



Women's 400 Metres

55 Entrants

		Age	(Days)	Born	Season's Best	Personal Best
1004	SHALA Klodiana ALB	28y	360d	1979	54.06	52.86 -06
Albanian record holder at 100m, 200m, 400m flat & 40m hurdles ... 400H pb: 56.48 -05. 100 pb: 11.67 -06. 200 pb: 23.55 -06. ht OLY 400 2000; dq ht WCH 400 2001; ht ECH 400 2002/2006; ht WIC 400 2003/2004/2006; ht OLY 400H 2004; ht EIC 400 2005; ht WIC 400 2006; sf ECH 200 2006. She lives in Athens In 2008: 4 Bar 400; 2 ECP 2nd League 400 race 2 (3 200 race 2); 1 Argos Orestikó 400; 3 Balkan Champs 400						
1076	LEWIS Tamsyn AUS	30y	28d	1978	51.44	51.44 -08
2008 World Indoor Champion ... 8x Australian Champion at 800m, 3x at 400m 800 pb: 1:59.21 -00 (1:59.43 -08). 6 WJC 400 94; 3 WJC 4x400 96 (sf 400); 8 WCP 98/2002; 1 COM 4x400 98/2002/2006; sf WIC 800 99/2001; sf OLY 2000 (2004-ht); sf WCH 2001 (99/2007-ht); 5 COM 800 2002 (98-6); sf COM 400 2006. 1 Australian 800 98/99/2000/2001/2002/2003/2007/2008 (1 400 2005/2007/2008). Father-Greg Lewis (1 COM 4x100 74) ... mother-Carolyn Wright was 7x Australian Champion at HJ ... older brother Justin is her coach and was a professional sprinter ... formerly coached by Sebastian Coe and Daley Thompson ... in autumn 2006 she placed third in Australian TV's "Dancing With The Stars" ... born/lives-Melbourne In 2008: 1 Sydney 800; 1 Hobart 800; 1 Canberra 800; 1 Australian Cup 400; 1 Victorian State 400; 1 Sydney 800; 1 Melbourne 400; 1 Australian 400/800; 1 Australian 800; 1 WIC 800; 10 Berlin Golden League 800; 8 Oslo Golden League 800; 5 Ostrava 800; 1 Velenje 400; 7 Madrid 800; 6 Rome Golden League 800; 4 Lucerne 400; 8 Paris Golden League 800						
1091	AMERTIL Christine BAH	28y	364d	1979	51.86	50.09 -05
2003 World Indoor silver & 2006 bronze ... 100 pb: 11.49 -05. 200 pb: 22.58 -05. 2 WIC 2003 (2006-3); sf WCH 2003/2005/2007; 7 OLY 2004; 2 Central American & Caribbean 200 2005; 4 COM 2006 (2002-8); 2 Pan-Am Games 2007. Started as an a middle distance runner ... studied accountancy ... coached in Atlanta by Olympic 200m silver medallist Pauline Davies In 2008: 1 Athens GA 100/200; 6 Doha (7 100); 2 Rio de Janeiro 200; 6 São Paulo 200; 1 Bahamian; 4 Central American & Caribbean (3 4x400, 5 200)						
1145	USOVICH Ilona BLR	25y	276d	1982	51.50	50.31 -07
Belarus record holder ... 2006 European relay silver ... 2007 European indoor silver & relay gold 800 pb: 2:02.94i -07. ht under-23 ECH 2003; 2 WIC 4x400 2004 (2006-3); 4 EIC 2005; 3 WIC 4x400 2006; 5 ECH 2006 (2 4x400); 2 EIC 2007 (1 4x100); 7 WCH 2007 (2005-sf). Younger sister of fellow 400m international Svetlana (who was 2nd in 2005 European Indoors). 1 Belorussian 2006 In 2008: 1 Turkish Clubs 400/800; 1 Minsk; 1 Istanbul						
1198	MONTSHO Amantle BOT	25y	44d	1983	49.83	49.83 -08
2007 African Games Champion ... 2008 African Champion ... Botswanan record holder at 200m & 400m 200 pb: 23.02 -08. ht OLY 2004; ht WCH 2005/2007; sf COM 2006; 1 African Games 2007 (5 200); sf WIC 2008; 1 African Champs 2008 (2006-2). Lost all her possessions when fire gutted her home in September 2005 ... based-Dakar In 2008: 5sf WIC; 1 African Champs; 7 Doha; 1 Dakar; 1 Algiers 200; 3 Milan; 4 Rome Golden League; 5 Cagliari 200; 5 Stockholm						
1239	ALMIRÃO Maria Laura BRA	30y	331d	1977	52.24	51.30 -05
