

Start list

100m

Time: 15:42

Lane	Athlete	MF	NR	PB	SB
1	Mark Otieno ODHIAMBO	KEN	9.77	10.05	10.30
2	Kobe VLEMINCKX	BEL	10.02	10.15	
3	Tyquendo TRACEY	JAM	9.58	9.96	10.85
4	Emmanuel ESEME	CMR	9.96	9.96	
5	Ferdinand OMANYALA	KEN	9.77	9.77	10.08
6	Akani SIMBINE	RSA	9.82	9.82	
7	Retshidisitswe MLENGA	RSA	9.82	10.04	10.13
8	Tsebo MATSOSO	RSA	9.82	10.10	10.12

Records

WR	9.58	Usain BOLT	JAM	Berlin	16.08.09
AR	9.77	Ferdinand OMANYALA	KEN	Nairobi	18.09.21
NR	9.86	Letsile TEBOGO	BOT	Paris	04.08.24
WJR	9.91	Letsile TEBOGO	BOT	Cali	02.08.22
MR	9.96	Letsile TEBOGO	BOT		30.04.22
WL	9.99	Bayanda WALAZA	RSA	Pretoria	15.03.25

2025 World list

9.99	+0.7	Bayanda WALAZA	RSA	Pretoria (RSA)	15.03.25
10.03	+1.1	Lachlan KENNEDY	AUS	Perth (AUS)	01.03.25
10.04	+1.7	Carlos BROWN JR.	BAH	Nassau (BAH)	04.04.25
10.06	+0.1	Ackeeem BLAKE	JAM	Kingston (JAM)	22.03.25
10.06	+0.5	Gary CARD	JAM	Kingston (JAM)	26.03.25
10.07	-1.3	Kenneth BEDNAREK	USA	Kingston (JAM)	04.04.25
10.08	+0.8	Ferdinand OMANYALA	KEN	Johannesburg (RSA)	19.03.25
10.08	-1.3	Oblique SEVILLE	JAM	Kingston (JAM)	04.04.25
10.09	+1.1	Joshua AZZOPARDI	AUS	Perth (AUS)	01.03.25
10.09	+1.5	Carlos FLOREZ ANGULO	COL	Bogotá (COL)	14.03.25
10.10	+2.0	Tiaan WHELPTON	NZL	Auckland (NZL)	09.02.25
10.10	0.0	Alexander OGANDO	DOM	Bayaguana (DOM)	29.03.25
10.11	+1.1	Sebastian SULTANA	AUS	Perth (AUS)	01.03.25
10.11	-0.5	Zhanel HUGHES	GBR	Kingston (JAM)	22.03.25
10.11	+1.5	Adekalu Nicholas FAKOREDE	NGR	Starkville, MS (USA)	22.03.25
10.12	+1.2	Rohan BROWNING	AUS	Brisbane (AUS)	15.03.25
10.12	+0.8	Tsebo MATSOSO	RSA	Johannesburg (RSA)	19.03.25
10.13	+1.5	Retshidisitswe MLENGA	RSA	Johannesburg (RSA)	15.03.25
10.15	+0.4	Karabo MOTHIBI	BOT	Francistown (BOT)	22.03.25
10.16	-1.2	Reynaldo R. ESPINOSA	CUB	La Habana (CUB)	06.03.25

All-Time World list

9.58	+0.9	Usain BOLT	JAM	Berlin (GER)	16.08.09
9.69	+2.0	Tyson GAY	USA	Shanghai (CHN)	20.09.09
9.69	-0.1	Yohan BLAKE	JAM	Lausanne (SUI)	23.08.12
9.72	+0.2	Asafa POWELL	JAM	Lausanne (SUI)	02.09.08
9.74	+0.9	Justin GATLIN	USA	Doha (QAT)	15.05.15
9.76	+0.6	Christian COLEMAN	USA	Doha (QAT)	28.09.19
9.76	+1.2	Trayvon BROMELL	USA	Nairobi (KEN)	18.09.21
9.76	+1.4	Fred KERLEY	USA	Eugene, OR (USA)	24.06.22
9.77	+1.2	Ferdinand OMANYALA	KEN	Nairobi (KEN)	18.09.21
9.77	+0.9	Kishane THOMPSON	JAM	Kingston (JAM)	28.06.24
9.78	+0.9	Nesta CARTER	JAM	Rieti (ITA)	29.08.10
9.79	+0.1	Maurice GREENE	USA	Athina (GRE)	16.06.99
9.79	+1.0	Noah LYLES	USA	Paris (FRA)	04.08.24
9.80	+1.3	Steve MULLINGS	JAM	Eugene, OR (USA)	04.06.11
9.80	+0.1	Lamont Marcell JACOBS	ITA	Tokyo (JPN)	01.08.21
9.81	+0.7	Oblique SEVILLE	JAM	Paris (FRA)	04.08.24
9.82	+1.7	Richard THOMPSON	TTO	Port-of-Spain (TTO)	21.06.24
9.82	+1.0	Akani SIMBINE	RSA	Paris (FRA)	04.08.24
9.83	+0.9	Bingtian SU	CHN	Tokyo (JPN)	01.08.21
9.83	+0.9	Ronnie BAKER	USA	Tokyo (JPN)	01.08.21

WR progression

9.58	+0.9	Usain BOLT	JAM	Berlin (GER)	16.08.09
9.69	0.0	Usain BOLT	JAM	Beijing (CHN)	16.08.08
9.72	+1.7	Usain BOLT	JAM	New York, NY (USA)	31.05.08
9.74	+1.7	Asafa POWELL	JAM	Rieti (ITA)	09.09.07
9.77	+1.0	Asafa POWELL	JAM	Zürich (SUI)	18.08.06
9.77	+1.5	Asafa POWELL	JAM	Gateshead (GBR)	11.06.06
9.77	+1.6	Asafa POWELL	JAM	Athina (GRE)	14.06.05
9.79	+0.1	Maurice GREENE	USA	Athina (GRE)	16.06.99
9.84	+0.7	Donovan BAILEY	CAN	Atlanta, GA (USA)	27.07.96
9.85	+1.2	Leroy BURRELL	USA	Lausanne (SUI)	06.07.94
9.86	+1.2	Carl LEWIS	USA	Tokyo (JPN)	25.08.91
9.90	+1.9	Leroy BURRELL	USA	New York, NY (USA)	14.06.91
9.92	+1.1	Carl LEWIS	USA	Seoul (KOR)	24.09.88
9.93	+1.0	Carl LEWIS	USA	Roma (ITA)	30.08.87
9.93	+1.4	Calvin SMITH	USA	Air Force Academy (USA)	03.07.83
9.95	+0.3	Jim HINES	USA	Ciudad de México (MEX)	14.10.68
9.9h	+0.9	Charlie GREENE	USA	Sacramento, CA (USA)	20.06.68
9.9h	+0.8	Ronnie Ray SMITH	USA	Sacramento, CA (USA)	20.06.68
9.9h	+0.9	Jim HINES	USA	Sacramento, CA (USA)	20.06.68

Medal Winners

2024 - Olympic Games - Paris

1.	Noah LYLES (USA)	9.79
2.	Kishane THOMPSON (JAM)	9.79
3.	Fred KERLEY (USA)	9.81

2024 - African Ch. - Douala

1.	Joseph FAHNULLEH (LBR)	10.13
2.	Emmanuel ESEME (CMR)	10.15
3.	Benjamin RICHARDSON (RSA)	10.17

2024 - African Games - Accra

1.	Emmanuel ESEME (CMR)	10.14
2.	Usheoritse ITSEKIRI (NGR)	10.23
3.	Gilbert HAINUCA (NAM)	10.29

2023 - World Ch. - Budapest

1.	Noah LYLES (USA)	9.83
2.	Letsile TEBOGO (BOT)	9.88
3.	Zhanel HUGHES (GBR)	9.88

2022 - World Ch. - Oregon

1.	Fred KERLEY (USA)	9.86
2.	Marvin BRACY-WILLIAMS (USA)	9.88
3.	Trayvon BROMELL (USA)	9.88

2022 - African Ch. - St Pierre

1.	Ferdinand OMANYALA (KEN)	9.93
2.	Akani SIMBINE (RSA)	9.93
3.	Henricho BRUINJIES (RSA)	10.01

2021 - Olympic Games - Tokyo

1.	Lamont Marcell JACOBS (ITA)	9.80
2.	Fred KERLEY (USA)	9.84
3.	Andre DE GRASSE (CAN)	9.89

2019 - World Ch. - Doha

1.	Christian COLEMAN (USA)	9.76
2.	Justin GATLIN (USA)	9.89
3.	Andre DE GRASSE (CAN)	9.90

2019 - African Games - Rabat

1.	Raymond KEVVO (NGR)	9.96
2.	Arthur Cissé (CIV)	9.97
3.	Usheoritse ITSEKIRI (NGR)	10.02

2017 - World Ch. - London

1.	Justin GATLIN (USA)	9.92
2.	Christian COLEMAN (USA)	9.94
3.	Usain BOLT (JAM)	9.95

Previous Meeting

Winners

23	Ferdinand OMANYALA (KEN)	9.78
22	Letsile TEBOGO (BOT)	9.96
19	Tatenda TSUMBA (ZIM)	10.31
18	Sharry Marius DODIN (SEY)	10.54
17	Mosito LEHATA (LES)	10.20

1	Mark Otieno ODHIAMBO (KEN)	31y	SB: 10.30 Johannesburg (RSA) 19.03	PB: 10.05 Nairobi (KEN) 17.06.2021
GENERAL: World Athletics Relays silver medallist 4x200m (21) 2 times In top 8 at African Championships World Rankings: 194th				
Other PBs: 6.68 60m(24) - 6.68 60m(24) - 20.41 200m(17)				
HONOURS: NCH (3xWin)				
2025: 100m Pretoria (RSA) 2. 10.53 - 100m Pretoria (RSA) 4. 10.39 - 100m Johannesburg (RSA) 5. 10.30				
INFO: Based in Nairobi. Earlier played football. Also a Human Resources associate.				
2	Kobe VLEMINCKX (BEL)	26y	PB: 10.15 La Chaux-de-Fonds (SUI) 14.07.2024	
GENERAL: 2 times In top 8 at European Championships 4x100m (24) 5 times National champion 100m (23, 22, 21, 20, 19) World Rankings: 184th				
Other PBs: 6.63 60m(24) - 20.23 200m(24) - 20.73 200m sh(25) - 33.42 300m(19) Current Records: 2xNR: NR 38.55 4x100m Roma(24) - NR 1:22.96 4x200m Oordegem(24)				
HONOURS: Eur. U23 Ch. (1xSilver) NCH (5xWin) NICH (2xWin)				
2025: 60m Dortmund (GER) h 6.74 - 60m Gent (BEL) 1. 6.72 - 60m Gent (BEL) h 6.69 - 60m Gent (BEL) 4. 6.71 - 200m sh Gent (BEL) 1. 20.83 - 200m sh Liévin (FRA) 1. 20.73				
INFO: Born in Westerlo; based in Leuven. Studies: Catholic University of Leuven. Degree in Chemistry.				
3	Tyquendo TRACEY (JAM)	31y	SB: 10.85 Kingston (JAM) 22.03	PB: 9.96 London (GBR) 21.07.2018
GENERAL: World (Continental) Cup winner 4x100m (18) 2 times NACAC U23 Championships silver medallist 100m (14), 4x100m (14) World Rankings: 175th				
Other PBs: 6.61 60m(25) - 20.34 200m(21)				
HONOURS: NACAC Ch. (1xGold) NACAC U23 Ch. (1xSilver) NCH (2xWin)				
2025: 60m Kingston (JAM) 1. 6.61 - 60m Spanish Town (JAM) h 6.70 - 60m Spanish Town (JAM) 2. 6.62 - 100m Kingston (JAM) h 10.85				
INFO: Born in Trelawny. Construction Management studies at University of Technology. In 2018 he became the 20th Jamaican to break the the 10-sec barrier in the 100m.				
4	Emmanuel ESEME (CMR)	31y	PB: 9.96 La Chaux-de-Fonds (SUI) 02.07.2023	
GENERAL: 2 times African Championships silver medallist 100m (24), 200m (22) All-African Games winner 100m (24) World Rankings: 11th				
Other PBs: 6.52 60m(24) - 20.16ww 200m(22) - 20.31 200m(19) Current Records: 2xNR: NR 6.52 60m Glasgow(24) - NR 9.96 100m La Chaux-de-Fonds(23)				
HONOURS: Afr. Ch. (2xSilver, 1xBronze) All-Afr. G. (1xGold)				
INFO: Based in Oeiras. Studies: National Advanced School of Public Works. Also an Environmental Engineer. Club: Sporting CP. Height: 1.84 / 6'0".				
5	Ferdinand OMANYALA (KEN)	29y	SB: 10.08 Johannesburg (RSA) 19.03	PB: 9.77 Nairobi (KEN) 18.09.2021
GENERAL: 2 times African champion 100m (22), 4x100m (22) Commonwealth Games winner 100m (22) World Rankings: 12th				
Other PBs: 6.51 60m(24) - 20.33 200m(22) - 49.06 400m(24) Current Records: 2xNR: NR 6.51 60m Paris(24) - NR 38.26 4x100m Gaborone(23) 1xAR: AR 9.77 100m Nairobi(21)				
HONOURS: World Ch. (1xFinal): 7. 100m Budapest(23) 10.07 Afr. Ch. (1xGold) CWG (1xGold)				
2025: 100m Pretoria (RSA) 3. 10.22 - 100m Johannesburg (RSA) 1. 10.08 - 100m Kampala (UGA) 1. 10.09				
INFO: Born in Nairobi. In Tokyo, he became the first Kenyan to qualify for the Olympic 100m SF (2021) Nickname: Ferdi; earlier played rugby. Chemistry studies at University of Nairobi. Member of Kenya Police; his sporting hero is Yohan Blake. Has a child Quinton Finn; also does modeling. Motto: "You should never give up. Keep up the hard work, it will pay off". Height: 1.75 / 5'9".				
6	Akani SIMBINE (RSA)	31y	PB: 9.82 Paris (FRA) 04.08.2024	
GENERAL: Olympic Games silver medallist 4x100m (24) 5 times In top 8 at World Championships 100m (19) World Rankings: 2nd				
Other PBs: 6.53 60m(25) - 6.53 60m(23) - 9.31 100y(19) - 15.04 150m(24) - 19.95 200m(17) Current Records: 1xNR: NR 9.82 100m Paris(24) 2xAR: AR 37.57 4x100m Paris(24) - AR 1:20.42 4x200m Yokohama(19)				
HONOURS: OG (3xFinal): 4. 100m Paris(24) 9.82 - 4. 100m Tokyo(21) 9.93 - 5. 100m Rio de Janeiro(16) 9.94 World Ch. (3xFinal): 4. 100m Doha(19) 9.93 - 5. 100m Eugene, OR(22) 10.01 - 5. 100m London(17) 10.01 World Ind. Ch. (1xBronze): 3. 60m Nanjing(25) 6.54 World (Cont.) Cup (1xBronze)				
2025: 60m Berlin (GER) h 6.63 - 60m Berlin (GER) 2. 6.57 - 60m Pretoria (RSA) 1. 6.57 - 60m Nanjing (CHN) h 6.57 - 60m Nanjing (CHN) 3. 6.54 - 60m Nanjing (CHN) sf 6.53				
INFO: Born in Johannesburg. 1st South African male athlete to win gold medal in the 100m at the Commonwealth Games. Studies: University of Pretoria. Degree in Information Sciences. Nickname: AK. Passionate football fan supports English club Chelsea FC; chose athletics thanks to his mother; when he played football he was a useful right winger; looks up to Asafa Powell and Usain Bolt. Motto: "Give God the glory"; fashion lover; likes listening to Notorious B.I.G. Height: 1.76 / 5'9".				
7	Retshidisitswe MLENGA (RSA)	25y	SB: 10.13 Johannesburg (RSA) 15.03	PB: 10.04 Guadalajara (ESP) 23.06.2024
GENERAL: World U18 champion 200m (17) World U18 Championships silver medallist 100m (17) World Rankings: 120th				
Other PBs: 6.81 60m(24) - 15.97 150m(24) - 20.79 200m(24) - 20.70 200m(17)				
HONOURS: World Youth Ch. (1xGold, 1xSilver)				
2025: 200m Pretoria (RSA) 3. 21.20 - 100m Johannesburg (RSA) 1. 10.41 - 100m Pretoria (RSA) 1. 10.31 - 100m Johannesburg (RSA) 4. 10.33 - 100m Johannesburg (RSA) sf 10.20 - 100m Johannesburg (RSA) h 10.13 - 100m Johannesburg (RSA) 1. 10.27				
INFO: Based in Johannesburg. Studies: University of Johannesburg.				
8	Tsebo MATSOSO (RSA)	25y	SB: 10.12 Johannesburg (RSA) 19.03	PB: 10.10 Sasolburg (RSA) 27.05.2023
GENERAL: World University Games winner 200m (23) World University Games bronze medallist 4x100m (23) World Rankings: 167th				
Other PBs: 6.59 60m(25) - 15.34 150m(24) - 20.33 200m(23) - 32.82 300m(20) - 45.90 400m(21)				
HONOURS: WUG (1xGold)				
2025: 100m Pretoria (RSA) 1. 10.30 - 60m Pretoria (RSA) 1. 6.64 - 60m Pretoria (RSA) 2. 6.59 - 200m Johannesburg (RSA) 1. 20.76 - 200m Pretoria (RSA) 1. 20.59 - 100m Pretoria (RSA) 1. 10.13 - 200m Johannesburg (RSA) h 20.58 - 200m Johannesburg (RSA) sf 20.44 - 100m Johannesburg (RSA) 2. 10.21 - 100m Johannesburg (RSA) sf 10.15 - 200m Johannesburg (RSA) 1. 20.62 - 100m Johannesburg (RSA) 2. 10.12				
INFO: Hometown: Johannesburg. Studies: University of Johannesburg.				

Start list

100m

Time: 15:35

Lane	Athlete	MF	NR	PB	SB
2	Justice ORATILE	BOT	9.86	10.67	10.67
3	Abduraqmaan KARRIEM	RSA	9.82	10.22	10.31
4	Fola OLAOYE	NGR	9.85	10.44	
5	Karabo MOTHIBI	BOT	9.86	10.15	10.15
6	Karabo LETEBELE	RSA	9.82	10.18	10.18
7	Larona MAYANA	BOT	9.86	10.32	10.32
8	Wiseman Were MUKHOBE	KEN	9.77	10.36	

Records

WR	9.58	Usain BOLT	JAM	Berlin	16.08.09
AR	9.77	Ferdinand OMANYALA	KEN	Nairobi	18.09.21
NR	9.86	Letsile TEBOGO	BOT	Paris	04.08.24
WJR	9.91	Letsile TEBOGO	BOT	Cali	02.08.22
MR	9.96	Letsile TEBOGO	BOT		30.04.22
WL	9.99	Bayanda WALAZA	RSA	Pretoria	15.03.25

2025 World list

9.99	+0.7	Bayanda WALAZA	RSA	Pretoria (RSA)	15.03.25
10.03	+1.1	Lachlan KENNEDY	AUS	Perth (AUS)	01.03.25
10.04	+1.7	Carlos BROWN JR.	BAH	Nassau (BAH)	04.04.25
10.06	+0.1	Ackee Blake	JAM	Kingston (JAM)	22.03.25
10.06	+0.5	Gary CARD	JAM	Kingston (JAM)	26.03.25
10.07	-1.3	Kenneth BEDNAREK	USA	Auckland (JAM)	04.04.25
10.08	+0.8	Ferdinand OMANYALA	KEN	Johannesburg (RSA)	19.03.25
10.08	-1.3	Oblique SEVILLE	JAM	Kingston (JAM)	04.04.25
10.09	+1.1	Joshua AZZOPARDI	AUS	Perth (AUS)	01.03.25
10.09	+1.5	Carlos FLOREZ ANGULO	COL	Bogotá (COL)	14.03.25
10.10	+2.0	Tiaan WHELPTON	NZL	Auckland (NZL)	09.02.25
10.10	0.0	Alexander OGANDO	DOM	Bayaguana (DOM)	29.03.25
10.11	+1.1	Sebastian SULTANA	AUS	Perth (AUS)	01.03.25
10.11	-0.5	Zharnel HUGHES	GBR	Kingston (JAM)	22.03.25
10.11	+1.5	Adekalu Nicholas FAKOREDE	NGR	Starkville, MS (USA)	22.03.25
10.12	+1.2	Rohan BROWNING	AUS	Brisbane (AUS)	15.03.25
10.12	+0.8	Tsebo MATSOSO	RSA	Johannesburg (RSA)	19.03.25
10.13	+1.5	Retshiditswe MLENGA	RSA	Johannesburg (RSA)	15.03.25
10.15	+0.4	Karabo MOTHIBI	BOT	Francistown (BOT)	22.03.25
10.16	-1.2	Reynaldo R. ESPINOSA	CUB	La Habana (CUB)	06.03.25

All-Time World list

9.58	+0.9	Usain BOLT	JAM	Berlin (GER)	16.08.09
9.69	+2.0	Tyson GAY	USA	Shanghai (CHN)	20.09.09
9.69	-0.1	Yohan BLAKE	JAM	Lausanne (SUI)	23.08.12
9.72	+0.2	Asafa POWELL	JAM	Lausanne (SUI)	02.09.08
9.74	+0.9	Justin GATLIN	USA	Doha (QAT)	15.05.15
9.76	+0.6	Christian COLEMAN	USA	Doha (QAT)	28.09.19
9.76	+1.2	Trayvon BROMELL	USA	Nairobi (KEN)	18.09.21
9.76	+1.4	Fred KERLEY	USA	Eugene, OR (USA)	24.06.22
9.77	+1.2	Ferdinand OMANYALA	KEN	Nairobi (KEN)	18.09.21
9.77	+0.9	Kishane THOMPSON	JAM	Kingston (JAM)	28.06.24
9.78	+0.9	Nesta CARTER	JAM	Rieti (ITA)	29.08.10
9.79	+0.1	Maurice GREENE	USA	Athina (GRE)	16.06.99
9.79	+1.0	Noah LYLES	USA	Paris (FRA)	04.08.24
9.80	+1.3	Steve MULLINGS	JAM	Eugene, OR (USA)	04.06.11
9.80	+0.1	Lamont Marcell JACOBS	ITA	Tokyo (JPN)	01.08.21
9.81	+0.7	Oblique SEVILLE	JAM	Paris (FRA)	04.08.24
9.82	+1.7	Richard THOMPSON	TTO	Port-of-Spain (TTO)	21.06.14
9.82	+1.0	Akani SIMBINE	RSA	Paris (FRA)	04.08.24
9.83	+0.9	Bingtian SU	CHN	Tokyo (JPN)	01.08.21
9.83	+0.9	Ronnie BAKER	USA	Tokyo (JPN)	01.08.21

