

Women's 400 Metres

31 Entrants

Starts: Tuesday, August 12

		Age	(Days)	Born	2014 Best	Personal Best
1004	SHAROYAN Amaliya ARM Armenian record holder at 400m flat & hurdles ... 400H pb: 57.97 -13. ht ECH 400H 2010; ht EIC 400 2011/2013; ht WCH 400H 2011; ht WIC 400 2012; ht WCH 400H 2013	26y	52d	1988	-	54.00 -13
1085	BOKESA Aauri Lorena ESP Full name-Aauri Lorena Bokesa Abia 6x Spanish Champion (4 out + 2 in) sf ECH 2012; ht OLY 2012; ht EIC 2013; 5 ETCh 2013 (2009-9, 2011-10, 2014-6); 4 WSG 2013; sf WCH 2013. 1 Spanish 2009/2011/2012/2013 & indoor 2012/2013. Coach-Jorge Marín In 2014: 1 Spanish indoor; 1 Huelva; 1 ETCh race 1 (6th overall); 1 Alorcón	25y	239d	1988	51.66	51.66 -14
1107	TERRERO Indira ESP Former Central American & Caribbean Champion (for Cuba) ... 3 Pan-Am Games 2007; sf WCH 2007; 1 Central American & Caribbean Champs 2008/2009; sf OLY 2008; sf WCH 2009. 1 Spanish 2014. Coach-Rafael Blanquer Born-Havana, has lived in Spain since 2010, gained Spanish citizenship in April 2014 and cleared by the IAAF to compete for Spain from May 15, 2014 In 2014: 1 Valencia; 2 European Clubs Cup; 1 Santander; 3 Huelva; 1 Zaragoza; 2 Alorcón; 2 Madrid; 1 Spanish	28y	255d	1985	51.56	50.98 -08
1130	MUSTOLA Katri FIN 1 Nordic under-23 2014. 1 Finnish 2014 In 2014: 1 Seinäjoki; 1 Kalajoki; 3 Tampere 200; 1 Jyväskylä; 1 Jämsä; 1 Kalajoki 200; 1 Oulu; 1 Nordic under-23; 1 Finnish	21y	325d	1992	53.20	53.20 -14
1148	GAYOT Marie FRA 2012 European relay silver ... 5 EJC 2007; 3 EIC 4x400 2011; 6 under-23 ECH 2011 (3 4x400); sf ECH 2012 (2 4x400); 6 OLY 4x400 2012; sf EIC 2013; 3 ETCh 2013; sf WCH 2013 (4 4x400); 2 Francophone Games 2013. 1 French 2014 (1 indoors 2012/2013). Coach-Hervé Stéphan In 2014: 1 St-Denis-Réunion; 4 IAAF Relays 4x400; 3 Hengelo; 6 Oslo Diamond; 2 Tomblaine; 8 Paris Diamond; 1 French; 1 La Roche-sur-Yon 100/200; 1 Castres	24y	236d	1989	51.96	51.54 -13
1149	GUEI Floria FRA (Geui pronounced Gay as in Tyson) 2012 European relay silver ... 4 European Youth 200 2007; ht WJC 2008; 3 EIC 4x400 2011; 6 OLY 4x400 2012; 2 ECH 4x400 2012; sf WCH 2013 (4 4x400); 5 ETCh 2014. 1 French 2013 In 2014: 2 Montgeron 250; 1 French Clubs; 4 IAAF Relays 4x400 (50.4 anchor); 1 Hengelo; 5 New York Diamond; 5 ETCh race 2 (5th overall); 7 Paris Diamond; 2 French; 4 Madrid	24y	101d	1990	51.62	51.42 -13
1181	OHURUOGU Christine GBR In Moscow 2013 became the first British woman to win a second World Championship gold 200 pb: 22.85 -09. 100 pb: 11.35 -08. 3 EJC 400/4x400 2003; sf OLY 400 2004 (3 4x400); 2 under-23 ECH 400 2005; sf WCH 400 2005 (3 4x400); 1 COM 400 2006; 1 WCH 400 2007 (3 4x400); 2 ECP 200 2008; 1 OLY 2008 (2012-2); 3 ETCh 200 2009; 5 WCH 400 2009; dq ht WCH 400 2011; 1 WIC 4x400 2012 (2014-3); 1 EIC 4x400 2013; 1 WCH 400 2013 (3 4x400). 1 AAA 2004 & UK 400 2009/2012/2013. Played for Essex and England in Netball, but switched to athletics in 2003 ... studied Linguistics at University College London ... 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 2014: 3 WIC 4x400; 3 Great Manchester CityGames 200; 7 IAAF Relays 4x400; 8 New York Diamond (53.14 - "Was a poor race, but expected, not injured just missed alot of training, its a light yr, no need to stress, iam not." she tweeted); 3 Loughborough European Permit; 3 COM 4x400 (her 16th major championship medal)	30y	85d	1984	51.66	49.41 -13