2005 South American Champion ... 8 WSG 2001; 1 Ibero-American 2002/2004; ht OLY 2004; 1 South American 2005 (2001-2); ht WCH 2005/2007. 1 Brazilian 2001/2007/2008 In 2008: 1 São Paulo; 2 São Paulo; 2 São Paulo; 2 Praia Grande; 4 Uberlândia; 5 Fortaleza; 6 Rio de Janeiro 800; 4 São Paulo (Jun 8); 3 Ibero-American; 1 São Paulo (Jun 19); 1 Brazilian						
1303	MUIR Carline CAN	20y	320d	1987	51.73	51.73 -08
sf WJC 2006. 1 Canadian 2008 In 2008: 4 Modesto 200; 2 Atlanta; 1 Santa Monica; 2 Eagle Rock; 2 Burnaby; 1 Canadian						
1438	GRGIC Danijela CRO	19y	322d	1988	-	50.78 -06
(Pronounced "Gr - Gitch") ... reigning World & European Junior Champion Outdoor pb: 50.78 -06. 200 pb: 23.69 -06. sf WJC 200 2004; dq EIC 2005; 2 World Youth 2005 (2003-sf); dq ht EIC 2005; 1 EJC 2005; ht WIC 2006; ht ECH 2006; 1 WJC 2006; ht EIC 2007. 1 Croatian 200/400 2003-2006						
1480	TERRERO Indira CUB	22y	261d	1985	50.98	50.98 -08
3 Pan-Am Games 2007; sf WCH 2007 In 2008: 1 Havana (Mar 13); 1 Havana (Jun 1); 1 Havana (Jun 6); 1 Huelva; 1 Bilbao; 1 Patra; 1 Central American & Caribbean; 5 Athens; 1 Ávila						
1507	KALLINIKOU Alissa CYP	23y	85d	1985	52.05	52.05 -08
4x Cypriot Champion ... ht World Youth 2001; 1 Games of Small European States 2005/2007; ht EIC 2007. 1 Cypriot 2005/2006/2007/2008 In 2008: 1 Greek (3 200); 2 ECP 2nd League race 1; 5 Thessaloniki; 4 Rethymno 200 'B' Her pb is just 0.03 outside the Cypriot record 52.02 set by Dora Kyriakou in 1997						
1685	BATIMALA Makelesi FIJ	30y	298d	1977	52.46	51.89 -04
(Née Bulikiobo) ... Fijian record holder at 100m, 200m & 400m ... 100 pb: 11.55 -07. 200 pb: 23.22 -08. sf COM 200 2002 (ht 100); sf WCH 400 2003 (2007-ht); ht OLY 400 2004. 1 Australian 200 2008. Nicknamed the "Sprint Queen" by the Fiji Times and Fiji Village In 2008: 3 Sydney 200; 1 Canberra 200/400; 1 Brisbane 200/400; 2 Sydney 200; 3 Melbourne 400; 1 Australian 200 (2 400); 5ht WIC 400; 2 Gold Coast 200 (4 100); 1 Belgian 200; 5 Reims 400; 2 Cork 200 (3 400); 7 Liège 200; 5 Heusden 200; 1 Brasschaat 200/400 Carried flag at opening ceremony						
1731	DESERT Solène FRA	26y	15d	1982	51.80	51.42 -07
(Desert pronounced Des-ERR - the t is silent) ... 200 pb: 23.26 -02. 2 under-23 ECH 400 2003; ht WIC 200 2003; 3 ECP 2004 (2005-5, 2007-6); ht WCH 2005; sf ECH 2006. 1 French 2004/2008. Born-Brest ... coach-Stéphane Caristan In 2008: 1 Val-de-Reuil 200 race 1; 2 Algiers; 2 Warsaw; 4 Milan; 4 Reims; 1 Paris Golden League; 1 French						
1815	McCONNELL Lee GBR	29y	312d	1978	51.49	50.82 -02
2003 World finalist ... twice World relay medallist ... 2002 Commonwealth silver & European bronze 400H pb: 55.25 -06. 200 pb: 23.16 -08. HJ pb: 1.88 -00. 5 WCH 4x400 2001 (2003-6); 2 COM 400 2002; 3 ECH 400 2002; 4 WCP 400 2002; 2 ECP 400 2003; 7 WCH 400 2003 (2005/2007-sf); sf OLY 400 2004 (4 4x400); 3 EIC 4x400 2005/2007; 3 WCH 4x400 2005; 3 COM 400H 2006; sf ECH 400H 2006 (4 4x400); 3 WCH 4x400 2007. 1 UK 400 2008. 1 Scottish HJ 98/99/2000 (1 400 2001 & 200 2005). Decided to give up high jumping when she did not clear her target of 1.90 in 2000 ... former swimmer & figure skater ... born/lives-Glasgow ... coaches-Rodger Harkins & Alan Scobie ... 1.80 tall In 2008: 1 Hengelo 400; 1 Geneva 400; 1 UK League div 1/Jun 7 200/400; 2 Lugano 400; 1 UK Champs 400; 3 London Grand Prix 400						
1819	OHURUOGU Christine GBR	24y	91d	1984	50.80	49.61 -07
