

Hitomi Niiya (JPN)

DOB: 26 Feb 1988; Born in Soja, Okayama Prefecture; Height:164 cm; Weight:45 Kg;
Team: Toyota Industries (since 2006)

Personal Bests:

5000m: 15:13.12 (2011);

Half marathon: 1:11:41 (2008); Marathon: 2:30:58 (2009)

International Championships Highlights:

World Cross Country Championships (junior division): 19th in 2004, 13th in 2005, 13th in 2006; 26th in 2011

3000m: 3rd in 2005 World Youth Championships

5000m: 13th in 2011 World Championships; 2nd in 2011 Asian Championships

Progressions (since 2005):

Year	5000m	10000m	Half Marathon	Marathon
2011	15:13.12			
2010	15:42.20			
2009	15:23.27			2:30:58
2008	15:36.50		1:11:41	2:32:19
2007	15:34.35			2:31:01
2006	15:46.67			
2005	15:28.70			

Marathon Career

	Time	Race	Place	Date
Personal Best	2:30:58	Nagoya Women's Marathon	8 th	7 Mar 2009
	2:32:19	Hokkaido Marathon – Sapporo	2 nd	31 Aug 2008
	2:31:01	Tokyo Marathon	1 st	18 Feb 2007

2011 Results

Date	Race	Distance	Place	Time
2 Sept	World Championships – Daegu	5000m	13 th	15:41.67
30 Aug	World Championships – Daegu	5000m	7h1	15:31.09
9 July	Asian Championships – Kobe	5000m	2 nd	15:34.19
29 June	Hokuren Distance Challenge – Shibetsu	5000m	2rA	15:13.12
12 June	JPN National Championships – Kumagaya	5000m	2 nd	15:20.35
29 Apr	Oda – Hiroshima	5000m	2 nd	15:17.84
20 Mar	World Cross Country Champ – Punta Umbria	8Km	26 th	26:43
26 Feb	Fukuoka Cross Country	6Km	1 st	19:09
13 Feb	Chiba Cross Country	8Km	1 st	25:53
16 Jan	Inter-Prefectural Women's Ekiden	Stage 9 – 10Km	3 rd	32:22

2010 Results

Date	Race	Distance	Place	Time
25 Dec	Nittai University Distance Meet – Yokohama	5000m	1r5	15:34.69
19 Dec	JPN Corporate team Ekiden – Gifu	Stage 6 – 6.595Km	2 nd	20:45
26 June	Chiba Prefectural Championships	5000m	4 th	16:53.00
6 June	JPN National Championships – Marugame	5000m	10 th	16:11.79
16 May	East JPN Corporate team T&F Champ – Kumagaya	5000m	15 th	16:23.63

29 Apr	Oda – Hiroshima	5000m	4 th	15:42.20
27 Feb	Fukuoka Cross Country	6Km	3 rd	19:40
14 Feb	Chiba Cross Country	6Km	2 nd	19:42
17 Jan	Inter-Prefectural Women's Ekiden	Stage 9 – 10Km	3 rd	31:59

2009 Results

Date	Race	Distance	Place	Time
13 Dec	JPN Corporate team Ekiden – Gifu	Stage 3 – 10Km	9 th	32:56
23 Nov	Chiba Ekiden	Stage 6 – 7.195Km	3 rd	23:41
3 Nov	East JPN Corporate team Ekiden	Stage 3 – 11.95Km	1 st	39:29
2 Oct	JPN National Sports Festival – Niigata	5000m	3 rd	15:54.65
28 June	JPN National Championships – Hiroshima	5000m	12 th	16:02.52
29 Apr	Oda – Hiroshima	5000m	1 st	15:23.27
7 Mar	Nagoya Women's Marathon	Marathon	8 th	2:30:58
18 Jan	Kitakyushu Women's Ekiden	Stage 5 – 11.7Km	1 st	35:56
11 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Stage 9 – 10Km	1 st	32:31

2008 Results

Date	Race	Distance	Place	Time
14 Dec	JPN Corporate team Women's Ekiden – Gifu	Stage 1 – 6.6Km	3 rd	20:24
24 Nov	Chiba Ekiden	Stage 4 – 5Km	2 nd	15:47
3 Nov	East JPN Corporate team Women's Ekiden	Stage 1 – 6.795Km	1 st	21:19
31 Aug	Hokkaido Marathon – Sapporo	Marathon	2 nd	2:32:19
29 June	JPN National Championships – Kawasaki	5000m	16 th	15:58.81
29 Apr	Oda – Hiroshima	5000m	6 th	15:36.50
16 Mar	Matsue Ladies half Marathon	Half marathon	3 rd	1:11:41