1199	CREMER Esther GER 6x German Champion (4 out + 2 in) ... 200 pb: 23.10 -10 (23.15 -14). 2 ECH 4x400 2010; 8 ETCh 2013; sf WCH 2013; sf WIC 2014. 1 German 2011/2012/2013/2014 (1 indoor 2012/2014) (1 200 2010) In 2014: 1 German indoor; 6sf WIC; 1 Weinheim 200 (4 100); 2 Bellinzona; 2 Hengelo; 2 Hérouville 200; 2 ETCh race 2 (2nd overall); 2 Padua; 3 Rhede 200; 1 German	26y	134d	1988	51.87	51.62 -13
1280	BAZZONI Chiara ITA 2013 Mediterranean Games Champion ... 200 pb: 23.74 -13 (23.84 -14). 4 ECH 4x400 2010; 4 EIC 4x400 2011; ht ECH 2012; ht EIC 2013; 1 Mediterranean Games 2013; sf WCH 2013. 1 Italian 2013 (1 indoors 2013/2014) In 2014: 1 Italian indoor; 1 Modena 100 'B'; 1 Pontedera 200 (3 100); 1 Gavardo; 6 IAAF Relays 4x400; 2 Szczecin; 5 Moscow Challenge; 1 ETCh race 2 (6th overall); 2 Orvieto 200; 3 Padua; 5 Székesfehérvár; 2 Italian	30y	36d	1984	52.47	52.06 -13
1288	GRENOT Libania ITA Full name-Libania Grenot Martinez Scafetti 3x Cuban Champion, now the Italian record holder 200 pb: 22.45w, 22.85 -12. 5 World Youth 400 99; 4 Pan-Am Games 400 2003; 3 Central American & Caribbean Champs 400 2005; sf OLY 400 2008/2012; 1 ETCh 400 2009; 1 Mediterranean Games 400 2009; sf WCH 400 2009/2013 (2005-ht); 4 ECH 400 2010 (2012-6); 6 IAAF Continental Cup 400 2010; 4 ETCh 200/200 2013/2014. 1 Cuban 400 2003/2004/2005. 1 Italian 2009/2010/2014 & 200 2012. Coached in Florida by Loren Seagrave Last competed for Cuba at the 2005 World Championships, married an Italian man (now seperated) and moved to Italy in 2006, obtained Italian citizenship on March 18, 2011 and declared eligible for Italy by the IAAF from that date In 2014: 6 Baie Mahault; 4 Atlanta ATL; 6 IAAF Relays 4x400; 8 Eugene Diamond; 4 Oslo Diamond; 4 ETCh race 2 (4th overall); 1 Padua; 1 Italian	31y	30d	1983	50.55	50.30 -09
1300	SPACCA Maria Enrica ITA 400 pb: 52.53 -12. ht WJC 2004; 4 ECH 4x400 2010; 4 EIC 4x400 2011; sf WIC 2012; sf ECH 2012; ht EIC 2013. 1 Italian 2012/2014 (1 indoors 2012) In 2014: 3 Italian indoor; 6 IAAF Relays 4x400; 3 Geneva 'B'; 1 ETCh race 2 (6th overall); 1 Rieti; 3 Italian; 1 Orvieto	28y	144d	1986	52.56	52.63 -12
1309	LATIŠEVA-ČUDARE Gunta LAT 200 pb: 23.94w. 24.12 -14. sf World Youth 200 2011 (ht 100); 4 EJC 2013; sf WJC 2014 (2012-ht). 1 Latvian 200 2012/2014 (1 indoors 2014) In 2014: 1 Latvian indoor 200; 1 Riga; 1 ETCh 2nd League (3 200); 1 Valmiera 200; 4sf WJC; 1 Latvian 200	19y	155d	1995	53.69	52.76 -13
1321	MORAUSKAITĖ Modesta LTU sf World Youth 2011; 8 EJC 2013; sf WJC 2014 In 2014: 1 Lithuanian Clubs (2 200); 2 Mannheim junior; 7sf WJC	18y	313d	1995	53.18	53.18 -14
1324	ŠERKŠNIENĖ Agne LTU 100 pb: 11.69 -13. 200 pb: 23.30 -13. 6 EJC 2007; 5 under-23 ECH 2009; sf ECH 2012. 1 Lithuanian 2008/2009/2011/2012/2013 In 2014: 4 Swiss indoor 60; 1 Basel 150/300; 1 Langenthal 100; 1 Winterthur 200/400; 1 Zofingen 200 'B'; 3 Rehlingen; 1 ETCh 1st League; 1 La Chaux-de-Fonds; 2 Bulle 100/200; 1 Lucerne; 2 Swiss 200	26y	174d	1988	51.62	51.62 -14

