

Kurao Umeki

DOB: 30 Sept 1975; Height: 175cm; Weight: 55Kg;

Team: Chugoku Electric Power; Coach: Yasushi Sakaguchi

Personal Bests:

5000m: 13:44.02 (2005); 10000m: 28:29.63 (2002);

Half marathon: 1:02:05 (2002); Marathon 2:09:52 (2003)

International Championships Highlights:

19th at 2002 World Half Marathon Championships

Progressions (since 2005):

Year	5000m	10000m	Half Marathon	Marathon
2009		28:54.9		2:16:46
2008	14:06.16	28:57.40	1:04:16	2:11:00
2007	14:03.83	29:51.16	1:03:09	2:16:19
2006	13:50.96	28:58.08	1:02:09	2:11:31
2005	13:44.02	28:58.25		2:14:05

Marathon career

	Time	Venue	Place	Date
	2:26:27	Boston	33 rd	20 Apr 2009
	2:16:46	Tokyo	15 th	22 Mar 2009
	2:11:00	Tokyo	6 th	17 Feb 2008
	2:16:19	Berlin	18 th	30 Sept 2007
	DNF	Lake Biwa – Otsu	DNF	4 Mar 2007
	2:13:43	Berlin	3	24 Sept 2006
	2:11:31	Rotterdam	11 th	9 Apr 2006
	2:14:05	Beijing	5 th	16 Oct 2005
	2:16:17	Fukuoka	8 th	5 Dec 2004
	2:19:29	Tokyo	27 th	8 Feb 2004
Personal Best	2:09:52	Berlin	7 th	28 Sept 2003
	2:14:50	Hofu	7 th	15 Dec 2002
	2:18:50	Frankfurt	12 th	28 Oct 2001
	2:24:13	Tokyo	36 th	13 Feb 2000

2009 Results

Date	Race	Distance	Place	Time
21 Nov	Kure	10000m	4r3	28:54.9
25 Oct	Hiroshima Prefecture Ekiden	Section 6 – 5.69Km	3 rd	16:53
3 Oct	Kure	5000m	6r7	14:05.6
22 Aug	Hiroshima Cross Country	8Km	22 nd	25:33
20 Apr	Boston Marathon	Marathon	33 rd	2:26:27
22 Mar	Tokyo Marathon	Marathon	15 th	2:16:46
15 Feb	Oume Road Race	30Km	2 nd	1:33:38
1 Jan	New Year Ekiden	Section 7 – 15.7Km	6 th	47:54

2008 Results

Date	Race	Distance	Place	Time
22 Nov	Kure	10000m	9r3	28:58.1
26 Oct	Hiroshima Corporate Ekiden	Section 4 – 6.6Km	5 th	20:14
15 June	Sapporo Half Marathon	Half marathon	39 th	1:04:16
17 May	Chugoku Corporate T&F Champ – Miyoshi	10000m	14r2	28:57.40
10 May	Chugoku Corporate T&F Champ – Miyoshi	5000m	6r3	14:06.16
29 Apr	Oda – Hiroshima	5000m	22 nd rA	14:15.53
17 Feb	Tokyo Marathon	Marathon	6 th	2:11:00
27 Jan	Chugoku Yamaguchi Ekiden	Section 2 – 11.3Km	1 st	32:33
1 Jan	New Year Ekiden	Section 4 – 10.5Km	1 st	29:38