WR progression

9.58	+0.9	Usain BOLT	JAM	Berlin (GER)	16.08.09
9.69	0.0	Usain BOLT	JAM	Beijing (CHN)	16.08.08
9.72	+1.7	Usain BOLT	JAM	New York, NY (USA)	31.05.08
9.74	+1.7	Asafa POWELL	JAM	Rieti (ITA)	09.09.07
9.77	+1.0	Asafa POWELL	JAM	Zürich (SUI)	18.08.06
9.77	+1.5	Asafa POWELL	JAM	Gateshead (GBR)	11.06.06
9.77	+1.6	Asafa POWELL	JAM	Athina (GRE)	14.06.05
9.79	+0.1	Maurice GREENE	USA	Athina (GRE)	16.06.99
9.84	+0.7	Donovan BAILEY	CAN	Atlanta, GA (USA)	27.07.96
9.85	+1.2	Leroy BURRELL	USA	Lausanne (SUI)	06.07.94
9.86	+1.2	Carl LEWIS	USA	Tokyo (JPN)	25.08.91
9.90	+1.9	Leroy BURRELL	USA	New York, NY (USA)	14.06.91
9.92	+1.1	Carl LEWIS	USA	Seoul (KOR)	24.09.88
9.93	+1.0	Carl LEWIS	USA	Roma (ITA)	30.08.87
9.93	+1.4	Calvin SMITH	USA	Air Force Academy (USA)	03.07.83
9.95	+0.3	Jim HINES	USA	Ciudad de México (MEX)	14.10.68
9.9h	+0.9	Charlie GREENE	USA	Sacramento, CA (USA)	20.06.68
9.9h	+0.8	Ronnie Ray SMITH	USA	Sacramento, CA (USA)	20.06.68
9.9h	+0.9	Jim HINES	USA	Sacramento, CA (USA)	20.06.68

Medal Winners

2024 - Olympic Games - Paris

1.	Noah LYLES (USA)	9.79
2.	Kishane THOMPSON (JAM)	9.79
3.	Fred KERLEY (USA)	9.81

2024 - African Ch. - Douala

1.	Joseph FAHNBULLEH (LBR)	10.13
2.	Emmanuel ESEME (CMR)	10.15
3.	Benjamin RICHARDSON (RSA)	10.17

2024 - African Games - Accra

1.	Emmanuel ESEME (CMR)	10.14
2.	Usheoritse ITSEKIRI (NGR)	10.23
3.	Gilbert HAINUCA (NAM)	10.29

2023 - World Ch. - Budapest

1.	Noah LYLES (USA)	9.83
2.	Letsile TEBOGO (BOT)	9.88
3.	Zharnel HUGHES (GBR)	9.88

2022 - World Ch. - Oregon

1.	Fred KERLEY (USA)	9.86
2.	Marvin BRACY-WILLIAMS (USA)	9.88
3.	Trayvon BROMELL (USA)	9.88

2022 - African Ch. - St Pierre

1.	Ferdinand OMANYALA (KEN)	9.93
2.	Akani SIMBINE (RSA)	9.93
3.	Henricho BRUINJIES (RSA)	10.01

2021 - Olympic Games - Tokyo

1.	Lamont Marcell JACOBS (ITA)	9.80
2.	Fred KERLEY (USA)	9.84
3.	Andre DE GRASSE (CAN)	9.89

2019 - World Ch. - Doha

1.	Christian COLEMAN (USA)	9.76
2.	Justin GATLIN (USA)	9.89
3.	Andre DE GRASSE (CAN)	9.90

2019 - African Games - Rabat

1.	Raymond EKEVWO (NGR)	9.96
2.	Arthur CISSÉ (CIV)	9.97
3.	Usheoritse ITSEKIRI (NGR)	10.02

2017 - World Ch. - London

1.	Justin GATLIN (USA)	9.92
2.	Christian COLEMAN (USA)	9.94
3.	Usain BOLT (JAM)	9.95

Previous Meeting Winners

23	Ferdinand OMANYALA (KEN)	9.78
22	Letsile TEBOGO (BOT)	9.96
19	Tatenda TSUMBA (ZIM)	10.31
18	Sharry Marius DODIN (SEY)	10.54
17	Mosito LEHATA (LES)	10.20

2	Justice ORATILE (BOT)	18y	SB and PB: 10.67 Johannesburg (RSA) 19.03
Other PBs: 21.19 200m(25) - 46.57 400m(25)			
2025: 200m Francistown (BOT) 1. 21.78 - 400m Francistown (BOT) 1. 48.04 - 100m Gaborone (BOT) 1. 10.73 - 200m Gaborone (BOT) 1. 21.57 - 200m Pretoria (RSA) 1. 21.58 - 400m Pretoria (RSA) 1. 46.71 - 400m Pretoria (RSA) 2. 46.57 - 100m Johannesburg (RSA) 4. 10.67 - 200m Johannesburg (RSA) 2. 21.19			
INFO: Club: Lefika Athletics Club.			
3	Abduraqmaan KARRIEM (RSA)	20y	SB: 10.31 Cape Town (RSA) 27.03 PB: 10.22 Pretoria (RSA) 21.03.2024
World Rankings: 368th			
Other PBs: 20.45 200m(24)			
2025: 200m Cape Town (RSA) 1. 21.75 - 100m Cape Town (RSA) h 10.31 - 100m Cape Town (RSA) 4. 10.33			
INFO: Based in Bellville. Studies: University of the Western Cape.			
4	Fola OLAOYE (NGR)	28y	PB: 10.44 Lagos (NGR) 17.06.2021
World Rankings: 613th			
Other PBs: 6.60 60m(25) - 16.05 150m(24) - 21.31 200m(22) - 21.88 200m sh(24)			
2025: 60m Sabadell (ESP) 3. 6.73 - 60m Sabadell (ESP) h 6.71 - 60m Berlin (GER) h 6.85 - 60m Berlin (GER) 1. 6.76 - 60m Erfurt (GER) h 6.61 - 60m Erfurt (GER) 2. 6.60 - 60m Potsdam (GER) h 6.94 - 60m Berlin (GER) h 6.63 - 60m Berlin (GER) 5. 6.63			
5	Karabo MOTHIBI (BOT)	28y	SB and PB: 10.15 Francistown (BOT) 22.03
GENERAL: African U20 Championships silver medallist 4x100m (15) 2 times In top 8 at African Championships			
Other PBs: 20.66 200m(17) - 20.4hww 200m(16) - 34.43 300m(19) - 48.02 400m(19) Current Records: 1xNR: NR 39.01 4x100m Gaborone(19)			
HONOURS: NCH (1xWin)			
2025: 200m Francistown (BOT) 4. 22.42 - 400m Francistown (BOT) 2. 48.54 - 400m Gaborone (BOT) 3. 50.36 - 200m Gaborone (BOT) 1. 21.59 - 200m Francistown (BOT) 1. 20.88 - 100m Francistown (BOT) 1. 10.15			
INFO: Born in Jwaneng.			
6	Karabo LETEBELE (RSA)	18y	SB and PB: 10.18 Johannesburg (RSA) 15.03
World Rankings: 254th			
Other PBs: 21.76 200m(24)			
2025: 100m Johannesburg (RSA) 1. 10.41 - 100m Pretoria (RSA) 1. 10.27 - 100m Pretoria (RSA) 1. 10.19 - 100m Johannesburg (RSA) h 10.61 - 100m Johannesburg (RSA) sf 10.21 - 100m Johannesburg (RSA) 1. 10.18 - 100m Cape Town (RSA) h 10.34 - 100m Cape Town (RSA) sf 10.33 - 100m Cape Town (RSA) 2. 10.33			
INFO: Based in Bloemfontein. Studies: Grey College High School. Likes playing football.			
7	Larona MAYANA (BOT)	23y	SB and PB: 10.32 Francistown (BOT) 22.03
Other PBs: 21.19 200m(25) - 47.38 400m(25)			
2025: 400m Gaborone (BOT) 1. 47.38 - 200m Francistown (BOT) 1. 21.41 - 200m Francistown (BOT) 5. 21.19 - 100m Francistown (BOT) 3. 10.32			
8	Wiseman Were MUKHOBE (KEN)	27y	PB: 10.36 Nairobi (KEN) 08.07.2023
GENERAL: In top 8 at World Indoor Championships 4x400m sh (24) Commonwealth Games bronze medallist 4x400m (22)			
Other PBs: 20.79 200m(24) - 45.96 400m(24) - 47.99 400m sh(23) - 13.80 110mH(22) - 48.52 400mH(23) Current Records: 1xAR: AR 3:06.71 4x400m sh Glasgow(24) 1xABP: ABP 59.89 Shuttle Hurdles Chorzów(21)			
HONOURS: Afr. Ch. (1xBronze) NCH (5xWin)			
2025: 400m Kampala (UGA) 1. 47.04			
INFO: Based in Nairobi. Likes listening to music. Member of the Kenya Defence Forces.			

Start list

200m

Time: 16:25

Lane	Athlete	MF	NR	PB	SB
1	Kabo David RANKGWE	BOT	19.46	21.18	21.18
2	Claude ITOUNGUE BOGOGNIE	CMR	20.28	20.28	
3	Kobe VLEMINCKX	BEL	20.13	20.23	20.73
3	Ian KERR	BAH	19.75	20.33	21.26
5	Tyquendo TRACEY	JAM	19.19	20.34	
6	Emmanuel ESEME	CMR	20.28	20.31	
7	Letsile TEBOGO	BOT	19.46	19.46	
8	Luxolo ADAMS	RSA	19.69	19.82	20.43

Records

WR	19.19	Usain BOLT	JAM	Berlin	20.08.09
AR	19.46	Letsile TEBOGO	BOT	Paris	08.08.24
NR	19.46	Letsile TEBOGO	BOT	Paris	08.08.24
WJR	19.69	Erriyon KNIGHTON	USA	Eugene, OR	26.06.22
MR	19.87	Letsile TEBOGO	BOT		29.04.23
WL	20.05	Gout GOUT	AUS	Brisbane	16.03.25
WL	20.05	Garrett KAALUND	USA	Baton Rouge, LA	29.03.25

2025 World list

20.05	+1.2	Gout GOUT	AUS	Brisbane (AUS)	16.03.25
20.05	+1.4	Garrett KAALUND	USA	Baton Rouge, LA (USA)	29.03.25
20.07	+0.2	Kenneth BEDNAREK	USA	Kingston (JAM)	05.04.25
20.08	+0.5	Bayanda WALAZA	RSA	Johannesburg (RSA)	19.03.25
20.11	+1.3	Alexander OGANDO	DOM	Bayaguana (DOM)	29.03.25
20.13		Makanakaishe CHARAMBA	ZIM	College Station, TX (USA) (i)	27.02.25
20.13		Tapiwanashe MAKARAWU	ZIM	Virginia Beach, VA (USA) (i)	15.03.25
20.17	+0.6	Tyson WILLIAMS	USA	High Point, NC (USA)	05.04.25
20.20	+1.2	Ackee Blake	JAM	Spanish Town (JAM)	08.03.25
20.25		Wanya MCCOY	BAH	College Station, TX (USA) (i)	27.02.25
20.26	+0.8	Ryan ZEZE	FRA	Tucson, AZ (USA)	21.03.25
20.26	+0.4	Lachlan KENNEDY	AUS	Melbourne (AUS)	29.03.25
20.27		Jaiden REID	CAY	College Station, TX (USA) (i)	27.02.25
20.27		Cameron MILLER	USA	Indianapolis, IN (USA) (i)	28.02.25
20.32	-0.8	Andre DE GRASSE	CAN	Gainesville, FL (USA)	04.04.25
20.34		Johnnie BLOCKBURGER	USA	Albuquerque, NM (USA) (i)	07.02.25
20.36		Jamarion STUBBS	USA	Birmingham, AL (USA) (i)	23.02.25
20.36	+0.1	Udeme OKON	RSA	Johannesburg (RSA)	14.03.25
20.36	+0.5	Lethogonolo MOLEYANE	RSA	Johannesburg (RSA)	19.03.25
20.37	-2.4	Sinesipho DAMBILE	RSA	Pretoria (RSA)	14.03.25

All-Time World list

19.19	-0.3	Usain BOLT	JAM	Berlin (GER)	20.08.09
19.26	+0.7	Yohan BLAKE	JAM	Bruxelles (BEL)	16.09.11
19.31	+0.4	Noah LYLES	USA	Eugene, OR (USA)	21.07.22
19.32	+0.4	Michael JOHNSON	USA	Atlanta, GA (USA)	01.08.96
19.46	+0.4	Letsile TEBOGO	BOT	Paris (FRA)	08.08.24
19.49	+1.4	Erriyon KNIGHTON	USA	Baton Rouge, LA (USA)	30.04.22
19.53	+0.7	Walter DIX	USA	Bruxelles (BEL)	16.09.11
19.57	+0.4	Justin GATLIN	USA	Eugene, OR (USA)	28.06.15
19.57	+0.4	Kenneth BEDNAREK	USA	Zürich (SUI)	05.09.24
19.58	+1.3	Tyson GAY	USA	New York, NY (USA)	30.05.09
19.62	-0.5	Andre DE GRASSE	CAN	Tokyo (JPN)	04.08.21
19.63	+0.4	Xavier CARTER	USA	Lausanne (SUI)	11.07.06
19.63	+1.2	Reynier MENA	CUB	La Chau-de-Fonds (SUI)	03.07.22
19.65	0.0	Wallace SPEARMON	USA	Daegu (KOR)	28.09.06
19.68	+0.4	Frank FREDERICKS	NAM	Atlanta, GA (USA)	01.08.96
19.69	-0.5	Clarence MUNYAI	RSA	Pretoria (RSA)	16.03.18
19.70	+0.7	Michael NORMAN	USA	Roma (ITA)	06.06.19
19.71	-1.5	Courtney LINDSEY	USA	Nairobi (KEN)	20.04.24
19.72	+1.8	Pietro MENNEA	ITA	Ciudad de México (MEX)	12.09.79
19.73	-0.2	Michael MARSH	USA	Barcelona (ESP)	05.08.92

WR progression

19.19	-0.3	Usain BOLT	JAM	Berlin (GER)	20.08.09
19.30	-0.9	Usain BOLT	JAM	Beijing (CHN)	20.08.08
19.32	+0.4	Michael JOHNSON	USA	Atlanta, GA (USA)	01.08.96
19.66	+1.7	Michael JOHNSON	USA	Atlanta, GA (USA)	23.06.96
19.72	+1.8	Pietro MENNEA	ITA	Ciudad de México (MEX)	12.09.79
19.8h	+1.3	Don QUARRIE	JAM	Eugene, OR (USA)	07.06.75
19.86	+1.0	Don QUARRIE	JAM	Call (COL)	03.08.71
19.83	+0.9	Tommie SMITH	USA	Ciudad de México (MEX)	16.10.68
20.0h	0.0	Tommie SMITH	USA	Sacramento, CA (USA)	11.06.66
20.2h	+0.5	Henry CARR	USA	Tempe, AZ (USA)	04.04.64
20.3h	-0.1	Henry CARR	USA	Tempe, AZ (USA)	23.03.63
20.5h	-1.1	Otis Paul DRAYTON	USA	Walnut, CA (USA)	23.06.62
20.5h	0.0	Livio BERRUTI	ITA	Roma (ITA)	03.09.60
20.5h		Livio BERRUTI	ITA	Roma (ITA)	03.09.60
20.5h	0.0	Ray NORTON	USA	Palo Alto, CA (USA)	02.07.60
20.5h		Stone JOHNSON	USA	Palo Alto, CA (USA)	02.07.60
20.5h		Peter RADFORD	GBR	Wolverhampton (GBR)	28.05.60
20.6h		Ray NORTON	USA	Philadelphia, PA (USA)	23.04.60

Medal Winners

2024 - Olympic Games - Paris

1.	Letsile TEBOGO (BOT)	19.46
2.	Kenneth BEDNAREK (USA)	19.62
3.	Noah LYLES (USA)	19.70

2024 - African Ch. - Douala

1.	Joseph FAHNULLEH (LBR)	20.25
2.	Tapiwanashe MAKARAWU (ZIM)	20.51
3.	Emmanuel ESEME (CMR)	20.66

2024 - African Games - Accra

1.	Joseph Paul AMOAH (GHA)	20.70
2.	Claude ITOUNGUE BOGOGNIE (CMR)	20.74
3.	Emmanuel Ekanem CONSIDER (NGR)	20.80

2023 - World Ch. - Budapest

1.	Noah LYLES (USA)	19.52
2.	Erriyon KNIGHTON (USA)	19.75
3.	Letsile TEBOGO (BOT)	19.81

2022 - World Ch. - Oregon

1.	Noah LYLES (USA)	19.31
2.	Kenneth BEDNAREK (USA)	19.77
3.	Erriyon KNIGHTON (USA)	19.80

2022 - African Ch. - St Pierre

1.	Letsile TEBOGO (BOT)	20.26
2.	Emmanuel ESEME (CMR)	20.61
3.	Clarence MUNYAI (RSA)	20.69

2021 - Olympic Games - Tokyo

1.	Andre DE GRASSE (CAN)	19.62
2.	Kenneth BEDNAREK (USA)	19.68
3.	Noah LYLES (USA)	19.74

2019 - World Ch. - Doha

1.	Noah LYLES (USA)	19.83
2.	Andre DE GRASSE (CAN)	19.95
3.	Alex QUIÑONEZ (ECU)	19.98

2019 - African Games - Rabat

1.	Sydney SIAME (ZAM)	20.35
2.	Divine ODUDURU (NGR)	20.54
3.	Anaso JOBODWANA (RSA)	20.56

2017 - World Ch. - London

1.	Ramil GULIYEV (TUR)	20.09
2.	Wayde VAN NIEKERK (RSA)	20.11
3.	Jereem RICHARDS (TTO)	20.11

Previous Meeting Winners

23	Letsile TEBOGO (BOT)	19.87
22	Clarence MUNYAI (RSA)	20.44
19	Sydney SIAME (ZAM)	20.71
18	Isaac MAKWALA (BOT)	20.10
17	Sibusiso MATSENJWA (SWZ)	20.84

1	Kabo David RANKGWE (BOT)	21y	SB and PB: 21.18 Francistown (BOT) 22.03
World Rankings: 684th Other PBs: 45.64 400m(25) 2025: 200m Francistown (BOT) 1. 21.34 - 400m Francistown (BOT) 1. 46.27 - 200m Gaborone (BOT) 1. 21.37 - 400m Gaborone (BOT) 1. 47.27 - 200m Pretoria (RSA) 1. 21.19 - 400m Pretoria (RSA) 1. 45.64 - 400m Johannesburg (RSA) 1. 46.69 - 200m Francistown (BOT) 4. 21.18 - 400m Francistown (BOT) 4. 46.05			
2	Claude ITOUNGUE BOGOGNIE (CMR)	23y	PB: 20.28 Yaoundé (CMR) 05.05.2024
GENERAL: All-African Games silver medallist 200m (24) Other PBs: 10.13 100m(24) Current Records: 1xNR: NR 20.28 200m Yaoundé(24) HONOURS: All-Afr. G. (1xSilver)			
3	Kobe VLEMINCKX (BEL)	26y	SB: 20.73 Liévin (FRA) 13.02 PB: 20.23 La Chaux-de-Fonds (SUI) 14.07.2024
GENERAL: 2 times In top 8 at European Championships 4x100m (24) 5 times National champion 100m (23, 22, 21, 20, 19) World Rankings: 33rd Other PBs: 6.63 60m(24) - 10.15 100m(24) - 20.73 200m sh(25) - 33.42 300m(19) Current Records: 2xNR: NR 38.55 4x100m Roma(24) - NR 1:22.96 4x200m Oordegem(24) HONOURS: Eur. U23 Ch. (1xSilver) NCH (5xWin) NICH (2xWin) 2025: 60m Dortmund (GER) h 6.74 - 60m Gent (BEL) 1. 6.72 - 60m Gent (BEL) h 6.69 - 60m Gent (BEL) 4. 6.71 - 200m sh Gent (BEL) 1. 20.83 - 200m sh Liévin (FRA) 1. 20.73 INFO: Born in Westerlo; based in Leuven. Studies: Catholic University of Leuven. Degree in Chemistry.			
3	Ian KERR (BAH)	28y	SB: 21.26 Clemson, SC (USA) 01.02 PB: 20.33 Fort-de-France (FRA) 18.05.2024
GENERAL: 2 times NACAC U23 Championships bronze medallist 200m (16), 4x100m (16) 5 times National champion 200m (24, 23, 22, 16), 4x100m (23) World Rankings: 28th Other PBs: 10.14 100m(22) - 10.12ww 100m(16) - 15.38 150m(14) - 21.08 200m sh(16) - 33.50 300m sh(25) HONOURS: NACAC U23 Ch. (1xBronze) NCH (4xWin) 2025: 300m sh Clemson, SC (USA) 3. 33.50 - 200m sh Clemson, SC (USA) 3. 21.26 - 100m Miramar, FL (USA) 5. 10.32w INFO: Hometown: Nassau. Studies: Adams State University. Height: 1.80 / 5'11".			
5	Tyquendo TRACEY (JAM)	31y	PB: 20.34 Kingston (JAM) 27.06.2021
GENERAL: World (Continental) Cup winner 4x100m (18) 2 times NACAC U23 Championships silver medallist 100m (14), 4x100m (14) Other PBs: 6.61 60m(25) - 9.96 100m(18) HONOURS: NACAC Ch. (1xGold) NACAC U23 Ch. (1xSilver) NCH (2xWin) 2025: 60m Kingston (JAM) 1. 6.61 - 60m Spanish Town (JAM) h 6.70 - 60m Spanish Town (JAM) 2. 6.62 - 100m Kingston (JAM) h 10.85 INFO: Born in Trelawny. Construction Management studies at University of Technology. In 2018 he became the 20th Jamaican to break the the 10-sec barrier in the 100m.			
6	Emmanuel ESEME (CMR)	31y	PB: 20.31 Yaoundé (CMR) 10.08.2019
GENERAL: 2 times African Championships silver medallist 100m (24), 200m (22) All-African Games winner 100m (24) World Rankings: 61st Other PBs: 6.52 60m(24) - 9.96 100m(23) Current Records: 2xNR: NR 6.52 60m Glasgow(24) - NR 9.96 100m La Chaux-de-Fonds(23) HONOURS: Afr. Ch. (2xSilver, 1xBronze) All-Afr. G. (1xGold) INFO: Based in Oeiras. Studies: National Advanced School of Public Works. Also an Environmental Engineer. Club: Sporting CP. Height: 1.84 / 6'0".			
7	Letsile TEBOGO (BOT)	21y	PB: 19.46 Paris (FRA) 08.08.2024
GENERAL: Olympic champion 200m (24) Olympic Games silver medallist 4x400m (24) World Rankings: 1st Other PBs: 9.86 100m(24) - 16.47 150m(19) - 30.69 300m(24) - 44.29 400m(24) Current Records: 1xWU20R: WU20R 9.91 100m Cali(22) 1xNR: NR 9.86 100m Paris(24) 2xAR: AR 19.46 200m Paris(24) - AR 2:54.53 4x400m Paris(24) 1xAU20R: AU20R 19.96 200m Cali(22) 1xWBP: WBP 30.69 300m Pretoria(24) HONOURS: OG (1xGold): 1. 200m Paris(24) 19.46 - 6. 100m Paris(24) 9.86 World Ch. (1xSilver, 1xBronze): 2. 100m Budapest(23) 9.88 - 3. 200m Budapest(23) 19.81 World U20 Ch. (2xGold, 2xSilver) Afr. Ch. (1xGold) 2025: 400m Gaborone (BOT) 2. 48.94 - 400m Potchefstroom (RSA) 1. 46.55 - 400m Pretoria (RSA) 2. 45.42 - 400m Melbourne (AUS) 2. 45.26 INFO: Born in Kanye. Earlier played football. Botswana's first U20 world champion in the 100m; nickname: Schoolboy. In 2022 became the youngest African champion in the 200m ever; likes listening to traditional BOT songs. Admires Usain Bolt. Height: 1.84 / 6'0".			
8	Luxolo ADAMS (RSA)	28y	SB: 20.43 Johannesburg (RSA) 19.03 PB: 19.82 Paris (FRA) 18.06.2022
GENERAL: In top 8 at World Championships Diamond League meeting winner 200m (22) Other PBs: 10.07ww 100m(21) - 10.13 100m(22) - 15.18 150m(18) - 46.37 400m(15) HONOURS: World Ch. (1xFinal): 8. 200m Eugene, OR(22) 20.47 NCH (1xWin) 2025: 150m Pretoria (RSA) 6. 15.92 - 200m Johannesburg (RSA) 3. 20.43 INFO: Born in Burgersdorp. Studies: Nelson Mandela University. Was a goalkeeper and then a midfielder as a youth. Admires Usain Bolt.			