1328	RISTESKA Hristina MKD ht WJC 2010; ht OLY 2012 ... In 2014: 4 ETCh 3rd League 'B'	22y	233d	1991	58.55	58.44 -09
1355	KLOSTER Line NOR Norwegian indoor record holder (at 52.78, the same as her outdoor pb) 200 pb: 23.58w, 23.72 -13 (24.58 -14). 7 under-23 ECH 2011; sf EIC 2013; 10 ETCh 2013. 1 Norwegian 2012/2013 (1 indoors 2012/2013) In 2014: 2 Oslo 100 (May 22); 4 Oordegem IFAM 200 'B'; 8 Oslo Diamond; 1 Bærum; 5 Liège; 1 Oslo 200 (Jul 24); 1 Oslo Boysen	24y	165d	1990	53.62	52.78 -13
1360	NORUM Tara Marie NOR 200 pb: 24.15 -14. 100 pb: 11.79 -14. 1 Norwegian under-23 200 2011/2013 In 2014: 1 Norwegian indoor 60; 1 Steinkjer; 1 Oslo 100 (May 22); 1 Tønsberg 200; 1 Oordegem IFAM 'B'; 1 Oslo Diamond 'B'; 5 ETCh 1st League; 1 Liège; 1 Ninove Rasschaert	22y	327d	1991	53.57	53.57 -14
1371	HOLUB Małgorzata POL 2014 Polish Champion ... 2 EJC 4x400 2011; 4 under-23 ECH 2013 (1 4x400); ht WIC 2014 (5 4x400). 1 Polish 2014 In 2014: 2 Polish indoor; 3ht WIC (5 4x400); 1 Szczecin 200; 5 IAAF Relays 4x400; 3 Bellinzona; 4 Szczecin; 1 Rehlingen; 5 ETCh race 2 (5th overall); 1 Turku Paavo Nurmi Games; 2 Sopot; 1 Polish	21y	284d	1992	51.95	51.95 -14
1382	ŚWIĘTY Justyna POL Fourth at 2014 World Indoor Championships ... 2 EJC 4x400 2011; 3 under-23 ECH 2013 (1 4x400); 4 WIC 2014 (5 4x400); 9 ETCh 2014. 1 Polish 2013 & indoor 2012/2014 In 2014: 1 Polish indoor; 4 WIC; 1 Sosnowiec 600; 5 IAAF Relays 4x400; 6 Bellinzona; 1 Szczecin; 1 Gothenburg Grand Prix; 3 ETCh race 1 (9th overall); 2 Turku Paavo Nurmi Games; 1 Sopot; 2 Polish	21y	250d	1992	52.22	52.22 -13/14
1385	WYCISZKIEWICZ Patrycja POL 2013 European Junior Champion ... sf World Youth 2011; 2 EJC 4x400 2011; sf WJC 2012; 1 EJC 2013 (1 4x400); 5 WIC 4x400 2014; 5 ETCh 2014 In 2014: 4 Polish indoor; 5 WIC 4x400; 1 Poznan 300; 1 Łódź 200; 5 Montgeron 250; 1 Polish Universities 200; 5 IAAF Relays 4x400; 4 Polish Universities 200 (7 100); 5 Szczecin; 2 Rehlingen; 2 Huelva; 3 Tomblaine; 3 Sopot; 3 Polish (5 200)	20y	215d	1994	52.14	51.56 -13
1386	AZEVEDO Catia POR 5 EJC 2013; 2 Mediterranean under-23 2014 In 2014: 1 Valladolid; 1 European Clubs Cup; 5 Bellinzona; 2 Mediterranean under-23; 3 ETCh 1st League; 1 Portuguese under-23; 1 Portuguese under-23 200/400	20y	155d	1994	52.61	52.61 -14
1409	PASTOR Adelina ROU sf WJC 200 2010/2012; dq EJC 2011 (would have won bronze, but ran out of lane); 1 Balkan 2012; 5 under-23 ECH 2013 In 2014: 1 Bucharest; 1 Romanian Universities; 1 Balkan 'B'	21y	98d	1993	53.01	52.44 -13
1412	RĂZOR Bianca ROU 2010 Youth Olympic silver. 2014 Balkan Champion ... 3 WJC 2010; 8 ECH 4x400 2010; 2 Youth Olympic Games 2010; ht EIC 2011; 1 EJC 2011 (2013-2); 6 WJC 2012; ht OLY 2012; sf WCH 2013; 3 Francophone Games 2013. 1 Balkan 2014 In 2014: 1 Romanian indoor; 1 Balkan indoor; 4ht WIC; 1 Romanian 'International'; 2 ETCh 1st League; 1 Romanian (2 200); 1 Balkan	20y	3d	1994	52.24	51.49 -13
1438	RENZHINA Yekaterina RUS 200 pb: 22.61 -14. sf World Youth 200 2011; sf WJC 2012 (3 4x400); 1 WSG 4x400 2013; 3 EJC 2013 In 2014: 3 Russian Teams; 2 Moscow Challenge; 6 ETCh race 2 (7th overall); 1 Zhukovskiy 200; 1 Russian Cup 200; 2 Russian	19y	297d	1994	51.67	51.67 -14
