

## Yamamoto, Ryo (JPN)

DOB: 18 May 1984; Born in Kobe, Hyogo Prefecture  
Team: Sagawa Express; College: Chuo University

### Personal Bests:

5000m: 13:54.96 (2007); 10000m: 28:22.84 (2011);  
Half marathon: 1:01:54 (2012); Marathon: 2:08:44 (2012)

### International Championships Highlights:

#### Progressions (since 2005):

Year	5000m	10000m	Half Marathon	Marathon
2012		29:02.11	1:01:54	2:08:44
2011	14:25.38	28:22.84	1:05:04	2:16:49
2010	13:56.27	28:25.48		2:22:32
2009	14:07.56	28:29.67	1:05:43	2:12:10
2008	13:54.96	28:52.36	1:03:26	
2007	14:07.59	29:17.44	1:02:51	
2006	14:07.07	29:21.77	1:03:47	
2005			1:04:48	

### Marathon Career

	Time	Race	Place	Date
Personal Best	<b>2:08:44</b>	Lake Biwa – Otsu	4 <sup>th</sup>	4 Mar 2012
	2:16:49	Hokkaido – Sapporo	5 <sup>th</sup>	28 Aug 2011
	2:22:32	Tokyo	22 <sup>nd</sup>	28 Feb 2010
	2:12:10	Hokkaido – Sapporo	2 <sup>nd</sup>	30 Aug 2009

### 2012 Results

Date	Race	Distance	Place	Time
1 July	Sapporo Half marathon	Half marathon	18 <sup>th</sup>	1:03:48
9 June	JPN National Championships	10000m	23 <sup>rd</sup>	29:16.55
18 May	Kansai Corporate T&F Champ – Amagasaki	10000m	3 <sup>rd</sup>	29:02.11
21 Apr	Hyogo Relays – Kobe	10000m	23 <sup>rd</sup>	29:50.81
4 Mar	Lake Biwa Marathon – Otsu	Marathon	4 <sup>th</sup>	2:08:44
5 Feb	Marugame half marathon	Half marathon	18 <sup>th</sup>	1:01:54
22 Jan	Inter-Prefectural Men's Ekiden – Hiroshima	Stage 7 – 13Km	13 <sup>th</sup>	38:40
1 Jan	New Year's Ekiden	Stage 4 – 22Km	12 <sup>th</sup>	1:04:35

### 2011 Results

Date	Race	Distance	Place	Time
20 Nov	Nittai University Distance – Yokohama	10000m	1 <sup>st</sup>	28:22.84
13 Nov	Kansai Corporate Ekiden – Ryujin	Stage 5 – 16Km	2 <sup>nd</sup>	48:26
25 Sept	All JPN Corporate T&F Champ – Naruto	10000m	5 <sup>th</sup>	29:05.84
28 Aug	Hokkaido marathon	Marathon	5 <sup>th</sup>	2:16:49
3 July	Sapporo Half marathon	Half marathon	19 <sup>th</sup>	1:05:04
10 June	JPN National Championships – Kumagaya	10000m	27 <sup>th</sup>	29:41.98
15 May	Kansai Corporate team T&F Champ – Naruto	5000m	26 <sup>th</sup>	14:33.50

13 May	Kansai Corporate team T&F Champ – Naruto	10000m	9 <sup>th</sup>	29:46.18
3 May	Shizuoka International – Fukuroi	5000m	12 <sup>th</sup>	14:25.38
1 Jan	New Year Ekiden	Stage 4 – 22.3Km	9 <sup>th</sup>	1:04:29

