

Machida, Yuko

DOB: 11 Aug 1980; Height: 158cm; Weight: 44Kg;
Team: Nippon Chemicon

Personal Bests:

5000m: 16:03.94 (2005); 10000m: 32:43.04 (2010);
Half marathon: 1:11:03 (2005); Marathon: 2:29:35 (2009)

International Championships Highlights:

Half Marathon: 26th in 2007 World Half Marathon Championships

Progressions (since 2005):

Year	5000m	10000m	Half Marathon	Marathon
2010		32:43.04	1:12:08	2:31:42
2009			1:13:00	2:29:35
2008	16:09.60	32:58.23	1:11:44	2:31:45
2007	16:13.94	33:16.45	1:11:55	2:33:50
2006	16:06.93	33:16:45	1:12:31	2:29:48
2005	16:03.94	33:02.35	1:11:03	

Marathon Career

	Time	Race	Place	Date
	2:33:21	Chicago marathon	14 th	10 Oct 2010
	2:31:42	Nagoya Women's Marathon	8 th	14 Mar 2010
Personal Best	2:29:35	Nagoya Women's Marathon	3 rd	7 Mar 2009
	2:31:45	Nagoya Women's Marathon	13 th	9 Mar 2008
	2:33:50	Nagoya Women's Marathon	11 th	11 Mar 2007
	2:29:48	Nagoya Women's Marathon	5 th	12 Mar 2006

2011 Results

Date	Race	Distance	Place	Time
16 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Stage 9 – 10Km	39 th	35:24

2010 Results

Date	Race	Distance	Place	Time
3 Nov	East JPN Corporate team Women's Ekiden	Stage 3- 12.2Km	8 th	41:32
10 Oct	Chicago marathon	Marathon	14 th	2:33:21
24 Sept	JPN Corporate team T&F Champ – Niigata	10000m	12r2	32:53.75
21 Aug	Hokuren Distance Challenge – Kitakami	10000m	1 st	34:07.09
17 July	Hokuren Distance Challenge – Abashiri	10000m	4rA	32:43.04
9 July	Rifu	10000m	1 st	34:24.69
4 July	Sapporo Half marathon	Half marathon	21 st	1:16:02
4 June	Marugame	10000m	11 th	34:39.08
15 May	East JPN Corporate team T&F Champ – Kumagaya	10000m	2 nd	32:45.64
9 May	Sendai Half Marathon	Half marathon	6 th	1:13:09
25 Apr	Hyogo Relays – Kobe	10000m	11 th	33:11.45
14 Mar	Nagoya Women's Marathon	Marathon	8 th	2:31:42
21 Feb	Oume road race	10Km	1 st	33:40
17 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Section9 – 10Km	34 th	33:32

6 Jan	Miyazaki Road Race	Half marathon	7 th	1:12:08
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2009 Results

Date	Race	Distance	Place	Time
13 Dec	JPN Corporate team Ekiden Champ – Gifu	Section5 – 11.6Km	6 th	38:25
10 Oct	Kobe women's distance	5000m	4r3	16:10.56
22 Aug	Aomori	10000m	1 st	34:16.87
20 July	Hokuren Distance Challenge – Abashiri	10000m	4 th	32:45.55
10 July	Rifu	10000m	1 st	33:38.22
5 July	Sapporo Half marathon	Half marathon	18 th	1:13:48
25 June	JPN National Champ – Hiroshima	10000m	13 th	33:11.50
16 May	East JPN Corporate team T&F Champ – Tendo	10000m	7 th	33:06.10
10 May	Sendai Half marathon	Half marathon	6 th	1:13:38
7 Mar	Nagoya Women's Marathon	Marathon	3 rd	2:29:35
15 Feb	Oume road race	10Km	2 nd	33:16
6 Jan	Miyazaki road race	Half marathon	7 th	1:13:00

2008 Results

Date	Race	Distance	Place	Time
14 Dec	JPN Corporate team Women's Ekiden – Gifu	Section5 – 11.6Km	12 th	38:37
3 Nov	East JPN Corporate team Women's EKiden	Stage 5 – 10Km	11 th	34:14
12 Oct	World Half Marathon Champ – Rio	Half marathon	22 nd	1:14:52
26 Sept	JPN Corporate team T&F Champ – Tendo	10000m	3r1	32:58.23
30 Aug	Tendo	10000m	1 st	33:43.02
16 July	Hokuren Distance – Kushiro	10000m	8 th	33:03.48
11 July	Rifu	10000m	2 nd	34:16.40
31 May	Golden Games in Nobeoka	5000m	10rB	16:09.60
11 May	Sendai Half Marathon	Half marathon	3 rd	1:11:44
9 Mar	Nagoya Women's Marathon	Marathon	13 th	2:31:45
13 Jan	Inter-Prefectural Women's Ekiden	Stage 9 – 10Km	22 nd	33:10