Start list

200m

Time: 16:19

Lane	Athlete	MF	NR	PB	SB
1	Enerst KUMEVU	BOT	19.46	20.79	20.79
2	Gift LEOTLELA	RSA	19.69	20.20	20.68
3	Abdulaziz Abdul ATAFI	KSA	20.39	20.45	20.81
4	Eckhart POTGIETER	RSA	19.69	20.49	20.49
5	Sinesipho DAMBILE	RSA	19.69	20.28	20.37
6	Busang Collen KEBINATSHIPI	BOT	19.46	20.48	21.08
7	Zablon Ekhal EKWAM	KEN	20.14	20.75	
8	Tsebo MATSOSO	RSA	19.69	20.33	20.44

Records

WR	19.19	Usain BOLT	JAM	Berlin	20.08.09
AR	19.46	Letsile TEBOGO	BOT	Paris	08.08.24
NR	19.46	Letsile TEBOGO	BOT	Paris	08.08.24
WJR	19.69	Erriyon KNIGHTON	USA	Eugene, OR	26.06.22
MR	19.87	Letsile TEBOGO	BOT		29.04.23
WL	20.05	Gout GOUT	AUS	Brisbane	16.03.25
WL	20.05	Garrett KAALUND	USA	Baton Rouge, LA	29.03.25

2025 World list

20.05	+1.2	Gout GOUT	AUS	Brisbane (AUS)	16.03.25
20.05	+1.4	Garrett KAALUND	USA	Baton Rouge, LA (USA)	29.03.25
20.07	+0.2	Kenneth BEDNAREK	USA	Kingston (JAM)	05.04.25
20.08	+0.5	Bayanda WALAZA	RSA	Johannesburg (RSA)	19.03.25
20.11	+1.3	Alexandra OGANDO	DOM	Bayaguana (DOM)	29.03.25
20.13		Makanakaishe CHARAMBA	ZIM	College Station, TX (USA) (i)	27.02.25
20.13		Tapiwanashe MAKARAWU	ZIM	Virginia Beach, VA (USA) (i)	15.03.25
20.17	+0.6	Tyson WILLIAMS	USA	High Point, NC (USA)	05.04.25
20.20	+1.2	Ackee Blake	JAM	Spanish Town (JAM)	08.03.25
20.25		Wanya MCCOY	BAH	College Station, TX (USA) (i)	27.02.25
20.26	+0.8	Ryan ZEZE	FRA	Tucson, AZ (USA)	21.03.25
20.26	+0.4	Lachlan KENNEDY	AUS	Melbourne (AUS)	29.03.25
20.27		Jaiden REID	CAY	College Station, TX (USA) (i)	27.02.25
20.27		Cameron MILLER	USA	Indianapolis, IN (USA) (i)	28.02.25
20.32	-0.8	Andre DE GRASSE	CAN	Gainesville, FL (USA)	04.04.25
20.34		Johnnie BLOCKBURGER	USA	Albuquerque, NM (USA) (i)	07.02.25
20.36		Jamarion STUBBS	USA	Birmingham, AL (USA) (i)	23.02.25
20.36	+0.1	Udeme OKON	RSA	Johannesburg (RSA)	14.03.25
20.36	+0.5	Letlhogonolo MOLEYANE	RSA	Johannesburg (RSA)	19.03.25
20.37	-2.4	Sinesipho DAMBILE	RSA	Pretoria (RSA)	14.03.25

All-Time World list

19.19	-0.3	Usain BOLT	JAM	Berlin (GER)	20.08.09
19.26	+0.7	Yohan BLAKE	JAM	Bruxelles (BEL)	16.09.11
19.31	+0.4	Noah LYLES	USA	Eugene, OR (USA)	21.07.22
19.32	+0.4	Michael JOHNSON	USA	Atlanta, GA (USA)	01.08.96
19.46	+0.4	Letsile TEBOGO	BOT	Paris (FRA)	08.08.24
19.49	+1.4	Erriyon KNIGHTON	USA	Baton Rouge, LA (USA)	30.04.22
19.53	+0.7	Walter DIX	USA	Bruxelles (BEL)	16.09.11
19.57	+0.4	Justin GATLIN	USA	Eugene, OR (USA)	28.06.15
19.57	+0.4	Kenneth BEDNAREK	USA	Zürich (SUI)	05.09.24
19.58	+1.3	Tyson GAY	USA	New York, NY (USA)	30.05.09
19.62	-0.5	Andre DE GRASSE	CAN	Tokyo (JPN)	04.08.21
19.63	+0.4	Xavier CARTER	USA	Lausanne (SUI)	11.07.06
19.63	+1.2	Reynier MENA	CUB	La Chau-de-Fonds (SUI)	03.07.22
19.65	0.0	Wallace SPEARMON	USA	Daegu (KOR)	28.09.06
19.68	+0.4	Frank FREDERICKS	NAM	Atlanta, GA (USA)	01.08.96
19.69	-0.5	Clarence MUNYAI	RSA	Pretoria (RSA)	16.03.18
19.70	+0.7	Michael NORMAN	USA	Roma (ITA)	06.06.19
19.71	-1.5	Courtney LINDSEY	USA	Nairobi (KEN)	20.04.24
19.72	+1.8	Pietro MENNEA	ITA	Ciudad de México (MEX)	12.09.79
19.73	-0.2	Michael MARSH	USA	Barcelona (ESP)	05.08.92

WR progression

19.19	-0.3	Usain BOLT	JAM	Berlin (GER)	20.08.09
19.30	-0.9	Usain BOLT	JAM	Beijing (CHN)	20.08.08
19.32	+0.4	Michael JOHNSON	USA	Atlanta, GA (USA)	01.08.96
19.66	+1.7	Michael JOHNSON	USA	Atlanta, GA (USA)	23.06.96
19.72	+1.8	Pietro MENNEA	ITA	Ciudad de México (MEX)	12.09.79
19.8h	+1.3	Don QUARRIE	JAM	Eugene, OR (USA)	07.06.75
19.86	+1.0	Don QUARRIE	JAM	Cal (COL)	03.08.71
19.83	+0.9	Tommie SMITH	USA	Ciudad de México (MEX)	16.10.68
20.0h	0.0	Tommie SMITH	USA	Sacramento, CA (USA)	11.06.66
20.2h	+0.5	Henry CARR	USA	Tempe, AZ (USA)	04.04.64
20.3h	-0.1	Henry CARR	USA	Tempe, AZ (USA)	23.03.63
20.5h	-1.1	Otis Paul DRAYTON	USA	Walnut, CA (USA)	23.06.62
20.5h	0.0	Livio BERRUTI	ITA	Roma (ITA)	03.09.60
20.5h		Livio BERRUTI	ITA	Roma (ITA)	03.09.60
20.5h	0.0	Ray NORTON	USA	Palo Alto, CA (USA)	02.07.60
20.5h		Stone JOHNSON	USA	Palo Alto, CA (USA)	02.07.60
20.5h		Peter RADFORD	GBR	Wolverhampton (GBR)	28.05.60
20.6h		Ray NORTON	USA	Philadelphia, PA (USA)	23.04.60

Medal Winners

2024 - Olympic Games - Paris

1.	Letsile TEBOGO (BOT)	19.46
2.	Kenneth BEDNAREK (USA)	19.62
3.	Noah LYLES (USA)	19.70

2024 - African Ch. - Douala

1.	Joseph FAHNULLEH (LBR)	20.25
2.	Tapiwanashe MAKARAWU (ZIM)	20.51
3.	Emmanuel ESEME (CMR)	20.66

2024 - African Games - Accra

1.	Joseph Paul AMOAH (GHA)	20.70
2.	Claude ITOUNGUE BOGOGNIE (CMR)	20.74
3.	Emmanuel Ekanem CONSIDER (NGR)	20.80

2023 - World Ch. - Budapest

1.	Noah LYLES (USA)	19.52
2.	Erriyon KNIGHTON (USA)	19.75
3.	Letsile TEBOGO (BOT)	19.81

2022 - World Ch. - Oregon

1.	Noah LYLES (USA)	19.31
2.	Kenneth BEDNAREK (USA)	19.77
3.	Erriyon KNIGHTON (USA)	19.80

2022 - African Ch. - St Pierre

1.	Letsile TEBOGO (BOT)	20.26
2.	Emmanuel ESEME (CMR)	20.61
3.	Clarence MUNYAI (RSA)	20.69

2021 - Olympic Games - Tokyo

1.	Andre DE GRASSE (CAN)	19.62
2.	Kenneth BEDNAREK (USA)	19.68
3.	Noah LYLES (USA)	19.74

2019 - World Ch. - Doha

1.	Noah LYLES (USA)	19.83
2.	Andre DE GRASSE (CAN)	19.95
3.	Alex QUIÑONEZ (ECU)	19.98

2019 - African Games - Rabat

1.	Sydney SIAME (ZAM)	20.35
2.	Divine ODUDURU (NGR)	20.54
3.	Anaso JOBODWANA (RSA)	20.56

2017 - World Ch. - London

1.	Ramil GULIYEV (TUR)	20.09
2.	Wayde VAN NIEKERK (RSA)	20.11
3.	Jereem RICHARDS (TTO)	20.11

Previous Meeting Winners

23	Letsile TEBOGO (BOT)	19.87
22	Clarence MUNYAI (RSA)	20.44
19	Sydney SIAME (ZAM)	20.71
18	Isaac MAKWALA (BOT)	20.10
17	Sibusiso MATSENUWA (SWZ)	20.84

1	Enerst KUMEVU (BOT)	19y	SB and PB: 20.79 Francistown (BOT) 22.03
GENERAL: In top 8 at World Championships African champion 4x400m (23) In top 8 at All-African Games			
Other PBs: 45.85 400m(25)			
HONOURS:			
2025: 400m Francistown (BOT) 1. 45.85 - 400m Gaborone (BOT) 1. 46.66 - 400m Pretoria (RSA) 2. 46.17 - 400m Francistown (BOT) 5. 50.91 - 200m Francistown (BOT) 1. 20.90 - 200m Francistown (BOT) 1. 20.79 - 400m Francistown (BOT) 3. 46.01			
INFO: Club: Francistown Athletics Club.			
2	Gift LEOTLELA (RSA)	26y	SB: 20.68 Pretoria (RSA) 15.02 PB: 20.20 Potchefstroom (RSA) 22.04.2017
GENERAL: In top 8 at World Championships African champion 4x100m (16)			
Other PBs: 5.77 50m(25) - 6.62 60m(25) - 9.94 100m(21) - 15.37 150m(20)			
HONOURS: World U20 Ch. (1xSilver)			
2025: 60m Ostrava (CZE) h 6.66 - 60m Ostrava (CZE) 7. 6.66 - 50m Ostrava (CZE) 5.78 - 50m Ostrava (CZE) h 5.77 - 60m Ostrava (CZE) h 6.75 - 60m Ostrava (CZE) 1. 6.71 - 200m Pretoria (RSA) 1. 20.68 - 60m Pretoria (RSA) 3. 6.62 - 100m Pretoria (RSA) sf 10.22 - 100m Pretoria (RSA) h 10.20 - 100m Pretoria (RSA) 2. 10.17			
INFO: Born in Phuthadijhaba. Information Technology studies at University of Pretoria. Nickname: Gift; admires Akani Simbine and Wayde van Niekerk. In May 2021 he became the 6th SA athlete to breach the sub-10 sec barrier. Speaks Spanish and Dutch; earlier played football.			
3	Abdulaziz Abdul ATAFI (KSA)	23y	SB: 20.81 Johannesburg (RSA) 19.03 PB: 20.45 Tashkent (UZB) 28.06.2024
GENERAL: In top 8 at Asian Championships National champion 200m (24) World Rankings: 47th			
Other PBs: 10.21 100m(24)			
HONOURS: NCH (1xWin)			
2025: 100m Johannesburg (RSA) 1. 10.36 - 200m Johannesburg (RSA) 6. 20.81			
4	Eckhart POTGIETER (RSA)	22y	SB and PB: 20.49 Johannesburg (RSA) 19.03
GENERAL: World University Games bronze medallist 4x100m (23) World Rankings: 138th			
Other PBs: 10.24 100m(23) - 10.22ww 100m(20) - 15.37 150m(25)			
2025: 200m Pretoria (RSA) 1. 21.05 - 150m Pretoria (RSA) 1. 15.55 - 200m Pretoria (RSA) 1. 20.79 - 150m Pretoria (RSA) 3. 15.37 - 100m Pretoria (RSA) 1. 10.33 - 200m Pretoria (RSA) 1. 20.72 - 200m Pretoria (RSA) sf 20.59 - 200m Pretoria (RSA) 3. 20.52 - 100m Pretoria (RSA) sf 10.31 - 100m Pretoria (RSA) 4. 10.26 - 100m Johannesburg (RSA) 1. 10.30 - 200m Johannesburg (RSA) 4. 20.49			
5	Sinesipho DAMBILE (RSA)	23y	SB: 20.37 Pretoria (RSA) 14.03 PB: 20.28 Budapest (HUN) 24.08.2023
GENERAL: World U20 champion 4x100m (21) World Athletics Relays silver medallist 4x200m (19) World Rankings: 78th			
Other PBs: 10.22 100m(25) - 15.01 150m(25) - 32.10 300m(20) - 45.46 400m(25) Current Records: 1xNR: NR 15.01 150m Pretoria(25) 1xAU18B: AU18B 20.43 200m Pretoria(19) 1xWU20R: WU20R 38.51 4x100m Nairobi(21) 1xAR: AR 1:20.42 4x200m Yokohama(19)			
HONOURS: World U20 Ch. (1xBronze) NCH (1xWin)			
2025: 100m Pretoria (RSA) 1. 10.22 - 300m Pretoria (RSA) 2. 32.95 - 150m Pretoria (RSA) 1. 15.01 - 100m Pretoria (RSA) 1. 10.28 - 400m Pretoria (RSA) 4. 45.46 - 200m Pretoria (RSA) h 21.18 - 200m Pretoria (RSA) sf 20.91 - 200m Pretoria (RSA) 1. 20.37 - 100m Johannesburg (RSA) 4. 10.30			
INFO: Based in Pretoria. Studies: TuksSport High School. His role model is Usain Bolt. Height: 1.93 / 6'4".			
6	Busang Collen KEBINATSHIPI (BOT)	21y	SB: 21.08 Kingston (JAM) 05.04 PB: 20.48 Gaborone (BOT) 28.05.2023
GENERAL: Olympic Games silver medallist 4x400m (24) 3 times African champion 4x400m (24, 22), 4x400m (22)			
Other PBs: 10.62 100m(22) - 44.22 400m(24) Current Records: 1xAR: AR 2:54.53 4x400m Paris(24) 1xNR: NR 3:13.99 4x400m Accra(24)			
HONOURS: Afr. U20 Ch. (1xGold) NCH (1xWin)			
2025: 400m Francistown (BOT) 1. 44.90 - 400m Kingston (JAM) 4. 45.15 - 200m Kingston (JAM) 6. 21.08			
INFO: Born in Hukuntsi. Former BOT Junior Sportsman of the Year. His idol is Isaac Makwala. Height: 1.71 / 5'7".			
7	Zablon Ekhal EKWAM (KEN)	27y	PB: 20.75 Nairobi (KEN) 26.01.2024
GENERAL: In top 8 at World Indoor Championships 4x400m sh (24) In top 8 at African Championships 4x400m (24)			
Other PBs: 10.95 100m(19) - 44.69 400m(24) Current Records: 2xAR: AR 3:06.71 4x400m sh Glasgow(24) - AR 3:11.88 4x400m Nairobi(24)			
HONOURS: NCH (1xWin)			
INFO: Hometown: Kitale. Member of the Kenya Defence Forces. His idol is Wayde van Niekerk. Height: 1.76 / 5'9".			
8	Tsebo MATSOSO (RSA)	25y	SB: 20.44 Johannesburg (RSA) 14.03 PB: 20.33 Bloemfontein (RSA) 06.05.2023
GENERAL: World University Games winner 200m (23) World University Games bronze medallist 4x100m (23) World Rankings: 152nd			
Other PBs: 6.59 60m(25) - 10.10 100m(23) - 15.34 150m(24) - 32.82 300m(20) - 45.90 400m(21)			
HONOURS: WUG (1xGold)			
2025: 100m Pretoria (RSA) 1. 10.30 - 60m Pretoria (RSA) 1. 6.64 - 60m Pretoria (RSA) 2. 6.59 - 200m Johannesburg (RSA) 1. 20.76 - 200m Pretoria (RSA) 1. 20.59 - 100m Pretoria (RSA) 1. 10.13 - 200m Johannesburg (RSA) h 20.58 - 200m Johannesburg (RSA) sf 20.44 - 100m Johannesburg (RSA) 2. 10.21 - 100m Johannesburg (RSA) sf 10.15 - 200m Johannesburg (RSA) 1. 20.62 - 100m Johannesburg (RSA) 2. 10.12			
INFO: Hometown: Johannesburg. Studies: University of Johannesburg.			

Start list

400m

Time: 15:58

Lane	Athlete	MF	NR	PB	SB
1	Haron ADOLI	UGA	44.37	45.59	46.08
2	Mazen Mawtan AL YASEN	KSA	43.93	45.08	
3	Lee Bhekempilo EPIE	BOT	43.72	45.20	45.20
4	Leungo SCOTCH	BOT	43.72	44.54	45.57
5	Bayapo NDORI	BOT	43.72	44.10	44.59
6	Lythe PILLAY	RSA	43.03	44.31	45.74
7	Zakithi NENE	RSA	43.03	44.74	45.42
8	Chidi OKEZIE	NGR	44.17	44.97	46.54

Records

WR	43.03	Wayde VAN NIEKERK	RSA	Rio de Janeiro	14.08.16
AR	43.03	Wayde VAN NIEKERK	RSA	Rio de Janeiro	14.08.16
NR	43.72	Isaac MAKWALA	BOT	La Chau-de-Fonds	05.07.15
WJR	43.87	Steve LEWIS	USA	Seoul	28.09.88
MR	43.91	Muzala SAMUKONGA	ZAM		29.04.23
WL	44.34	Christopher BAILEY	USA	Kingston	04.04.25

2025 World list

44.34	Christopher BAILEY	USA	Kingston (JAM)	04.04.25
44.59	Bayapo NDORI	BOT	Pretoria (RSA)	12.03.25
44.61	Auhmad ROBINSON	USA	Gainesville, FL (USA)	05.04.25
44.65	Matthew HUDSON-SMITH	GBR	Kingston (JAM)	04.04.25
44.70	Vernon NORWOOD	USA	Kingston (JAM)	04.04.25
44.74	Ezekiel NATHANIEL	NGR	Lubbock, TX (USA) (i)	01.03.25
44.90	Busang Collen KEBINATSHIPI	BOT	Francistown (BOT)	22.03.25
44.94	Khaleb MCKRAE	USA	Gainesville, FL (USA)	05.04.25
44.95	Jayden DAVIS	USA	Lubbock, TX (USA) (i)	01.03.25
44.97	Zandrión BARNES	JAM	Kingston (JAM)	08.02.25
44.98	Roshawn CLARKE	JAM	Kingston (JAM)	22.03.25
45.08	Attila MOLNAR	HUN	Ostrava (CZE) (i)	04.02.25
45.19	Jenoah MCKIVER	USA	Fayetteville, AR (USA) (i)	01.02.25
45.20	Lee Bhekempilo EPIE	BOT	Francistown (BOT)	22.03.25
45.24	Tyler FLOYD	CAN	College Station, TX (USA) (i)	01.03.25
45.26	Christopher MORALES-WILLIAMS	CAN	Clemson, SC (USA) (i)	14.02.25
45.26	Letsile TEBOGO	BOT	Melbourne (AUS)	29.03.25
45.27	Udemeh OKON	RSA	Johannesburg (RSA)	19.03.25
45.27	Quincy WILSON	USA	Gainesville, FL (USA)	04.04.25
45.27	Muzala SAMUKONGA	ZAM	Kingston (JAM)	04.04.25

All-Time World list

43.03	Wayde VAN NIEKERK	RSA	Rio de Janeiro (BRA)	14.08.16
43.18	Michael JOHNSON	USA	Sevilla (ESP)	26.08.99
43.29	Butch REYNOLDS	USA	Zürich (SUI)	17.08.88
43.40	Quincy HALL	USA	Paris (FRA)	07.08.24
43.44	Matthew HUDSON-SMITH	GBR	Paris (FRA)	07.08.24
43.45	Jeremy WARINER	USA	Osaka (JPN)	31.08.07
43.45	Michael NORMAN	USA	Torrance, CA (USA)	20.04.19
43.48	Steven GARDINER	BAH	Doha (QAT)	04.10.19
43.50	Quincy HALL	USA	Barcelona (ESP)	05.08.92
43.64	Fred KERLEY	USA	Des Moines, IA (USA)	27.07.19
43.65	LaShawn MERRITT	USA	Beijing (CHN)	26.08.15
43.70	Champion ALLISON	USA	Eugene, OR (USA)	25.06.22
43.72	Isaac MAKWALA	BOT	La Chau-de-Fonds (SUI)	05.07.15
43.74	Kirani JAMES	GRN	Lausanne (SUI)	03.07.14
43.74	Muzala SAMUKONGA	ZAM	Paris (FRA)	07.08.24
43.78	Jerem Richards	TTO	Paris (FRA)	07.08.24
43.81	Danny EVERETT	USA	New Orleans, LA (USA)	26.06.92
43.85	Randolph ROSS	USA	Eugene, OR (USA)	11.06.21
43.86	Lee EVANS	USA	Ciudad de México (MEX)	18.10.68
43.87	Steve LEWIS	USA	Seoul (KOR)	28.09.88

WR progression

43.03	Wayde VAN NIEKERK	RSA	Rio de Janeiro (BRA)	14.08.16
43.18	Michael JOHNSON	USA	Sevilla (ESP)	26.08.99
43.29	Butch REYNOLDS	USA	Zürich (SUI)	17.08.88
43.86	Lee EVANS	USA	Ciudad de México (MEX)	18.10.68
44.1h	Larry JAMES	USA	Echo Summit (USA)	14.09.68
44.5h	Tommie SMITH	USA	San José (USA)	20.05.67
44.9h	Mike LARRABEE	USA	Los Angeles, CA (USA)	12.09.64
44.9h	Adolph PLUMMER	USA	Tempe, AZ (USA)	25.05.63
44.9h	Carl KAUFMANN	FRG	Roma (ITA)	06.09.60
44.9h	Otis DAVIS	USA	Roma (ITA)	06.09.60
45.2h	Lou JONES	USA	Los Angeles, CA (USA)	30.06.56
45.4h	Lou JONES	USA	Ciudad de México (MEX)	18.03.55
45.8h	George RHODEN	JAM	Eskilstuna (SWE)	22.08.50
45.9h	Herb MCKENLEY	JAM	Milwaukee, WI (USA)	02.07.48
45.8h	Herb MCKENLEY	JAM	Berkeley, CA (USA)	05.06.48
46.0h	Grover KLEMMER	USA	Philadelphia, PA (USA)	29.06.41
46.0h	Rudolf HARBIG	GER	Frankfurt (GER)	12.08.39
46.1h	Archie WILLIAMS	USA	Chicago, IL (USA)	19.06.36
46.2h	Bill CARR	USA	Los Angeles, CA (USA)	05.08.32

