

## Men's 400 Metres

Entrants: 49 Event starts: August 1

	Age	(Days)	Born	SB	PB
<b>1076</b> <b>BECK Alex</b> AUS	<b>29y</b>	173d	1992	<b>45.72</b>	<b>45.72 -21</b>
Twice Australian Champion // 200 pb: 20.84 -21. sf World Youth 2009; 7 WCH 4x400 2013; 6 COM 4x400 2014; 6 WSG 2015; 3 Oceanian 2019 (1 4x400); 7 World Relays 4x400 2019. 1 Australian 2013/2021 (1 200 2021). Coach-Mark Ladbroke (formerly Glynis Nunn) In 2021: 1 Brisbane Bird-Smith Shield; 1 Brisbane 'Hump Day' #1 300; 1 Brisbane Pearson Shield; 1 Australian Capital Territory (2 200); 1 Brisbane Freeman; 1 Canberra Classic; 1 Queensland State; 1 Brisbane Classic; 1 Australian 200/400; 1 Gold Coast Oceania Invitational #1 400/Mixed 4x400; 1 Townsville; 1 Gold Coast					
<b>1097</b> <b>SOLOMON Steven</b> AUS	<b>28y</b>	75d	1993	<b>46.82</b>	<b>44.97 -12</b>
2012 Olympic finalist while still a junior (and his pb still dates back to that moment) =3 WJC 2012; 8 OLY 2012; 7 WCH 4x400 2013; sf COM 2014; ht WCH 2017; 7 COM 2018 (dq 4x400 after he lined up in the wrong place on the anchor leg in the relay); 1 Oceanian 2019; sf WCH 2019. 1 Australian 2011/2012/2014/2016/2017/2019. 1 Australian junior 2011/2012. Won Australian senior title in 2011 at age 17, then retained it in 2012 at 18. Was at Stanford University. Coach-Penny Gillies In 2021: 2 Australian					
<b>1136</b> <b>GARDINER Steven</b> BAH	<b>25y</b>	321d	1995	<b>44.47</b>	<b>43.87 -18 NR</b>
2019 World Champion // 200 pb: 19.75 -18 (20.24 -21). sf WJC 200 2014 (6 4x400); sf WCH 2015; sf OLY 2016 (3 4x400); 2 WCH 2017 (but no relay medal as Bahamas were eliminated in the heats having rested Gardiner). 1 Bahamian 2015/2016/2017/2019/2021. Coach-Gary Evans. 1.96 tall In 2021: 1 Carolina 200; 1 Gainesville Tom Jones Olympic; dnf Fort Worth US F&F Open; 1 Nashville Music City Carnival; 1 Bahamian; 1 Székesfehérvár Gyulai					
<b>1137</b> <b>RUSSELL Alonzo</b> BAH	<b>29y</b>	172d	1992	<b>45.69</b>	<b>45.25 -16</b>
Olympic, Commonwealth & World indoor relay medallist // 200 pb: 20.65 -18. 2 COM 4x400 2014/2018; 4 Pan-Am Games 4x400 2015; 7 North/Central America & Caribbean 2015 (2 4x400); sf WIC 2016 (2 4x400); 3 OLY 4x400 2016; dq ht WIC 2018 (this was the infamous heat where all six men were disqualified); 6 Central American & Caribbean Games 2018; 6 North/Central American & Caribbean 2018; ht WCH 2019. 1 Bahamian 2018. He has a twin sister called Aloniqua. Coach-Ken Harden In 2021: 3 Clermont FL Pure Spring; 2 Columbia Gamecock Invitational; 3 Baton Rouge LSU Invitational; 1 Marietta Dwight Phillips Invitational; 3 Clermont FL 'Pure Summer'; 3 Miramar NACAC Invitational; 3 Bahamian					
<b>1148</b> <b>RAYHAN Mohammad Jahir</b> BAN	<b>20y</b>	96d	2001	-	<b>47.34 -19 NR</b>
Bangladeshi record holder // 200 pb: 21.2 -20. sf World Youth 2017; ht WCH 2019. Attends Jashore University of Science and Technology					
<b>1154</b> <b>JONES Jonathan</b> BAR	<b>22y</b>	174d	1999	<b>45.35</b>	<b>44.63 -19 NR</b>
At the 2019 Monaco Diamond League 'B' race, he raced an entire lap for nothing after not hearing the recall gun 800 pb: 1:48.16 -16. 1 Carifta Youth Games 800 2016; 1 Carifta Games 800 2018 (2 400); 8 WJC 400 2018; 5 Pan-Am Games 400 2019; 1 North/Central American & Caribbean 400 2021. 1 Barbadian 1500 2017 (in pb 3:55.08) & 400 2018/2019. 4 NCAA 400 2019. Student of Applied Movement Science at the University of Texas In 2021: 3 Texas Relays 4x400; 1 U of Texas v Texas A&M; 1 Baton Rouge LSU Alumni Gold 200 'D'; 2 Austin Texas Invitational 400 (1 200 'E'); 3 Manhattan 'Big 12'; 5sf NCAA; 1 NACAC under-23					
<b>1191</b> <b>BORLEE Kevin</b> BEL	<b>33y</b>	158d	1988	<b>45.56</b>	<b>44.56 -12</b>
