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**Ichigo Announces Addition of Two Rising Stars in Women's Weightlifting,  
Honami Mizuochi and Mikiko Ando, to Ichigo Weightlifting Team**

As part of its CSR (Corporate Social Responsibility) activities, Ichigo Group Holdings ("Ichigo") supports athletes in their pursuit of excellence via sponsoring the Ichigo Weightlifting and Rifle Shooting Teams. Now in its seventh year, the weightlifting team consists of Coach Yoshiyuki Miyake and athletes including Hiromi Miyake, Japan's leading women's weightlifter.

To further strengthen the team, Ichigo announced today that two promising athletes, Honami Mizuochi and Mikiko Ando, will join the team in April 2015. Honami and Mikiko are rising stars in women's weightlifting, and the addition of the two will reinforce the Ichigo Weightlifting Team's position as one of Japan's most powerful weightlifting teams.

The two athletes have already achieved outstanding results in Japan and overseas: Honami came in 6<sup>th</sup> at the 2012 Olympic Games in London, and Mikiko set a Japanese national record and was ranked 5<sup>th</sup> at the 2014 Asian Games.

As part of its commitment to supporting Japanese athletes striving for excellence, Ichigo will actively promote weightlifting through offering information on what's wonderful and exciting about weightlifting and through supporting Japan's athletes competing against the very best from around the globe.



Left to right: Manager Minoru Ishihara, athletes Mikiko Ando and Honami Mizuochi, and Coach Yoshiyuki Miyake

## Honami Mizuochi

Date of joining Ichigo:  
April 1, 2015

Hometown:  
Saitama Prefecture

Alma mater:  
Heisei International University

Major Results:  
2012 London Olympic Games 48kg - 6<sup>th</sup>  
2013 World Weightlifting Championships 48kg - 7<sup>th</sup>  
2013 Summer Universiade 48kg - 5<sup>th</sup>

“I am Honami Mizuochi and am very happy to join Ichigo Group Holdings in April 2015. Once I join the company, I will work hard in training and prepare myself to get chosen for the Olympic Games in Rio de Janeiro. I look forward to meeting everyone and working closely with my colleagues at Ichigo.” --**Honami Mizuochi**



## Mikiko Ando

Date of joining Ichigo:  
April 1, 2015

Hometown:  
Chiba Prefecture

Alma mater:  
Heisei International University

Major Results:  
2013 World Weightlifting Championships 58kg - 7<sup>th</sup>  
2014 Japan Weightlifting Championships 58kg - Gold  
2014 Asian Games 58kg - 5<sup>th</sup>

“I am Mikiko Ando, and I will join Ichigo Group Holdings in April 2015. I am truly grateful to Ichigo and everyone involved for giving me the opportunity to join the company through my relationship with Hiromi Miyake and Coach Miyake. Following Hiromi’s path, I would like to train hard and win a medal at a future Olympic Games.” --**Mikiko Ando**



“I would like to thank everyone for supporting our team. With the addition of these two new and promising members, the Ichigo Weightlifting Team will become Japan’s leading team.

As Coach, I strive to develop the strengths I see in each athlete. We at the Ichigo Weightlifting Team focus on nurturing the individuality of every athlete so that each person can make progress.

Ichigo also offers a place for the athletes to learn to be well-mannered, independent, and responsible as members of the society, as Ichigo employees, and as professional athletes who will represent Japan globally.

The Ichigo Weightlifting Team is committed to contributing to the development of weightlifting as a leading weightlifting team in Japan.” --**Yoshiyuki Miyake**



To further underscore its commitment and support for Japan’s young athletes as they strive for global excellence, Ichigo has launched a new website [Ichigo Sports](http://www.ichigo-holdings.co.jp/ichigosports/). Visit the website to learn more about Ichigo’s athletes as well as about the sports of weightlifting and rifle shooting.

Ichigo Sports (*Japanese only*):  
[www.ichigo-holdings.co.jp/ichigosports/](http://www.ichigo-holdings.co.jp/ichigosports/)