Medal Winners

2024 - Olympic Games - Paris

1.	Quincy HALL (USA)	43.40
2.	Matthew HUDSON-SMITH (GBR)	43.44
3.	Muzala SAMUKONGA (ZAM)	43.74

2024 - African Ch. - Douala

1.	Cheikh Tidiane DIOUF (SEN)	45.23
2.	Lee Bhekempilo EPIE (BOT)	45.39
3.	Samuel OGAZI (NGR)	45.47

2024 - African Games - Accra

1.	Chidi OKEZIE (NGR)	45.06
2.	Muzala SAMUKONGA (ZAM)	45.37
3.	Cheikh Tidiane DIOUF (SEN)	45.49

2023 - World Ch. - Budapest

1.	Antonio WATSON (JAM)	44.22
2.	Matthew HUDSON-SMITH (GBR)	44.31
3.	Quincy HALL (USA)	44.37

2022 - World Ch. - Oregon

1.	Michael NORMAN (USA)	44.29
2.	Kirani JAMES (GRN)	44.48
3.	Matthew HUDSON-SMITH (GBR)	44.66

2022 - African Ch. - St Pierre

1.	Muzala SAMUKONGA (ZAM)	45.31
2.	Bayapo NDORI (BOT)	45.35
3.	Mohamed Fares JLASSI (TUN)	45.54

2021 - Olympic Games - Tokyo

1.	Steven GARDINER (BAH)	43.85
2.	Anthony José ZAMBRANO (COL)	44.08
3.	Kirani JAMES (GRN)	44.19

2019 - World Ch. - Doha

1.	Steven GARDINER (BAH)	43.48
2.	Anthony José ZAMBRANO (COL)	44.15
3.	Fred KERLEY (USA)	44.17

2019 - African Games - Rabat

1.	Leungo SCOTCH (BOT)	45.27
2.	Thapelo PHORA (RSA)	45.59
3.	Chidi OKEZIE (NGR)	45.61

2017 - World Ch. - London

1.	Wayde VAN NIEKERK (RSA)	43.98
2.	Steven GARDINER (BAH)	44.41
3.	Abdallah HAROUN (QAT)	44.48

Previous Meeting Winners

23	Muzala SAMUKONGA (ZAM)	43.91
22	Leungo SCOTCH (BOT)	45.88
19	Baboloki THEBE (BOT)	45.34
18	Leungo SCOTCH (BOT)	45.93
17	Daniel MBEWE (ZAM)	46.91

1	Haron ADOLI (UGA)	30y	SB: 46.08 Kampala (UGA) 29.03	PB: 45.59 Bilbao (ESP) 18.06.2024
GENERAL: In top 8 at Commonwealth Games In top 8 at All-African Games World Rankings: 91st				
Other PBs: 21.35ww 200m(23) - 21.64 200m(19) - 21.2h 200m(19)				
HONOURS: NCH (1xWin)				
2025: 400m Kampala (UGA) 5. 47.85 - 400m Kampala (UGA) 2. 46.08				
INFO: Member of UGA Prisons Service; he is a corporal warder.				
2	Mazen Mawtan AL YASEN (KSA)	28y	PB: 45.08 Riyadh (KSA) 06.11.2022	
GENERAL: Asian Championships silver medallist 4x400m (15) Asian U20 Championships silver medallist 400m (14)				
Other PBs: 20.74 200m(21) - 33.82 300m(22) - 46.35 400m sh(17) Current Records: 1xNR: NR 46.35 400m sh Ashgabat(17)				
HONOURS: Asi. U20 Ch. (1xSilver)				
INFO: Hometown: Jeddah.				
3	Lee Bhekempilo EPIE (BOT)	25y	SB and PB: 45.20 Francistown (BOT) 22.03	
GENERAL: African Championships silver medallist 400m (24) African U20 Championships silver medallist 4x400m (17) World Rankings: 69th				
Other PBs: 20.86ww 200m(23) - 21.15 200m(22) - 21.58 200m sh(22) - 46.96 400m sh(23)				
HONOURS: Afr. Ch. (1xSilver)				
2025: 400m Pretoria (RSA) 1. 45.41 - 400m Pretoria (RSA) 1. 45.47 - 400m Francistown (BOT) 2. 45.20				
INFO: Hometown: Orapa. Studies: Mississippi State University.				
4	Leungo SCOTCH (BOT)	29y	SB: 45.57 Pretoria (RSA) 12.03	PB: 44.54 Nairobi (KEN) 20.04.2024
GENERAL: 2 times All-African Games winner 400m (19), 4x400m (19) 2 times African champion 4x400m (24, 22) World Rankings: 20th				
Other PBs: 10.49 100m(22) - 20.67 200m(24) - 1:50.09 800m(22)				
HONOURS: All-Afr. G. (1xGold) NCH (2xWin)				
2025: 400m Gaborone (BOT) 3. 47.75 - 400m Pretoria (RSA) 5. 45.57 - 400m Melbourne (AUS) 3. 45.60				
INFO: Hometown: Gaborone. Former BOT Male Sports Person of the Year. Earlier played football. Height: 1.72 / 5'8".				
5	Bayapo NDORI (BOT)	25y	SB: 44.59 Pretoria (RSA) 12.03	PB: 44.10 Nairobi (KEN) 20.04.2024
GENERAL: Olympic Games silver medallist 4x400m (24) Olympic Games bronze medallist 4x400m (21) World Rankings: 9th				
Other PBs: 20.85 200m(22) - 31.95 300m(24) Current Records: 1xAR: AR 2:54.53 4x400m Paris(24) 1xNR: NR 3:13.99 4x400m Accra(24)				
HONOURS: World Ch. (1xFinal): 6. 400m Eugene, OR(22) 45.29 Afr. Ch. (1xSilver)				
2025: 400m Gaborone (BOT) 1. 46.64 - 400m Potchefstroom (RSA) 1. 45.62 - 400m Pretoria (RSA) 1. 44.59 - 400m Melbourne (AUS) 1. 45.14				
INFO: Hometown: Gaborone. Studies: Denjebuya Junior Secondary School. His idol is Isaac Makwala. Height: 1.77 / 5'10".				
6	Lythe PILLAY (RSA)	22y	SB: 45.74 Johannesburg (RSA) 19.03	PB: 44.31 Pietermaritzburg (RSA) 20.04.2024
GENERAL: In top 8 at Olympic Games World U20 champion 400m (22) World Rankings: 15th				
Other PBs: 20.91 200m(24) - 32.01 300m(24) Current Records: 1xAU18B: AU18B 32.96 300m Potchefstroom(20) 1xNR: NR 2:58.12 4x400m Paris(24)				
HONOURS: World U20 Ch. (1xGold) NCH (1xWin)				
2025: 400m Johannesburg (RSA) 2. 45.74				
INFO: Born in Benoni. Studies: University of Johannesburg. Former RSA U20 Male Athlete of the Year. His idol is Wayde van Niekerk. Height: 1.87 / 6'2".				
7	Zakithi NENE (RSA)	27y	SB: 45.42 Pretoria (RSA) 12.03	PB: 44.74 Zürich (SUI) 08.09.2022
GENERAL: In top 8 at Olympic Games World Athletics Relays silver medallist 4x400m (24) World Rankings: 29th				
Other PBs: 10.68 100m(21) - 20.72 200m(21) - 32.35 300m(24) - 46.15 400m sh(24) Current Records: 1xNR: NR 2:58.12 4x400m Paris(24)				
HONOURS: NCH (2xWin)				
2025: 400m sh Boston, MA (USA) 4. 46.56 - 400m sh Karlsruhe (GER) 1. 46.58 - 400m Pretoria (RSA) 3. 45.42				
INFO: Born in Ladysmith. Economics studies at University of KwaZulu_Natal. Likes football, supports Arsenal. His idol is Wayde van Niekerk. Favorite food is afros chicken, favorite drink is sparkling krusher with strawberry flavour. Nickname: Zack. Height: 1.80 / 5'11".				
8	Chidi OKEZIE (NGR)	31y	SB: 46.54 Beograd (SRB) 29.01	PB: 44.97 Edmonton (CAN) 13.06.2024
GENERAL: All-African Games winner 400m (24) 2 times All-African Games bronze medallist 400m (19), 4x400m (24) World Rankings: 50th				
Other PBs: 6.69 60m(13) - 20.51ww 200m(21) - 21.02 200m sh(16) - 32.68 300m(22) - 46.48 400m sh(16)				
HONOURS: Afr. Ch. (1xBronze) All-Afr. G. (1xGold, 1xBronze) NCH (2xWin)				
2025: 400m sh Astana (KAZ) 3. 46.99 - 400m sh Beograd (SRB) 1. 46.54 - 400m sh Boston, MA (USA) 1. 46.73				
INFO: Born in Philadelphia USA. Studies: Hampton University; degree in Sports Administration. Wants to work in sports marketing or become a T&F coach. Nickname: Bang Bang. Height: 2.01 / 6'7".				

Start list

400m

Time: 15:52

Lane	Athlete	MF	NR	PB	SB
	Joseph ROGERS	GBR	43.44	48.83	
	Fola OLAOYE	NGR	44.17		
	Samuel LENGAUER	AUT	45.69	47.50	48.01
	Lindukuhle GORA	RSA	43.03	46.30	
	Christian IGUACEL	BEL	44.15	45.71	46.70

Records

WR	43.03	Wayde VAN NIEKERK	RSA	Rio de Janeiro	14.08.16
AR	43.03	Wayde VAN NIEKERK	RSA	Rio de Janeiro	14.08.16
NR	43.72	Isaac MAKWALA	BOT	La Chaux-de-Fonds	05.07.15
WJR	43.87	Steve LEWIS	USA	Seoul	28.09.88
MR	43.91	Muzala SAMUKONGA	ZAM		29.04.23
WL	44.34	Christopher BAILEY	USA	Kingston	04.04.25

Medal Winners

2024 - Olympic Games - Paris

1.	Quincy HALL (USA)	43.40
2.	Matthew HUDSON-SMITH (GBR)	43.44
3.	Muzala SAMUKONGA (ZAM)	43.74

2024 - African Ch. - Douala

1.	Cheikh Tidiane DIOUF (SEN)	45.23
2.	Lee Bhekempilo EPPIE (BOT)	45.39
3.	Samuel OGAZI (NGR)	45.47

2024 - African Games - Accra

1.	Chidi OKEZIE (NGR)	45.06
2.	Muzala SAMUKONGA (ZAM)	45.37
3.	Cheikh Tidiane DIOUF (SEN)	45.49

2023 - World Ch. - Budapest

1.	Antonio WATSON (JAM)	44.22
2.	Matthew HUDSON-SMITH (GBR)	44.31
3.	Quincy HALL (USA)	44.37

2022 - World Ch. - Oregon

1.	Michael NORMAN (USA)	44.29
2.	Kirani JAMES (GRN)	44.48
3.	Matthew HUDSON-SMITH (GBR)	44.66

2022 - African Ch. - St Pierre

1.	Muzala SAMUKONGA (ZAM)	45.31
2.	Bayapo NDORI (BOT)	45.35
3.	Mohamed Fares JLASSI (TUN)	45.54

2021 - Olympic Games - Tokyo

1.	Steven GARDINER (BAH)	43.85
2.	Anthony José ZAMBRANO (COL)	44.08
3.	Kirani JAMES (GRN)	44.19

2019 - World Ch. - Doha

1.	Steven GARDINER (BAH)	43.48
2.	Anthony José ZAMBRANO (COL)	44.15
3.	Fred KERLEY (USA)	44.17

2019 - African Games - Rabat

1.	Leungo SCOTCH (BOT)	45.27
2.	Thapelo PHORA (RSA)	45.59
3.	Chidi OKEZIE (NGR)	45.61

2017 - World Ch. - London

1.	Wayde VAN NIEKERK (RSA)	43.98
2.	Steven GARDINER (BAH)	44.41
3.	Abdallah HAROUN (QAT)	44.48

Previous Meeting Winners

23	Muzala SAMUKONGA (ZAM)	43.91
22	Leungo SCOTCH (BOT)	45.88
19	Baboloki THEBE (BOT)	45.34
18	Leungo SCOTCH (BOT)	45.93
17	Daniel MBEWE (ZAM)	46.91

2025 World list

44.34	Christopher BAILEY	USA	Kingston (JAM)	04.04.25
44.59	Bayapo NDORI	BOT	Pretoria (RSA)	12.03.25
44.61	Auhmad ROBINSON	USA	Gainesville, FL (USA)	05.04.25
44.65	Matthew HUDSON-SMITH	GBR	Kingston (JAM)	04.04.25
44.70	Vernon NORWOOD	USA	Kingston (JAM)	04.04.25
44.74	Ezekiel NATHANIEL	NGR	Lubbock, TX (USA) (i)	01.03.25
44.90	Busang Collen KEBINATSHIPI	BOT	Francistown (BOT)	22.03.25
44.94	Khaleb MCRAE	USA	Gainesville, FL (USA)	05.04.25
44.95	Jayden DAVIS	USA	Lubbock, TX (USA) (i)	01.03.25
44.97	Zandrión BARNES	JAM	Kingston (JAM)	08.02.25
44.98	Roshawn CLARKE	JAM	Kingston (JAM)	22.03.25
45.08	Attila MOLNAR	HUN	Ostrava (CZE) (i)	04.02.25
45.19	Jenoah MCKIVER	USA	Fayetteville, AR (USA) (i)	01.02.25
45.20	Lee Bhekempilo EPPIE	BOT	Francistown (BOT)	22.03.25
45.24	Tyler FLOYD	CAN	College Station, TX (USA) (i)	01.03.25
45.26	Christopher MORALES-WILLIAMS	CAN	Clemson, SC (USA) (i)	14.02.25
45.26	Letsile TEBOGO	BOT	Melbourne (AUS)	29.03.25
45.27	Udemé OKON	RSA	Johannesburg (RSA)	19.03.25
45.27	Quincy WILSON	USA	Gainesville, FL (USA)	04.04.25
45.27	Muzala SAMUKONGA	ZAM	Kingston (JAM)	04.04.25

All-Time World list

43.03	Wayde VAN NIEKERK	RSA	Rio de Janeiro (BRA)	14.08.16
43.18	Michael JOHNSON	USA	Sevilla (ESP)	26.08.99
43.29	Butch REYNOLDS	USA	Zürich (SUI)	17.08.88
43.40	Quincy HALL	USA	Paris (FRA)	07.08.24
43.44	Matthew HUDSON-SMITH	GBR	Paris (FRA)	07.08.24
43.45	Jeremy WARINER	USA	Osaka (JPN)	31.08.07
43.45	Michael NORMAN	USA	Torrance, CA (USA)	20.04.19
43.48	Steven GARDINER	BAH	Doha (QAT)	04.10.19
43.50	Quincy WATTS	USA	Barcelona (ESP)	05.08.92
43.64	Fred KERLEY	USA	Des Moines, IA (USA)	27.07.19
43.65	LaShawn MERRITT	USA	Beijing (CHN)	26.08.15
43.70	Champion ALLISON	USA	Eugene, OR (USA)	25.06.22
43.72	Isaac MAKWALA	BOT	La Chaux-de-Fonds (SUI)	05.07.15
43.74	Kirani JAMES	GRN	Lausanne (SUI)	03.07.14
43.74	Muzala SAMUKONGA	ZAM	Paris (FRA)	07.08.24
43.78	Jereem RICHARDS	TTO	Paris (FRA)	07.08.24
43.81	Danny EVERETT	USA	New Orleans, LA (USA)	26.06.92
43.85	Randolph ROSS	USA	Eugene, OR (USA)	11.06.21
43.86	Lee EVANS	USA	Ciudad de México (MEX)	18.10.68
43.87	Steve LEWIS	USA	Seoul (KOR)	28.09.88

WR progression

43.03	Wayde VAN NIEKERK	RSA	Rio de Janeiro (BRA)	14.08.16
43.18	Michael JOHNSON	USA	Sevilla (ESP)	26.08.99
43.29	Butch REYNOLDS	USA	Zürich (SUI)	17.08.88
43.86	Lee EVANS	USA	Ciudad de México (MEX)	18.10.68
44.1h	Larry JAMES	USA	Echo Summit (USA)	14.09.68
44.5h	Tommie SMITH	USA	San José (USA)	20.05.67
44.9h	Mike LARRABEE	USA	Los Angeles, CA (USA)	12.09.64
44.9h	Adolph PLUMMER	USA	Tempe, AZ (USA)	25.05.63
44.9h	Carl KAUFMANN	FRG	Roma (ITA)	06.09.60
44.9h	Otis DAVIS	USA	Roma (ITA)	06.09.60
45.2h	Lou JONES	USA	Los Angeles, CA (USA)	30.06.56
45.4h	Lou JONES	USA	Ciudad de México (MEX)	18.03.55
45.8h	George RHODEN	JAM	Eskilstuna (SWE)	22.08.50
45.9h	Herb MCKENLEY	JAM	Milwaukee, WI (USA)	02.07.48
45.8h	Herb MCKENLEY	JAM	Berkeley, CA (USA)	05.06.48
46.0h	Grover KLEMMER	USA	Philadelphia, PA (USA)	29.06.41
46.0h	Rudolf HARBIG	GER	Frankfurt (GER)	12.08.39
46.1h	Archie WILLIAMS	USA	Chicago, IL (USA)	19.06.36
46.2h	Bill CARR	USA	Los Angeles, CA (USA)	05.08.32

Joseph ROGERS (GBR)	26y	PB: 48.83 Newham (GBR) 29.05.2017
Other PBs: 1:18.96 600m sh(25) - 1:47.92 800m(24) - 1:50.95 800m sh(25) - 3:42.93 1500m sh(25) - 3:59.64 Mile sh(25)		
2025: 1500m sh Boston, MA (USA) 2. 3:42.93 - Mile sh Boston, MA (USA) 2. 3:59.64 - 800m sh London (GBR) 4. 1:50.95 - 600m sh Birmingham (GBR) 3. 1:18.96 - 1500m sh Birmingham (GBR) 7. 3:44.70 - 5 km Road Leicester (GBR) 44. 14:48		
INFO: Athlete of Halesowen. In 2025 February he made history when became the 1st athlete from Halesowen AC to run a sub-four-min mile.		
Fola OLAOYE (NGR)	28y	
Other PBs: 6.60 60m(25) - 10.44 100m(21) - 16.05 150m(24) - 21.31 200m(22) - 21.88 200m sh(24)		
2025: 60m Sabadell (ESP) 3. 6.73 - 60m Sabadell (ESP) h 6.71 - 60m Berlin (GER) h 6.85 - 60m Berlin (GER) 1. 6.76 - 60m Erfurt (GER) h 6.61 - 60m Erfurt (GER) 2. 6.60 - 60m Potsdam (GER) h 6.94 - 60m Berlin (GER) h 6.63 - 60m Berlin (GER) 5. 6.63		
Samuel LENGAUER (AUT)	22y	SB: 48.01 Luxembourg (LUX) 19.01 PB: 47.50 Linz (AUT) 29.06.2024
GENERAL: National Indoor champion 4x200m sh (24) World Rankings: 412th		
Other PBs: 21.82ww 200m(24) - 22.36 200m sh(25) - 48.01 400m sh(25) - 1:52.99 800m(23) - 1:54.87 800m sh(22)		
2025: 400m sh Luxembourg (LUX) 6. 48.01 - 400m sh Astana (KAZ) 2. 48.40 - 400m sh Ostrava (CZE) 5. 48.98 - 200m sh Linz (AUT) 2. 22.36 - 400m sh Linz (AUT) 2. 48.94		
INFO: Athlete of Linz. Club: TGW Zehnkampf-Union.		
Lindukuhle GORA (RSA)	24y	PB: 46.30 Pretoria (RSA) 27.03.2021
GENERAL: All-Africa U18 Games winner 400mH (0.84) (18) 2 times In top 8 at All-African Games 4x400m (24)		
Other PBs: 21.10 200m(21) - 33.86 300m(25) - 1:16.22 600m(24) - 49.45 400mH(24) - 51.70 400mH (0.84)(18)		
HONOURS: All-Afr. U18 G. (1xGold) NCH (1xWin)		
2025: 800m Pretoria (RSA) 6. 1:59.67 - 300m Pretoria (RSA) 6. 33.86 - 200m Pretoria (RSA) 3. 21.96 - 200m Pretoria (RSA) 2. 22.00 - 400mH Pretoria (RSA) 6. 52.30 - 400mH Pretoria (RSA) 2. 50.91 - 400mH Johannesburg (RSA) 2. 50.47		
INFO: Based in Pretoria. Studies: Tshwane University of Technology.		
Christian IGUACEL (BEL)	28y	SB: 46.70 Madrid (ESP) 22.02 PB: 45.71 Oordegem (BEL) 28.05.2022
GENERAL: World Indoor champion 4x400m sh (24) European champion 4x400m (24) World Rankings: 188th		
Other PBs: 10.85 100m(17) - 20.90 200m sh(23) - 32.77 300m(24) - 33.06 300m sh(25) - 46.70 400m sh(25) Current Records: 1xNR: NR 1:22.96 4x200m Oordegem(24)		
HONOURS: NCH (1xWin) NICH (3xWin)		
2025: 400m sh Gent (BEL) 3. 47.70 - 400m sh Gent (BEL) 2. 47.10 - 300m sh Gent (BEL) 1. 33.06 - 400m sh Madrid (ESP) h 46.70		
INFO: Born in Barbastro, Spain. Height: 1.98 / 6'6".		