Surprise European Champion in 2010 when he went from fifth to first in the last 50m. 2011 world bronze 200 pb: 20.72 -11 (21.10 -21). 6 ECP 2007; sf OLY 2008 (4 4x400); sf WCH 2009 (4 4x400); 1 ECH 2010 (3 4x400); 3 WCH 2011 (2013/2015-sf); 1 ECH 4x400 2012; 5 OLY 2012 (5 4x400); sf ECH 2014 (7 4x400 with 43.6 split); 1 EIC 4x400 2015/2019 (2011-3, 2017-2 2021-4); 4 ECH 2016 (1 4x400); ht OLY 2016 (4 4x400); sf WCH 2017 (4 4x400 with 43.60 split); 3 WIC 4x400 2018; 2 ECH 2018 (1 4x400 with 43.91 split); 3 WCH 4x400 2019. 1 Belgian 2013/2014/2017 & indoor 2019. His father/coach Jacques was an international 400m runner as his twin brother Jonathan and younger brother Dylan, while their elder sister Olivia ran the first leg for the Belgian 4x100m relay team which won 2007 world bronze & upgraded 2008 Olympic gold. Kevin is the younger of the twins by five minutes In 2020 Jacques Borlée decided that Jonathan, Kevin & Dylan Borlée would focus on the 100/200m and were to be coached by Guy Ontanon FRA In 2021: 4 EIC 4x400 (45.69 split on anchor, but too much ground to make up for a medal); 8 World Relays 4x400; 4 World Relays Mixed 4x400; 4 Savona; 4 Castiglione della Pescaia; 8 Doha Diamond; 7 Geneva (4 200 'C'); 5 Chorzów Kusocinski; 2 Sotteville-lès-Rouen					
<b>1201</b> <b>SACOR Jonathan</b> BEL	<b>21y</b>	332d	1999	<b>45.17</b>	<b>45.03 -18</b>
2018 World Junior Champion. He and three Borlées became European relay champions in 2018 200 pb: 21.13w -19, 21.15 -20. 3 EJC 2017; 1 WJC 2018; 3 WIC 4x400 2018; 1 ECH 4x400 2018; sf WCH 2019 (3 4x400); 2 under-23 ECH 2021. 1 Belgian 2019 & indoor 2018. Father-Mozambican, mother-Dutch. Attends the University of Tennessee In 2021: 1 Blacksburg 'Hokie'; 4 Blacksburg 'Doc Hale'; Seven runs in 4x400s for the University of Tennessee including 3rd NCAA indoor & wins outdoors at the Florida & Tennessee Relay meetings; 8 World Relays 4x400; 2 Belgian; 2 under-23 ECH					
<b>1270</b> <b>MAKWALA Isaac</b> BOT	<b>35y</b>	309d	1985	<b>44.47</b>	<b>43.72 -15 NR</b>
Reigning African Games & Commonwealth Games Champion // 200 pb: 19.77 -17 (20.15 -21). 100 pb: 10.20 -14. ht WCH 400 2009; sf COM 400 2010/2014; 7 African Games 400 2011; 1 African Champs 400 2012/2014 (2008-2, 2016-4); ht WCH 200 2013; 2 African Champs 200 2014; 5 WCH 400 2015; 1 African Games 400 2015 (2 4x400); sf OLY 400 2016 (2012-ht); 5 OLY 4x400 2016; 6 WCH 200 2017, but could not take part in the final of his main event after being diagnosed with Norovirus; 1 COM 400/4x400 2018. Coach-Justice Dipeba In 2021: 1 Gaborone Interzonal 'B'; 4 Roodepoort; 1 Boksburg 200; 5 Roodepoort Athletix Invitational 200; 2 Potchefstroom ACNW Open 'B' (1 200 'B'); 1 Gaborone Botswana 'Event' 200; 3 World Relays 4x400; 1 Botswana 200; 1 Hengelo FBK Games 200; 1 Chorzów Kusocinski; 3 Oslo Diamond 200; 6 Stockholm Diamond; 1 Sotteville-lès-Rouen					
<b>1274</b> <b>SCOTCH Leungo</b> BOT	<b>25y</b>	152d	1996	<b>45.27</b>	<b>45.00 -19</b>
2019 African Games Champion, then anchored Botswana to relay gold 200 pb: 20.95 -20 (21.31 -21). ht WJC 2014; 1 African Junior 4x100 2015; sf African Champs 2018; 1 African Games 400/4x400 2019; sf WCH 2019 (pb 45.10 heat, then pb 45.00 semi). 1 Botswana 2018/2021 In 2021: 1 Gaborone (3x); 3 Gaborone Botswana 'Event'; 3 World Relays 4x400; 1 Botswana; 1 Pretoria Gauteng North League #3					
<b>1312</b> <b>CARVALHO Lucas</b> BRA	<b>28y</b>	14d	1993	<b>45.69</b>	<b>45.37 -17</b>
2018 South American Games Champion // 200 pb: 21.30 -19. sf WJC 110H 2012; 1 South American Games 2018; 1 Ibero-American 2018; 2 South American 2019/2021 (2017-4); 6 World Relays Mixed 4x400 2019; ht WCH 2019 (8 Mixed 4x400) 1 South American 4x400 2021. 1 Brazilian 2017/2018/2021. Coach-Evandro Lazar In 2021: 5 La Mirada; 4 Azusa Bryan Clay Invitational; 1 Bragança Paulista City Tournament; 1 São Paulo Trophy 200; 2 South American (1 4x400: Bruno de Barros, him, João Henrique Falcao Cabral, Pedro Luis de Oliveira); 1 Brazilian					
<b>1453</b> <b>AFOUMBA Gilles Anthony</b> CGO	<b>25y</b>	45d	1996	<b>46.36</b>	<b>45.64 -19 NR</b>
Congoese record holder // 3 African Junior 200 2015 (6 400); 4 African Games 2019. 1 French 2019 In 2021: 3 French indoor 'B'; 1 Joinville; 1 Nogent-sur-Marne; 1 Thonon-les-Bains; 7 Sotteville-lès-Rouen					

1454	<b>MAHAMAT Bachir</b> CHA	24y	240d	1996	48.27	46.70 -17
Full name-Mahamat Bachir Achat // 800 pb: 1:53.46 -19. sf African Games 2015; sf African Champs 2016 (2018-ht); ht OLY 2016; 5 Francophone Games 2017; ht WCH 2017/2019. Trains with an Olympic Solidarity scholarship in Normandy, coach-Amadou Mbaye SEN (African Champion at 100m in 1989) In 2021: 1 Val-de-Reuil; 1 Dakar (Apr 18); 6 Dakar (Apr 25); 1 Sotteville-lès-Rouen (May 15); 5 Saint-Denis (May 29); 2 Sotteville-lès-Rouen (May 30); 2 Saint-Denis (Jun 5); 2 Troyes; 6 Pontoise 'B'; 3 Nogent-sur-Marne; 3 Thonon-les-Bains						
