

Date	Event		Venue
January			
01/01/2010	54th All Japan Industrial Teams Men's Ekiden (Organized by Affiliate Association)	Road Relay	Maebashi GUNMA
01/01/2010	58th New Year Walk (Organized by Local Association)	Walk(Road)	Tokyo TOKYO
06/01/2010	30th Miyazaki Women's Road Race (Organized by Local Association)	Half Marathon	Miyazaki MIYAZAKI
11/01/2010	62nd Asahi Ekiden (Organized by Local Association)	Road Relay	Fukuoka FUKUOKA
17/01/2010	28th All Japan Inter-Prefectural Women's Ekiden (Organized by JAAF)	Road Relay	Kyoto KYOTO
24/01/2010	15th All Japan Inter-Prefectural Men's Ekiden (Organized by JAAF)	Road Relay	Hiroshima HIROSHIA
31/01/2010	2010 Osaka International Ladies' Marathon (IAAF Silver Label Road Race, AIMS, Organized by JAAF)	Marathon	Osaka OSAKA
31/01/2010	2010 Osaka Half Marathon (Organized by Local Association)	Marathon	Osaka OSAKA
31/01/2010	93rd Japan National Championships – 20km Walk (AAA Permit, Organized by JAAF)	Walk(Road)	TBC

Date	Event		Venue
February			
07/02/2010	59th Beppu-Oita Mainichi Marathon (IAAF Silver Label Road Race, AIMS, Organized by Local Ass.)	Marathon	Beppu~Oita OITA
07/02/2010	64th Kagawa Marugame Half Marathon (IAAF Silver Label Road Race, AIMS, Organized by Local Ass.)	Marathon	Marugame KAGAWA
11/02/2010	2010 Japan Junior Indoor Meet in Osaka (Organized by JAAF)	Indoor	Osaka OSAKA
14/02/2010	45th Chiba International Cross Country (IAAF Permit, Organized by JAAF)	Cross Country	Chiba CHIBA
14/02/2010	50th Karatsu 10 mile (Organized by Local Association)	Road Race	Karatsu SAGA
21/02/2010	44th Ohme Marathon 30km / 10km (AIMS, Organized by Local Association)	Road Race	Ome TOKYO
27/02/2010	24th Fukuoka International Cross Country (IAAF Permit, Organized by JAAF)	Cross Country	Fukuoka FUKUOKA
28/02/2010	2010 Tokyo Marathon (IAAF Gold Label Road Race, AIMS, Organized by JAAF)	Marathon	Tokyo TOKYO
28/02/2010	54th Kumanichi 30km (Organized by Local Association)	Road Race	Kumamoto KUMAMOTO

Date	Event		Venue
March			
06/03/2010	20th Nishida & Takahashi Cup Pole Vault (Organized by Local Association)	Indoor	Toyota AICHI
07/03/2010	65th Lake Biwa Mainichi Marathon (IAAF Gold Label Road Race, AIMS, Organized by JAAF)	Marathon	Otsu SHIGA
07/03/2010	13th Japan University Student Men's Half Marathon Championships (Organized by Affiliate Association)	Half Marathon	Tachikawa TOKYO
14/03/2010	2010 Nagoya International Women's Marathon (IAAF Silver Label Road Race, AIMS, Organized by JAAF)	Marathon	Nagoya AICHI
14/03/2010	Asian Championships 20km Walk /34th All Japan Walk (AAA Permit, Organized by AAA)	Walk(Road)	Nomi ISHIKAWA
14/03/2010	4th Japan University Students 20km Walk Championships (Organized by Affiliate Association)	Walk(Road)	Nomi ISHIKAWA
20/03/2010	12th Elementary School Cross Country Relay	Cross Country	Osaka
21/03/2010	(Organized by JAAF)	Relay	OSAKA
21/03/2010	31st Matsue Ladies' Half Marathon (Organized by Local Association)	Half Marathon	Matsue SHIMANE
21/03/2010	13th Japan University Student Women's Half Marathon Championships (Organized by Affiliate Association)	Half Marathon	Matsue SHIMANE
21/03/2010	38th Japan Industrial Teams Half Marathon Championships (Organized by Affiliate Association)	Half Marathon	Yamaguchi YAMAGUCHI