Start list

800m
Time: 16:12

Lane	Athlete	MF	NR	PB	SB
1-1	Kethobogile HAINGURA	BOT	1:41.73	1:43.88	1:43.88
1-2	Tumo NKAPE	BOT	1:41.73	1:44.60	1:44.60
2-1	Rick VAN RIEL	NED	1:43.45	1:45.77	
2-2	Jan VUKOVIĆ	SLO	1:45.15	1:46.70	1:48.03
3-1	Justice KIPKOECH	KEN	1:40.91	1:47.04	
3-2	Tshepo TSHITE	RSA	1:42.69	1:44.59	1:45.35
4	Nicholas Kiplangat KEBENEI	KEN	1:40.91	1:44.84	
5	Tshepiso MASALELA	BOT	1:41.73	1:42.82	
6	Laban Kipkorir CHEPKWONY	KEN	1:40.91	1:44.83	
7	Ferguson Cheruiyot ROTICH	KEN	1:40.91	1:42.54	
8-1	Kelvin Kimtai LOTI	KEN	1:40.91	1:44.07	
8-2	Khaled BENMAHDI (PM)	ALG	1:41.46	1:46.06	

Pace: 400m - 51.0

Medal Winners

2024 - Olympic Games - Paris

1.	Emmanuel WANYONYI (KEN)	1:41.19
2.	Marco AROP (CAN)	1:41.20
3.	Djamel SEDJATI (ALG)	1:41.50

2024 - African Ch. - Douala

1.	Alex Ngeno KIPNGETICH (KEN)	1:45.02
2.	Kethobogile HAINGURA (BOT)	1:45.54
3.	Tom DRADRIGA (UGA)	1:46.01

2024 - African Games - Accra

1.	Aaron Kemei CHEMININGWA (KEN)	1:45.72
2.	Alex Ngeno KIPNGETICH (KEN)	1:45.73
3.	Tumo NKAPE (BOT)	1:46.04

2023 - World Ch. - Budapest

1.	Marco AROP (CAN)	1:44.24
2.	Emmanuel WANYONYI (KEN)	1:44.53
3.	Ben PATTISON (GBR)	1:44.83

2022 - World Ch. - Oregon

1.	Emmanuel Kipkurui KORIR (KEN)	1:43.71
2.	Djamel SEDJATI (ALG)	1:44.14
3.	Marco AROP (CAN)	1:44.28

2022 - African Ch. - St Pierre

1.	Slimane MOULA (ALG)	1:45.59
2.	Nicholas Kiplangat KEBENEI (KEN)	1:46.43
3.	Tshepiso MASALELA (BOT)	1:46.65

2021 - Olympic Games - Tokyo

1.	Emmanuel Kipkurui KORIR (KEN)	1:45.06
2.	Ferguson Cheruiyot ROTICH (KEN)	1:45.23
3.	Patryk DOBEK (POL)	1:45.39

2019 - World Ch. - Doha

1.	Donavan BRAZIER (USA)	1:42.34
2.	Amel TUKA (BIH)	1:43.47
3.	Ferguson Cheruiyot ROTICH (KEN)	1:43.82

2019 - African Games - Rabat

1.	Abdessalem AYOUNI (TUN)	1:45.17
2.	Cornelius TUWEI (KEN)	1:45.41
3.	Oussama NABIL (MAR)	1:45.42

2017 - World Ch. - London

1.	Pierre-Ambroise BOSSE (FRA)	1:44.67
2.	Adam KSZCZOT (POL)	1:44.95
3.	Kipyegon BETT (KEN)	1:45.21

Records

WR	1:40.91	David RUDISHA	KEN	London	09.08.12
AR	1:40.91	David RUDISHA	KEN	London	09.08.12
NR	1:41.73	Nijel AMOS	BOT	London	09.08.12
WJR	1:41.73	Nijel AMOS	BOT	London	09.08.12
MR	1:44.6h	Abel KIPSANG	KEN		29.04.23
WL	1:43.24	Josh HOEY	USA	New York, NY	23.02.25

2025 World list

1:43.24	Josh HOEY	USA	New York, NY (USA) (i)	23.02.25
1:43.88	Kethobogile HAINGURA	BOT	Johannesburg (RSA)	19.03.25
1:44.19	Bryce HOPPEL	USA	New York, NY (USA) (i)	08.02.25
1:44.26	Brandon MILLER	USA	New York, NY (USA) (i)	23.02.25
1:44.60	Tumo NKAPE	BOT	Cape Town (RSA)	04.04.25
1:44.65	Elvin Josué CANALES	ESP	Luxembourg (LUX) (i)	19.01.25
1:44.69	Elliott CRESTAN	BEL	Ostrava (CZE) (i)	04.02.25
1:44.82	Jonah KOECH	USA	New York, NY (USA) (i)	08.02.25
1:44.86	Peter BOL	AUS	Sydney (AUS)	15.03.25
1:44.88	Samuel CHAPPLE	NED	Apeldoorn (NED) (i)	09.03.25
1:44.92	Wes FERGUSON	USA	New York, NY (USA) (i)	23.02.25
1:45.04	Tinoda MATSATSATA	USA	Gainesville, FL (USA)	05.04.25
1:45.11	Slimane MOULA	ALG	Metz (FRA) (i)	08.02.25
1:45.13	Marco AROP	CAN	Kingston (JAM)	06.04.25
1:45.15	Mark ENGLISH	IRL	New York, NY (USA) (i)	08.02.25
1:45.16	Handal ROBAN	VIN	Gainesville, FL (USA)	05.04.25
1:45.19	Noah KIBET	KEN	Metz (FRA) (i)	08.02.25
1:45.19	Aidan MCCARTHY	USA	Boston, MA (USA) (i)	02.03.25
1:45.21	Abdelati EL GUESSE	MAR	Lyon (FRA) (i)	15.02.25
1:45.32	John RIVERA	PUR	Boston, MA (USA) (i)	02.03.25

All-Time World list

1:40.91	David RUDISHA	KEN	London (GBR)	09.08.12
1:41.11	Wilson KIPKETER	DEN	Köln (GER)	24.08.97
1:41.11	Emmanuel WANYONYI	KEN	Lausanne (SUI)	22.08.24
1:41.20	Marco AROP	CAN	Paris (FRA)	10.08.24
1:41.46	Djamel SEDJATI	ALG	Monaco (MON)	12.07.24
1:41.61	Gabriel TUAL	FRA	Paris (FRA)	07.07.24
1:41.67	Bryce HOPPEL	USA	Paris (FRA)	10.08.24
1:41.73	Sebastian COE	GBR	Firenze (ITA)	10.06.81
1:41.73	Nijel AMOS	BOT	London (GBR)	09.08.12
1:41.77	Joaquim CRUZ	BRA	Köln (GER)	26.08.84
1:42.04	Mohamed ATTAOUI	ESP	Monaco (MON)	12.07.24
1:42.05	Emmanuel Kipkurui KORIR	KEN	London (GBR)	22.07.18
1:42.08	Aaron Kemei CHEMININGWA	KEN	Paris (FRA)	07.07.24
1:42.08	Wyclife KINYAMAL	KEN	Paris (FRA)	07.07.24
1:42.23	Abubaker KAKI	SUD	Oslo (NOR)	04.06.10
1:42.27	Ben PATTISON	GBR	Monaco (MON)	12.07.24
1:42.28	Sammy KOSKEI	KEN	Köln (GER)	26.08.84
1:42.34	Wilfred BUNGEI	KEN	Rieti (ITA)	08.09.02
1:42.34	Donavan BRAZIER	USA	Doha (QAT)	01.10.19
1:42.37	Mohammed AMAN	ETH	Bruxelles (BEL)	06.09.13

WR progression

1:40.91	David RUDISHA	KEN	London (GBR)	09.08.12
1:41.01	David RUDISHA	KEN	Rieti (ITA)	29.08.10
1:41.09	David RUDISHA	KEN	Berlin (GER)	22.08.10
1:41.11	Wilson KIPKETER	DEN	Köln (GER)	24.08.97
1:41.24	Wilson KIPKETER	DEN	Zürich (SUI)	13.08.97
1:41.73	Wilson KIPKETER	DEN	Stockholm (SWE)	07.07.97
1:41.73	Sebastian COE	GBR	Firenze (ITA)	10.06.81
1:42.33	Sebastian COE	GBR	Oslo (NOR)	05.07.79
1:43.4h	Alberto JUANTORENA	CUB	Sofia (BUL)	21.08.77
1:43.50	Alberto JUANTORENA	CUB	Montréal (CAN)	25.07.76
1:43.7h	Marcello FIASCONARO	ITA	Milano (ITA)	27.06.73
1:44.3h	David WOTTLE	USA	Eugene, OR (USA)	01.07.72
1:44.40	Ralph DOUBELL	AUS	Ciudad de México (MEX)	15.10.68
1:44.3h	Peter SNELL	NZL	Christchurch (NZL)	03.02.62
1:45.7h	Roger MOËNS	BEL	Oslo (NOR)	03.08.55
1:46.6h	Rudolf HARBIG	GER	Milano (ITA)	15.07.39
1:48.4h	Sydney WOODERSON	GBR	Motspur Park (GBR)	20.08.38
1:49.6h	Elroy ROBINSON	USA	New York, NY (USA)	11.07.37
1:49.7h	Glenn CUNNINGHAM	USA	Stockholm (SWE)	20.08.36

Pace: 400m - 51.0

1-1	Kethobogile HAINGURA (BOT)	26y	SB and PB: 1:43.88 Johannesburg (RSA) 19.03
GENERAL: African Championships silver medallist 800m (24) National champion 1500m (24) World Rankings: 37th			
Other PBs: 47.66 400m(25) - 1:14.96 600m(24) - 3:48.79 1500m(24)			
HONOURS: Afr. Ch. (1xSilver) NCH (1xWin)			
2025: 400m Pretoria (RSA) 2. 47.66 - 600m Pretoria (RSA) 2. 1:17.07 - 800m Pretoria (RSA) 1. 1:45.97 - 800m Pretoria (RSA) 1. 1:44.87 - 800m Johannesburg (RSA) 1. 1:43.88 - 800m Cape Town (RSA) 1. 1:44.00			
INFO: Born in Gaborone; based in South Africa. Height: 1.75 / 5'9".			
1-2	Tumo NKAPE (BOT)	26y	SB and PB: 1:44.60 Cape Town (RSA) 04.04
GENERAL: 2 times African U20 Championships silver medallist 400m (17), 4x400m (17) All-African Games bronze medallist 800m (24) World Rankings: 47th			
Other PBs: 22.14 200m(17) - 46.49 400m(19) - 1:14.90 600m(24) Current Records: 1xNR: NR 1:14.90 600m Pretoria(24)			
HONOURS: All-Afr. G. (1xBronze) Afr. U20 Ch. (1xSilver) NCH (1xWin)			
2025: 400m Pretoria (RSA) 1. 48.69 - 600m Pretoria (RSA) 4. 1:17.71 - 800m Pretoria (RSA) 2. 1:47.01 - 800m Pretoria (RSA) 2. 1:46.49 - 800m Johannesburg (RSA) 4. 1:46.02 - 800m Cape Town (RSA) 2. 1:44.60			
INFO: Hometown: Gaborone. Height: 1.87 / 6'2".			
2-1	Rick VAN RIEL (NED)	23y	PB: 1:45.77 Szczecin (POL) 28.08.2024
GENERAL: European U20 Championships silver medallist 1500m (21) World Rankings: 183rd			
Other PBs: 1:17.44 600m(24) - 1:48.30 800m sh(22) - 3:39.08 1500m(24) - 3:42.04 1500m sh(23) - 3:56.28 Mile(24)			
HONOURS: Eur. U20 Ch. (1xSilver)			
INFO: Based in Papendal. Likes watching Netflix.			
2-2	Jan VUKOVIĆ (SLO)	24y	SB: 1:48.03 Novo Mesto (SLO) 23.02 PB: 1:46.70 San Vito al Tagliamento (ITA) 02.06.2024
GENERAL: 7 times National champion 800m (24, 23, 22, 20), 4x400m (24, 22, 20) 5 times National Indoor champion 800m sh (25, 24, 23, 22, 20) World Rankings: 133rd			
Other PBs: 48.31 400m sh(25) - 1:16.44 600m(22) - 1:17.48 600m sh(24) - 1:47.85 800m sh(24) - 3:48.31 1500m sh(25)			
HONOURS: Balkan Ch. (1xWin) NCH (4xWin) NICH (5xWin)			
2025: 800m sh Ancona (ITA) 4. 1:49.21 - 400m sh Novo Mesto (SLO) OC 48.31 - 800m sh Erfurt (GER) 2. 1:48.22 - 1500m sh Padova (ITA) OC 3:48.31 - 800m sh Beograd (SRB) 4. 1:49.07 - 800m sh Novo Mesto (SLO) 1. 1:48.03			
INFO: Studies: University of Ljubljana. Club: AK Klavivar Celje.			
3-1	Justice KIPKOECH (KEN)	34y	PB: 1:47.04 Liège (BEL) 19.07.2017
INFO: Hometown: Eldoret. Studies: Eastern Kentucky University.			
3-2	Tshepo TSHITE (RSA)	28y	SB: 1:45.35 Johannesburg (RSA) 19.03 PB: 1:44.59 Bydgoszcz (POL) 03.06.2022
GENERAL: 4 times National champion 800m (22, 21, 18), 1500m (23) In top 8 at World Cross Country Championships Mixed XC Relay (23)			
Other PBs: 1:47.52 800m sh(20) - 2:15.96 1000m(24) - 3:32.03 1500m(25) - 3:35.06 1500m sh(24) - 3:54.10 Mile sh(25) Current Records: 2xNR: NR 3:35.06 1500m sh Toruń(24) - NR 3:54.10 Mile sh Liévin(25)			
HONOURS: NCH (4xWin)			
2025: 1500m sh Liévin (FRA) 3:38.07 - Mile sh Liévin (FRA) 5. 3:54.10 - 800m Johannesburg (RSA) 2. 1:45.35 - 1500m Cape Town (RSA) 2. 3:32.03			
INFO: Based in Gauteng. Earlier played football. Fan of Manchester City. Height: 1.64 / 5'5". Club: Nedbank Running Club.			
4	Nicholas Kiplangat KEBENEI (KEN)	29y	PB: 1:44.84 Nairobi (KEN) 25.06.2022
GENERAL: African Championships silver medallist 800m (22) World Rankings: 101st			
Other PBs: 48.23 400m(21) - 1:48.52 800m sh(23) - 3:46.21 1500m(24)			
HONOURS: Afr. Ch. (1xSilver)			
5	Tshepiso MASALELA (BOT)	25y	PB: 1:42.82 Paris (FRA) 10.08.2024
GENERAL: In top 8 at Olympic Games In top 8 at World Championships World Rankings: 9th			
Other PBs: 48.21 400m(23) - 1:16.13 600m(23) - 1:45.56 800m sh(24) - 3:30.71 1500m(25) - 7:58.99 3000m(25) Current Records: 2xNR: NR 1:45.56 800m sh Metz(24) - NR 3:30.71 1500m Cape Town(25)			
HONOURS: OG (1xFinal): 7. 800m Paris(24) 1:42.82 World Ch. (1xFinal): 6. 800m Budapest(23) 1:45.57 Afr. Ch. (1xBronze)			
2025: 3000m Pretoria (RSA) 1. 7:58.99 - 1500m Johannesburg (RSA) 1. 3:35.26 - 1500m Cape Town (RSA) 1. 3:30.71			
INFO: Based in Maun. Studies: Maun Senior Secondary School. Height: 1.74 / 5'9".			
6	Laban Kipkorir CHEPKWONY (KEN)	28y	PB: 1:44.83 Nairobi (KEN) 15.06.2024
Other PBs: 46.15 400m(23)			
7	Ferguson Cheruiyot ROTICH (KEN)	35y	PB: 1:42.54 Monaco (MON) 12.07.2019
GENERAL: Olympic Games silver medallist 800m (21) World Championships bronze medallist 800m (19) World Rankings: 55th			
Other PBs: 1:15.28 600m(23) - 2:14.88 1000m(18) - 3:33.21 1500m(18) Current Records: 1xABP: ABP 3:41.79 2x2x400m Chorzów(21)			
HONOURS: OG (1xSilver): 2. 800m Tokyo(21) 1:45.23 - 5. 800m Rio de Janeiro(16) 1:43.55 World Ch. (1xBronze): 3. 800m Doha(19) 1:43.82 - 4. 800m Beijing(15) 1:46.35			
INFO: Born in Kericho. Goodwill Ambassador of Kericho County. He changed his name to honor Manchester United's famous manager, Sir Alex Ferguson. Why the name change? "Because they can't stop winning," he said once. Before competitions he has been praying to God to remember him during races.			
8-1	Kelvin Kimtai LOTI (KEN)	25y	PB: 1:44.07 Barcelona (ESP) 05.07.2023
World Rankings: 161st			
8-2	Khaled BENMAHDI (ALG)	36y	PB: 1:46.06 Oorddegem (BEL) 30.05.2015
GENERAL: National champion 800m (12)			
Other PBs: 34.38 300m(14) - 47.53 400m(13) - 48.04 400m sh(14) - 1:19.77 600m sh(20) - 1:47.89 800m sh(19)			
HONOURS: NCH (1xWin)			
2025: 400m sh Lyon (FRA) 1. 49.43			
INFO: Born in Batna.			

Start list

400mH

Time: 14:35

Lane	Athlete	MF	NR	PB	SB
1	Kemorena TISANG	BOT	48.76	48.76	50.58
2	Marc Anthony IBRAHIM	LBN	49.23	49.23	
3	Sabelo DHLAMINI	RSA	47.66	48.74	48.74
4	Wiseman Were MUKHOBE	KEN	47.78	48.52	
5	Victor NTWENG	BOT	48.76	48.82	49.46
6	Wernich VAN RENSBURG	RSA	47.66	49.24	49.24
7	Njabulo MBATHA	RSA	47.66	49.40	49.40
8	Mohammed Duhaim AL MUAWI	KSA	47.53	49.92	

Records

WR	45.94	Karsten WARHOLM	NOR	Tokyo	03.08.21
AR	47.10	Samuel MATETE	ZAM	Zürich	07.08.91
NR	48.76	Kemorena TISANG	BOT	Gaborone	18.05.24
WJR	47.34	Roshawn CLARKE	JAM	Budapest	21.08.23
MR	48.43	Trevor BASSITT	USA		29.04.23
WL	47.61	Alison DOS SANTOS	BRA	Kingston	04.04.25

2025 World list

47.61	Alison DOS SANTOS	BRA	Kingston (JAM)	04.04.25
48.20	Roshawn CLARKE	JAM	Kingston (JAM)	04.04.25
48.58	Caleb DEAN	USA	Kingston (JAM)	04.04.25
48.68	Assinie WILSON	JAM	Kingston (JAM)	22.03.25
48.69	Malik JAMES-KING	JAM	Kingston (JAM)	04.04.25
48.71	CJ ALLEN	USA	Kingston (JAM)	04.04.25
48.74	Sabelo DHLAMINI	RSA	Johannesburg (RSA)	22.02.25
49.21	Chris ROBINSON	USA	Kingston (JAM)	04.04.25
49.24	Wernich VAN RENSBURG	RSA	Johannesburg (RSA)	19.03.25
49.37	Ja'qualon SCOTT	USA	Gainesville, FL (USA)	04.04.25
49.40	Njabulo MBATHA	RSA	Pretoria (RSA)	12.03.25
49.41	Yeral NUÑEZ	DOM	Bayaguana (DOM)	29.03.25
49.46	Victor NTWENG	BOT	Pretoria (RSA)	12.03.25
49.56	Francisco Guilherme DOS REIS VIANA	BRA	Bragança Paulista (BRA)	30.03.25
49.58	Drake SCHNEIDER	USA	Raleigh, NC (USA)	29.03.25
49.68	Isaac LEWIS	USA	Gainesville, FL (USA)	04.04.25
49.73	Syota FUCHIGAMI	JPN	Tokorozawa (JPN)	23.03.25
49.83	Jian-Rong CHEN	TPE	New Taipei City (TPE)	13.03.25
49.88	Thomas HUNT	AUS	Sydney (AUS)	15.03.25
49.96	Jevon WILLIAMS	USA	Knoxville, TN (USA)	04.04.25

All-Time World list

45.94	Karsten WARHOLM	NOR	Tokyo (JPN)	03.08.21
46.17	Rai BENJAMIN	USA	Tokyo (JPN)	03.08.21
46.29	Alison DOS SANTOS	BRA	Eugene, OR (USA)	19.07.22
46.78	Kevin YOUNG	USA	Barcelona (ESP)	06.08.92
46.98	Abderrahman SAMBA	QAT	Paris (FRA)	30.06.18
47.02	Edwin MOSES	USA	Koblenz (GER)	31.08.83
47.03	Bryan BRONSON	USA	New Orleans, LA (USA)	21.06.98
47.08	Kyron MCMMASTER	IVB	Tokyo (JPN)	03.08.21
47.10	Samuel MATETE	ZAM	Zürich (SUI)	07.08.91
47.19	André PHILLIPS	USA	Seoul (KOR)	25.09.88
47.23	Amadou DIA BÂ	SEN	Seoul (KOR)	25.09.88
47.23	Caleb DEAN	USA	Eugene, OR (USA)	07.06.24
47.24	Kerron CLEMENT	USA	Carson, CA (USA)	26.06.05
47.25	Félix SANCHEZ	DOM	Paris-St-Denis (FRA)	29.08.03
47.25	Angelo TAYLOR	USA	Beijing (CHN)	18.08.08
47.30	Bershawn JACKSON	USA	Helsinki (FIN)	09.08.05
47.34	Roshawn CLARKE	JAM	Budapest (HUN)	21.08.23
47.37	Stéphane DIAGANA	FRA	Lausanne (SUI)	05.07.95
47.38	Danny HARRIS	USA	Lausanne (SUI)	10.07.91
47.38	Trevor BASSITT	USA	Budapest (HUN)	21.08.23

WR progression

45.94	Karsten WARHOLM	NOR	Tokyo (JPN)	03.08.21
46.70	Karsten WARHOLM	NOR	Oslo (NOR)	01.07.21
46.78	Kevin YOUNG	USA	Barcelona (ESP)	06.08.92
47.02	Edwin MOSES	USA	Koblenz (GER)	31.08.83
47.13	Edwin MOSES	USA	Milano (ITA)	03.07.80
47.45	Edwin MOSES	USA	Westwood, CA (USA)	11.06.77
47.64	Edwin MOSES	USA	Montréal (CAN)	25.07.76
47.82	John AKIL-BUA	UGA	München (GER)	02.09.72
48.12	David HEMERY	GBR	Ciudad de México (MEX)	15.10.68
48.94	Geoff VANDERSTOCK	USA	Echo Summit (USA)	11.09.68
49.1h	Rex CAWLEY	USA	Los Angeles, CA (USA)	13.09.64
49.2h	Salvatore MORALE	ITA	Beograd (YUG)	14.09.62
49.2h	Glenn DAVIS	USA	Budapest (HUN)	06.08.58
49.5h	Glenn DAVIS	USA	Los Angeles, CA (USA)	29.06.56
50.4h	Yuriy LITUYEV	URS	Budapest (HUN)	20.09.53
50.6h	Glenn HARDIN	USA	Stockholm (SWE)	26.07.34
51.8h	Glenn HARDIN	USA	Milwaukee, WI (USA)	30.06.34
51.9h	Glenn HARDIN	USA	Los Angeles, CA (USA)	01.08.32
52.0h	F. Morgan TAYLOR	USA	Philadelphia, PA (USA)	04.07.28

