

Ito, Mai (JPN)

DOB: 23 May 1984; Nara; Height: 156cm; Weight: 40Kg

Team: Otsuka Pharmaceutical (formerly with Denso); College: Kyoto Sangyo University

Personal Bests:

5000m: 15:48.35 (2010); 10000m: 32:14.43 (2010);

Half marathon: 1:09:57 (2015); Marathon: 2:24:42 (2015)

International Championships Highlights:

Marathon: 22nd in 2011 World Championships

Half Marathon: 9th in 2012 World Half Marathon Championships

Progressions (since 2006):

Year	5000m	10000m	Half Marathon	Marathon
2015			1:09:57	2:24:42
2014	15:46.00	32:43.90		2:28:36
2013	15:49.41	32:07.41	1:10:00	2:28:37
2012	15:56.94	32:53.08	1:10:39	2:25:26
2011	15:55.64	32:54.15	1:10:03	2:26:55
2010	15:48.35	32:14.43		2:29:13
2009	15:55.64	32:27.04	1:11:18	
2008	16:26.99	32:56.33	1:11:48	
2007	16:05.91	33:16.85	1:14:42	
2006	15:57.53	32:57.37	1:11:11	

Marathon Career

	Time	Race	Place	Date
Personal Best	2:24:42	Nagoya Women	4 th	8 Mar 2015
	2:35:15	Wien	7 th	13 Apr 2014
	2:28:36	Tokyo	7 th	23 Feb 2014
	2:32:54	Hokkaido – Sapporo	3 rd	25 Aug 2013
	2:28:37	London	7 th	21 Apr 2013
	2:27:06	Yokohama Women	5 th	18 Nov 2012
	2:25:26	Nagoya Women	5 th	11 Mar 2012
	2:35:16	WC – Daegu	22 nd	27 Aug 2011
	2:26:55	Osaka Women	2 nd	30 Jan 2011
	2:29:13	Nagoya Women	4 th	14 Mar 2010

Last six Half Marathons

	Time	Race	Place	Date
Personal Best	1:09:57	Yamaguchi	2 nd	15 Feb 2015
	1:11:06	Sanyo Road – Okayama	8 th	23 Dec 2013
	1:11:25	World Half Marathon – Kavarna	9 th	6 Oct 2012
	1:11:20	Shibetsu	1 st	22 July 2012
	1:10:52	Sapporo	1 st	1 July 2012
	1:10:39	Marugame	5 th	5 Feb 2012
	1:10:03	Okayama	4 th	23 Dec 2011
	1:16:15	Shibetsu	7 th	24 July 2012

2015 Results

Date	Race	Distance	Place	Time
8 Mar	Nagoya Women's Marathon	Marathon	4 th	2:24:42
15 Feb	All JPN Corporate team Half Marathon – Yamaguchi	Half marathon	2 nd	1:09:57
11 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Stage 4 – 4km	10 th	13:16

2014 Results

Date	Race	Distance	Place	Time
14 Dec	JPN Corporate team Women's Ekiden - Sendai	Stage 3 – 10.9Km	4 th	35:42
6 June	JPN Athletics Championships - Fukushima	10000m	6 th	32:43.90
17 May	Kansai Corporate team T&F Champ - Amagasaki	5000m	1 st	15:46.00
13 Apr	Vienna City Marathon	Marathon	7 th	2:35:15
23 Feb	Tokyo Marathon	Marathon	7 th	2:28:36
16 Feb	All JPN Corporate team Half Marathon – Yamaguchi	10km	4 th	32:34
12 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Stage 1 – 6Km	7 th	19:29