Reigning World & Commonwealth Champion at 400 Metres ... 200 pb: 22.94 -08. 3 EJC 400/4x400 2003; sf OLY 400 2004 (4 4x400); 2 under-23 ECH 400/4x400 2005; sf WCH 400 2005 (3 4x400); 1 COM 400 2006; 1 WCH 400 2007 (3 4x400). 1 AAA 400 2004. Played for Essex and England in Netball, but switched to athletics in 2003 ... studied Linguistics at University College London ... born-Forest Gate, lives-Stratford ... her younger sister Victoria was third in 2007 English Schools under-15 200m ... coaches-Lloyd Cowan & Christine Bomaker (Bloomfield) ... returned from a year's suspension to August 5, 2007, after having missed three out of competition doping tests in 2006 In 2008: 1 Long Beach 100/200; 5 Mt SAC Relays 200; 1 Irvine 100/200; 3 Zaragoza 200; 3 Oslo Golden League 200 (pb 22.94); 1 Ostrava 400; 2 ECP 200; 1 Reims; 2 UK Champs 200; 1 Lucerne 400; 1 London Grand Prix 400						

1832	SANDERS Nicola GBR	26y	55d	1982	50.88	49.65	-07
2007 World silver & relay bronze with 48.76 split ... 2007 European Indoor Champion 400H pb: 55.32 -06. 4 World Youth 400H 99; 3 EJC 400H 99; ht WJC 400H 2000; dq sf WCH 400H 2005 (3 4x400); 6 WSG 400H 2005; 4 COM 400H 2006; 6 ECH 2006 (4 4x400); 2 WCH 2007 (3 4x400); 1 ECP 2008 (2006-2). 1 AAA 2006 & indoor 2006. 1 UK indoor & out 2007. 1 AAA under-17 Heptathlon 98. Born-High Wycombe, lives-Amersham ... coach-Tony Lester In 2008: 1 ECP; 1 Milan; 2 London Grand Prix							
1946	DOVA Dimitra GRE	34y	46d	1974	52.33	51.89	-05
Name is Dova and not "Ntova" ... 8 OLY 4x400 2004; 3 ECP 2005; 1 Mediterranean Games 2005; ht ECH 2006. 1 Greek 2004. Bad luck at the 2004 Olympics: her shoe came off after someone accidentally stepped on it in the changeover zone in the 4x400m final. Coach-Triadáfillos Papaevaggéλου ... 1.86 tall In 2008: 1 Athens 200/400; 1 Greek 200 (2 400); 2 ECP 1st League; 7 Rethymno 200							
1971	BARTHOLOMEW Trish GRN	21y	298d	1986	51.29	51.29	-08
Second in 2004 NCAA Championships indoors & out ... 200 pb: 23.12 -08. Student of Psychology at the University of Alabama In 2008: 2 NCAA indoor; 1 Alabama Relays 200/400; 1 Stanford; 3 Knoxville; 1 Nashville 200; 5 Oxford MS; dq Auburn; 1 Fayetteville (4 200); 2 NCAA; 4ht Central American & Caribbean							
1984	POMPEY Aliann GUY	30y	161d	1978	51.07	50.93	-04
In Manchester 2002 she became Guyana's first Commonwealth Champion in 68 years 800 pb: 2:04.80 -00. dnf Pan-Am Games final 99; sf WIC 2001/2003; sf WCH 2001 (2003/2005-ht); 1 COM 2002 (2006-sf); 3 Pan-Am Games 2003; sf OLY 2004 (2000-qf); 8 Central American & Caribbean Games 2006. 1 NCAA indoor 2000. Holds US Collegiate record for indoor 500m (69.23 -00). Eldest of eight children ... born-Guyana, moved to New York at age 14 ... graduated in Business Administration at Manhattan College in May 2004 ... coach-Joseph Ryan (ex-Irish international sprinter) ... 1.68/49kg In 2008: 1 New York 200; 1 Princeton 200; 1 Holmdel; 1 West Long Branch; 1 Plovdiv; 5ht Central American & Caribbean; 1 Cork							
1986	ETIENNE Ginou HAI	23y	217d	1985	52.03	51.94	-05
Haitian record holder at 400m & 800m ... 800 pb: 2:04.26 -06. ht WCH 2007; 3 Central American & Caribbean 2008. Attends University of Miami In 2008: 1 Clermont FL; 4 Baie Mahault; 1 Orlando; 1 Port-of-Spain; 3 Central American & Caribbean							
2009	PETRÁHN Bárbara HUN	29y	335d	1978	52.15	51.50	-06
7x Hungarian Champion ... 200 pb: 23.17 -02 (23.54 -08). sf WJC 96; 5 EJC 97 (2 4x400); qf OLY 2000; ht WIC 2004; sf ECH 2006 (98-ht); sf WCH 2007 (2005-ht). 1 Hungarian 96/99/2002/2004/2005/2006/2007/2008 (1 200 2007) In 2008: 4 Osaka; 7 Hengelo; 1 Berlin Golden League; 1 Zalaegerszeg 100/200; 3 Warsaw; 1 ECP 1st League; 2 Velenje (7 200); 1 Hungarian 200/400							
