

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 February 2025, I was the first Japanese woman to participate in World Marathon Challenge and achieved the overall women's runner-up.

In addition, I broke the world record (5 days, 19 hours and 7 minutes) in the time to complete 7 full marathons on 7 different continents in the race.

In 2024, I was the overall women's runner-up in the Ultra Race Romania (250 km) and the overall women's champion in the Ultra Bolivia Race (4000 m altitude, 220 km) held in Salar de Uyuni, Bolivia.

In December 2021, I represented Japan in the SPARTAN RACE, one of the world's largest and most prestigious obstacle races. 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】

- 2025
 - February: World Marathon Challenge(295km) female overall 2nd place
- 2024
 - September: Ultra Bolivia Race (220km) female overall champion
 - August: Ultra Race Romania (250km) female overall 2nd place
 - 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
- 2022
 - October: SEOUL 100K (Ultra trail running) : Overall female 2nd place
 - August: SPARTAN RACE Honolulu ULTRA50K female overall champion
- 2021
 - 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

