

## Yuzo Onishi

DOB: 26 Dec 1977; Born in Fukui Prefecture; Height: 173cm; Weight: 60Kg;  
Team: Nissin Foods; College: Komazawa University

### Personal Bests:

5000m: 13:56.4 (2004); 10000m: 28:45.33 (1998);  
Half marathon: 1:03:12 (2004); Marathon: 2:08:54 (2008)

### International Championships Highlights:

#### Progressions (since 2005):

Year	5000m	10000m	Half Marathon	Marathon
2009		30:13.04	1:04:30	2:15:34
2008		29:47.83	1:03:49	2:08:54
2007	14:14.43	28:47.36	1:05:48	2:19:44
2006		28:51.81		
2005	14:08.7	29:19.59	1:03:53 (en route to marathon)	2:15:03

### Marathon Career

	Time	Race	Place	Date
	2:15:34	Hokkaido – Sapporo	11 <sup>th</sup>	30 Aug 2009
	2:18:18	Lake Biwa – Otsu	14 <sup>th</sup>	1 Mar 2009
	2:15:49	Hokkaido – Sapporo	4 <sup>th</sup>	31 Aug 2008
Personal Best	<b>2:08:54</b>	Lake Biwa – Otsu	4 <sup>th</sup>	2 Mar 2008
	2:19:44	Lake Biwa – Otsu	20 <sup>th</sup>	4 Mar 2007
	2:15:03	Beijing	6 <sup>th</sup>	16 Oct 2005
	2:16:48	Lake Biwa – Otsu	22 <sup>nd</sup>	6 Mar 2005
	2:12:53	Lake Biwa – Otsu	19 <sup>th</sup>	7 Mar 2004
	2:25:52	Fukuoka	29 <sup>th</sup>	1 Dec 2002
	2:14:12	Lake Biwa – Otsu	15 <sup>th</sup>	4 Mar 2001

### 2009 Results

Date	Race	Distance	Place	Time
3 Nov	East JPN Corporate Ekiden- Saitama to Kumagaya	Section 6 – 10.6Km	7 <sup>th</sup>	30:30
4 Oct	Konosu	10000m	14 <sup>th</sup>	30:13.04
30 Aug	Hokkaido Marathon – Sapporo	Marathon	11 <sup>th</sup>	2:15:34
5 July	Sapporo Half Marathon	Half marathon	55 <sup>th</sup>	1:05:35
14 June	Hokuren Distance – Shibetsu	10000m	13 <sup>th</sup>	30:29.79
10 May	Sendai Half Marathon	Half marathon	19 <sup>th</sup>	1:04:30
1 Mar	Lake Biwa Marathon – Otsu	Marathon	14 <sup>th</sup>	2:18:18
18 Jan	Inter-Prefectural Men's Ekiden	Section 3 – 8.5Km	22 <sup>nd</sup>	24:43
1 Jan	New Year Ekden	Section 7 – 15.7Km	3 <sup>rd</sup>	47:48

### 2008 Results

Date	Race	Distance	Place	Time
7 Dec	Kosa 10 Mile	10 Mile	14 <sup>th</sup>	47:07
18 Oct	Shizuoka distance – Fukuroi	10000m	27 <sup>th</sup>	29:58.29

31 Aug	Hokkaido Marathon – Sapporo	Marathon	4 <sup>th</sup>	2:15:49
15 June	Sapporo Half Marathon	Half marathon	30 <sup>th</sup>	1:03:49
17 May	East JPN Corporate T&F Champ – Kumagaya	10000m	17 <sup>th</sup>	29:47.83
2 Mar	Lake Biwa Marathon	Marathon	4 <sup>th</sup>	2:08:54
20 Jan	Inter-Prefectural Ekiden	Section 7 – 13Km	23 <sup>rd</sup>	39:25
1 Jan	New Year Ekiden	Section 6 – 11.8Km	11 <sup>th</sup>	35:06