2013 Results

Date	Race	Distance	Place	Time
23 Dec	Sanyo Women's Road Race – Okayama	Half Marathon	8 th	1:11:06
15 Dec	All JPN Corporate team Women's Ekiden – Sendai	Stage 3 – 10.9Km	4 th	36:29
27 Oct	West JPN Corporate team Women's Ekiden – Munakata	Stage 3 – 10.2Km	2 nd	32:34
4 Oct	National Sports Festival – Chofu	5000m	13 th	15:54.32
21 Sept	JPN Corporate team T&F Champ – Kumagaya	5000m	7 th	15:52.53
21 Sept	JPN Corporate team T&F Champ – Kumagaya	5000m	4h1	15:56.71
20 Sept	JPN Corporate team T&F Champ – Kumagaya	10000m	4r2	32:09.16
25 Aug	Hokkaido Marathon – Sapporo	Marathon	3 rd	2:32:54
21 July	Shibetsu Half Marathon	Half Marathon	1 st	1:12:27
6 July	Hokuren Distance Challenge – Kitami	10000m	3rA	32:07.41
3 July	Hokuren Distance Challenge – Abashiri	5000m	3rA	15:49.41
18 May	Kansai Corporate team T&F Champ – Amagasaki	5000m	2 nd	16:02.98
21 Apr	London Marathon	Marathon	7 th	2:28:37
7 Apr	Berliner Halbmarathon	Half Marathon	3 rd	1:10:00
13 Jan	Women's Inter-Prefectural Ekiden Champ – Kyoto	Stage 9 – 10Km	11 th	32:28

2012 Results

Date	Race	Distance	Place	Time
16 Dec	All JPN Corporate team Women's Ekiden – Sendai	Stage 3 – 10.9Km	9 th	36:48
18 Nov	Yokohama Women's Marathon	Marathon	5 th	2:27:06
28 Oct	West JPN Corporate team Women's Ekiden – Munakata	Stage 5-10.8Km	2 nd	35:31
6 Oct	World Half Marathon Championships – Kavarna	Half marathon	9 th	1:11:25
22 July	Shibetsu Half Marathon	Half Marathon	1 st	1:11:20
1 July	Sapporo Half Marathon	Half Marathon	1 st	1:10:52
19 May	Kansai Corporate team T&F Champ – Amagasaki	5000m	4 th	16:02.63
18 May	Kansai Corporate team T&F Champ – Amagasaki	10000m	3 rd	32:53.08
12 May	Golden Games in Nobeoka	5000m	9rA	15:56.94
15 Apr	Nittai University Distance – Yokohama	5000m	2 nd	16:02.58

11 Mar	Nagoya Women's Marathon	Marathon	5 th	2:25:26
5 Feb	Marugame Half Marathon	Half marathon	5 th	1:10:39
15 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Stage 9 – 10Km	5 th	32:35

2011 Results

Date	Race	Distance	Place	Time
23 Dec	Sanyo Women's Road race – Okayama	Half marathon	4 th	1:10:03
18 Dec	All JPN Corporate team Women' Ekiden-Sendai	Stage 5 – 10Km	5 th	33:27
23 Oct	West JPN Corporate team Ekiden - Munakata	Stage 5 – 10.8Km	1 st	36:38
15 Oct	Shizuoka Distance time trial – Fukuroi	5000m	3r2	15:56.14
1 Oct	Chugoku Corporate team Time trial – Miyoshi	5000m	1 st	16:24.07
27 Aug	World Championships – Daegu	Marathon	22 nd	2:35:16
24 July	Shibetsu Half marathon	Half marathon	7 th	1:16:15
14 May	Kansai Corporate T&F Champ – Naruto	5000m	5 th	16:10.29
13 May	Kansai Corporate T&F Champ – Naruto	10000m	2 nd	32:59.25
29 Apr	Oda – Hiroshima	5000m	6 th	15:55.64
23 Apr	Hyogo Relays – Kobe	10000m	8 th	32:54.15
30 Jan	Osaka Women's Marathon	Marathon	2 nd	2:26:55
16 Jan	Inter-Prefectural Women's Ekiden - Kyoto	Stage 7 – 10Km	6 th	33:07

