

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】

- 2024
 - March: Trans Sahara Marathon(150km) female overall champion
 - February: Bekkai Ice Marathon female overall 2nd place
- 2023
 - September: Pyrenees Stage Run MIX overall 3rd place
 - August: Bali Ultra Trail 100K female overall 3rd place
 - August: Mongolian Trail Run 2023 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
- 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

【Magazine Feature】

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