Medal Winners

2024 - Olympic Games - Paris

1.	Rai BENJAMIN (USA)	46.46
2.	Karsten WARHOLM (NOR)	47.06
3.	Alison DOS SANTOS (BRA)	47.26

2024 - African Ch. - Douala

1.	Victor NTWENG (BOT)	48.88
2.	Kemorena TISANG (BOT)	49.24
3.	Abdelmalik LAHOULO (ALG)	49.36

2024 - African Games - Accra

1.	Saad HINTI (MAR)	48.82
2.	Victor NTWENG (BOT)	49.38
3.	Kemorena TISANG (BOT)	50.09

2023 - World Ch. - Budapest

1.	Karsten WARHOLM (NOR)	46.89
2.	Kyron MCMMASTER (IVB)	47.34
3.	Rai BENJAMIN (USA)	47.56

2022 - World Ch. - Oregon

1.	Alison DOS SANTOS (BRA)	46.29
2.	Rai BENJAMIN (USA)	46.89
3.	Trevor BASSITT (USA)	47.39

2022 - African Ch. - St Pierre

1.	Sokwakhana ZAZINI (RSA)	49.42
2.	Abdelmalik LAHOULO (ALG)	50.10
3.	Wiseman Were MUKHOBE (KEN)	50.48

2021 - Olympic Games - Tokyo

1.	Karsten WARHOLM (NOR)	45.94
2.	Rai BENJAMIN (USA)	46.17
3.	Alison DOS SANTOS (BRA)	46.72

2019 - World Ch. - Doha

1.	Karsten WARHOLM (NOR)	47.42
2.	Rai BENJAMIN (USA)	47.66
3.	Abderrahman SAMBA (QAT)	48.03

2019 - African Games - Rabat

1.	Abdelmalik LAHOULO (ALG)	49.08
2.	Bienvenu SAWADOGO (BUR)	49.25
3.	Mohamed Amine TOUATI (TUN)	49.29

2017 - World Ch. - London

1.	Karsten WARHOLM (NOR)	48.35
2.	Yasmani COPELLO (TUR)	48.49
3.	Kerron CLEMENT (USA)	48.52

Previous Meeting Winners

23	Trevor BASSITT (USA)	48.43
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Men's 400 Metres Hurdles

Final

12.04.2025

1	Kemorena TISANG (BOT)	29y	SB: 50.58 Johannesburg (RSA) 19.03	PB: 48.76 Gaborone (BOT) 18.05.2024
GENERAL: African Championships silver medallist 400mH (24) All-African Games bronze medallist 400mH (24) World Rankings: 51st				
Other PBs: 10.75 100m(20) - 21.53 200m(20) - 48.11 400m(23) - 13.90 110mH(24) Current Records: 2xNR: NR 13.90 110mH Gaborone(24) - NR 48.76 400mH Gaborone(24)				
HONOURS: Afr. Ch. (1xSilver) All-Afr. G. (1xBronze) NCH (4xWin)				
2025: 200m Pretoria (RSA) 4. 22.08 - 400m Pretoria (RSA) 2. 48.37 - 400mH Pretoria (RSA) 3. 50.82 - 400mH Johannesburg (RSA) 3. 50.58				
INFO: Based in Maun.				
2	Marc Anthony IBRAHIM (LBN)	22y	PB: 49.23 Beirut (LBN) 21.07.2024	
GENERAL: 5 times National champion 400m (24), 400mH (24, 23, 22, 21) Francophone Games bronze medallist 4x400m (23) World Rankings: 55th				
Other PBs: 22.55 200m sh(21) - 34.86 300m(21) - 46.92 400m(24) - 47.88 400m sh(25) - 1:53.91 800m(24) Current Records: 2xNR: NR 49.23 400mH Beirut(24) - NR 3:11.74 4x400m Kinshasa(23)				
HONOURS: NCH (5xWin)				
2025: 400m sh Istanbul (TUR) 1. 48.75 - 400m sh Istanbul (TUR) h 48.36 - 400m sh Istanbul (TUR) OC 47.88 - 400m Beirut (LBN) 1. 47.35				
INFO: Based in Beirut. Studies: Lebanese American University. Became the 1st Lebanese to qualify to the SF in a world championships.				
3	Sabelo DHLAMINI (RSA)	30y	SB and PB: 48.74 Johannesburg (RSA) 22.02	
GENERAL: 2 times In top 8 at African Championships 4x400m (22) World Rankings: 70th				
Other PBs: 21.43 200m(24) - 21.41ww 200m(22) - 47.10 400m(22) - 36.68 300mH(21) - 7.68 Long Jump(23)				
2025: 400mH Johannesburg (RSA) 1. 48.74 - 400mH Johannesburg (RSA) 1. 49.45 - 400mH Johannesburg (RSA) 4. 50.82				
INFO: Based in Johannesburg. Public Management and Governance studies at University of Johannesburg. Also an athletics coach.				
4	Wiseman Were MUKHOBE (KEN)	27y	PB: 48.52 Nairobi (KEN) 23.06.2023	
GENERAL: In top 8 at World Indoor Championships 4x400m sh (24) Commonwealth Games bronze medallist 4x400m (22) World Rankings: 39th				
Other PBs: 10.36 100m(23) - 20.79 200m(24) - 45.96 400m(24) - 47.99 400m sh(23) - 13.80 110mH(22) Current Records: 1xAR: AR 3:06.71 4x400m sh Glasgow(24) 1xABP: ABP 59.89 Shuttle Hurdles Chorzów(21)				
HONOURS: Afr. Ch. (1xBronze) NCH (5xWin)				
2025: 400m Kampala (UGA) 1. 47.04				
INFO: Based in Nairobi. Likes listening to music. Member of the Kenya Defence Forces.				
5	Victor NTWENG (BOT)	29y	SB: 49.46 Pretoria (RSA) 12.03	PB: 48.82 Potchefstroom (RSA) 25.05.2024
GENERAL: African champion 400mH (24) All-African Games silver medallist 400mH (24) World Rankings: 28th				
Other PBs: 46.23 400m(25)				
HONOURS: Afr. Ch. (1xGold) All-Afr. G. (1xSilver) NCH (2xWin)				
2025: 400m Gaborone (BOT) 1. 46.96 - 400m Potchefstroom (RSA) 2. 46.23 - 400mH Pretoria (RSA) 2. 49.46 - 400m Melbourne (AUS) 8. 46.74				
INFO: Based in Maun. His idol is Usain Bolt. Height: 1.82 / 5'12".				
6	Wernich VAN RENSBURG (RSA)	20y	SB and PB: 49.24 Johannesburg (RSA) 19.03	
GENERAL: World University Games bronze medallist 4x400m (23) African U20 Championships bronze medallist 4x400m (23)				
Other PBs: 52.69 400mH (0.84)(21)				
2025: 400mH Johannesburg (RSA) 1. 49.24 - 400mH Cape Town (RSA) 1. 51.55				
INFO: Based in Bloemfontein. Studies: University of the Free State.				
7	Njabulo MBATHA (RSA)	17y	SB and PB: 49.40 Pretoria (RSA) 12.03	
GENERAL: World U20 Championships silver medallist 4x400m (24) In top 8 at World U20 Championships 400mH (24) World Rankings: 77th				
Other PBs: 21.45 200m(25) - 47.03 400m(24) - 49.10 400mH (0.84)(24)				
HONOURS:				
2025: 200m Pretoria (RSA) 1. 21.45 - 400m Pretoria (RSA) 2. 47.40 - 400mH Pretoria (RSA) 2. 50.80 - 400mH Pretoria (RSA) 1. 51.54 - 400mH Pretoria (RSA) 1. 49.40 - 400mH Pretoria (RSA) 1. 49.93 - 400mH Cape Town (RSA) h 52.67 - 400mH Cape Town (RSA) 1. 49.90				
INFO: Based in Pretoria. Studies: TuksSport High School.				
8	Mohammed Dhaim AL MUAWI (KSA)	24y	PB: 49.92 Chengdu (CHN) 03.08.2023	
GENERAL: Asian YOG Qualification silver medallist 400mH (0.84) (18) National champion 400mH (24)				
Other PBs: 22.14 200m(19) - 48.78 400m(22) - 52.76 400mH (0.84)(18)				
HONOURS: Asi. YOG. Q (1xSilver) NCH (1xWin)				
INFO: Hometown: Bisha. He trained in Los Angeles ahead of the 2018 Youth Olympic Games.				

Start list

3000mSC

Time: 15:05

Lane	Athlete	MF	NR	PB	SB
1	Thapelo GALEBOE	BOT	8:44.1h	9:25.77	
2	Sesebo MATLAPENG	BOT	8:44.1h	8:58.93	
3	Lopang OONTSE	BOT	8:44.1h	9:09.98	
4	Amos KIMELI	KEN	7:53.64		
5	Milkesa FIKADU	ETH	7:52.11	8:21.25	
6	Demelash GIRMA	ETH	7:52.11	8:42.8h	
7	Elphas Toroitich NDIWA	UGA	8:03.81	8:34.23	
8	Berihun MOGES	ETH	7:52.11	8:25.45	
9	Negessa GIRMA	ETH	7:52.11		
10	Niklas BUCHHOLZ	GER	8:09.48	8:23.27	
11	Wilberforce Chemiat KONES	KEN	7:53.64	8:21.42	
12	Hailemariam AMARE (PM)	ETH	7:52.11	8:06.29	

Pace: 1000m - 2:42:0

Medal Winners

2024 - Olympic Games - Paris

1.	Soufiane EL BAKKALI (MAR)	8:06.05
2.	Kenneth ROOKS (USA)	8:06.41
3.	Abraham KIBIWOT (KEN)	8:06.47

2024 - African Ch. - Douala

1.	Leonard CHEMUTAI (UGA)	8:21.30
2.	Edmund SEREM (KEN)	8:21.94
3.	Matthew KOSGEI (KEN)	8:21.98

2024 - African Games - Accra

1.	Samuel FIREWU (ETH)	8:24.30
2.	Amos SEREM (KEN)	8:25.77
3.	Simon Kiprop KOECH (KEN)	8:26.19

2023 - World Ch. - Budapest

1.	Soufiane EL BAKKALI (MAR)	8:03.53
2.	Lamecha GIRMA (ETH)	8:05.44
3.	Abraham KIBIWOT (KEN)	8:11.98

2022 - World Ch. - Oregon

1.	Soufiane EL BAKKALI (MAR)	8:25.13
2.	Lamecha GIRMA (ETH)	8:26.01
3.	Conseslus KIPRUTO (KEN)	8:27.92

2022 - African Ch. - St Pierre

1.	Hailemariam AMARE (ETH)	8:27.38
2.	Tadese TAKELE (ETH)	8:28.31
3.	Geoffrey Kipkemoi KIRWA (KEN)	8:29.74

2021 - Olympic Games - Tokyo

1.	Soufiane EL BAKKALI (MAR)	8:08.90
2.	Lamecha GIRMA (ETH)	8:10.38
3.	Benjamin KIGEN (KEN)	8:11.45

2019 - World Ch. - Doha

1.	Conseslus KIPRUTO (KEN)	8:01.35
2.	Lamecha GIRMA (ETH)	8:01.36
3.	Soufiane EL BAKKALI (MAR)	8:03.76

2019 - African Games - Rabat

1.	Benjamin KIGEN (KEN)	8:12.39
2.	Getnet WALE (ETH)	8:14.06
3.	Soufiane EL BAKKALI (MAR)	8:19.45

2017 - World Ch. - London

1.	Conseslus KIPRUTO (KEN)	8:14.12
2.	Soufiane EL BAKKALI (MAR)	8:14.49
3.	Evan JAGER (USA)	8:15.53

Previous Meeting Winners

22	John KOECH (BRN)	8:43.73
19	Sesebo MATLAPENG (BOT)	9:14.45
18	Sesebo MATLAPENG (BOT)	9:16.60

Records

WR	7:52.11	Lamecha GIRMA	ETH	Paris	09.06.23
AR	7:52.11	Lamecha GIRMA	ETH	Paris	09.06.23
NR	8:44.1h	Reuben RATHEDI	BOT	Wichita, KS	29.05.81
WJR	7:58.66	Stephen CHERONO	KEN	Bruxelles	24.08.11
MR	8:43.73	John KOECH	BRN		30.04.22
WL	8:22.13	Matthew KOSGEI	KEN	Palo Alto, CA	04.04.25

2025 World list

8:22.13	Matthew KOSGEI	KEN	Palo Alto, CA (USA)	04.04.25
8:22.67	Collins KIPNGOK	KEN	Palo Alto, CA (USA)	04.04.25
8:32.86	Isaac HEDENGREN	USA	Palo Alto, CA (USA)	04.04.25
8:33.56	Kristian IMROTH	GBR	Raleigh, NC (USA)	27.03.25
8:33.69	Mick STANOVSEK	AUS	Raleigh, NC (USA)	27.03.25
8:34.51	Landon HEEMEYER	USA	Palo Alto, CA (USA)	04.04.25
8:35.43	Aphelele NKONYENI	RSA	Cape Town (RSA)	04.04.25
8:35.70	Ryker HOLTZEN	USA	Palo Alto, CA (USA)	04.04.25
8:35.98	Peter VISSER	USA	Palo Alto, CA (USA)	04.04.25
8:37.68	Kole MATHISON	USA	Raleigh, NC (USA)	27.03.25
8:37.85	Bismack KIPCHIRCHIR	KEN	Raleigh, NC (USA)	27.03.25
8:38.75	Kelvin Kipkoech LIMO	KEN	Palo Alto, CA (USA)	04.04.25
8:38.78	Soheil BOUFRIZI	FRA	Raleigh, NC (USA)	27.03.25
8:39.21	Wallace Evangelista CALDAS	BRA	Bragança Paulista (BRA)	30.03.25
8:39.45	Victor KIBIEGO	KEN	Raleigh, NC (USA)	27.03.25
8:39.52	Allan KIPLAGAT	KEN	Raleigh, NC (USA)	27.03.25
8:39.90	Quinton ORR	USA	Palo Alto, CA (USA)	04.04.25
8:40.45	Jackson SHORTEN	USA	Princeton, NJ (USA)	05.04.25
8:40.46	Ty DAVIS	USA	Palo Alto, CA (USA)	04.04.25
8:41.61	Caleb JAREMA	USA	Raleigh, NC (USA)	27.03.25

All-Time World list

7:52.11	Lamecha GIRMA	ETH	Paris (FRA)	09.06.23
7:53.63	Saif Saaeed SHAHEEN	QAT	Bruxelles (BEL)	03.09.04
7:53.64	Brimin Kiprop KIPRUTO	KEN	Monaco (MON)	22.07.11
7:54.31	Paul Kipsiele KOECH	KEN	Roma (ITA)	31.05.12
7:55.28	Brahim BOULAMI	MAR	Bruxelles (BEL)	24.08.01
7:55.72	Bernard BARMASAI	KEN	Köln (GER)	24.08.97
7:55.76	Ezekiel KEMBOI	KEN	Monaco (MON)	22.07.11
7:56.16	Moses KIPTANUI	KEN	Köln (GER)	24.08.97
7:56.68	Soufiane EL BAKKALI	MAR	Rabat (MAR)	28.05.23
7:56.81	Richard Kipkemboi MATEELONG	KEN	Doha (QAT)	11.05.12
7:57.29	Reuben KOSGEI	KEN	Bruxelles (BEL)	24.08.01
7:58.41	Jairus Kipchoge BIRECH	KEN	Bruxelles (BEL)	05.09.14
7:59.08	Wilson Boit KIPKETER	KEN	Zürich (SUI)	13.08.97
8:00.09	Mahiedine MEKHISSI	FRA	Paris-St-Denis (FRA)	06.07.13
8:00.12	Conseslus KIPRUTO	KEN	Birmingham (GBR)	05.06.16
8:00.45	Evan JAGER	USA	Paris-St-Denis (FRA)	04.07.15
8:01.18	Bouabdellah TAHRI	FRA	Berlin (GER)	18.08.09
8:01.67	Abel Kiprop MUTAI	KEN	Roma (ITA)	31.05.12
8:01.69	Kipkurui MISOI	KEN	Bruxelles (BEL)	24.08.01
8:02.36	Abrham SIME	ETH	Paris (FRA)	07.07.24

WR progression

7:52.11	Lamecha GIRMA	ETH	Paris (FRA)	09.06.23
7:53.63	Saif Saaeed SHAHEEN	QAT	Bruxelles (BEL)	03.09.04
7:55.28	Brahim BOULAMI	MAR	Bruxelles (BEL)	24.08.01
7:55.72	Bernard BARMASAI	KEN	Köln (GER)	24.08.97
7:59.08	Wilson Boit KIPKETER	KEN	Zürich (SUI)	13.08.97
7:59.18	Moses KIPTANUI	KEN	Zürich (SUI)	16.08.95
8:02.08	Moses KIPTANUI	KEN	Zürich (SUI)	19.08.92
8:05.35	Peter KOECH	KEN	Stockholm (SWE)	03.07.89
8:05.4h	Henry RONO	KEN	Seattle, WA (USA)	13.05.78
8:08.02	Anders GÄRDERUD	SWE	Montréal (CAN)	28.07.76
8:09.70	Anders GÄRDERUD	SWE	Stockholm (SWE)	01.07.75
8:10.4h	Anders GÄRDERUD	SWE	Oslo (NOR)	25.06.75
8:13.91	Benjamin JIPCHO	KEN	Helsinki (FIN)	27.06.73
8:19.8h	Benjamin JIPCHO	KEN	Helsinki (FIN)	19.06.73
8:20.8h	Anders GÄRDERUD	SWE	Helsinki (FIN)	14.09.72
8:21.98	Kerry O'BRIEN	AUS	Berlin (GER)	04.07.70
8:22.2h	Vladimir DUDIN	URS	Kiev (URS)	19.08.69
8:24.2h	Jouko KUHA	FIN	Stockholm (SWE)	17.07.68
8:26.4h	Gaston ROELANTS	BEL	Bruxelles (BEL)	07.08.65

Men's 3000 Metres Steeplechase

Final

12.04.2025

Pace: 1000m - 2:42:0

1	Thapelo GALEBOE (BOT)	20y	PB: 9:25.77 Gaborone (BOT) 30.04.2022
Other PBs: 1:53.91 800m(22) - 3:55.4h 1500m(23) INFO: Hometown: Francistown.			
2	Sesebo MATLAPENG (BOT)	33y	PB: 8:58.93 Durban (RSA) 24.06.2016
GENERAL: 2 times National champion 3000mSC (22, 16) Other PBs: 13:43.57 5000m(16) - 30:33.96 10,000m(24) - 1:06:00 Half Marathon(22) HONOURS: NCH (2xWin) INFO: Athlete of Gaborone.			
3	Lopang OONTSE (BOT)		PB: 9:09.98 Gaborone (BOT) 19.05.2024
GENERAL: National champion 3000mSC (24) HONOURS: NCH (1xWin) 2025: 1500m Gaborone (BOT) 3. 4:05.49 INFO: Athlete of Mmadinare.			
4	Amos KIMELI (KEN)	26y	
5	Milkesa FIKADU (ETH)	20y	PB: 8:21.25 Huelva (ESP) 30.04.2024
GENERAL: In top 8 at All-African Games Other PBs: 7:42.66 3000m sh(24) - 13:26 5 km Road(24) HONOURS: 2025: 3000m sh Metz (FRA) 8. 7:49.55			
6	Demelash GIRMA (ETH)	19y	PB: 8:42.8h Hawassa (ETH) 04.07.2024
7	Elphas Toroitich NDIWA (UGA)	21y	PB: 8:34.23 Nerja (ESP) 22.05.2024
GENERAL: 2 times In top 8 at World U20 Championships In top 8 at African Championships World Rankings: 121st Other PBs: 3:48.13 1500m(23) - 28:47 10km Road(22) HONOURS: NCH (1xWin)			
8	Berihun MOGES (ETH)	20y	PB: 8:25.45 Lima (PER) 31.08.2024
GENERAL: In top 8 at World U20 Championships 3000mSC (24) World Rankings: 130th HONOURS:			
9	Negessa GIRMA (ETH)		
10	Niklas BUCHHOLZ (GER)	27y	PB: 8:23.27 Karlsruhe (GER) 11.05.2024
World Rankings: 65th Other PBs: 1:52.84 800m(21) - 3:46.65 1500m(23) - 3:49.26 1500m sh(23) - 5:21.14 2000m sh(21) - 5:26.22 2000mSC(24) INFO: Athlete of Höchststadt an der Aisch.			
11	Wilberforce Chemiat KONES (KEN)	31y	PB: 8:21.42 Huelva (ESP) 03.06.2021
Other PBs: 2:27.17 1000m(19) - 3:43.98 1500m(22) - 7:57.19 3000m(24)			
12	Hailemariam AMARE (ETH)	28y	PB: 8:06.29 Rabat (MAR) 05.06.2022
GENERAL: 2 times African champion 5000m (22), 3000mSC (22) All-African Games bronze medallist 3000mSC (15) World Rankings: 24th Other PBs: 5:03.52 2000m sh(22) - 7:55.88 3000m sh(18) - 13:12.72 5000m(22) - 27:32.47 10,000m(23) - 5:31.56 2000mSC(14) HONOURS: Afr. Ch. (2xGold) All-Afr. G. (1xBronze)			

Start list Long Jump Time: 15:02

Order	Athlete	MF	NR	PB	SB
1	Tebogo MOEPENG	BOT	8.27	7.49	7.49
2	Blessing Thuto MOTHOMME	BOT	8.27	7.42	7.31
3	Marko ČEKO	CRO	8.35	8.04	7.68
4	Kristian PULLI	FIN	8.27	8.27	7.80
5	Chenoult Lionel COETZEE	NAM	8.27	8.27	7.50
6	Kutlwano MONTI	BOT	8.27	7.21	7.21
7	Nikithemba HANI	RSA	8.65	8.05	8.01
8	Jovan VAN VUUREN	RSA	8.65	8.30	7.81
9	Marquis DENDY	USA	8.95	8.42	8.01

Records

WR	8.95	Mike POWELL	USA	Tokyo	30.08.91
AR	8.65	Luvo MANYONGA	RSA	Potchefstroom	22.04.17
NR	8.27	Gable GARENAMOTSE	BOT	Rhede	20.08.06
WJR	8.38	Mattia FURLANI	ITA	Roma	08.06.24
MR	8.34	Marquis DENDY	USA		29.04.23
WL	8.37	Mattia FURLANI	ITA	Toruń	16.02.25

2025 World list

8.37		Mattia FURLANI	ITA	Toruń (POL) (i)	16.02.25
8.34	-0.3	Tajay GAYLE	JAM	Kingston (JAM)	22.02.25
8.33	+1.8	Liam ADCOCK	AUS	Perth (AUS)	01.03.25
8.29		Wayne PINNOCK	JAM	Nanjing (CHN) (i)	23.03.25
8.24		Mingkun ZHANG	CHN	Pombal (POR) (i)	22.02.25
8.23		Thobias MONTLER	SWE	Beograd (SRB) (i)	29.01.25
8.21		Shunsuke IZUMIYA	JPN	Nanjing (CHN) (i)	23.03.25
8.20		Simon EHAMMER	SUI	Apeldoorn (NED) (i)	07.03.25
8.19		Bozhidar SARÁBOYUKOV	BUL	Miramas (FRA) (i)	31.01.25
8.19		Sander SKOTHEIM	NOR	Tallinn (EST) (i)	01.02.25
8.18		Jacob FINCHAM-DUKES	GBR	Albuquerque, NM (USA) (i)	31.01.25
8.17	+0.4	Cheswill JOHNSON	RSA	Johannesburg (RSA)	25.01.25
8.17		JC STEVENSON	USA	Albuquerque, NM (USA) (i)	07.02.25
8.16		William WILLIAMS	USA	New York, NY (USA) (i)	23.02.25
8.16		Kelsey DANIEL	TTO	Virginia Beach, VA (USA) (i)	14.03.25
8.14		Jaime GUERRA	ESP	Madrid (ESP) (i)	21.02.25
8.14		Miltiadis TENTOGLOU	GRE	Nanjing (CHN) (i)	23.03.25
8.14		Heng SHU	CHN	Nanjing (CHN) (i)	23.03.25
8.13		Isaac GRIMES	USA	Beograd (SRB) (i)	29.01.25
8.13		Xinyu WEI	CHN	Chengdu (CHN) (i)	10.02.25

All-Time World list

8.95	+0.3	Mike POWELL	USA	Tokyo (JPN)	30.08.91
8.90	+2.0	Bob BEAMON	USA	Ciudad de México (MEX)	18.10.68
8.87	-0.2	Carl LEWIS	USA	Tokyo (JPN)	30.08.91
8.86	+1.9	Robert EMMIYAN	URS	Tsakhadzor (ARM)	22.05.87
8.74	+1.4	Larry MYRICKS	USA	Indianapolis, IN (USA)	18.07.88
8.74	+2.0	Erick WALDER	USA	El Paso, TX (USA)	02.04.94
8.74	-1.2	Dwight PHILLIPS	USA	Eugene, OR (USA)	07.06.09
8.73	+1.2	Irving SALADINO	PAN	Hengelo (NED)	24.05.08
8.71	+1.9	Iván PEDROSO	CUB	Salamanca (ESP)	18.07.95
8.71		Sebastian BAYER	GER	Torino (ITA) (i)	08.03.09
8.69	+0.5	Tajay GAYLE	JAM	Doha (QAT)	28.09.19
8.68	+1.7	Juan Miguel ECHEVARRÍA	CUB	Bad Langensalza (GER)	30.06.18
8.66	+1.6	Louis TSATOUMAS	GRE	Kalamata (GRE)	02.06.07
8.65	+1.3	Luvo MANYONGA	RSA	Potchefstroom (RSA)	22.04.17
8.65	-0.3	Miltiadis TENTOGLOU	GRE	Roma (ITA)	08.06.24
8.63	+0.5	Kareem STREETE-THOMPSON	USA	Linz (AUT)	04.07.94
8.62	+0.7	James BECKFORD	JAM	Orlando, FL (USA)	05.04.97
8.59		Miguel PATE	USA	New York, NY (USA) (i)	01.03.02
8.58	+1.8	Jarrion LAWSOON	USA	Eugene, OR (USA)	03.07.16
8.56		Yago LAMELA	ESP	Maebashi (JPN) (i)	07.03.99

