

Maeda, Honami (JPN)

DOB: 17 July 1996

Team: Tenmaya

Personal Bests:

5000m: 15:38.16 (2018); 10000m: 32:13.87 (2018);

Half marathon: 1:09:12 (2018); Marathon: 2:23:48 (2018)

International Championships Highlights:

Half Marathon: 35th in the 2018 World Half Marathon Championships

Progressions

Year	5000m	10000m	Half Marathon	Marathon
2018	15:38.16	32:13:87	1:09:12	2:23:48
2017	16:16.81	33:18.99	1:10:22	2:28:48
2016	15:51.83	32:43.42	1:12:50	
2015	15:53.37			

Marathon Career

	Time	Race	Place	Date
	2:25:23	Berlin	7 th	16 Sept 2018
Personal Best	2:23:48	Osaka Women	2 nd	28 Jan 2018
	2:28:48	Hokkaido Marathon – Sapporo	1 st	27 Aug 2017
	2:32:19	Osaka Women	12 th	29 Jan 2017

2019 Results

Date	Race	Distance	Place	Time
13 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Stage9 – 10km	3 rd	31:49

2018 Results

Date	Race	Distance	Place	Time
23 Dec	Sanyo Women's Road Race – Okayama	Half Marathon	1 st	1:09:12
25 Nov	Queen's Ekiden – Sendai	Stage3 – 10.9km	5 th	35:15
17 Nov	Chugoku Corporate Distance time trials – Kure	5000m	7 th	15:58.19
16 Sept	Berlin Marathon	Marathon	7 th	2:25:23
14 July	Hokuren Distance Challenge – Shibetsu	5000m	2rA	15:38.16
11 July	Hokuren Distance Challenge – Fukagawa	10000m	2 nd	32:13.87
20 May	Chugoku Corporate team T&F – Miyoshi (3 rd leg)	4x400mR	1 st	4:21.71
19 May	Chugoku Corporate team T&F – Miyoshi	10000m	1 st	32:30.39
24 Mar	World Half Marathon Championships – Valencia	Half marathon	35 th	1:12:09
28 Jan	Osaka Women's Marathon	Marathon	2 nd	2:23:48

2017 Results

Date	Race	Distance	Place	Time
23 Dec	Sanyo Women's Road Race	Half marathon	7 th	1:10:22
26 Nov	All JPN Corporate team Women's Ekiden - Sendai	Stage 5 – 10km	7 th	33:41
18 Nov	Chugoku Corporate team Distance – Kure	5000m	5 th	16:16.81
22 Sept	All JPN Corporate team T&F Champ –Osaka	10000m	18 th	33:18.99

27 Aug	Hokkaido Marathon – Sapporo	Marathon	1 st	2:28:48
21 May	Chugoku Corporea team T&F Champ – Miyoshi	4x400mR	2 nd	4:29.32
20 May	Chugoku Corporate team T&F Champ – Miyoshi	10000m	1 st	33:43.08
14 May	Sendai Half Marathon	Half Marathon	19 th	1:16:29
29 Jan	Osaka Women's Marathon	Marathon	12 th	2:32:19

2016 Results

Date	Race	Distance	Place	Time
23 Dec	Sanyo Women's Road Race	Half marathon	34 th	1:17:39
27 Nov	All JPN Corporate team Women's Ekiden – Sendai	Stage5 – 10km	11 th	33:50
19 Nov	Chugoku Corporate team Distance – Kure	5000m	3 rd	15:52.47
23 Sept	All JPN Corporate team T&F Champ – Osaka	10000m	24 th	33:37.32
17 Sept	Chugoku Corporate team Distance – Miyoshi	5000m	2 nd	16:24.19
14 July	Hokuren Distance Challenge – Kitami	5000m	13rA	15:51.83
11 July	Hokuren Distance Challenge – Abashiri	10000m	16rA	32:43.42
7 July	Hokuren Distance Challenge – Fukagawa	3000m	10rA	9:23.06
22 May	Chugoku Corporate team T&F Champ – Miyoshi	4x400mR	2 nd	4:41.01
21 May	Chugoku Corporate team T&F Champ – Miyoshi	10000m	2 nd	33:35.44
8 May	Sendai Half Marathon	Half marathon	2 nd	1:13:02
23 Apr	Hyogo Relays – Kobe	5000m	21 st	16:34.85
10 Apr	Okayama Time Trials	5000m	3 rd	16:38.34
14 Feb	All JPN Corporate team Half Marathon – Yamaguchi	Half marathon	14 th	1:12:50

2015 Results

Date	Race	Distance	Place	Time
23 Dec	Sanyo Women's Road Race – Okayama	10Km	9 th	33:15
13 Dec	All JPN Corporate team Women's Ekiden - Sendai	Stage6 – 6.795km	7 th	21:39
5 Dec	Himeji Distance	5000m	5 th	15:53.37
25 Oct	Princess Ekiden – Munakata	Stage 5 – 10.4km	10 th	36:18
26 Sept	All JPN Corporate team T&F Champ – Gifu	3000m	7 th	9:28.49
26 June	Okayama T&F Champ	5000m	3 rd	17:01.78
17 May	Chugoku Corporate team T&F Champ – Miyoshi	3000m	3 rd	9:49.03
9 May	Chugoku Corporate team T&F Champ – Miyoshi	5000m	5 th	16:56.82