1451	VESHKUROVA Tatyana RUS 2006 European silver & relay gold. Apparently she improved from 53.33 to 49.99 in 2006, but no Russian title until 2014 aged 32 400H pb: 55.79 -14. 1 ECP 4x400 2005; 2 ECH 2006 (1 4x400); 4 WCP 2006; 5 EIC 2007; 3 ECP 2008; 2 EIC 4x400 2013. 1 Russian 2014. Son Artyom born 2010. Both her parents were athletes, mother-Lyudmila was a discus thrower and father-Leonid a sprinter. Coach-Rif Tababilov Ran in heat of 2008 Olympic 4x400, so awarded extra silver medal won by Russia in the final; in London 2012 she was part of the relay squad, but did not compete In 2014: 6 Russian indoor; 1 Bishkek; 1 Russian Teams; 1 Russian (2 400H) She commented on her Russian 400m title and breakthrough at 400m hurdles: "Perhaps this was due to the restructuring of a woman's body after childbirth"	32y	322d	1981	51.41	49.99 -06
1454	ZADORINA Kseniya RUS 2011 European indoor bronze & 2012 outdoor silver ... relay medals (after running in heats) at 2010 European & 2011 World Championships 2 EJC 2005; 4 WJC 2006; 3 WSG 2007; 2 under-23 ECH 2009 (2007-3); 3 EIC 2011 (1 4x400); 2 ECH 2012; 2 EIC 4x400 2013; 2 ETCh 2013. Coaches-Lyudmila Fedoriva (ran 50.63 for 400m in 1984) & Tatiana Reshetnikova (1 Russian 100H 94/95) In 2014: 1 Moscow Champs; 2 Russian Cup; 3 Russian	27y	162d	1987	51.69	50.55 -13
1469	MARKOVIĆ Tamara SRB 200 pb: 24.39 -14. sf World Youth 2005. 1 Serbian 2013/2014 In 2014: 1 Senta; 2 Slovenska Bistrica; 1 Serbian Cup 200/400; 4 ETCh 2nd League (5 200); 1 Serbian (2 200); 1 Stara Zagora; 3 Balkan (5 200); 1 Kragujevac	25y	298d	1988	53.21	53.21 -14
1500	POTALOVÁ Iveta SVK 200 pb: 24.12 -14. 1 Northern Ireland 2008. 1 Slovak 2013/2014 (1 indoor 2013/2014) In 2014: 1 Slovak indoor; 1 Kladno; 1 Bratislava 200 (2 100) (May 25); 2 Nitra 100/200; 3 Regensburg 'B'; 1 St. Pölten; 2 Ostrava Golden Spike 200 'B'; 2 ETCh 2nd League; 2 Velenje; 4 Cork City Sports; 1 Slovak (2 200); 2 Dubnica nad Váhom 100; 1 Schifflange	26y	139d	1988	53.65	53.65 -14
1529	ENGIN Birsen TUR 3x Turkish Champion at both 400m flat & 400m hurdles ... 400H pb: 56.15 -10. ht ECH 400H 2010; ht WCH 400H 2011; ht ECH 400 2012; 11 ETCh 400 2013 (2014-12); 5 Mediterranean Games 400H 2013. 1 Turkish 400 2010/2011/2013 (1 400H 2004/2006/2010, 1 200 2005). Formerly known as Birsen Bekgöz then Birsen Yavuz, then Birsen Yavuz-Engin, now Birsen Engin! In 2014: 6 European Clubs Cup 400; 6 ETCh 400 race 1 (12th overall); 3 Turkish 400; 5 Balkan 400 'B'	33y	296d	1980	55.02	52.15 -11
1555	PYGODA Natalya UKR 2009 European indoor silver ... 100 pb: 11.50 -05. 200 pb: 22.91 -08. 6 WJC 2000; 6 under-23 ECH 100 2003 (1 4x100); 5 WIC 200 2004 (2008-sf); 5 EIC 2005; 4 WSG 200 2005; sf ECH 2006/2011; 1 WSG 4x400 2007; 2 ECP 2008 (2006-4); sf OLY 200 2008; 2 EIC 2009; 3 ETCh 2009; sf WCH 2011; 1 ECH 4x400 2012; sf OLY 2012. 1 Ukrainian indoor 2011/2012. Two-year doping suspension 2009-2011 In 2014: 4 Huelva; 2 Ukrainian	33y	193d	1981	51.97	50.86 -13
1565	ZEMLYAK Olga UKR Second leg for Ukrainian relay team which won at 2012 European Championships 4 World Youth 2007; sf WJC 2008 (2 4x400); 4 ECH 2012 (1 4x400); 4 OLY 4x400 2012; ht EIC 2013; 3 ETCh 2014 (2013-6). 1 Ukrainian indoor 2013. Failed doping control test at 2009 European Junior Championships, where she had ran first leg for the team which had apparently won gold at 4x400m; the medals instead went to Russia and she served a two-year suspension to 2011 In 2014: 1 Kiev 100/200; 1 Ukrainian Teams; 1 Moscow Challenge; 3 ETCh race 2 (3rd overall); 1 Tomblaine; 5 Paris Diamond	24y	207d	1990	51.10	51.10 -14