### 2010 Results

Date	Race	Distance	Place	Time
14 Nov	Kansai Corporate team Ekiden – Ryujin	Stage 5 – 16Km	1 <sup>st</sup>	47:51
24 Sept	All JPN Corporate team T&F Champ – Niigata	10000m	19 <sup>th</sup>	28:25.48
4 July	Sapporo Half marathon	Half marathon	23 <sup>rd</sup>	1:05:33
4 June	JPN National Championships – Marugame	10000m	4 <sup>th</sup>	28:45.94
15 May	Kansai Corporate team T&F Champ - Marugame	5000m	4 <sup>th</sup>	13:56.27
25 Apr	Hyogo Relays – Kobe	10000m	15 <sup>th</sup>	29:58.06
10 Apr	Kanaguri Distance – Kumamoto	5000m	28 <sup>th</sup>	14:31.64
28 Feb	Tokyo Marathon	Marathon	22 <sup>nd</sup>	2:22:32
24 Jan	Inter-Prefectural Men's Ekiden – Hiroshima	Section7 – 13Km	6 <sup>th</sup>	38:15
1 Jan	New Year Ekiden	Section4 -22.3Km	10 <sup>th</sup>	1:04:01

### 2009 Results

Date	Race	Distance	Place	Time
25 Nov	Hachioji long distance	10000m	4rA	29:07.34
15 Nov	Kansai Corporate team Ekiden	Section5 – 16Km	1 <sup>st</sup>	47:51
10 Oct	Kobe distance	10000m	3 <sup>rd</sup>	29:30.72
25 Sept	JPN Corporate team T&F Champ- Okayama	10000m	24r3	30:51.70
30 Aug	Hokkaido Marathon – Sapporo	Marathon	2 <sup>nd</sup>	2:12:10
11 July	Hokuren Distance Challenge – Kushiro	10000m	2rA	28:29.67
20 June	Hokuren Distance Challenge – Fukagawa	10000m	24 <sup>th</sup>	29:53.37
30 May	Golden Games – Nobeoka	5000m	13rB	14:07.56
10 May	Sendai Half marathon	Half marathon	31 <sup>st</sup>	1:05:43
25 Apr	Hyogo Relays – Kobe	10000m	5 <sup>th</sup>	29:11.39
7 Mar	Fukuoka Cross Country	10Km	11 <sup>th</sup>	30:07
15 Feb	Chiba Cross Country	12Km	11 <sup>th</sup>	35:50
25 Jan	Chugoku Yamaguchi Ekiden	Section1 – 15.1Km	2 <sup>nd</sup>	44:47
18 Jan	Inter-Prefectural Men's Ekiden – Hiroshima	Section7 – 13Km	14 <sup>th</sup>	38:29
1 Jan	New Year Ekiden	Section4 – 22.3Km	9 <sup>th</sup>	1:04:19

### 2008 Results

Date	Race	Distance	Plac	Time
29 Nov	National Stadium Long Distance – Tokyo	10000m	18r3	30:00.13
16 Nov	Kansai corporate team Ekiden	Section3 – 10.87Km	2 <sup>nd</sup>	31:00
11 Oct	Kobe long distance	10000m	3 <sup>rd</sup>	29:34.02
27 Sept	JPN Corporate team T&F Champ – Tendo	5000m	19 <sup>th</sup>	14:05.01
27 Sept	JPN corporate team T&F Champ- Tendo	5000m (heat)	5h3	14:12.40
7 Sept	Great Scottish Run – Glasgow	Half marathon	6 <sup>th</sup>	1:03:55
16 July	Hokuren Distance Challenge – Kushiro	10000m	3rB	28:52.36
11 June	Hokuren Distance Challenge – Fukagawa	10000m	2rB	28:53.88
31 May	Golden Games – Nobeoka	5000m	6rB	13:56.58
18 May	Kansai Corporate team T&F Champ – Amagasaki	1500m	3r3	3:49.88

17 May	Kansai Corporate team T&F Champ – Amagasaki	5000m	32 <sup>nd</sup>	14:26.03
27 Apr	Kobe	5000m	6 <sup>th</sup>	14:14.94
5 Apr	Kanaguri – Kumamoto	5000m	2r2	13:54.96
16 Mar	JPN Corporate team Half Marathon – Yamaguchi	Half marathon	18 <sup>th</sup>	1:03:26
20 Jan	Inter-Prefectural Men's Ekiden – Hiroshiam	Section7 – 13Km	13 <sup>th</sup>	39:21
1 Jan	New Year Ekiden	Section7 – 15.7Km	23 <sup>rd</sup>	48:14