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## Naoko Takahashi

Naoko Takahashi will be remembered in history as the first woman to break the 2 hour 20 minute barrier at the 2001 Berlin marathon. She is best known for winning the women's marathon at the 2000 Sydney Olympic Games. Her performance in the marathon was an inspiration to many Japanese female marathon runners.

Naoko still holds the 7th best time and the 3rd best Japanese marathon performance behind Yoko Shibui and Mizuki Noguchi.

Naoko was born on May 6th, 1972 in Gifu Japan. Did you know that Naoko once run up to 70 kilometers in one day? During training she would sometimes run 40 kilometers in the morning and 30 kilometers in the afternoon. Those difficult training sessions certainly paid off!

One more fun fact about Naoko: she is related to former Morning Musume leader Yoshizawa Hitomi.

Naoko's motto is "Whatever the result, do everything you can every day to reach your goal!"

