

Ikuyo Yamashita

DOB: 17 June 1985;

Team: Mitsui-Sumitomo Kaijyo

Personal Bests:

5000m: 15:50.82 (2006); 10000m: 32:48.71 (2007);

Half marathon: 1:10:53 (2007); Marathon: 2:39:07 (2009)

International Championships Highlights:

Half Marathon: 23rd at 2008 World Half Marathon Championships

Progressions (since 2006):

Year	5000m	10000m	Half Marathon	Marathon
2009				2:39:07
2008	15:59.65	32:55.06	1:11:31	
2007	15:57.46	32:48.71	1:10:53	
2006	15:50.82			

Marathon career

	Time	Venue	Place	Date
Personal Best	2:39:07	Tokyo		22 Mar 2009

2009 Results

Date	Race	Distance	Place	Time
22 Mar	Tokyo marathon	Marathon		2:39:07

2008 Results

Date	Race	Distance	Place	Time
14 Dec	All JPN Corporate team Ekiden Champ – Gifu	Stage 1 – 6.6Km	5 th	20:27
12 Oct	World Half Marathon Championships – Rio de Janeiro	Half marathon	23 rd	1:15:05
27 Sept	JPN Corporate team T&F Champ – Tendo	5000m	24 th	16:11.36
27 Sept	JPN Corporate team T&F Champ – Tendo	5000m	9h3	16:01.09
26 Sept	JPN Corporate team T&F Champ – Tendo	10000m	5rB	33:00.22
9 July	Hokuren distance – Abashiri	10000m	8 th	15:59.65
15 June	Sapporo Half Marathon	Half marathon	6 th	1:11:31
18 May	East JPN Corporate team T&F Champ – Kumagaya	5000m	8r2	16:13.50
17 May	East JPN Corporate team T&F Champ – Kumagaya	10000m	5 th	32:55.06
5 May	Yokohama	5000m	10r2	16:09.84
27 Apr	Hyogo Relays – Kobe	10000m	18 th	33:41.47
16 Mar	Matsue Ladies Half marathon	Half marathon	4 th	1:11:54