2027	KAUR Mandeep IND	20y	119d	1988	51.74	51.74	-08
ht World Youth 2003; 1 Asian Champs 4x400 2007 Not to be confused with Indian record holder Manjeet Kaur, who is only entered for the relay again for the second successive Games In 2008: 1 Indian Universities 100/200; 3 Asian Indoor Champs 400 (1 4x400); 2 Indian Federation Cup 100; 1 Ukrainian Cup 400 'B'; 1 Indian Inter-State 400; 1 Bangkok 400 (5 100); 4 Nakhon Ratchasima 100 'B'							
2042	CUDDIHY Joanne IRL	24y	97d	1984	51.98	50.73	-07
(Pronounced "Cud-ee-hee") ... Irish record holder ... 200 pb: 23.33 -06 (23.52 -07). 6 WJC 2002 (2000-ht); 2 EJC 2003 (2001-7); 4 WSG 2003; ht WIC 2004; sf WSG 2005; 8 ECH 2006; sf WCH 2007. 1 Irish 100/200 2006... 1.84 tall In 2008: 5 Westwood 200; 2 Hengelo; 5 Geneva; 4 Lugano; 3 Thessaloniki							
2127	GRENOT Libania ITA	25y	36d	1983	51.05	51.05	-08
Full name is Libania Grenot Martinez 3x Cuban Champion, now the Italian record holder 200 pb: 23.33 -08. 5 WIC 99; ht WCH 4x400 2001; 4 Pan-Am Games 2003; 3 Central American & Caribbean 2005; ht WCH 2005. 1 Cuban 2003/2004/2005 In 2008: 1 Oristano; 2 Geneva; 1 Rieti 200; 1 Italian Clubs; 1 Lugano; 8 Rome Golden League; 6 Cagliari 200; 2 Italian 200							
2169	WILLIAMS Novlene JAM	26y	113d	1982	50.11	49.53	-06
2007 World bronze after leading for most of the race ... 6 Pan-Am Games 2003; sf OLY 2004 (3 4x400); 2 WCH 4x400 2005; 5 WIC 2005; 3 COM 2006; 3 WCH 2007 (2 4x400). 1 Jamaican 2006/2007. Studied Recreation at the University of Florida ... not related to Shericka Williams, but Novlene's younger sister Clora Williams is also a world-class 400m runner, having won the US Collegiate title in 2006 In 2008: 2 Kingston; 1 Carson; 2 New York; 4 Eugene; 2 Jamaican							
2170	WILLIAMS Shericka JAM	22y	334d	1985	50.33	50.24	-06
Twice world relay silver ... she "won" on the first leg of the Osaka 4x400m relay 200 pb: 22.55 -06 (23.69 -08). 2 WCH 4x400 2005/2007 (sf individually both times); 5 COM 2006. 1 Jamaican 2005. Coach-Stephen Francis In 2008: 1 Kingston 200 (Jan 26); 1 Kingston 100 'B' (Mar 22); 2 Doha; 3 Eugene; 3 Jamaican; 3 Rome Golden League; 4 Stockholm							
2180	WHYTE Rosemarie JAM	21y	343d	1986	50.05	50.05	-08
2008 Jamaican Champion ... former Heptathlete ... down from 53.47 to 50.05 for 400m so far in 2008 TJ pb: 13.04 -06. Hep pb: 5262 -06. 7 Pan-American junior 100 2005; 5 North, Central American & Caribbean under-23 LJ 2006 (6 100). 1 Jamaican 2008 ... attends G C Foster College of Physical Education in Spanish Town, Jamaica ... coach-Maurice Wilson In 2008: 1 Jamaican Universities 400/400H; 2 Coral Gables; 1 Kansas Relays; 2 Clermont FL 400 (1 200); 1 Jamaican; 8 Stockholm; 1 Dublin							
2193	TANNO Asami JPN	22y	326d	1985	51.75	51.75	-08
Japanese record holder, the first woman from her country to run faster than 52 seconds 200 pb: 23.55w -06, 23.64 -07/08. 2 Asian junior 2002/2004; 6 WJC 2002; ht WCH 2005; 4 WSG 2005; 2 Asian Champs 2007 (2005-2); 3 Asian Games 2006. 1 Japanese 2004/2005/2006/2007 In 2007: 1 Hyogo Relays 200; 1 Hiroshima; 2 Osaka; 1 Japanese (2 200); 2 Asian Champs; Here: 6/h5-52.13							
2229	TERESHKOVA Olga KAZ	23y	294d	1984	52.00	51.62	-07
2006 Asian Games Champion ... 2007 World Student Games Champion ... 4 World Youth 2001; sf WJC 2002; 5 Asian Champs 2005; 1 Asian Games 2006; 7 WCP 2007; 1 WSG 2007; ht WCH 2007; 3 Asian Indoor Games 2007 In 2008: 1 Kyrgyzizi (3 200); 1 Kazak 400							