2010 Results

Date	Race	Distance	Place	Time
19 Dec	JPN Corporate team Women's Ekiden – Gifu	Section 3 – 10.0Km	3 rd	32:00
5 Dec	Okayama Distance meet	5000m	5 th	15:51.61
21 Nov	Shikoku Ekiden	Section 3 – 3Km	1 st	9:36
24 Oct	West JPN Corporate team Women's Ekiden	Section 3 – 10.5Km	4 th	34:02
11 Oct	Niigata Big Festa	10000m	3 rd	32:14.43
24 Sept	JPN Corporate team T&F Champ – Niigata	10000m	3r2	32:21.37
18 Sept	Chugoku district Corporate T&F – Miyoshi	3000m	1r2	9:19.53
14 Aug	National Games qualifier – Naruto	5000m	1 st	16:27.04
25 July	Shibetsu	10Km	3 rd	33:44
10 July	Hokuren Distance Challenge – Kushiro	3000m	2 nd	9:32.56
20 June	Hokuren Distance Challenge – Shibetsu	5000m	2 nd	15:48.35
17 June	Hokuren Distance Challenge – Fukagawa	3000m	2 nd	9:17.41
4 June	JPN National Championships - Marugame	10000m	6 th	33:08.38
25 Apr	Hyogo Relays – Kobe	10000m	4 th	32:15.91
18 Apr	Tokushima Distance – Naruto	3000m	1 st	9:20.31
14 Mar	Nagoya Women's Marathon	Marathon	4 th	2:29:13
17 Jan	Inter-Preferctural Women's Ekiden – Kyoto	Section 1 – 6Km	4 th	19:23

2009 Results

Date	Race	Distance	Place	Time
29 Nov	Shanghai half marathon	Half marathon	1 st	1:12:00
15 Nov	Shikoku Ekiden – Naruto	Section 5 – 5Km	1 st	16:00
25 Oct	West JPN Corporate team women's Ekiden- Munakata	Section 3- 10.5Km	4 th	34:20
10 Oct	Kobe Women's Distance	10000m	1 st	32:27.04
5 Oct	National Sports Festival – Niigata	5000m	6 th	15:55.64

19 Sept	Chugoku district T&F meet – Kure	5000m	3 rd	16:00.1
5 Sept	Naruto Championships	3000m	1 st	9:34.61
29 Aug	Shikoku Championships – Haruno	10000m	1 st	35:11.12
10 Aug	National Sports festival qualifier – Naruto	5000m	1 st	16:40.19
26 July	Shibetsu	10Km	2 nd	34:08
11 July	Hokuren Distance Challenge – Kushiro	3000m	4 th rA	9:18.69
5 July	Sapporo Half marathon	Half marathon	13 th	1:12:47
10 June	Hokuren Distance Challenge – Fukagawa	10000m	2 nd	32:52.21
6 June	Hokuren Distance Challenge – Sapporo	5000m	7 th	15:57.74
10 May	Sendai half marathon	Half marathon	4 th	1:12:08
15 Mar	JPN Corporate team Half Marathon – Yamaguchi	Half marathon	12 th	1:11:18

2008 Results

Date	Race	Distance	Place	Time
14 Dec	JPN Corporate team Women's Ekiden – Gifu	Section 5 – 11.6K	14 th	38:44
4 Nov	Awajishima Ekiden	Section 3 – 11.78Km	5 th	39:52
18 Oct	Fukuroi	10000m	7 th	32:56.33
26 Sept	JPN Corporate team T&F Champ - Tendo	10000m	10r1	33:06.88
7 Sept	Great Scottish Run - Glasgow	Half marathon	7 th	1:14:01
10 May	Chubu Corporate team T&F Champ - Gifu	10000m	2 nd	34:12.27
26 Apr	Hyogo Relays – Kobe	5000m	6r2	16:26.99
16 Mar	JPN Corporate team Half marathon – Yamaguchi	Half marathon	6 th	1:11:48