WORLD ALL-TIME LIST

1.....	47.60.....	Marita Koch	GDR.....	1985
2.....	47.99.....	Jar. Kratochvílová	TCH.....	1983
3.....	48.25.....	Marie-José Pérec	FRA.....	1996
4.....	48.27.....	Olga Bryzgina	UKR.....	1985
5.....	48.59.....	Tatjana Kocembová	TCH.....	1983
6.....	48.63.....	Cathy Freeman	AUS.....	1996
7.....	48.70.....	Sanya Richards	USA.....	2006
8.....	48.83.....	Val. Brisco-Hooks	USA.....	1984
9.....	48.89.....	Ana Guevara	MEX.....	2003
10.....	49.05.....	Ch. Cheesborough	USA.....	1994

2014 EUROPEAN LIST

1.....	50.55.....	Libania Grenot	ITA
2.....	51.10.....	Olha Zemlyak	UKR
3.....	51.33.....	Alena Tamkova	RUS
4.....	51.41.....	Tatyana Veshkurova	RUS
5.....	51.58.....	Hrystyna Stuy	UKR
6.....	51.62.....	Flória Guei	FRA
7.....	51.62.....	Agnė Šerkšnienė	LTU
8.....	51.65.....	Indira Terrero	ESP
=9.....	51.66.....	Aauri Lorena Bokesa	ESP
.....	51.66.....	Christine Ohuruogu	GBR