2250	MUTHOKA Elizabeth KEN	33y	228d	1975	50.82	50.82	-08
In 2008 became the first Kenyan woman to run 400m faster than 51 seconds 7 African Champs 2008. 1 Kenyan 2005/2007 In 2008: 1 Reduit; 1 Nakuru 200; 1 Kenyan African Championship Trial; 7 African Champs; 3 Khartoum 200/400; 1 Kenyan; 1 Kenyan Olympic Trials							
2347	ALA Ghada LBA	19y	104d	1989	61.0	61.0	-08
2348	DAVIS Kia LBR	32y	85d	1976	51.55	51.55	-08
Ex-USA, she ran in the 2006 World Indoor Championships for that country and was awarded a silver medal as part of the 4x400m relay squad 100H pb: 12.94w -0, 13.08 -02 (13.71 -08). silver WIC 4x400 2006 (ran heat); sf WIC 60H 2008. 4 US indoor 60H 2002 (2003-8, 2004/2006-6). Gained a degree in sociology from St. Augustine's College in Raleigh, N.C., in 2002 ... in 2006 then she transferred to Liberia with whom she has dual citizenship as her father was born in that country ... fiancé-Michael Ford (Jeremy Wariner's new coach) In 2008: 7sf WIC 60H; 1 Coral Gables 400 'B'; 2 Greensboro 400; 4 Drake Relays 400; 1 Fairfax 400; 3 Orlando 200 (5 100); 1 Ponce 400 (5 200); 3 Hengelo 400; 1 Königs Wusterhausen 200 'B'; 1 Algiers 400; 4 Brazzaville 400; 1 Kessel-Lo 400; 1 Nuoro 400; 7 Athens 400; 8 London Grand Prix 400/100H							
2448	MEDINA Gabriela MEX	23y	167d	1985	51.37	51.25	-07
800 pb: 2:03.43 -06. sf World Youth 400 2001 (ht 800); ht WJC 400 2002/2004; 2 Ibero-American 800 2006; 3 Central American & Caribbean Games 800 2006 (2002-3); ht WCH 400 2007; 2 Central American & Caribbean Champs 400 In 2008: 1 Mexico City; 5 Ibero-American 200; 2 Central American & Caribbean Champs 400							

2458	BATGEREL Munguntuya MGL	19y	265d	1988	57.53	57.53 -08
Mongolian record holder at 40m but she has also competed in the World Cross Country Championships ht World Youth 2005; ht WJC 2006. At WXC: 2005-110J In 2008: 6ht "Good Luck" Beijing; 1 Ulan Bator						
2508	EZE Joy NGR	21y	116d	1987	51.41	51.20 -07
800 pb: 2:02.79 -03. sf COM 400 2006 (3 4x400); 2 WJC 4x400 2006; 2 African Games 400 2007 (2003-7); ht WCH 2007. 1 Nigerian 800 2005 & 1500 2002 ... coach-Ephraim Ochmund In 2008: 6 African Champs (1 4x400); 3 Dakar; 5 Brazzaville; 2 Abuja; 2 Nigerian						
2515	ABUGAN Foloshade NGR	17y	243d	1990	50.89	50.89 -08
2008 World Junior Champion ... 3 COM 4x400 2006; 2 WJC 4x400 2006; 3 African Games 2007; ht WCH 2007; 1 WJC 2008 (2006-8) In 2008: 2 African Champs (1 4x400); 2 Dakar; 2 Brazzaville; 1 Abuja; 1 Nigerian; 1 WJC; 7 Stockholm						
2527	ODUMOSU Ajoke NGR	20y	294d	1987	51.50	51.50 -08
2008 African Champion at 400m Hurdles ... 400H pb: 55.37 -07. 5 WJC 400H 2006 (2 4x400); 3 African Games 400H 2007; 1 African Champs 400H 2008. dq NCAA 400H finals 2006/2007, each time for hurdle violations. At The University of South Alabama ... coach-Lee Evans In 2008: 4 Auburn 200 'B'; 1 Athens GA 400H; 1 African Champs 400H; 5 Dakar 400H; 1 Abuja 400H; 3 Nigerian 400						
2529	SEINI MAIKIDO Rachidatou NIG	19y	332d	1988		
2569	BEJNAR Monika POL	27y	160d	1981	52.12	51.68 -05
2006 European 4x400m bronze & fourth in individual 200m ... 200 pb: 22.91 -96 (23.07 -08). 2 under-23 ECH 4x400 2001; 4 WJC 4x400 2002; 4 under-23 ECH 400 2003; 5 WCH 4x400 2003; 5 OLY 4x400 2004; 6 EIC 400 2005 (2 4x400); 6 ECP 400 2005; 5 WSG 200 2005; 3 ECP 200 2006 (2007-6); 4 ECH 200 2006 (3 4x400); 5 WCP 200 2006. 1 Polish 200 2006/2007 & 400 2003/2004/2008. Speaks English, German & Spanish ... coach-Witold Banasikowski In 2008: 2 Prague 200; 4 Königs Wusterhausen 100; 2 Biala Podlaska 200; 1 Siedlce 100/200; 5 Bydgoszcz 100 (6 200); 1 Polish 400; 3 Sopot 200; 2 Bielsko-Biala 400						
