

# TOMOMI BITOH

Personal Trainer / Running Coach

Professional Runner / Bodybuilding Artist

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In October 2021, I achieved the feat of being the overall women's runner-up on the Marathon Des Sables, one of the toughest marathons in the world.

Furthermore, in April 2023, I won my second Sahara Marathon, finishing third overall in the women's race, making her the second consecutive podium.

In August 2023, I was the first Japanese to participate in the Mongolian Trail Run and won the overall women's champion. In February 2023, I was the first Japanese to place third in an adventure race through the jungles of Costa Rica called The Coastal Challenge. Additionally, I have won ultra-trail running which distance is over 100 miles in Japan.

In December 2021, I represented Japan in the SPARTAN RACE, one of the world's largest and most prestigious obstacle races. And I participated in the WORLD CHAMPION SHIP in Dubai and placed 20th, winning first place in Asia. In August 2022, I became the first Japanese woman to win the overall women's title at the SPARTAN RACE ULTRA 50K ERITE held in Honolulu. Additionally, in June 2023, I got female overall champion Ultra 50K ERITE held in Mont-Tremblant.

Marathon personal bests are 2 hours 59 minutes 24 seconds for full and 1 hour 26 minutes 33 seconds for half.

My motto is **SEIZE YOUR DREAM**. I convey the importance of a healthy body and the joy of being able to take on challenges.

Operate online community salon [TOMOTORE] - **SEIZE YOUR DREAM** -.  
Manage CYBERJAPAN®GYM and TOMOMI FITNESS Channel in Youtube.





## Personal History

### 【Achievements】

#### ● 2023

- June: Bali Ultra Trail 100K female overall 3rd place
- August: Mongolian Trail Run 2023 female overall champion
- June: SPARTAN RACE Mont-Tremblant ULTRA 50K female overall champion
- April: MARATHON DES SABLES (Sahara Desert 250 km marathon): Overall female 3rd place
- March: KUMAGAWA REVIVAL TRAIL TAMAGAWA Course(167km): Overall female champion
- February: The Coastal Challenge (Jungle adventure 250km marathon) : Overall female 3rd place in the Expedition category

#### ● 2022

- October: SEOUL 100K (Ultra trail running) : Overall female 2nd place
- August: SPARTAN RACE Honolulu ULTRA50K female overall champion (first Japanese champion)

#### ● 2021

- December: SPARTAN RACE WORLD CHAMPIONSHIP IN DUBAI 20th overall female and 1st in Asia
- October: MARATHON DES SABLES (Sahara Desert 250 km marathon): Overall female runner-up

### 【Produce】

#### ● 2022

- February: Vitamin Marathon
- September: Vitamin Marathon supported by PUMA

### 【TV】

- [「DirectTalk」 in NHK WORLD TV](#)
- 「激レアさんを連れてきた。」 in Asahi TV
- 「NEWニューヨーク」 in Asahi TV
- 「リベンジマッスル」 in NTV

### 【Magazine Feature】

- Tarzan, ○ FITNESS WORLD, ○ 月間陸上, ○ [NumberWeb](#), ○ LDK the Beauty

