

Ayumi Nakayama

DOB: 10 Sept 1985; Height: cm; Weight: Kg;
Team: Yamada Electric

Personal Bests:

5000m: 16:01.30 (2005); 10000m: 32:55.58 (2006);
Half marathon: 1:12:10 (2006); Marathon: 2:28:50 (2008)

International Championships Highlights:

Progressions (since 2005):

Year	5000m	10000m	Half Marathon	Marathon
2009	16:23.95	33:18.57	1:13:32	2:30:53
2008		33:31.74	1:14:58	2:28:50
2007		33:48.65	1:12:57	2:33:57
2006	16:18.00	32:55.58	1:12:10	
2005	16:01.30	33:10.33	1:13:04	

Marathon Career

	Time	Race	Place	Date
	2:30:53	Nagoya Women's Marathon	7 th	7 Mar 2009
Personal Best	2:28:50	Osaka Ladies Marathon	11 th	27 Jan 2008
	2:33:57	Nagoya Women's Marathon	12 th	11 Mar 2007

2009 Results

Date	Race	Distance	Place	Time
20 July	Hokuren Distance Challenge – Abashiri	10000m	12 th	33:18.57
15 July	Hokuren Distance Challenge - Kitami	5000m	4 th	16:23.95
5 July	Sapporo Half Marathon	Half marathon	29 th	1:15:45
7 Mar	Nagoya Women's Marathon	Marathon	7 th	2:30:53
6 Jan	Miyazaki Women's Road Race	Half marathon	8 th	1:13:32

2008 Results

Date	Race	Distance	Place	Time
25 Dec	Nittai University Distance – Yokohama	10000m	5 th	34:43.69
3 Nov	East JPN Corporate team Women's EKiden	Stage 5 – 10Km	15 th	35:17
16 July	Hokuren Distance – Kushiro	10000m	14 th	33:31.74
15 June	Sapporo Half Marathon	Half marathon	29 th	1:14:58
27 Jan	Osaka Ladies Marathon	Marathon	11 th	2:28:50