

Sato, Tomoyuki (JPN)

DOB: 31 Jan 1981; Height: 167cm; Weight: 51Kg;

Team: Asahi Kasei; Coach: Takeshi Soh

Personal Bests:

5000m: 13:59.54 (2006); 10000m: 28:32.00 (2006);

Half marathon: 1:02:53 (2005); Marathon 2:09:43 (2004)

International Championships Highlights:

Marathon: 13th in 2007 World Championships; 7th in 2010 Asian Games

World Cross Country Championships: Long: 39th in 2006

Progressions (since 2005):

| Year | 5000m | 10000m | Half Marathon | Marathon |
|------|----------|----------|---------------|----------|
| 2010 | | 29:08.43 | | 2:10:07 |
| 2009 | 13:58.85 | 28:50.50 | | 2:13:12 |
| 2008 | 13:58.18 | 28:39.87 | | 2:09:59 |
| 2007 | 13:57.61 | 28:33.34 | | 2:11:22 |
| 2006 | 13:50.54 | 28:32.00 | | 2:11:46 |
| 2005 | 13:56.42 | 28:43.61 | 1:02:53 | 2:14:21 |

Marathon career

| | Time | Race | Place | Date |
|---------------|----------------|-------------------------|------------------|-------------|
| | 2:18:24 | Asian Games - Guangzhou | 7 th | 27 Nov 2010 |
| | 2:10:07 | Lake Biwa – Otsu | 2 nd | 7 Mar 2010 |
| | 2:23:59 | Fukuoka | 31 st | 6 Dec 2009 |
| | 2:13:12 | Tokyo | 6 th | 22 Mar 2009 |
| | 2:09:59 | Fukuoka | 4 th | 7 Dec 2008 |
| | 2:09:59 | Lake Biwa Otsu | 7 th | 2 Mar 2008 |
| | 2:20:53 | WC Osaka | 13 th | 25 Aug 2007 |
| | 2:11:22 | Tokyo | 2 nd | 18 Feb 2007 |
| | 2:12:29 | Fukuoka | 10 th | 3 Dec 2006 |
| | 2:11:46 | Beppu-Oita | 2 nd | 5 Feb 2006 |
| | 2:16:25 | Hokkaido Sapporo | 4 th | 28 Aug 2005 |
| | 2:14:21 | Lake Biwa Otsu | 16 th | 6 Mar 2005 |
| Personal Best | 2:09:43 | Tokyo | 5 th | 8 Feb 2004 |
| | 2:13:02 | Nobeoka | 1 st | 23 Feb 2003 |

2010 Results

| Date | Race | Distance | Place | Time |
|-------|-------------------|------------------|-----------------|-------|
| 1 Jan | New Year's Ekiden | Stage 5 – 15.8Km | 9 th | 47:17 |

2010 Results

| Date | Race | Distance | Place | Time |
|--------|------------------------------|------------------|-----------------|---------|
| 27 Nov | Asian Games – Guangzhou | Marathon | 7 th | 2:18:24 |
| 31 Oct | Around Kyushu Ekiden – day 3 | Stage 6 – 20.2Km | 1 st | 61:21 |
| 29 Oct | Around Kyushu Ekiden – day 1 | Stage 5 – 11.0Km | 1 st | 32:34 |

| | | | | |
|--------|---|--------------------|------------------|----------|
| 15 May | Kyushu Corporate team T&F Champ – Kita Kyushu | 10000m | 19r3 | 29:08.43 |
| 3 May | Nobeoka | 10000m | 7 th | 29:13.79 |
| 7 Mar | Lake Biwa Marathon – Otsu | Marathon | 2 nd | 2:10:07 |
| 1 Jan | New Year Ekiden | Section 4 – 22.3Km | 18 th | 64:34 |

2009 Results

| Date | Race | Distance | Place | Time |
|---------|---------------------------------------|--------------------|------------------------|----------|
| 6 Dec | Fukuoka Marathon | Marathon | 31 st | 2:23:59 |
| 23 Nov | Kyushu Mainichi Ekiden | Section 7 – 14.2Km | 2 nd | 41:20 |
| 4 Nov | Around Kyushu Ekiden – Day 7 | Section 3 – 16.5Km | 1 st | 49:00 |
| 1 Nov | Around Kyushu Ekiden – Day 4 | Section 5 – 13.8Km | 1 st | 40:57 |
| 29 Oct | Around Kyushu Ekiden – Day 1 | Section 6 – 13.2Km | 1 st | 39:56 |
| 20 Oct | Ekiden Rehearsal race - Nobeoka | 11.7Km | 1 st | 34:55 |
| 17 Oct | Nobeoka | 10000m | 1 st | 28:57.24 |
| 14 June | Hokuren Distance Challenge – Shibetsu | 5000m | 13 th race | 14:13.33 |
| 10 June | Hokuren Distance Challenge - Fukagawa | 10000m | 12 th race | 28:54.73 |
| 6 June | Hokuren Distance Challenge – Sapporo | 5000m | 12 th race | 13:58.85 |
| 30 May | Golden Games - Nobeoka | 5000m | 8 th race C | 14:06.78 |
| 16 May | Kyushu Corporate team T&F Champ - | 10000m | 5 th race 3 | 28:50.50 |
| 3 May | Shizuoka International | 10000m | 9 th | 29:14.21 |
| 22 Mar | Tokyo Marathon | Marathon | 6 th | 2:13:12 |
| 18 Jan | Inter-Prefectural Ekiden | Stage 7 – 13Km | 4 th | 38:01 |
| 12 Jan | Asahi Ekiden | Stage 2 – 9.9Km | 4 th | 29:43 |
| 1 Jan | New Year Ekiden | Stage 4 - 22.3Km | 4 th | 1:03:45 |

2008 Results

| Date | Race | Distance | Place | Time |
|---------|------------------------------------|------------------------------|-----------------------------|----------|
| 7 Dec | Fukuoka Marathon | Marathon | 4 th | 2:09:59 |
| 23 Nov | Kyushu Corporate team Ekiden champ | 7 th stage 14.2Km | 2 nd | 41:27 |
| 6 Nov | Around Kyushu Ekiden | 6 th stage 20.2Km | 1 st | 60:32 |
| 31 Oct | Around Kyushu Ekiden | 6 th stage 13.2Km | 1 st (stage rec) | 38:46 |
| 18 Oct | Nobeoka | 10000m | 2 nd | 28:46.09 |
| 11 June | Hokuren Distance – Fukagawa | 10000m | 21 st | 29:01.01 |
| 8 June | Hokuren Distance – Shibetsu | 3000m | 11rA | 8:08.77 |
| 31 May | Golden Games Nobeoka | 5000m | 6 th | 13:58.18 |
| 17 May | Kyushu Corporate T&F Champ | 10000m | 16 th | 28:39.87 |
| 3 May | Nobeoka | 10000m | 6 th | 29:04.10 |
| 27 Apr | Hyogo Relays | 10000m | 9 th | 28:40.21 |
| 2 Mar | Lake Biwa marathon Otsu | Marathon | 7 th | 2:09:59 |
| 1 Jan | New Year Ekiden | 2 nd stage 22Km | 35 th | 1:09:03 |