1546	<b>PERLAZA Jhon Alejandro</b> COL	26y	338d	1994	46.21	44.86 -18
Full name-Alejandro Jhon Perlaza Zapata Led off the Colombian 4x400 team which won at the 2019 Pan-American Games, then fourth at World Championships (him, Diego Armando Palomeque, John Alexander Solís, Anthony Zambrano) 3 Pan-Am Junior 2013; 5 South American Games 2014; 5 Ibero-American 2016 (1 4x100); 2 South American 2017 (2013-5); 5 Central American & Caribbean Games 2018; 6 Pan-Am Games 2019 (1 4x400); sf WCH 2019 (4 4x400). 1 IC4A indoor 2018 (IC4A = Intercollegiate Association of Amateur Athletes of America); 5 NCAA 2019. Studied Sport Management at Liberty University in Lynchburg, Virginia In 2021: 1 Lynchburg 'Liberty Elite' 500; 3 Fayetteville American Track League 3 'C'; 1 Clermont FL Pure Spring; 4 Gainesville Tom Jones Olympic; 4 Miami 'TRUFit'; 6 World Relays 4x400; 1 Lisbon 'Meeting of Inclusion'; 3 Salamanca Pérez; 1 Lisbon City; 1 'Meeting' Madrid 'B'; 2 Maia						
1551	<b>ZAMBRANO Anthony</b> COL	23y	194d	1998	44.51	44.55 -19 AR
Full name-Anthony José Zambrano de la Cruz Immense breakthrough at 2019 World Championships, taking his Colombian record down from 44.68 to 44.55, then 44.15 for silver 7 World Youth 2015; 6 WJC 2016; ht OLY 4x400 2016; 1 South American under-23 400/4x100/4x400 2018; 1 South American 400/4x400 2019; 1 Pan-Am Games 400/4x400 2019; 2 WCH 2019, overtaking five men in the finishing straight. (4 4x400). Has a passion for motorcycles. He says his big influence is his mother – "All my medals are for her." Coach-Nelson Gutierrez In 2021: 6 World Relays 4x400; 2 Doha Diamond; 1 Salamanca Pérez; 1 Florence Diamond; 1 'Meeting' Madrid (beat Van Niekirk)						
1636	<b>MASLAK Pavel</b> CZE	30y	159d	1991	46.52	44.79 -14 NR
A big indoor title every year for six years in 2013-2018 (including a Cathy Freeman moment in front of his home crowd at the Europeans in Prague 2015) 200 pb: 20.46 -17 (20.84i, 21.24 -21). ht World Youth 2007; 7 WJC 200 2010; 3 ETCh 200 2011 (2019-5); 3 under-23 ECH 200 2011/2013; 1 ECH 400 2012 (2016-2, 2018-sf); sf OLY 400 2012/2016; 1 EIC 400 2013/2015/2017 (2011-ht, 2021-sf); 3 under-23 ECH 200 2013; 5 WCH 400 2013 (2011/2017-sf, 2015-ht); 1 WIC 400 2014/2016/2018 (2012-5); 2 EIC 4x400 2021 (2013/2015/2017-3). 1 Czech 100 2011, 200 2012/2013/2017/2019 & 400 2018. 1 Czech indoor 400 2015 (& 200 2016/2017/2018/2020/2021). Father of daughter Mia (2 this year) & son Mateo (4 months) In 2021: His wife Nella gave birth to a son, Mateo, on January 16; 1 Czech indoor 200; 4sf EIC (2 4x400); 1 Pliezhauen 150/300; 6 Ostrava Golden Spike; 5 Prague Odložil; 1 Kladno Mixed 4x400; 4 Kladno 200; 3 Czech						
1796	<b>HUSILLOS Oscar</b> ESP	28y	12d	1993	45.37	44.73 -18
2021 European Indoor Champion (when he went out hard and held off more fancied opposition from The Netherlands) 200 pb: 20.55w, 20.74 -19 (20.95 -21). sf WJC 200 2012; sf EIC 2017; 8 ETCh 200 2017; sf WCH 2017 (5 4x400); dq WIC final 2018 (lane); 6 ECH 2018 (3 4x400); 2 EIC 400/4x400 2019; 3 ETCh 2019; 1 EIC 2021. 1 Spanish 2017/2018/2019/2021 (1 indoor 2017/2019/2021). 1 200 2016 (1 indoor 2014/2016/2018). Coach-Luis Angel Caballero He was the apparent World Indoor Champion of 2018 in a European indoor record of 44.92 – until he was disqualified for a lane violation ("I felt I had fallen from heaven to hell") In 2021: 1 Spanish indoor; 1 EIC ("The best strategy for the race was to make a very fast first lap and then risk everything on the second lap to keep the inside lane"); 2 Ibiza 200; 3 Palencia; 5 Andújar 200; 3 Huelva; 5 'Meeting' Madrid; 1 Spanish						
2178	<b>SCHLEGEL Marvin</b> GER	23y	209d	1998	45.91	45.80 -20
2020 German Champion // 200 pb: 21.20 -18. ht EIC 2017; 1 under-23 ECH 4x400 2019; sf EIC 2021; 5 ETCh 2021. 1 German 2020. Coach-Jörg Möckel In 2021: 1 Chemnitz; 1 Karlsruhe 'Gold' Tour; 1 Erfurt; 3 German indoor; 4sf EIC; 2 Vecindario 100/300; 1 Gran Canaria Open #2; 4ht World Relays 4x400; 1 Mannheim 'Road To Tokyo' #1; 5 ETCh; 3 German; 3 Kladno; 1 Regensburg Gala Mixed 4x400						