WR progression

8.95	+0.3	Mike POWELL	USA	Tokyo (JPN)	30.08.91
8.90	+2.0	Bob BEAMON	USA	Ciudad de México (MEX)	18.10.68
8.35	0.0	Igor TER-OVANESYAN	URS	Ciudad de México (MEX)	19.10.67
8.35	0.0	Ralph BOSTON	USA	Modesto, CA (USA)	29.05.65
8.34	+1.0	Ralph BOSTON	USA	Los Angeles, CA (USA)	12.09.64
8.33		Phil SHINNICK	USA	Modesto, CA (USA)	25.05.63
8.31	-0.1	Igor TER-OVANESYAN	URS	Yerevan (ARM)	10.06.62
8.28	+1.2	Ralph BOSTON	USA	Moskva (URS)	16.07.61
8.24	+1.8	Ralph BOSTON	USA	Modesto, CA (USA)	27.05.61
8.21	0.0	Ralph BOSTON	USA	Walnut, CA (USA)	12.08.60
8.13	+1.5	Jesse OWENS	USA	Ann Arbor, MI (USA)	25.05.35
7.98	+0.5	Chuhei NAMBU	JPN	Tokyo (JPN)	27.10.31
7.93	0.0	Silvio CATOR	HAI	Colombes (FRA)	09.09.28
7.90		Ed HAMM	USA	Cambridge, MA (USA)	07.07.28
7.89		DeHart HUBBARD	USA	Chicago, IL (USA)	13.06.25
7.76		Robert LEGENDRE	USA	Paris (FRA)	07.07.24
7.69		Ned GOURDIN	USA	Cambridge, MA (USA)	23.07.21
7.61		Peter O'CONNOR	GBR	Dublin (IRL)	05.08.01

Medal Winners

2024 - Olympic Games - Paris

1.	Miltiadis TENTOGLOU (GRE)	8.48
2.	Wayne PINNOCK (JAM)	8.36
3.	Mattia FURLANI (ITA)	8.34

2024 - African Ch. - Douala

1.	Cheswill JOHNSON (RSA)	7.78
2.	Chenoult Lionel COETZEE (NAM)	7.78
3.	Goodness IREDIA (NGR)	7.75

2024 - African Games - Accra

1.	Asande MTHEMBU (RSA)	7.86
2.	Yasser Mohammed TRIKI (ALG)	7.83
3.	Appolinaire YINRA (CMR)	7.71

2023 - World Ch. - Budapest

1.	Miltiadis TENTOGLOU (GRE)	8.52
2.	Wayne PINNOCK (JAM)	8.50
3.	Tajay GAYLE (JAM)	8.27

2022 - World Ch. - Oregon

1.	Jianan WANG (CHN)	8.36
2.	Miltiadis TENTOGLOU (GRE)	8.32
3.	Simon EHAMMER (SUI)	8.16

2022 - African Ch. - St Pierre

1.	Thalasang TSHIRELETSO (BOT)	7.82
2.	Cheswill JOHNSON (RSA)	7.78
3.	Amath FAYE (SEN)	7.70

2021 - Olympic Games - Tokyo

1.	Miltiadis TENTOGLOU (GRE)	8.41
2.	Juan Miguel ECHEVARRÍA (CUB)	8.41
3.	Maykel MASSÓ (CUB)	8.21

2019 - World Ch. - Doha

1.	Tajay GAYLE (JAM)	8.69
2.	Jeff HENDERSON (USA)	8.39
3.	Juan Miguel ECHEVARRÍA (CUB)	8.34

2019 - African Games - Rabat

1.	Yasser Mohammed TRIKI (ALG)	8.01
2.	Marouane KACIMI (MAR)	7.79
3.	Romeo N'TIA (BEN)	7.72

2018 - Olympic Games - Asaba

1.	Ruswahl SAMAAI (RSA)	8.45
2.	Luvo MANYONGA (RSA)	8.43
3.	Yahya BERRABAH (MAR)	8.14

Previous Meeting Winners

23	Marquis DENDY (USA)	8.34
22	Thalasang TSHIRELETSO (BOT)	8.04
18	Ruri RAMMOKOLODI (BOT)	7.62

1	Tebogo MOEPENG (BOT)	SB and PB: 7.49 Francistown (BOT) 09.03
Other PBs: 14.55 Triple Jump(21)		
2025: Long Jump Gaborone (BOT) 4. 7.18 - Long Jump Francistown (BOT) 2. 7.49 - Long Jump Francistown (BOT) 1. 7.49		
2	Blessing Thuto MOTHOMME (BOT) 22y	SB: 7.31 Francistown (BOT) 22.03 PB: 7.42 Gaborone (BOT) 25.03.2023
Other PBs: 2.00 High Jump(22)		
2025: Long Jump Francistown (BOT) 3. 7.28 - Long Jump Francistown (BOT) 2. 7.31		
3	Marko ČEKO (CRO) 24y	SB: 7.68 Birmingham (GBR) 15.02 PB: 8.04 Zagreb (CRO) 08.08.2020
GENERAL: In top 8 at European Championships 5 times National champion 100m (20), 200m (20), Long Jump (23, 21, 20) World Rankings: 57th		
Other PBs: 6.82 60m(21) - 6.82 60m(21) - 10.46 100m(20) - 20.98 200m(20)		
HONOURS: Eur. Team Ch./1st (1xWin) Balkan Ch. (1xWin) NCH (5xWin)		
2025: 60m Zagreb (CRO) h 7.02 - Long Jump Zagreb (CRO) 2. 7.40 - Long Jump Gorzów Wielkopolski (POL) 8. 7.26 - Long Jump Tampere (FIN) 4. 7.39 - Long Jump Birmingham (GBR) 3. 7.68 - Long Jump Zagreb (CRO) 1. 7.58 - Long Jump Apeldoorn (NED) q 7.47		
INFO: Based in Knin. Club: AK "Sveti Ante".		
4	Kristian PULLI (FIN) 30y	SB: 7.80 Apeldoorn (NED) 06.03 PB: 8.27 Espoo (FIN) 11.06.2020
GENERAL: 6 times National champion Long Jump (24, 23, 22, 20, 19, 14) European U20 Championships silver medallist Triple Jump (13) World Rankings: 68th		
Other PBs: 6.84 60m(18) - 10.62 100m(20) - 16.32ww Triple Jump(14) - 16.07 Triple Jump(14) Current Records: 1xNR: NR 8.27 Long Jump Espoo(20)		
HONOURS: Eur. Ind. Ch. (1xBronze) Eur. U20 Ch. (1xSilver) NCH (6xWin) NICH (2xWin)		
2025: Long Jump Jyväskylä (FIN) 2. 7.65 - Long Jump Tampere (FIN) 3. 7.64 - Long Jump Espoo (FIN) 4. 7.72 - Long Jump Kuortane (FIN) 2. 7.71 - Long Jump Apeldoorn (NED) q 7.80		
INFO: Born in Jämsä; based in Alicante, Spain. Earlier tried skiing and ice hockey.		
5	Chenoult Lionel COETZEE (NAM) 27y	SB: 7.50 Amiens (FRA) 01.02 PB: 8.27 Windhoek (NAM) 15.04.2023
GENERAL: African Championships silver medallist Long Jump (24) 2 times National champion Long Jump (24, 23) World Rankings: 48th		
Other PBs: 6.99 60m(19) - 10.45 100m(19) - 21.31 200m(19) Current Records: 1xNR: NR 8.27 Long Jump Windhoek(23)		
HONOURS: Afr. Ch. (1xSilver) NCH (2xWin)		
2025: Long Jump Gorzów Wielkopolski (POL) 7. 7.43 - Long Jump Amiens (FRA) 3. 7.50 - Long Jump Paris (FRA) 6. 7.45		
INFO: Hometown: Walvis Bay.		
6	Kutlwano MONTI (BOT) 19y	SB and PB: 7.21 Gaborone (BOT) 15.02
2025: 100m Francistown (BOT) 1. 11.23 - Long Jump Francistown (BOT) 3. 6.89 - Long Jump Gaborone (BOT) 3. 7.21 - Long Jump Francistown (BOT) 5. 7.08 - Long Jump Francistown (BOT) 3. 7.20		
7	Nikithemba HANI (RSA) 24y	SB: 8.01 Johannesburg (RSA) 19.03 PB: 8.05 Pietermaritzburg (RSA) 19.04.2024
World Rankings: 53rd		
Other PBs: 22.19 200m(20)		
2025: Long Jump Johannesburg (RSA) 1. 8.01		
INFO: Based in Komani. Studies: Eastern Cape Academy of Sport.		
8	Jovan VAN VUUREN (RSA) 28y	SB: 7.81 Pretoria (RSA) 15.03 PB: 8.30 Pretoria (RSA) 09.03.2024
GENERAL: Commonwealth Games bronze medallist Long Jump (22) National champion Long Jump (22) World Rankings: 170th		
Other PBs: 10.82 100m(17)		
HONOURS: CWG (1xBronze) NCH (1xWin)		
2025: Long Jump Pretoria (RSA) 1. 7.67 - Long Jump Pretoria (RSA) 1. 7.81 - Long Jump Johannesburg (RSA) 2. 7.81		
INFO: Born in Bloemfontein. Studies: University of Pretoria. Degree in Sports Management. Height: 1.93 / 6'4".		
9	Marquis DENDY (USA) 32y	SB: 8.01 New York, NY (USA) 23.02 PB: 8.42 Birmingham (GBR) 02.03.2018
GENERAL: World Indoor champion Long Jump (16) 2 times World Indoor Championships bronze medallist Long Jump (22, 18) World Rankings: 11th		
Other PBs: 6.31 55m(13) - 6.88 60m(14) - 10.31 100m(15) - 17.71ww Triple Jump(15) - 17.50 Triple Jump(15)		
HONOURS: World Ch. (1xFinal): 6. Long Jump Eugene, OR(22) 8.02 World Ind. Ch. (1xGold, 2xBronze): 1. Long Jump Portland, OR(16) 8.26 - 3. Long Jump Beograd(22) 8.27 - 3. Long Jump Birmingham(18) 8.42 NACAC Ch. (1xGold)		
2025: Long Jump Astana (KAZ) 2. 7.90 - Long Jump Gorzów Wielkopolski (POL) 1. 7.84 - Long Jump Paris (FRA) 4. 7.81 - Long Jump Liévin (FRA) 4. 7.93 - Long Jump New York, NY (USA) 3. 8.01 - Long Jump Boston, MA (USA) 3. 7.53		
INFO: Born in Wilmington; based in Gainesville. Studies: University of Florida. 1st student-athlete of the University of Florida to win the Bowerman Award. Enjoys drawing and watching anime. Eats pineapple pizza every night before he jumps.		

Start list

Shot Put

Time: 14:30

Order	Athlete	MF	NR	PB	SB
1	Omphile PHOKOJE	BOT	13.75	13.75	
2	Tadeáš PROCHÁZKA	CZE	22.01	19.73	19.73
3	Mohammed Daoud B TOLU	KSA	21.80	21.80	20.28
4	Aiden SMITH	RSA	21.97	20.73	20.73
5	Eric MAIHÖFER	GER	23.06	20.37	20.37
6	Mohamed KHALIFA	EGY	21.65	21.39	19.91
7	Zane WEIR	ITA	22.98	22.44	21.76
8	Kyle BLIGNAUT	RSA	21.97	21.26	19.59
9	Leonardo FABBRI	ITA	22.98	22.98	21.95

Records

WR	23.56	Ryan CROUSER	USA	Los Angeles, CA	27.05.23
AR	21.97	Janus ROBBERTS	RSA	Eugene, OR	02.06.01
NR	13.75	Omphile PHOKOJE	BOT	Gaborone	31.05.15
WJB	21.14	Konrad BUKOWIECKI	POL	Oslo	09.06.16
MR	21.32	Leonardo FABBRI	ITA		29.04.23
WL	21.95	Leonardo FABBRI	ITA	Liévin	13.02.25

2025 World list

21.95	Leonardo FABBRI	ITA	Liévin (FRA) (i)	13.02.25
21.85	Jacko GILL	NZL	Auckland (NZL)	09.02.25
21.76	Zane WEIR	ITA	Ancona (ITA) (i)	23.02.25
21.65	Tom WALSH	NZL	Nanjing (CHN) (i)	23.03.25
21.62	Roger STEEN	USA	Nanjing (CHN) (i)	23.03.25
21.52	Jordan GEIST	USA	Tucson, AZ (USA)	05.04.25
21.50	Adrian PIPERI	USA	New York, NY (USA) (i)	23.02.25
21.49	Victor PETERSSON	SWE	Växjö (SWE) (i)	22.02.25
21.32	Konrad BUKOWIECKI	POL	Toruń (POL) (i)	22.02.25
21.27	Andrei Rares TOADER	ROU	Apeldoorn (NED) (i)	09.03.25
21.26	Tomáš STANĚK	CZE	Apeldoorn (NED) (i)	09.03.25
21.25	Chukwuebuka Cornnell ENEKWECHI	NGR	Nanjing (CHN) (i)	23.03.25
21.17	Aleh TAMASHEVICH	BLR	Moskva (RUS) (i)	08.02.25
21.11	Tarik O'HAGAN	USA	Nashville, TN (USA) (i)	15.02.25
21.10	Josh AWOTUNDE	USA	Columbia, SC (USA)	22.03.25
20.93	Willian DOURADO	BRA	Bragança Paulista (BRA)	29.03.25
20.92	Wellington MORAIS	BRA	Cochabamba (BOL) (i)	23.02.25
20.86	Chris VAN NIEKERK	RSA	Blacksburg, VA (USA) (i)	22.02.25
20.86	Scott LINCOLN	GBR	Birmingham (GBR) (i)	23.02.25
20.73	Aiden SMITH	RSA	Pretoria (RSA)	12.03.25

All-Time World list

23.56	Ryan CROUSER	USA	Los Angeles, CA (USA)	27.05.23
23.23	Joe KOVACS	USA	Zürich (SUI)	07.09.22
23.12	Randy BARNES	USA	Westwood, CA (USA)	20.05.90
23.06	Ulf TIMMERMANN	GDR	Chania (GRE)	22.05.88
22.98	Leonardo FABBRI	ITA	Bruxelles (BEL)	14.09.24
22.91	Alessandro ANDREI	ITA	Viareggio (ITA)	12.08.87
22.90	Tom WALSH	NZL	Doha (QAT)	05.10.19
22.86	Brian OLDFIELD	USA	El Paso, TX (USA)	10.05.75
22.75	Werner GÜNTHÖR	SUI	Bern (SUI)	23.08.88
22.67	Kevin TOTH	USA	Lawrence, KS (USA)	19.04.03
22.64	Udo BEYER	GDR	Berlin (GDR)	20.08.86
22.61	Darlan ROMANI	BRA	Palo Alto, CA (USA)	30.06.19
22.59	Payton OTTERDAHL	USA	Des Moines, IA (USA) (i)	24.04.24
22.54	Christian CANTWELL	USA	Gresham, OR (USA)	05.06.04
22.52	John BRENNER	USA	Walnut, CA (USA)	26.04.87
22.51	Adam NELSON	USA	Portland, OR (USA)	18.05.02
22.44	Darrell HILL	USA	Bruxelles (BEL)	31.08.17
22.44	Zane WEIR	ITA	Padova (ITA)	03.09.23
22.43	Reese HOFFA	USA	London (GBR)	03.08.07
22.32	Michał HARATYK	POL	Warszawa (POL)	28.07.19

WR progression

23.56	Ryan CROUSER	USA	Los Angeles, CA (USA)	27.05.23
23.37	Ryan CROUSER	USA	Eugene, OR (USA)	18.06.21
23.12	Randy BARNES	USA	Westwood, CA (USA)	20.05.90
23.06	Ulf TIMMERMANN	GDR	Chania (GRE)	22.05.88
22.91	Alessandro ANDREI	ITA	Viareggio (ITA)	12.08.87
22.84	Alessandro ANDREI	ITA	Viareggio (ITA)	12.08.87
22.72	Alessandro ANDREI	ITA	Viareggio (ITA)	12.08.87
22.64	Udo BEYER	GDR	Berlin (GDR)	20.08.86
22.62	Ulf TIMMERMANN	GDR	Berlin (GDR)	22.09.85
22.22	Udo BEYER	GDR	Los Angeles, CA (USA)	25.06.83
22.15	Udo BEYER	GDR	Göteborg (SWE)	06.07.78
22.00	Aleksandr BARYSHNIKOV	URS	Colombes (FRA)	10.07.76
21.85	Terry ALBRITTON	USA	Honolulu, HI (USA)	21.02.76
21.82	Al FEUERBACH	USA	San José (USA)	05.05.73
21.78	Randy MATSON	USA	College Station, TX (USA)	22.04.67
21.52	Randy MATSON	USA	College Station, TX (USA)	08.05.65
20.68	Dallas LONG	USA	Los Angeles, CA (USA)	25.07.64
20.20	Dallas LONG	USA	Los Angeles, CA (USA)	29.05.64
20.10	Dallas LONG	USA	Los Angeles, CA (USA)	04.04.64