2683	RODRIGUEZ Carol PUR	22y	244d	1985	51.39	51.39 -08
Puerto Rican record holder at 100m, 200m & 400m ... 100 pb: 11.32 -06/07. 400 pb: 51.39 -08. 3 North & Central American & Caribbean 100 2007. 3 NCAA 100 2006 (2007-4); 3 NCAA 400 2008. At University of Southern California In 2008: 2 Texas Relays 100 'B'; 1 Mt SAC Relays 400/200 'B'; 1 Westwood 400 (2 200); 6 "Pac 10" Conference 100 (7 200); 1 Northridge 400; 3 NCAA 400; 4ht Central American & Caribbean 400						
2736	SELEMELA Tsholofelo RSA	21y	251d	1986	51.49	51.49 -08
(Married name-Thipe) ... 100 pb: 11.55 -08. 200 pb: 23.28 -08. 4 African Champs 2008. 1 South African 2008. Coach/husband-Eugene Thipe In 2008: 2 Potchefstroom 100 (3 200); 2 Germiston 200; 1 Pretoria 100 (2 200); 1 South African (2 100, 5 200); 4 African Champs; 1 Brazzaville; 3 Cottbus; 5 Ostrava; 5 Prague 200 (Jun 16); 6 Milan						
2746	GUSHCHINA Yuliya RUS	25y	166d	1983	50.12	50.12 -08
Great move up from 200m to 400m in 2008 ... 2006 European 200m silver 200 pb: 22.52w -07, 22.53 -05 (22.58 -08). 100 pb: 11.13 -06 (11.33 -08); 3 WJC 4x400 2002; 5 under-23 ECH 200 2003; 1 ECP 4x400 2004; dq EIC 200 2005 (false starts); 6 WCH 200 2005; ht WIC 4x400 2006 (awarded gold won by Russia in final); 1 ECP 100/4x100 2006; 2 ECH 200 2006 (5 100, 1 4x100); 4 WCP 200 2006 (5 100). 1 Russian under-23 200 2003. Coaches-Valentin Maslakov & Lidia Proidivset Until now we've known her best as a 400m runner in relays only In 2008: 3 Russian indoor 400; 1 WIC 4x400; 1 European Clubs Cup 200 (2 100); 2 Filothei 100; 1 Dessau 100/200; 2 Berlin Golden League 200 (22.58 out of lane 1); 2 Kalamata 100/200; 2 Oslo Golden League 200; 2 Moscow Open 200; 4 Zhukovskiy 400; 1 ECP 4x100/4x400 (where she ran 50.4 for the opening leg); 1 Russian 400 (4 200)						
2816	FIROVA Tatyana RUS	25y	311d	1982	50.25	50.08 -06
Former World Student Games Champion ... 1 EJC 99; 1 ECP 4x400 2003; 3 under-23 ECH 2003 (1 4x400); 1 WSG 2003; ht OLY 4x400 2004 (awarded silver); ht WCH 4x400 2005 (awarded gold); ht ECH 4x400 2006 (awarded gold) ... coach-Aleksandr Abramov In 2008: 5 Russian indoor; 1 Moscow City 'B' (Jun 4); 3 Moscow Open; 2 Zhukovskiy 'B'; 2 Russian Cup/Tula (4 200); 3 Russian						
2826	KAPACHINSKAYA Anastasiya RUS	28y	269d	1979	50.02	50.02 -08
2003 World outdoor 200m Champion following the disqualification of Kelli White, but then disqualified herself for a doping violation after winning the 2004 World Indoor title at 200m 200 pb: 22.38 -03 (22.48 -08). sf WCH 400 2001 (3 4x400); 5 ECH 400 2002; 3 WIC 200 2003 (2001-sf, 2004-dq); 1 ECP 200 2003; 1 WCH 200 2003 (2 4x400). Served two year suspension to 2006 In 2008: 1 Russian indoor 200; 1 Moscow City; 1 Moscow Open 200; 1 Zhukovskiy; 1 Vladimir Kuts Memorial (pb down from 50.45 to 50.02); 1 Russian 200 (2 400)						
2863	MBACKÉ THIAM Amy SEN	31y	279d	1976	53.48	49.86 -01
2001 World Champion ... 3 African Games 400 99; sf OLY 400 2000 (2004-ht); 1 WCH 400 2001 (99-sf, 2003-3, 2005-8, 2007-ht); 1 African Champs 400 2006. 1 French 400 98/99/2000/2005/2006. In Edmonton 2001 became first Senegalese athlete to win a global title in any sport ... suspended for nine months in 2007/2008 after she made critical remarks about her federation ... coach-Hervé Stéphan ... 1.83 tall In 2008: paced Rome Golden League 800; 9 Athens; 5 French; paced Paris Golden League 800						