2235	<b>JAMES Kirani</b> GRN	28y	331d	1992	44.61	43.74 -14 NR
In 2011 at age 18 he became the youngest ever World Champion at 400m, then added the Olympic title in 2012 200 pb: 20.41 -11. 2 World Youth 2007; 1 World Youth 200/400 2009 (unique double); 1 WJC 2010 (2008-2); 1 Pan-Am junior 200 2011; 1 WCH 2011 (2013-7, 2015-3, 2019-5); 1 OLY 2012 (2016-2); 1 COM 2014. 1 NCAA 2010/2011. He was already running as fast as 45.01 at age 17. In 2017 he ended his season after two races due to an unspecified illness. Coached since 2010 by Harvey Glance (1 OLY 4x100 76) at the University of Alabama He has competed sparingly since 2016 after being diagnosed with Graves disease (a condition which affects his thyroid) In 2021: 1 Phoenix Canyon Invitational; 1 Ostrava Golden Spike; 4 Doha Diamond; 1 Stockholm Diamond (all four races sub-45)						
2360	<b>YASEEN Taha Hussein</b> IRQ	23y	210d	1998	46.22	45.74 -19 NR
Iraqi record holder, improved in all three rounds of the 2019 Asian Championships where he was sixth 200 pb: 21.00 -21. ht World Youth 2015; 2 Asian Junior 2016; sf WJC 2016; 6 Asian Champs 2019; ht WCH 2019; 1 Arab 2021. 1 Iraqi 2018/2019/2021. Coach-Khazal Jabbar In 2021: 1 Iraqi 200/400; 1 Mashhad 200/400; 1 Arab 400/4x400; 2 Arab 200						
2437	<b>RE Davide</b> ITA	28y	136d	1993	45.76	44.77 -19 NR
In June 2019 (at La Chaux-de-Fonds) became the first Italian below 45 seconds for 400m, then did so again at the Word Championships (where he missed the final by one place) 200 pb: 20.93 -19. sf World Youth 2009; ht ECH 2014; 4 under-23 ECH 2017; sf WCH 2017/2019; 6 WSG 2017; 1 Mediterranean Games 2018; sf ECH 2018; 1 ETCh 2019 (2017/2021-3); 6 WCH 4x400 2019. 1 Italian 2017/2018 (1 200 2018). Former ski instructor and competitive alpine skier. Coach-Maria Chiara Milardi In 2021: 1 Rieti Perseus Trophy; 1 World Relays Mixed 4x400; 1 Rieti/500; 3 ETCh (1 4x400); 2 Florence Diamond; 4 Geneva; 3 Italian						
2438	<b>SCOTTI Edoardo</b> ITA	21y	81d	2000	45.68	45.21 -20
Twice Italian Champion // 200 pb: 20.95 -20. 1 EJC 4x400 2017; 4 WJC 2018 (1 4x400); 6 ECH 4x400 2018; 1 EJC 2019; 6 WCH 4x400 2019; 5 EIC 4x400 2021; 1 World Relays Mixed 4x400 2021; 3 under-23 ECH 2021 (2 4x400). 1 Italian 2020/2021. Biology student. His second sport is golf. Coach-Giacomo Zilocchi In 2021: 1 Italian under-23 indoor; 2 Italian indoor; 4 Madrid 'Gold' Tour; 5 EIC 4x400; 1 Rome Sprint Festival 150/300 (32.87); 1 World Relays Mixed 4x400; 4 Ostrava Golden Spike; 1 ETCh 4x400; 6 Florence Diamond; 1 Italian; 3 under-23 ECH (2 4x400)						
2537	<b>ALLEN Nathan</b> JAM	25y	275d	1995	46.02	44.13 -18
Three big 4x400m relay silvers: 2016 Olympic, 2019 World, 2019 World Mixed 200 pb: 20.39w, 20.46 -18 (20.71 -21). sf WJC 2014 (3 4x400); 1 North/Central American & Caribbean 2016; 2 OLY 4x400 2016; 5 WCH 2017; 2 WCH 4x400 Men & Mixed 2019. 2 NCAA 2017 (2018-3); 1 Jamaican 2017. Coaches-Henry Rolle & Don Quarrie In 2021: 1 Miami 'TRUFit'; 1 Clermont FL Pure Sprint Elite; dq Miramar NACAC Invitational; 1 Fort Lauderdale FL 200; 4sf Jamaican; 4 Marietta Stars & Stripes 200						
2583	<b>GAYE Demish</b> JAM	28y	191d	1993	44.66	44.55 -17
Fourth and sixth at the last two World Championships // 200 pb: 20.48 -17 (21.15 -21). 100 pb: 10.48 19. 4 WIC 4x400 2016; 3 World Relays 4x400 2017; 6 COM 2018 (3 4x100); 2 Pan-Am Games 2019; 4 WCH 2019 (2017-6); 2 WCH 4x400 2019. 1 Jamaican 2019. He missed making Jamaica's Olympic team in 2016 after he contracted the Zika virus. Coach-Maurice Wilson In 2021: 1 Spanish Town 200; 3 Kingston 200 (Feb 20); 3 Spanish Town Jamaica Time Trial; 1 Kingston (May 22); 3 Kingston 'B' (May 29); 4 Jamaican; 5 Marietta Stars & Stripes						

2634	<b>TAYLOR Christopher JAM</b>	21y	302d	1999	45.13	44.88 -18
Former World Youth Champion. Clocked 44.88 at age 18y // 200 pb: 20.35 -18 (20.73 -21). 1 World Youth 2015; 2 WJC 2016 (3 4x400); 1 Carifa Games 2017; 1 Pan-American Junior 200 2017; 2 WJC 400/4x100/4x400 2018; 2 North/Central American & Caribbean under-23 2021. 1 Jamaican 2018. Coach-Rana Raider In 2021: Indoor marks of 6.61, 32.80 & 45.73; 3 Eugene Grand Prix 200; 1 Azusa Pacific 'Last Chance'; 4 Jacksonville Duval County Challenge 'B'; 2 Nashville Music City Carnival; 2 Jamaican; 2 NACAC under-23						
