

Takechi, Shiho (JPN)

DOB: 18 Aug 1990;
Team: Yamada Electric

Personal Bests: 5000m: 15:29.85 (2013); 10000m: 32:20.94 (2016); Half marathon: 1:11:33 (2014);
Marathon: 2:25:29 (2016)

International Championships Highlights:

Progressions

Year	5000m	10000m	Half Marathon	Marathon
2018	16:11.56	33:33.78		2:39:46
2017	15:52.60	32:38.98		2:30:10
2016	15:51.89	32:20.94		2:25:29
2015	15:37.41	32:26.38		2:31:18
2014	15:32.20	32:26.53	71:33	
2013	15:29.85	32:52.57		

Marathon Career

	Time	Race	Place	Date
	2:39:46	Nagoya Women	29 th	11 Mar 2018
	2:30:10	Nagoya Women	9 th	12 Mar 2017
Personal Best	2:25:29	Nagoya Women	7 th	13 Mar 2016
	2:31:18	Nagoya Women	14 th	8 Mar 2015

2018 Results

Date	Race	Distance	Place	Time
25 Nov	Queen's Ekiden - Sendai	Stage 4 – 3.6km	8 th	11:40
11 Nov	East JPN Women's Ekiden	Stage 9 – 10km	14 th	33:29
10 Nov	Nittai University Distance – Yokohama	3000m	11r6	9:27.88
4 Nov	Kochi Distance time trials	5000m	4 th	16:11.56
20 Oct	Nittai University Distance – Yokohama	5000m	15r3	16:32.05
22 Sept	Nittai University Distance – Yokohama	5000m	13r2	16:14.39
19 May	East JPN Corporate team T&F Champ – Kumagaya	10000m	5 th	33:33.78
22 Apr	Hyogo Relays – Kobe	10000m	13 th	33:43.62
11 Mar	Nagoya Women's Marathon	Marathon	29 th	2:39:46
14 Jan	Inter-Prefectural Women's Ekiden	Stage9 – 10km	17 th	32:52

2017 Results

Date	Race	Distance	Place	Time
9 Dec	JPN Corporate team Women's LD – Yamaguchi	5000m	12r3	15:57.56
26 Nov	JPN Corporate team Women's Ekiden – Sendai	Stage6 – 6.795km	2 nd	21:21
11 Nov	Nittai University Distance – Yokohama	5000m	6r11	16:05.16
23 Sept	Nittai University Distance – Yokohama	5000m	3r2	15:52.60
22 Sept	JPN Corporate team T&F Champ - Osaka	10000m	6r2	32:38.98
13 July	Hokuren Distance Challenge – Abashiri	5000m	3rB	15:57.68
9 July	Hokuren Distance Challenge – Kitami	5000m	7rA	15:53.58
23 June	JPN National Championships – Osaka	10000m	17 th	33:37.50

20 May	East JPN Corporate team T&F Champ – Akita	10000m	5 th	33:36.22
6 May	Golden Games in Nobeoka	5000m	19rA	16:09.65
23 Apr	Hyogo Relays – Kobe	10000m	12rGP	33:08.16
12 Mar	Nagoya Women's Marathon	Marathon	9 th	2:30:10
15 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Stage9 – 10km	13 th	33:04

2016 Results

Date	Race	Distance	Place	Time
10 Dec	Corporate team Time Trials	5000m	14r3	16:21.32
27 Nov	Queen's Ekiden – Sendai	Stage1 – 7Km	11 th	22:30
13 Nov	Fukui Super Ladies Ekiden	Stage1 – 6Km	3 rd	19:45
22 Oct	Nittai University Distance – Yokohama	5000m	2r3	15:51.89
23 Sept	JPN Corporate team T&F Champ – Osaka	10000m	10r2	32:51.96
17 July	Istvan Gyulai Memorial – Szekesfehervar	5000m	8 th	16:08.96
11 July	Hokuren distance Challenge – Abashiri	10000m	8rA	32:22.25
2 July	Gunma Champ	5000m	1 st	16:09.39
26 June	JPN Athletics Championships – Nagoya	5000m	22 nd	16:11.26
24 June	JPN Athletics Championships – Nagoya	10000m	8 th	32:20.94
21 May	East JPN Corporate team T&F Champ – Kumagaya	10000m	5 th	32:34.02
13 Mar	Nagoya Women's Marathon	Marathon	7 th	2:25:29
17 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Stage9 – 10km	5 th	32:14

2015 Results

Date	Race	Distance	Place	Time
13 Dec	Queen's Ekiden – Sendai	Stage1 – 7km	5 th	22:18
8 Nov	Fukui Super Ladies Ekiden	Stage1 – 6.55km	1 st	20:56
25 Sept	JPN Corporate team T&F champ – Gifu	10000m	3r2	32:26.38
18 July	KBC Night of Athletics – Heusden	5000m	14 th	15:37.41
4 July	Peachtree Road Race – Atlanta	10Km	12 th	35:09
28 June	JPN Athletics Champ – Niigata	5000m	13 th	15:58.93
26 June	JPN Athletics Champ – Niigata	10000m	11 th	32:33.48
17 May	East JPN Corporate team T&F Champ – Kumagaya	5000m	5r2	15:59.81
2 May	Payton Jordan Cardinal Invitational – Palo Alto	10000m	30r1	33:30.89
25 Apr	Hyogo Relays – Kobe	5000m	15 th	16:13.61
18 Apr	Oda Memorials – Hiroshima	5000m		16:18.34
8 Mar	Nagoya Women's Marathon	Marathon	14 th	2:31:18