2871	PONTEEN Angie SKN	23y	280d	1984	52.26	50.83 -05
St Kitts & Nevis record holder ... 200 pb: 23.41 -05. sf World Youth 99; ht WJC 200/400 2000; sf WJC 200 2002 (ht 400); sf OLY 2004; 2 Central American & Caribbean Champs 2005 (2008-6); sf WCH 2005. 1 NCAA indoor 2005 (2 outdoors) ... was at the same school in St Kitts as Kim Collins ... studying Civil Engineering at the University of Florida In 2008: 4 Coral Gables 200 'B'; 2 Florida Relays 'B'; 6 Drake Relays; 1 Tallahassee; 4 Atlanta; 3 New York; 1 St Kitts & Nevis; 6 Central American & Caribbean Champs						
2911	AL-JAK Nawal SUD	19y	303d	1988	51.93	51.19 -05
2005 World Youth Champion at 400m ... Sudanese record holder at 400m flat & hurdles, though she has not improved since age 17 400H pb: 57.86 -05. 1 World Youth 400 2005; sf WCH 400 2005; 1 African junior 200/400/200H 2005; 3 WJC 400 2006; 4 African Games 400 2007; 5 African Champs 400 2008. 1 Pan-Arab 400 2007 In 2008: 5 African Champs 400; 2 Khartoum 200/400; 3 Algiers 400; 2 Malmö 400; pace Oslo Golden League 800; 8 Ostrava 400; 1 Barcelona 400; 4 Stockholm 400 'B'						
2964	DLAMINI Temalangi SWZ	20y	305d	1987	-	58.27 -07
ht World Youth 800 2003; ht COM 2007; ht WCH 2007 Carried flag at opening ceremony						
2999	THIÉBAUD-KANGNI Sandrine TOG	32y	117d	1976	53.94	52.50 -03
Ex-France ... Togo record holder at 200, 400m & 800m ... 800 pb: 2:07.29 -06. 200 pb: 24.62 -02. 4 EJC 400 95; ht WCH 400 2003/2005/2007; ht African Games 400 2003; ht WIC 400 2003/2004; ht OLY 400 2004. 1 French indoor 400 99. Mother-French, father-Roger is Togolese and ran 800m for that country at the Munich Olympics In 2008: 1ht French indoor 400; 6ht WIC 400; 2 Réduit 200; 6sf African Champs 400; 1 Rennes 400; 1 Hérouville 400; 4 Paris Golden League 400; 6 French 400						
3057	BAYIGA Justine UGA	29y	214d	1979	52.48	52.48 -08
Ugandan record holder at 200m & 400m ... 200 pb: 23.46 -07. sf WJC 96 (ht 200). 3 African junior 100 97; 6 WJC 98; sf COM 98; ht WCH 2007 In 2008: 2 Kenyan African Championship Trial; 6sf African Champs; 1 Khartoum 200/400; 3 Kenyan; 3 Kenyan Olympic Trials						
3074	YEFREMOVA Antonina UKR	27y	29d	1981	51.17	50.70 -02
(Pronounced "Ye-FREM-ova") ... 2001 European under-23 Champion ... 2002 European Cup winner sf WJC 2000; 1 under-23 ECH 2001 (2 4x100); 1 ECP 2002 (2004/2005-2); 6 ECH 2002; ht WIC 2003; sf WCH 2003 (2005-ht); sf OLY 2004; 4 WSG 2007. 1 Ukrainian 2002-2005. Business student at the Donyetsk Academy ... coach-Valeriy Doroschenko In 2008: 1 Ukrainian indoor; 4 WIC; 2 Ukrainian						

3154 WINEBERG Mary USA 28y 226d 1980 50.32 50.24 -07
 (Née Danner) ... 2007 World relay gold ... 2 WIC 4x400 2006 (2003-3); 8 WCH 2007 (1 4x400). Graduated in 2002 from the University of Cincinnati with a degree in Education ... coach-Jim Schnur, her training partner is husband Chris Wineburg ... she wears gold eye-shadow when she races because "it reminds me what I am going for" ... she also collects handbags
 In 2008: 2 US indoor race 1 (3rd overall); 1 Cincinnati; 1 Knoxville; 1 Knoxville 200 'B'/400; 1 Osaka; 2 Carson; 3 New York; 2 Eugene; 2 US Olympic Trials; 5 Rome Golden League; 3 Athens; 8 Liège 200

3222 RICHARDS Sanya USA 23y 172d 1985 49.86 48.70 -06
 Voted world woman athlete of 2006 when she was unbeaten outdoors at 400m