2719	<b>WALSH Julian Jrummi JPN</b>	24y	314d	1996	45.80	45.14 -19
Fifth at 2018 Asian Games & 2019 Asian Championships // 200 pb: 20.77 -17. 2 WJC 4x400 2014; 3 Asian Champs 4x400 2015; 2 WSG 4x400 2015; ht OLY 2016; 5 Asian Games 2018 (3 4x400); 5 Asian Champs 2019 (1 4x100); sf WCH 2019. 1 Japanese 2016/2018/2019. Born-Jamaica, moved to Japan at age 3. Father-Jamaican, mother-Japanese. His father is International Reggae artist Emanuel Walsh. Coach-Tadashi Fukushima In 2021: 1 Niigata 'B'						
2741	<b>LITVIN Mikhail KAZ</b>	25y	206d	1996	46.51	45.25 -19 NR
2019 Asian Championship bronze after setting Kazakh records in semi (45.38) & final (45.25) (the previous record of Aleksandr Kurochkin had stood since 1984) 200 pb: 20.88 -19. ht World Youth 200 2013; ht WJC 2014; 3 Asian Indoor Champs 2016 (2018-4); 7 WSG 2017; 3 Asian Indoor Games 2017; 4 Asian Indoor Champs 2018; sf WIC 2018; 6 Asian Games 2018 (2 Mixed 4x400, ran anchor); 3 Asian Champs 2019 (4 Mixed 4x400); ht WCH 2019. 1 Kazakh 2015/2017/2019 (1 indoor 2015/2018/2021 & 800 2019) In 2021: 1 Kazakh indoor; 1 Kazakh 'Spring'						
2780	<b>KORIR Emmanuel KEN</b>	26y	45d	1995	45.29	44.21 -18
Full name-Emmanuel Kipkurui Korir He has the best ever 400m speed of any top 800m man (he's even quicker than Alberto Juantorena) 800 pb: 1:42.05 -18 (1:43.04 -21). sf WCH 800 2017/2009; 2 African Champs 800 2018; 1 IAAF Continental Cup 800 2018; 1 Diamond League 800 2018; 6 WCH 400 2019. 1 NCAA 800 indoors & out 2017. 1 Kenyan 400 2019. Coached at University of Texas El Paso by Paul Ereng (1 OLY 800 1988). Won 2018 London Diamond League in 1:42.05, the world's quickest since 2010. Failed to reach the 800m final in Doha 2019, but returned to qualify for the 400m final In 2021: 1 Prairie View Sprint Summit 400; 4 Eugene Grand Prix 400; 4 Walnut Golden Games 400; 3 Portland Track Festival 800; 3 Kenyan Olympic Trial 800; 2 Monaco Diamond 800						
2827	<b>AL-YASSIN Mazen KSA</b>	25y	21d	1996	45.53	45.28 -19
200 pb: 20.74 -21. sf World Youth 2013; 2 Asian Junior 2014; ht WJC 2014; 2 Asian Champs 4x400 2015; 2 Asian Indoor Games 2017; sf WCH 2019; 2 World Military Games 2019. Coach-Saad Shaddad Al-Asmari In 2021: 1 Tayf 200/400; 6 Doha Diamond; 2 Huelva; 2 Salamanca Pérez; 6 'Meeting' Madrid; 1 Castellón; 2 Barcelona; 1 Tomblaine						
2879	<b>RABEARISON Todiasoa Franck MAD</b>	29y	177d	1992	46.80	46.80 -19 NR
Malagasy record holder // 400H pb: 52.19 -15. 2 Indian Ocean Island Games 400H 2015; ht Francophone Games 201; ht WCH 2019. Trains at the Mauritius high performance centre						
2953	<b>STOJOSKI Jovan MKD</b>	23y	246d	1997	46.82	46.82 -21
Allegiance transferee from Serbia – cleared by World Athletics to represent North Macedonia from July 3, 2019 200 pb: 21.32 -19 (21.35 -21). 6 under-23 ECH 2019; ht WCH 2019. Born-Belgrade, father from North Macedonia. 1.91 tall In 2021: 2 Belgrade Serbian Open 'B'; 6ht EIC; 1 Sremska Mitrovica 200/400; 1 Skopje 100/200/400; 3 European Small States Games 100/400; 2 ETCh 3rd League (4 100); 5 Balkan						
3015	<b>BONEVACIA Liemarvin NED</b>	32y	116d	1989	44.80	44.72 -15 NR
Three European Championship bronzes, two indoors and one outdoors 200 pb: 20.46 -18 (21.01 -21). sf OLY 2012 (competed as an Independent Olympic Athlete); sf WCH 2015; ht WIC 2016; 3 ECH 2016 (2014/2018-sf); sf OLY 2016; 3 EIC 2017/2021 (2015/2019-ht); dq ETCh 2017 for false start (he ran under protest and 'won' in 45.44, his fastest of that year); 1 EIC 4x400 2021. 1 Dutch 2014/2015/2016/2017/2021 (1 200 2015) & indoor 2015/2017/2021 (1 200 2018). From Curaçao (who are not a member of World Athletics or IOC), he formerly competed with Netherlands Antilles before that country was dissolved In 2021: 1 Vienna T&F; 1 Metz 'B'; 1 Apeldoorn; 1 Dutch indoor (Dutch indoor record 45.99); 3 EIC (1 4x400, team of Jochem Dobber, him, Ramsey Angela, Tony van Diepen); 1 World Relays 4x400 (same team as above); 5 Ostrava Golden Spike; 1 Tilburg 200 'B'; 2 Oordegem Flanders Cup; 3 Hengelo FBK Games; 1 Geneva; 2 ETCh 1st League 4x400; 1 Dutch; 3 Stockholm Diamond						
