

Weltklasse Zurich 2009 • Biographical Summaries • Women

Women's 400 Metres

20:05

Golden League Event



2009 World Best: 49.00 Sanya Richards USA Berlin 18 Aug 09

		Age	(Days)	Born	Season's Best	Personal Best
1,	SANDERS Nicola GBR 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; 2 WCH 2007 (3 4x400); 1 ECP 2008 (2006-2); sf OLY 2008 (4 4x400); sf WCH 2009 (4 4x400). 1 AAA 2006 & indoor 2006. 1 UK indoor & out 2007 ... coach-Tony Lester In 2009: 1 Mt. SAC Relays 800 'B' (pb 2:03.41); 7 Doha; 2 Rehlingen; 1 Réthymno; 1 London; 1 Stockholm 'B'; 4sf WCH (4 4x400)	27y	66d	1982	50.45	49.65 -07
2,	OHURUOGU Christine GBR Reigning Olympic & Commonwealth Champion ... former World Champion 100 pb: 11.35 -08. 200 pb: 22.85 -09. 3 EJC 400/4x400 2003; sf OLY 2004; 2 under-23 ECH 2005; sf WCH 2005 (3 4x400); 1 COM 2006; 1 WCH 2007 (3 4x400); 2 ECP 200 2008; 1 OLY 2008; 3 ETCh 200 2009; 5 WCH 2009. 1 AAA 2004 & UK 2009. Played for Essex and England in Netball, but switched to athletics in 2003 ... studied Linguistics at University College London ... born-Forest Gate, lives-Stratford ... 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 2009: 1 Birmingham indoor 200; 1 Azusa 100/200; 1 Norwalk 100/200; 2 Manchester "Great City Games" 150 (UK best 17.10); 2 Rabat 200; 2 Hengelo 200; 1 Montreuil-sous-Bois; 3 ETCh 200; 6 Oslo Golden League; 1 UK Champs; 5 WCH (4 4x400)	25y	102d	1984	50.21	49.61 -08
3,	RICHARDS Sanya USA AF GOLDEN LEAGUE JACKPOT CONTENDER 2009 World Champion ... now she is the world's most prolific sub-50 second woman 400m runner 200 pb: 22.17 -06 (23.03 -09). 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); 3 OLY 400 2008 (1 4x400); 1 WCH 400/4x400 2009. Born in Kingston, Jamaica but left that country at age 12 and granted US citizenship on May 20, 2002 ... coach-Clyde Hart In 2009: 2 Kingston 400; 2 Carson 200; 1 Eugene 400; 1 Berlin Golden League 400; 1 US Champs; 1 Oslo Golden League; 1 Rome Golden League; 1 Paris Golden League; 1 WCH (49.00, a record 38th time under 50 seconds); 1 WCH 4x400 (48.44 split, her fastest ever run) Zurich winner in 2005 (48.92), 2006 (50.18), 2007 (49.36) & 2008 (49.74)	24y	183d	1985	49.00	48.70 -06
4,	WILLIAMS Shericka JAM 2008 Olympic silver ... 2009 World silver ... three World relay silvers 200 pb: 22.50 -08 (22.93 -09). 2 WCH 4x400 2005/2007 (sf individually both times); 5 COM 2006; 2 OLY 2008 (3 4x400); 2 WCH 2009 (2 4x400). 1 Jamaican 2005. Coach-Stephen Francis In 2009: 3 Doha; 2 New York; 2 Eugene; 2 Jamaican; 2 Oslo Golden League; 2 Lausanne 200 (22.99 into 3.7 wind); 2 Rome Golden League; 1 Stockholm; 2 WCH (2 4x400)	23y	345d	1985	49.32	49.32 -09
5,	KRIVOSHAPKA Antonina RUS 2009 World bronze ... 2009 European Indoor Champion (when she ran the first lap in 23.12 and the second in 28.06!) 1 European Youth Olympics 2003; 2 World Youth 2003; ht WJC 2004; 1 EIC 400/4x400 2009. 1 Russian in/out 2009. From-Volgograd ... Coach-Vladimir Tipayev In 2009: 1 EIC 400/4x400; 1 Moscow Open; 1 Zhukovskiy; 1 Russian; 2 Stockholm; 3 WCH 400/4x400	22y	38d	1987	49.29	49.29 -09
6,	FELIX Allyson USA Winner of a women's record of six World Championship golds (three at 200m, three in relays) 200 pb: 21.81 -07 (21.88 -09). 100 pb: 10.93 -08 (11.08 -09). 1 World Youth 100 2001; 5 WJC 200 2002; sf WIC 200 2003; 3 Pan-Am Games 200 2003; 2 OLY 200 2004/2008; 1 WCH 200 2005 (2003-qt); 1 WCH 200/4x100/4x400 2007; 1 OLY 4x400 2008; 1 WCH 200/4x400 2009. 1 US 200 2004/2005/2007/2008/2009. Her winning margin in the 2007 World 200m (0.53) was the widest at world or Olympic level since 1948; her 400m relay split there (48.0) was the world's quickest since the 1980s ... graduate of Elementary Education from the University of Southern California ... coach- Bob Kersee In 2009: 1 Doha 400; 1 Carson 200; 1 New York 400; 1 US Champs 200; 5 Rome Golden League 400 (50.94 – "it was very difficult"); 8 Paris Golden League 100; 2 Réthymno 100; 6 London 100; 1 Stockholm 200; 1 Cottbus 4x100 (ran second leg for team which clocked 41.58, the world's fastest since 1997); 1 WCH 200/4x400 (48.8 split)	23y	283d	1985	50.50	49.70 -07
7,	WILLIAMS-MILLS Novlene JAM 2007 World bronze after leading for most of the race ... three successive World relay silvers 6 Pan-Am Games 2003; sf OLY 2004/2008 (3 4x400 2004/2008); 2 WCH 4x400 2005; 5 WIC 2005; 3 COM 2006; 3 WCH 2007 (2 4x400); 4 WCH 2009 (2 4x400). 1 Jamaican 2006/2007/2009. Studied Recreation at the University of Florida ... not related to Shericka Williams, but Novlene's younger sister Clora Williams won the US Collegiate 400m title in 2006 ... coach-Brooks Johnson In 2009: 1 Kingston; 2 Carson; 3 New York; 5 Eugene; 1 Jamaican; 4 Rome Golden League; 1 Athens; 2 Paris Golden League; 4 Stockholm; 4 WCH; 2 WCH 4x400	27y	124d	1982	49.77	49.53 -06
8,	MONTSHO Amantle BOT 2008 Olympic finalist ... 2007 African Games Champion ... 2008 African Champion ... Botswana record holder at 200m & 400m 200 pb: 23.02 -08 (23.64 -09). sf COM 2006; 1 African Games 2007 (5 200); sf WIC 2008; 1 African Champs 2008 (2006-2); 8 OLY 2008 (2004-ht); 8 WCH 2009 (2005/2007-sf). Lost all her possessions when fire gutted her home in September 2005 ... based-Dakar ... coach-Anthony Koff In 2009: 1 Dakar; 2 Doha; 1 Southern Africa 200/400; 4 Eugene; 2 Berlin Golden League; 3 Oslo Golden League; 6 Rome Golden League; 3 Paris Golden League; 6 Barcelona 200; 8 WCH	26y	55d	1983	49.89	49.83 -08