 2 WJC 400 2002 (3 200, 1 4x400); 1 WCH 4x400 2003 (sf individual); 6 OLY 400 2004 (1 4x400); 2 WCH 400 2005; 1 WCP 200/400 2006; 5 WCH 200 2007 (1 4x400). 1 US 400 2003/2005/2006/2008 (but only 4th in 2007 so she missed running 400m at the 2007 World Championships). Born in Kingston, Jamaica but left that country at age 12 and granted US citizenship on May 20, 2002 ... fiancé-New York Giants football player Aaron Ross ... coach-Clyde Hart
 In 2008: 1 Arlington 100/200; 1 Waco 400; 1 Kingston 400 (May 3); 6 Carson 100; 1 New York 400; 1 Eugene 400; 1 US Olympic Trials 400; 2 Rome Golden League 200; 1 Athens; 1 Paris Golden League 200; 1 Stockholm

3247 TROTTER Deedee USA 25y 252d 1982 50.88 49.64 -07
 Fifth at Athens 2004, Helsinki 2005 & Osaka 2007 ... 400 pb: 49.64 -07. 200 pb: 23.04 -06. 5 OLY 2004 (1 4x400); 5 WCH 2005/2007 (2003-sf); 1 WCH 4x400 2007. 1 NCAA 2004; 1 US in/out 2007. Ran in heats of 2003 World 4x400m relay, so awarded gold medal won in final by the USA. Full name-De'Hashia Tonnek Trotter ... her maternal great-grandfather was a native American ... lives-Knoxville ... graduate of Criminal Justice from the University of Tennessee ... her foundation "Test Me I'm Clean" warns youngsters of the dangers of taking performance-enhancing drugs, she wears a white wristband bearing those words ... coach-Caryl Smith
 In 2008: 5 Kingston; 9 Carson; 8 New York; 2 Clermont; 3 US Olympic Trials

3311 ALEXANDER Kineke VIN 22y 177d 1986 52.24 51.35 -06
 St Vincent record holder ... 2006 US Collegiate Champion indoors ... sf World Youth 2003 (2001-ht); ht World Youth 200 2001/2003; 1 Central American junior 2004; sf WJC 2004; ht WCH 2005/2007; sf COM 2006; 3 Central American & Caribbean Games 2006; 3 North & Central American & Caribbean 2007. 1 NCAA indoor 2006 (2007-2, 2008-4); 2 NCAA 2006 (2007-6, 2008-8). Student of History at the University of Iowa
 In 2008: 4 NCAA indoor; 1 Iowa City; 4 "Big 10" Conference; 2 Lincoln; 3ht Central American & Caribbean; 3ht North, Central America & Caribbean under-23
 Carried flag at opening ceremony

3314 NACHULA Racheal ZAM 18y 215d 1990 51.39 51.39 -08
 Zambian record holder at 200m & 400m ... third in 2008 African Championships & fourth at World juniors
 200 pb: 23.42 -07 (23.52 -08). sf World Youth 200 2005; ht COM 200/400 2006; sf WJC 200/400 2006; 3 African Champs 400 2008; 4 WJC 400 2008
 In 2008: 2 Secunda 200; 1 Pretoria 200/400; 2 Durban 200/400; 2 Germiston 400; 4sf WIC 400; 2 South African 200/400; 1 Windhoek 200; 3 African Champs 400; 4 WJC 400

WORLD ALL-TIME LIST	2008 WORLD LIST
1..... 47.60..... Marita Koch GDR..... 1985	=1... 49.83..... Amantle Montsho BOT
2..... 47.99..... Jar. Kratochvílová TCH..... 1983 49.83..... Allyson Felix USA
3..... 48.25..... Marie-José Pérec FRA..... 1996	3..... 49.86..... Sanya Richards USA
4..... 48.27..... Olga Bryzgina UKR..... 1985	4..... 50.02..... Anastasiya Kapachinskaya RUS
5..... 48.59..... Tatjana Kocembová TCH..... 1983	5..... 50.05..... Rosemarie Whyte JAM
6..... 48.63..... Cathy Freeman AUS..... 1996	6..... 50.11..... Novlene Williams JAM
7..... 48.83..... Val. Brisco-Hooks USA..... 1984	7..... 50.12..... Yulyia Guschina RUS
8..... 48.70..... Sanya Richards USA..... 2006	8..... 50.25..... Tatyana Firova RUS
9..... 48.89..... Ana Guevara MEX..... 2003	9..... 50.32..... Mary Wineberg USA
10... 49.05..... Ch. Cheesborough USA..... 1994	10... 50.33..... Shericka Williams JAM