3019	<b>DOBBER Jochem NED</b>	24y	22d	1997	45.07	45.07 -21
2021 European indoor relay gold, with him leading off // 200 pb: 20.90 -21. sf WJC 2016; 5 EIC 2021 (1 4x400); 1 World Relays 4x400 2021. 1 Dutch 2020. Student of computer science In 2021: 1 Vienna T&F; 3 Metz; 3 Apeldoorn; 3 Dutch indoor; 5 EIC (1 4x100, team of him, Liemarvin Bonevacia, Ramsey Angela, Tony van Diepen); 1 World Relays 4x400 (same team as EIC); 3 Ostrava Golden Spike; 1 Tilburg 200; 1 Oordegem Flanders Cup; 2 Hengelo FBK Games; 2 Geneva; 1 ETCh 1st League; 2 Dutch; 5 Székesfehérvár Gyulai						
3212	<b>ZALEWSKI Karol POL</b>	27y	357d	1993	45.14	45.11 -18
Led off the world indoor record breaking Polish 4x400m team at the 2018 World Indoor Championships 200 pb: 20.26 -18 (21.19 -21). 4 WJC 200 2012 (2 4x400); 1 under-23 ECH 200 2013/2015 (2 4x100 2013/2015); sf WCH 200 2013 (2015-ht); 8 ECH 200 2014(2016-sf); sf EIC 400 2015 (2 4x400); 4 ECH 400 2018; sf EIC 2019; 1 ETCh 200 2014 (2013-dq, 2015-5, 2017/2019-6). 1 Polish 100/200 2013/2014/2016/2017/2020, 1 200 2015. (1 indoor 200 2014/2015 & 400 2015/2019/2021). Club-AZS AWF Katowice. Coach-Zbigniew Ludwichowski In 2021: 1 Toruń PZLA 'Control' 200/300; 1 Polish indoor 400 (he was due to run the 4x400 at the European Indoors in Toruń, but Polish squad forced to withdraw due to cases of coronavirus infection); 2 Gdańsk Zylewicz 100; 6 ETCh 200; 3 ETCh 4x400 (where he gained two places on the anchor to guarantee Polish victory in the tournament); 7 Hengelo FBK Games; 1 Marseille; 2 Chorzów Kusocinski; 3 Polish						
3235	<b>dos SANTOS Ricardo POR</b>	26y	224d	1994	47.32	45.14 -18 NR
Portuguese record holder // 46.64i -21. 200 pb: 20.78 -18. 7 Mediterranean Games 2018; 7 ECH 2018; ht EIC 2021. 1 Portuguese 2014/2016/2017/2018/2019/2020 (indoor 2014/2016/2018/2021). Born-Lisbon, lives-London (mother-Portuguese, father -British). Member of British Club Thames Valley Harriers. Coach-Linford Christie. Partner-Bianca Williams (2 WCH 4x100 2019), they have a young son In 2021: 1 Portuguese indoor; 5ht EIC; 1 Lisbon 'Meeting da Liberdade'; 6ht World Relays Mixed 4x400; 5 Castiglione della Pescaia; 5 Copenhagen Games; 7 Geneva 'B'; 5 Brno; 6 Kladno; 3 Portuguese; 1 Portuguese Club Champs						
3427	<b>NENE Zakithi RSA</b>	23y	119d	1998	45.03	45.03 -21
("Zack") 2021 South African Champion // 200 pb: 20.72 -21. 100 pb: 10.68 -21. sf African Champs 2018 (2 4x400); 2 WSG 4x400 2019. 1 South African 2021. Born/lives-Ladysmith In 2021: 1 Durban 100/200 'B'; 1 Boksburg Central Gauteng Open #3 'B'; 3 Roodepoort; 1 Kwazulu Natal 200/400; 1 South African; 5 World Relays 4x400; 1 South African Universities; 4 Pretoria Athletics Gauteng North League #2 200; 4 Hengelo FBK Games; 4 Florence Diamond; 1 Kladno; 7 'Meeting' Madrid; 5 Lucerne						
3428	<b>PHORA Thapelo RSA</b>	29y	251d	1991	45.99	45.14 -18
Two silvers at 2018 African Championships, then two more at 2019 African Games ht WIC 4x400 2016; 2 African Champs 400/4x400 2018; 2 African Games 400/4x400 2019; sf WCH 2019. 2 South African 2019 (2018-3). Note: World Athletics don't recognise track marks made at the 2018 African Championships, so they regard his personal best to be 45.19, not 45.14 In 2021: 1 Pretoria Athletics Gauteng North League #2 'B'; 4 Pretoria Gauteng North League #3						

<b>3438</b>	<b>van NIEKERK Wayde</b> RSA	<b>29y</b>	14d	1992	<b>43.62</b>	<b>43.03 -16</b>	<b>WR</b>
DEFENDING OLYMPIC CHAMPION 2016 Olympic Champion and world record holder from lane 8. Twice World Champion 300 pb: 30.81 -17. 200 pb: 19.84 -17 (20.10w, 20.38 -21). 100 pb: 9.94 -17. 4 WJC 200 2010; sf WSG 400 2013 (2 4x400); 2 COM 400 2014; 2 African Champs 400 2014; 1 WCH 400 2015; 1 African Champs 200/4x100 2016; 1 OLY 400 2016; 1 WCH 400 2017 (2 200). 