama	10000m	4 th r1	33:21.94
6 Sept	Rock n Roll Half Marathon – Virginia Beach	Half Marathon	5 th	1:14:27
22 Aug	Crim 10 Miler – Flint	10 Miles	13 th	55:51
20 July	Hokuren Distance Challenge – Abashiri	10000m	11 th	33:12.47
15 July	Hokuren Distance Challenge – Kitami	5000m	1rB	16:16.39
5 July	Sapporo Half Marathon	Half marathon	15 th	1:13:07
10 June	Hokuren Distance Challenge – Shibetsu	5000m	8 th	16:27.09
8 Mar	Kyoto City Half Marathon	Half marathon	2 nd	1:12:30
15 Feb	Chiba Cross Country	6Km	11 th	20:06

2008 Results

Date	Race	Distance	Place	Time
25 Dec	Nittai University – Yokohama	5000m	11r4	16:25.98
27 Sept	JPN Corporate team T&F Champ – Tendo	5000m	19h3	17:00.26
18 Oct	Fukuroi	5000m	15 th mix	16:29.66
13 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Section 9 –	30 th	33:54