1 South African 200 2011/2017/2021 & 400 2012/2014/2015/2016. Married Chesney Campbell in Cape Town on October 28, 2017. Coach-Lance Brauman (formerly Ans Botha.) In 2018: Did not compete after having torn ligaments in his right knee while playing celebrity tag rugby on October 7, 2017 underwent surgery and could not train for 10 months In 2019: Raced only once (47.28 in February), was still experiencing pain in his reconstructed right knee In 2020: Clocked 10.10/20.31 & 45.58 in low-key races but was forced into three weeks of isolation following a positive Covid test while training in Italy In 2021: Decided to move to Florida to train under Lance Brauman (group includes Shaunae Miller-Uibo and Noah Lyles (he skipped the World Relays to concentrate on his transfer to the USA); 1 Potchefstroom 200; 1 Roodepoort Athletix Invitational 200; 1 South African 200; 4 Boston Games 200 Straight (right hip tightened up, he eased off to clock 20.86); 2 'Meeting' Madrid (44.56); 1 Lucerne (44.87); A late withdrawal from the Székesfehérvár meeting of July 6 ("I had discomfort in my lower back"); On July 15 announced on Twitter that he and Mrs van Niekerk were expecting a baby boy							
<b>3468</b>	<b>JANEZIC Luka</b> SLO	<b>25y</b>	258d	1995	<b>45.96</b>	<b>44.84 -17</b>	<b>NR</b>
Slovenian record holder // 200 pb: 20.60 -17 (21.23 -21). ht World Youth 200 2011; sf WJC 200/400 2014; 1 Balkan 2015/2021; ht WCH 2015/2017/2019; sf WIC 2016/2018; 5 ECH 2016/2018; sf OLY 2016; 1 under-23 ECH 2017 (2015-3); 4 EIC 2019 (2017-ht, 2021-6). 1 Slovenian 2013/2016/2020 & indoor 2015/2016/2017. Coach-Rok Predanic. 1.92 tall In 2021: 2 Balkan indoor; 6 EIC; 1 Slovenian; 2 ETCh 2nd League; 1 Balkan; 1 Velenje 200; 2 Tomblaine; 1 Trieste							
<b>3497</b>	<b>KOUMI Sadam</b> SUD	<b>27y</b>	115d	1994	-	<b>45.41 -15</b>	
Full name-Sadam Suliman Koumi El Nour Three times English Champion 2 Youth Olympic 2010; 1 African Junior 2011; dnf World Youth 2011; 5 African Games 2015. 1 English 2017/2018/2019; 1 Scottish indoor 2018; 2 UK indoor 2018; 1 Scottish 2018. He is a member of British Club Birchfield Harriers							
<b>3522</b>	<b>PETRUCCIANI Ricky</b> SUI	<b>21y</b>	29d	2000	<b>45.02</b>	<b>45.02 -21</b>	
2021 European under-23 Champion. 6x Swiss Champion (3 in + 3 out) but only 21y 100 pb: 10.33 -21. 200 pb: 21.03 -20. sf WJC 2018; 3 EJC 2019; sf EIC 2021 (2019-ht); 1 under-23 ECH 2021. 1 Swiss 2019/2020/2021 & indoor 2018/2019/2020 In 2021: 2 Swiss indoor; 3sf EIC; 1 Basle Hurdles/Sprints 300(2 150); 2 Ostrava Golden Spike National 100; 1 Rehlingen; 5 Hengelo FBK Games; 5 Florence Diamond; 1 Swiss; 4 Lucerne; 1 under-23 ECH							
<b>3625</b>	<b>CEDENIO Machel</b> TTO	<b>25y</b>	327d	1995	<b>45.34</b>	<b>44.01 -16</b>	<b>NR</b>
Fourth at Rio 2016 and twice seventh in World Championship finals 200 pb: 20.84 -21. 4 World Youth 400 2011; 1 WJC 400 2014 (2012-5); 2 Pan-Am Games 400 2015 (1 4x400); 7 WCH 400 2015 (2 4x400); bronze WIC 4x400 2016; 4 OLY 400 2016 (dq ht 4x400); sf WCH 400 2017 (1 4x400); sf COM 400 2018 (4 4x400); 3 Pan-Am Games 4x400 2019; 7 WCH 400 2019. 1 Trinidadian 2016/2017/2019. He won his semi-final in Rio 2016, unexpectedly beating Wayde van Niekerk (which led to van Niekerk being drawn on the outside lane in the final, from where he broke the world record). Third leg for victorious Trinidadian relay team at the 2017 World Championships, when he made up a vital 7m on the USA (team was Jarrin Solomon, Jereem Richards, him, Lalonde Gordon) In 2021: 2 Clermont FL 'Pure Spring' 200; 1 Walnut Golden Games 'B'; 1 Clermont FL 'Pure Summer'; dnf Florence Diamond; 2 Marietta Stars & Stripes							
<b>3633</b>	<b>LENDORE Deon</b> TTO	<b>28y</b>	274d	1992	<b>44.73</b>	<b>44.36 -14</b>	
Three bronzes from the past two World Indoor Championships // 200 pb: 20.40w, 20.49 -21. ht OLY 2012 (3 4x400); sf WCH 2013; ht WCH 2015 (2 4x400); 3 WIC 400/4x400 2016; ht OLY 2016 (dq ht 4x400); 3 WIC 2018 (4 4x400); 3 Pan-Am Games 4x400 2019; 1 World Relays 4x400 2019. 1 NCAA 2014. 1 Trinidadian 2013/2018. Studied Business Management at Texas A&M University. Coach-Charles Joseph In 2021: 2 Staten Island 'Gold' Tour 200; 1 Tucson Williams/Murray 200; 1 Prairie View Relays; 2 Texas A&M Team Invitational 200; 1 Waco Michael Johnson Invitational; 3 Walnut Golden Games; 3 Jacksonville Duval County Challenge 'B'; 1 Miramar NACAC Invitational; 2 Stockholm Diamond; 5 Székesfehérvár Gyulai 200 'B'							
<b>3635</b>	<b>ST. HILLARE Dwight</b> TTO	<b>23y</b>	237d	1997	<b>44.74</b>	<b>44.55 -18</b>	
200 pb: 20.25 -21. 6 WJC 4x400 2016; ht Pan-Am Games 2019 (3 4x400). 4 NCAA indoor 2021 & 5 outdoor, representing the University of Kentucky In 2021: 4 NCAA indoor; 1 Columbia Baskin Relays 200; 1 Florida Relays; 3 Gainesville Tom Jones Colleges 200; 1 Lexington Kentucky Invitational (2 200); 5 NCAA; 1 Bahamian 200 'B'							
<b>3913</b>	<b>CHERRY Michael</b> USA	<b>26y</b>	129d	1995	<b>44.35</b>	<b>44.35 -21</b>	
2018 World indoor silver (he crossed the line in fourth place, then Oscar Husillos and Luguélin Santos were both disqualified for going out of their lane) 200 pb: 20.71w -21, 20.72 -20. 1 WJC 4x400 2014; 2 WCH 4x400 2017. 2 North/Central American & Caribbean 2016; 2 WIC 400/4x400 2018; 1 WCH 4x400 & Mixed 4x400 2019. 1 US indoor 2018; 2 US 2021. Studied Psychology, Social and Behavioral Science at Louisiana State University. Coach-Walter Davis (1 WCH TJ 2005). 1.93 tall [Ritual: He always sits on the second seat from the back on a bus] In 2021: 4 Baton Rouge 'Battle on the Bayou' 200; 5 Eugene Grand Prix; 2 Walnut Golden Games; 1 Fort Worth US F&F Open; 1 Jacksonville Duval County Challenge 'B'; 2 US; 4 Székesfehérvár Gyulai							
<b>3958</b>	<b>NORMAN Michael</b> USA	<b>23y</b>	239d	1997	<b>44.07</b>	<b>43.45 -19</b>	
World indoor record holder joint fourth fastest-ever outdoors (with Jeremy Wariner) 200 pb: 19.70 -19. 1 WJC 200/4x100 2016; sf WCH 2019 (leg injury). 1 NCAA 2018 indoors & out. 1 US 2021 (2017-7, 2019-2). Born-San Diego. Both his parents were athletes, father-Michael Norman Sr was a 400m runner and his Japanese mother Nobue Saito was a sprinter. Coaches-Quincy Watts (1 OLY 400 92) & Caryl Smith In 2021: 1 Staten Island 'Gold' Tour indoor; 1 Eugene Grand Prix; 1 Walnut Golden Games; 1 Doha Diamond; 1 US; 3 Székesfehérvár Gyulai							
<b>3964</b>	<b>ROSS Randolph</b> USA	<b>20y</b>	210d	2001	<b>43.85</b>	<b>43.85 -21</b>	
2021 US Collegiate Champion, representing North Carolina A&T (Agricultural and Technical) University (which means he's an 'Aggie') 200 pb: 20.58w , 20.77 -21. HJ pb: 2.04 -19. 1 NCAA 400/4x400 2021. Born on January 1, 2001. Father-Duane Ross (3 WCH 110H 1999, behind Colin Jackson & Anier Garcia). Youngest sister-Jonah Ross (100/200 pbs 11.30/22.87) In 2021: 1 NCAA indoor 'B' (2nd overall); 1 NCAA indoor 4x400; 1 Texas Relays 4x400; 2 Greensboro 'Aggie' Invitational 200/400; 2 Jacksonville North Florida Invitational; 1 Greensboro Mid-Eastern Conference (5 200); 1 NCAA 400/4x400 (4 4x100); 3 US (from lane 8, the week after running six races at the NCAA Championships, including two sub-44s)							
<b>3970</b>	<b>STEWART Trevor</b> USA	<b>24y</b>	71d	1997	<b>44.52</b>	<b>44.25 -19</b>	
200 pb: 20.27 -19 (20.50 -21). 2 NCAA 2019 (2021-4); 4 US 2021 (2019-7). Attends North Carolina Agricultural and Technical State University. Coach-Duane Ross (3 WCH 110H 99) In 2021: 1 NCAA indoor 4x400 (7 individually); 1 Texas Relays 4x400; 1 Greensboro 'Aggie' Invitational (2 200 'B'); 1 Jacksonville North Florida Invitational; 2 Greensboro Mid-Eastern Conference 200/400; 4 NCAA 400 (1 4x400 with 44.16 anchor); 4 US; 3 Marietta Stars & Stripes							
<b>4017</b>	<b>AL-YAARI Ahmed</b> YEM	<b>21y</b>	195d	2000	-	<b>48.27 -19</b>	<b>NR</b>
Yemeni record holder at 200m & 400m // 200 pb: 22.34w, 22.37 -19. ht Asian Champs 800 2017; ht Asian Champs 200/400/800 2019; ht WCH 200 2019							



WORLD ALL-TIME LIST

1.....	43.03.....	Wayde van Niekerk RSA.....	2016
2.....	43.18.....	Michael Johnson USA.....	1999
3.....	43.29.....	Butch Reynolds USA.....	1988
=4...	43.45.....	Jeremy Wariner USA.....	2007
.....	43.45.....	Michael Norman USA.....	2019
6.....	43.48.....	Steven Gardiner BAH.....	2019
7.....	43.50.....	Quincy Watts USA.....	1992
8.....	43.64.....	Fred Kerley USA.....	2019
9.....	43.65.....	LaShawn Merritt USA.....	2015
10...	43.72.....	Isaac Makwala BOT.....	2015

2021 WORLD LIST

1.....	43.85.....	Randolph Ross USA
2.....	44.07.....	Michael Norman USA
3.....	44.30.....	Noah Williams USA
4.....	44.35.....	Michael Cherry USA
5.....	44.44.....	Bryce Deadmon USA
=6...	44.47.....	Isaac Makwala BOT
.....	44.47.....	Steven Gardiner BAH
8.....	44.51.....	Anthony Zambrano COL
9.....	44.52.....	Trevor Stewart USA
10...	44.56.....	Wayde van Niekerk RSA