Medal Winners

2024 - Olympic Games - Paris

1.	Ryan CROUSER (USA)	22.90
2.	Joe KOVACS (USA)	22.15
3.	Rajindra CAMPBELL (JAM)	22.15

2024 - African Ch. - Douala

1.	Chukwuebuka Cornnell ENEKWECHI (NGR)	21.14
2.	Mostafa Amr HASSAN (EGY)	20.25
3.	Mohamed KHALIFA (EGY)	19.72

2024 - African Games - Accra

1.	Chukwuebuka Cornnell ENEKWECHI (NGR)	21.06
2.	Mostafa Amr HASSAN (EGY)	20.70
3.	Mohamed KHALIFA (EGY)	20.29

2023 - World Ch. - Budapest

1.	Ryan CROUSER (USA)	23.51
2.	Leonardo FABBRI (ITA)	22.34
3.	Joe KOVACS (USA)	22.12

2022 - World Ch. - Oregon

1.	Ryan CROUSER (USA)	22.94
2.	Joe KOVACS (USA)	22.89
3.	Josh AWOTUNDE (USA)	22.29

2022 - African Ch. - St Pierre

1.	Chukwuebuka Cornnell ENEKWECHI (NGR)	21.20
2.	Kyle BLIGNAUT (RSA)	20.60
3.	Mohamed KHALIFA (EGY)	20.33

2021 - Olympic Games - Tokyo

1.	Ryan CROUSER (USA)	23.30
2.	Joe KOVACS (USA)	22.65
3.	Tom WALSH (NZL)	22.47

2019 - World Ch. - Doha

1.	Joe KOVACS (USA)	22.91
2.	Ryan CROUSER (USA)	22.90
3.	Tom WALSH (NZL)	22.90

2019 - African Games - Rabat

1.	Chukwuebuka Cornnell ENEKWECHI (NGR)	21.48
2.	Mohamed KHALIFA (EGY)	20.85
3.	Mostafa Amr HASSAN (EGY)	20.74

2017 - World Ch. - London

1.	Tom WALSH (NZL)	22.03
2.	Joe KOVACS (USA)	21.66
3.	Stipe ŽUNIĆ (CRO)	21.46

Previous Meeting Winners

23	Leonardo FABBRI (ITA)	21.32
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1	Omphile PHOKOJE (BOT)	PB: 13.75 Gaborone (BOT) 31.05.2015
<p>GENERAL: 2 times National champion Shot Put (24, 23) Current Records: 1xNR: NR 13.75 Shot Put Gaborone(15) HONOURS: NCH (2xWin) INFO: Based in Gaborone.</p>		
2	Tadeáš PROCHÁZKA (CZE)	25y SB and PB: 19.73 Nehvizdy (CZE) 19.02
<p>GENERAL: National Indoor champion Shot Put (21) World Rankings: 98th Other PBs: 18.51 Shot Put (6kg)(18) - 52.24 Discus Throw(21) HONOURS: NICH (1xWin) 2025: Shot Put Praha (CZE) 1. 18.42 - Shot Put Praha (CZE) 1. 18.58 - Shot Put Jablonec nad Nisou (CZE) 3. 18.64 - Shot Put Ostrava (CZE) 7. 18.77 - Shot Put Nehvizdy (CZE) 2. 19.73 - Shot Put Ostrava (CZE) 2. 19.05 - Shot Put Apeldoorn (NED) q 18.97 INFO: Athlete of Kladno. Club: A.C. TEPO Kladno.</p>		
3	Mohammed Daoud B TOLU (KSA)	24y SB: 20.28 Nehvizdy (CZE) 19.02 PB: 21.80 Madrid (ESP) 21.06.2024
<p>GENERAL: Asian Games silver medallist Shot Put (23) National champion Shot Put (24) World Rankings: 26th Other PBs: 19.39 Shot Put (6kg)(20) - 54.65 Discus Throw(22) Current Records: 1xAR: AR 21.80 Shot Put Madrid(24) HONOURS: Asi. G. (1xSilver) NCH (1xWin) 2025: Shot Put Lisboa (POR) 1. 18.17 - Shot Put Nehvizdy (CZE) 7. 20.28 - Shot Put Ust-Kamenogorsk (KAZ) 1. 20.06</p>		
4	Aiden SMITH (RSA)	20y SB and PB: 20.73 Pretoria (RSA) 12.03
<p>World Rankings: 67th Other PBs: 19.99 Shot Put (6kg)(22) - 21.10 Shot Put (5kg)(21) 2025: Shot Put Pretoria (RSA) 1. 19.00 - Shot Put Potchefstroom (RSA) 1. 19.85 - Shot Put Potchefstroom (RSA) 1. 19.34 - Shot Put Pretoria (RSA) 1. 19.52 - Shot Put Pretoria (RSA) 1. 20.73 - Shot Put Pretoria (RSA) 1. 20.34 - Discus Throw Johannesburg (RSA) 10. 39.55 - Shot Put Cape Town (RSA) 1. 19.74</p>		
5	Eric MAIHÖFER (GER)	23y SB and PB: 20.37 Dortmund (GER) 21.02
<p>GENERAL: European U23 Championships silver medallist Shot Put (23) National champion Shot Put (24) World Rankings: 43rd Other PBs: 20.42 Shot Put (6kg)(20) - 18.35 Shot Put (5kg)(18) HONOURS: Eur. U23 Ch. (1xSilver) NCH (1xWin) NICH (1xWin) 2025: Shot Put Sindelfingen (GER) 3. 18.99 - Shot Put Luxembourg (LUX) 2. 20.05 - Shot Put Nordhausen (GER) 4. 19.35 - Shot Put Rochlitz (GER) 4. 19.75 - Shot Put Łódź (POL) 5. 20.21 - Shot Put Dortmund (GER) 1. 20.37 - Shot Put Apeldoorn (NED) q 19.88 - Shot Put Nicosia (CYP) 7. 19.22 INFO: Athlete of Sindelfingen.</p>		
6	Mohamed KHALIFA (EGY)	28y SB: 19.91 Moskva (RUS) 08.02 PB: 21.39 El Maadi (EGY) 27.03.2022
<p>GENERAL: 2 times All-African Games silver medallist Shot Put (15, 19) 2 times African Championships bronze medallist Shot Put (24, 22) World Rankings: 35th Other PBs: 20.66 Shot Put (6kg)(15) - 21.22 Shot Put (5kg)(13) - 52.04 Discus Throw(16) - 58.62 Discus Throw (1,5kg)(13) Current Records: 1xAU18B: AU18B 21.22 Shot Put (5kg) Cairo(13) HONOURS: World Youth Ch. (1xBronze) Afr. Ch. (2xBronze) 2025: Shot Put Moskva (RUS) 2. 19.91 INFO: Hometown: Cairo. Business Information System studies. Likes playing video games. His idol is footballer, Mohamed Salah. Height: 1.99 / 6'6".</p>		
7	Zane WEIR (ITA)	29y SB: 21.76 Ancona (ITA) 23.02 PB: 22.44 Padova (ITA) 03.09.2023
<p>GENERAL: 3 times In top 8 at World Indoor Championships Shot Put (24) In top 8 at Olympic Games World Rankings: 12th Other PBs: 17.49 Shot Put (6kg)(14) - 18.93 Shot Put (5kg)(12) HONOURS: OG (1xFinal): 5. Shot Put Tokyo(21) 21.41 Eur. Ind. Ch. (1xGold) Eur. Team Ch. (1xGold) 2025: Shot Put Nordhausen (GER) 1. 20.53 - Shot Put Rochlitz (GER) 2. 20.28 - Shot Put Ostrava (CZE) 1. 21.39 - Shot Put Liévin (FRA) 2. 21.72 - Shot Put Toruń (POL) 2. 21.13 - Shot Put Nehvizdy (CZE) 2. 21.19 - Shot Put Ancona (ITA) 2. 21.76 - Shot Put Apeldoorn (NED) 8. 19.57 - Shot Put Apeldoorn (NED) q 20.91 - Shot Put Nanjing (CHN) 8. 20.63 INFO: Born in Durban, South Africa. Accounting and Finance studies at University of Cape Town. Represents Italy since 2021. Likes reading, his favorite book is The Textures of Silence by SA author Gordon Vorster. Nickname: Zano. Height: 1.90 / 6'3". Club: Atletica Enterprise.</p>		
8	Kyle BLIGNAUT (RSA)	25y SB: 19.59 Rochlitz (GER) 02.02 PB: 21.26 Modena (ITA) 01.05.2024
<p>GENERAL: In top 8 at Olympic Games World U20 champion Shot Put (6kg) (18) World Rankings: 25th Other PBs: 22.07 Shot Put (6kg)(18) - 20.73 Shot Put (5kg)(16) - 53.31 Discus Throw(18) - 54.83 Discus Throw (1,75kg)(18) Current Records: 1xAU20R: AU20R 22.07 Shot Put (6kg) Tampere(18) HONOURS: OG (1xFinal): 6. Shot Put Tokyo(21) 21.00 World U20 Ch. (1xGold) Afr. Ch. (1xSilver) 2025: Shot Put Nordhausen (GER) 6. 18.80 - Shot Put Beograd (SRB) 6. 18.99 - Shot Put Rochlitz (GER) 5. 19.59 - Shot Put Nehvizdy (CZE) 8. 19.17 - Shot Put Pretoria (RSA) 2. 19.08 INFO: Business Management studies at University of Johannesburg. Earlier played rugby. Likes hunting; his idol is Jaco Engelbrecht. Height: 1.73 / 5'8".</p>		
9	Leonardo FABBRI (ITA)	27y SB: 21.95 Liévin (FRA) 13.02 PB: 22.98 Bruxelles (BEL) 14.09.2024
<p>GENERAL: Diamond League Final winner Shot Put (24) World Championships silver medallist Shot Put (23) World Rankings: 3rd Other PBs: 18.65 Shot Put (6kg)(16) - 19.21 Shot Put (5kg)(14) - 53.02 Discus Throw(19) - 57.87 Discus Throw (1,75kg)(16) - 58.04 Discus Throw (1,5kg)(14) Current Records: 1xNR: NR 22.98 Shot Put Bruxelles(24) HONOURS: OG (1xFinal): 5. Shot Put Paris(24) 21.70 World Ch. (1xSilver): 2. Shot Put Budapest(23) 22.34 DF (1xWin) World Ind. Ch. (1xBronze): 3. Shot Put Glasgow(24) 21.96 - 4. Shot Put Nanjing(25) 21.36 2025: Shot Put Ostrava (CZE) 5. 20.65 - Shot Put Łódź (POL) 4. 20.71 - Shot Put Liévin (FRA) 1. 21.95 - Shot Put Toruń (POL) 1. 21.62 - Shot Put Nehvizdy (CZE) 1. 21.45 - Shot Put Ancona (ITA) 1. 21.85 - Shot Put Apeldoorn (NED) q 19.72 - Shot Put Nanjing (CHN) 4. 21.36 INFO: Born in Bagno a Ripoli. Previously played football and basketball. Fan of ACF Fiorentina. His role model is Alessandro Andrei; looks up to David Storl and Robert Harting. Motto: "Work hard, dream big"; nickname: Fabbrino. Height: 2.00 / 6'7". Club: CS Aeronautica Militare.</p>		

Start list

100m

Time: 15:26

Lane	Athlete	MF	NR	PB	SB
1	Hannah Hope VERMAAK	RSA	10.98	11.58	11.58
2	Christine MBOMA	NAM	10.97	10.97	12.07
3	Tsaone Bakani SEBELE	BOT	11.25	11.25	11.55
4	Viwe JINGQI	RSA	10.98	11.22	11.32
5	Rhoda NJOBVU	ZAM	11.12	11.12	
6	Viktória FORSTER	SVK	11.26	11.26	
7	Beatrice MASILINGI	NAM	10.97	11.20	
8	Joviale MBISHA	RSA	10.98	11.50	11.50

Records

WR	10.49	Florence GRIFFITH-JOYNER	USA	Indianapolis, IN	16.07.88
AR	10.72	Marie-Josée TA LOU	CIV	Monaco	10.08.22
NR	11.25	Tsaone Bakani SEBELE	BOT	Gaborone	30.04.22
WJR	10.88	Marlies OELSNER	GDR	Dresden	01.07.77
MR	10.97	Christine MBOMA	NAM		30.04.22
WL	11.08	Sabrina DOCKERY	JAM	Kingston	26.03.25

2025 World list

11.08	+0.8	Sabrina DOCKERY	JAM	Kingston (JAM)	26.03.25
11.09	+0.7	Dana WILSON	USA	Gainesville, FL (USA)	05.04.25
11.11	+1.3	Zoe HOBBS	NZL	Dunedin (NZL)	08.03.25
11.11	+1.0	Camryn DICKSON	USA	Gainesville, FL (USA)	05.04.25
11.11	-0.6	Melissa JEFFERSON	USA	Kingston (JAM)	05.04.25
11.13	-0.1	Alexis BROWN	USA	Raleigh, NC (USA)	28.03.25
11.14	+1.7	Leah O'BRIEN	AUS	Perth (AUS)	08.04.25
11.21	+1.0	Joyasia SMITH	USA	Charlotte, NC (USA)	21.03.25
11.21	+0.7	Maia MCCOY	LBR	Gainesville, FL (USA)	05.04.25
11.22	-0.2	Jassani CARTER	USA	Los Angeles, CA (USA)	22.03.25
11.22	+0.9	India MAYBERRY	USA	Austin, TX (USA)	28.03.25
11.22	+0.7	Gladymar TORRES	PUR	Bayaguana (DOM)	29.03.25
11.23	+1.3	Bree MASTERS	AUS	Auckland (NZL)	09.02.25
11.23	+0.4	Cynteria JAMES	USA	Columbia, SC (USA)	22.03.25
11.23	+1.9	Sedrickia WYNN	USA	Austin, TX (USA)	29.03.25
11.23	+1.9	Naomi LONDON	LCA	Austin, TX (USA)	29.03.25
11.23	-0.6	Jenna PRANDINI	USA	Kingston (JAM)	05.04.25
11.25	+0.7	Liranyi ALONSO	DOM	Bayaguana (DOM)	29.03.25
11.25	+1.8	Jasmine MONTGOMERY	USA	Gainesville, FL (USA)	05.04.25
11.25	-0.6	Jacious SEARS	USA	Kingston (JAM)	05.04.25

All-Time World list

10.49	0.0	Florence GRIFFITH-JOYNER	USA	Indianapolis, IN (USA)	16.07.88
10.54	+0.9	Elaine THOMPSON-HERAH	JAM	Eugene, OR (USA)	21.08.21
10.60	+1.7	Shelly-Ann FRASER-PRYCE	JAM	Lausanne (SUI)	26.08.21
10.64	+1.2	Carmelita JETER	USA	Shanghai (CHN)	20.09.09
10.65	+1.1	Marion JONES	USA	Johannesburg (RSA)	12.09.98
10.65	+1.0	Shericka JACKSON	JAM	Kingston (JAM)	07.07.23
10.65	-0.2	Sha'Carri RICHARDSON	USA	Budapest (HUN)	21.08.23
10.72	+0.4	Marie-Josée TA LOU	CIV	Monaco (MON)	10.08.22
10.72	-0.1	Julien ALFRED	LCA	Paris (FRA)	03.08.24
10.73	+2.0	Christine ARRON	FRA	Budapest (HUN)	19.08.98
10.74	+1.3	Merlene OTTEY	JAM	Milano (ITA)	07.09.96
10.74	+1.0	English GARDNER	USA	Eugene, OR (USA)	03.07.16
10.75	+0.4	Kerron STEWART	JAM	Roma (ITA)	10.07.09
10.76	+1.7	Evelyn ASHFORD	USA	Zürich (SUI)	22.08.84
10.76	+1.1	Veronica CAMPBELL-BROWN	JAM	Ostrava (CZE)	31.05.11
10.77	+0.9	Irina PRIVALOVA	RUS	Lausanne (SUI)	06.07.94
10.77	+0.7	Ivet LALOVA-COLLIO	BUL	Plodiv (BUL)	19.06.04
10.77	+1.6	Jacious SEARS	USA	Gainesville, FL (USA)	13.04.24
10.78	+1.0	Dawn SOWELL	USA	Provo, UT (USA)	03.06.89
10.78	+1.8	Torri EDWARDS	USA	Eugene, OR (USA)	28.06.08

WR progression

10.49	0.0	Florence GRIFFITH-JOYNER	USA	Indianapolis, IN (USA)	16.07.88
10.76	+1.7	Evelyn ASHFORD	USA	Zürich (SUI)	22.08.84
10.79	+0.6	Evelyn ASHFORD	USA	Colorado Springs, CO (USA)	03.07.83
10.81	+1.7	Marlies GÖHR	GDR	Berlin (GER)	08.06.83
10.88	+1.9	Marlies GÖHR	GDR	Karl Marx Stadt (GDR)	09.07.82
10.88	+2.0	Marlies OELSNER	GDR	Dresden (GER)	01.07.77
11.01	+0.6	Annegret RICHTER	FRG	Montréal (CAN)	25.07.76
11.04	+0.6	Ingeborg HELTEN	FRG	Fürth (GER)	13.06.76
11.07	-0.2	Renate STECHER	GDR	München (GER)	02.09.72
11.08	+1.2	Wyomia TYUS	USA	Ciudad de México (MEX)	15.10.68
11.20	+1.8	Irena SZEWIŃSKA	POL	Ciudad de México (MEX)	14.10.68
11.1h	0.0	Lyudmila SAMOTYOSOVA	URS	Leninakan (URS)	15.08.68
11.1h	+0.3	Barbara FERRELL	USA	Santa Barbara, CA (USA)	02.07.67
11.1h	+0.2	Wyomia TYUS	USA	Kiev (URS)	31.07.65
11.1h	+2.0	Irena KIRSZENSTEIN	POL	Praha (TCH)	09.07.65
11.2h	+0.3	Wyomia TYUS	USA	Tokyo (JPN)	15.10.64
11.2h	+0.7	Wilma RUDOLPH	USA	Stuttgart (GER)	19.07.61
11.3h	+0.8	Wilma RUDOLPH	USA	Roma (ITA)	02.09.60
11.3h	+1.4	Vera KREPINKA	URS	Kiev (URS)	13.09.58

Medal Winners

2024 - Olympic Games - Paris

1.	Julien ALFRED (LCA)	10.72
2.	Sha'Carri RICHARDSON (USA)	10.87
3.	Melissa JEFFERSON (USA)	10.92

2024 - African Ch. - Douala

1.	Gina Mariam BASS BITTAYE (GAM)	11.14
2.	Maia MCCOY (LBR)	11.16
3.	Maboundou KONÉ (CIV)	11.24

2024 - African Games - Accra

1.	Gina Mariam BASS BITTAYE (GAM)	11.36
2.	Maia MCCOY (USA)	11.49
3.	Olayinka OLAJIDE (NGR)	11.55

2023 - World Ch. - Budapest

1.	Sha'Carri RICHARDSON (USA)	10.65
2.	Shericka JACKSON (JAM)	10.72
3.	Shelly-Ann FRASER-PRYCE (JAM)	10.77

2022 - World Ch. - Oregon

1.	Shelly-Ann FRASER-PRYCE (JAM)	10.67
2.	Shericka JACKSON (JAM)	10.73
3.	Elaine THOMPSON-HERAH (JAM)	10.81

2022 - African Ch. - St Pierre

1.	Gina BASS (GAM)	11.06
2.	Aminatou SEYNI (NIG)	11.09
3.	Carina HORN (RSA)	11.14

2021 - Olympic Games - Tokyo

1.	Elaine THOMPSON-HERAH (JAM)	10.61
2.	Shelly-Ann FRASER-PRYCE (JAM)	10.74
3.	Shericka JACKSON (JAM)	10.76

2019 - World Ch. - Doha

1.	Shelly-Ann FRASER-PRYCE (JAM)	10.71
2.	Dina ASHER-SMITH (GBR)	10.83
3.	Marie-Josée TA LOU (CIV)	10.90

2019 - African Games - Rabat

1.	Marie-Josée TA LOU (CIV)	11.09
2.	Gina BASS (GAM)	11.13
3.	Bassant HEMIDA (EGY)	11.31

2017 - World Ch. - London

1.	Tori BOWIE (USA)	10.85
2.	Marie-Josée TA LOU (CIV)	10.86
3.	Dafne SCHIPPERS (NED)	10.96

Previous Meeting Winners

23	Twanisha TERRY (USA)	11.05
22	Christine MBOMA (NAM)	10.97
19	Tsaone Bakani SEBELE (BOT)	11.51
18	Hellen MAKUMBA (ZAM)	12.07

1	Hannah Hope VERMAAK (RSA)	17y	SB and PB: 11.58 Cape Town (RSA) 27.03
World Rankings: 561st			
Other PBs: 7.67 60m(24) - 18.09 150m(24) - 23.45 200m(25)			
2025: 100m Johannesburg (RSA) 1. 12.07 - 100m Johannesburg (RSA) 1. 11.95 - 200m Pretoria (RSA) 1. 24.11 - 200m Johannesburg (RSA) 1. 23.45 - 100m Johannesburg (RSA) sf 11.99 - 100m Johannesburg (RSA) 1. 11.63 - 100m Johannesburg (RSA) 5. 11.67 - 100m Cape Town (RSA) h 11.77 - 100m Cape Town (RSA) 1. 11.69 - 100m Cape Town (RSA) sf 11.58 - 200m Cape Town (RSA) h 24.08 - 200m Cape Town (RSA) 1. 23.81			
2	Christine MBOMA (NAM)	21y	SB: 12.07 Johannesburg (RSA) 19.03 PB: 10.97 Gaborone (BOT) 30.04.2022
GENERAL: Olympic Games silver medallist 200m (21) Diamond League Final winner 200m (21) World Rankings: 883rd			
Other PBs: 21.78 200m(21) - 49.22 400m(21) - 2:03.27 800m(21) - 5.75 Long Jump(20) Current Records: 1xAU20R: AU20R 10.97 100m Gaborone(22) 1xNR: NR 43.76 4x100m Nairobi(21) 1xWU20R: WU20R 21.81 200m Tokyo(21) 1xAR: AR 21.78 200m Zürich(21)			
HONOURS: OG (1xSilver): 2. 200m Tokyo(21) 21.81 DF (1xWin) World U20 Ch. (1xGold) CWG (1xBronze)			
2025: 100m Johannesburg (RSA) 2. 12.07			
INFO: Born in Divundu. In Tokyo she became the first ever Namibian female athlete to win an Olympic medal (2021) Her idol is Namibian para-athlete Johanna Benson. Former African Female Hope Athlete Award winner.			
3	Tsaone Bakani SEBELE (BOT)	31y	SB: 11.55 Gaborone (BOT) 15.02 PB: 11.25 Gaborone (BOT) 30.04.2022
GENERAL: 11 times National champion 100m (24, 23, 22, 19), 200m (24, 23, 22, 21), 4x100m (24, 23, 22) 3 times In top 8 at All-African Games World Rankings: 135th			
Other PBs: 7.44 60m(22) - 17.25 150m(22) - 22.84 200m(24) - 53.75 400m(24) Current Records: 3xNR: NR 11.25 100m Gaborone(22) - NR 22.84 200m Douala(24) - NR 44.69 4x100m Gaborone(19) 1xNR: =NR= 44.69 4x100m Douala(24)			
HONOURS: NCH (8xWin)			
2025: 200m Gaborone (BOT) 1. 23.93 - 100m Gaborone (BOT) 1. 11.55 - 100m Francistown (BOT) 1. 11.56 - 200m Johannesburg (RSA) 4. 24.08			
INFO: Hometown: Gaborone. Business administration studies at University of Johannesburg.			
4	Viwe JINGQI (RSA)	20y	SB: 11.32 Johannesburg (RSA) 19.03 PB: 11.22 Potchefstroom (RSA) 31.03.2022
GENERAL: 3 times In top 8 at World U20 Championships National champion 100m (24) World Rankings: 104th			
Other PBs: 7.37 60m(25) - 16.93 150m(24) - 22.96 200m(24) - 37.64 300m(24) - 55.82 400m(20) Current Records: 1xAU18B: AU18B 11.22 100m Potchefstroom(22) 1xABP: ABP 16.93 150m Pretoria(24)			
HONOURS: NCH (1xWin)			
2025: 60m Pretoria (RSA) 1. 7.37 - 150m Potchefstroom (RSA) 1. 17.33 - 200m Potchefstroom (RSA) 1. 23.31 - 100m Johannesburg (RSA) 1. 11.32 - 100m Cape Town (RSA) 1. 11.60 - 100m Cape Town (RSA) h 11.46 - 200m Cape Town (RSA) h 23.85 - 200m Cape Town (RSA) 1. 23.35			
INFO: Hometown: Engcobo; based in Pretoria.			
5	Rhoda NJOBVU (ZAM)	31y	PB: 11.12 Lusaka (ZAM) 20.03.2021
GENERAL: All-African Games silver medallist 4x400m (24) African Championships silver medallist 4x400m (24)			
Other PBs: 22.69 200m(21) - 51.96 400m(23) Current Records: 4xNR: NR 11.12 100m Lusaka(21) - NR 22.69 200m Lusaka(21) - NR 43.85 4x100m Lusaka(21) - NR 3:31.85 4x400m Accra(24)			
HONOURS: Afr. Ch. (1xBronze)			
INFO: Born in Lusaka. Studies: University of Zambia.			
6	Viktória FORSTER (SVK)	23y	PB: 11.26 Banská Bystrica (SVK) 20.07.2023
GENERAL: 10 times National Indoor champion 60m (25, 23, 22), 200m sh (20), 60mH (25, 24, 23, 22), 4x200m sh (21, 20) 7 times National champion 100m (24, 22), 200m (20), 100mH (24, 22), 4x100m (21, 20) World Rankings: 66th			
Other PBs: 6.28 50m(25) - 7.26 60m(24) - 23.32 200m(24) - 8.01 60mH(25) - 12.72 100mH(23) Current Records: 4xNR: NR 6.28 50m Ostrava(25) - NR 11.26 100m Banská Bystrica(23) - NR 8.01 60mH Osijek(25) - NR 12.72 100mH Chengdu(23)			
HONOURS: WUG (1xGold, 1xSilver) NCH (5xWin)			
2025: 50m Ostrava (CZE) 6.28 - 60mH Ostrava (CZE) 1. 8.19 - 60m Ostrava (CZE) 6. 7.28 - 60mH Łódź (POL) h 8.16 - 60mH Osijek (CRO) h 8.15 - 60mH Osijek (CRO) 2. 8.01 - 60mH Lyon (FRA) 6. 8.15 - 60mH Lyon (FRA) h 8.11 - 60mH Ostrava (CZE) 1. 8.12 - 60mH Apeldoorn (NED) h 8.11 - 60m Apeldoorn (NED) sf 7.28 - 60m Apeldoorn (NED) h 7.27			
INFO: Grew up in Hronec. Also tried biathlon. Sport and Recreation studies at University of Constantine the Philosopher in Nitra. Her idol is Shelly-Ann Fraser-Pryce. Height: 1.62 / 5'4". Club: VSC Dukla Banska Bystrica.			
7	Beatrice MASILINGI (NAM)	22y	PB: 11.20 Nairobi (KEN) 18.08.2021
GENERAL: In top 8 at Olympic Games 3 times World U20 Championships silver medallist 100m (21), 200m (21), 4x100m (21)			
Other PBs: 7.35 60m(25) - 22.18 200m(21) - 23.32 200m sh(25) - 34.60 300m(23) - 49.53 400m(21) Current Records: 3xNR: NR 7.35 60m Gent(25) - NR 23.32 200m sh Gent(25) - NR 43.76 4x100m Nairobi(21) 2xAU18R: AU18R 22.94 200m Pretoria(20) - AU18R 50.42 400m Pretoria(20) 1xABP: ABP 34.60 300m Pretoria(23)			
HONOURS: OG (1xFinal): 6. 200m Tokyo(21) 22.28 World U20 Ch. (2xSilver) NCH (4xWin)			
2025: 60m Gent (BEL) h 7.44 - 60m Gent (BEL) 7. 7.39 - 60m Gent (BEL) h 7.35 - 200m sh Gent (BEL) 1. 23.65 - 60m Tampere (FIN) h 7.52 - 60m Tampere (FIN) 3. 7.39 - 60m Gent (BEL) 2. 7.52 - 200m sh Gent (BEL) 1. 23.54 - 60m Gent (BEL) 2. 7.45 - 200m sh Gent (BEL) 1. 23.32			
INFO: Born in Katima Mulilo. Studies: Grootfontein Agri-College. Likes travelling.			
8	Joviale MBISHA (RSA)	24y	SB and PB: 11.50 Johannesburg (RSA) 15.03
GENERAL: World University Games bronze medallist 4x100m (23) World Rankings: 434th			
Other PBs: 7.51 60m(24) - 17.75 150m(24) - 23.56 200m(24) - 40.73 300m(20)			
2025: 200m Pretoria (RSA) 1. 24.31 - 150m Pretoria (RSA) 3. 17.81 - 200m Pretoria (RSA) 2. 24.22 - 200m Johannesburg (RSA) h 23.95 - 200m Johannesburg (RSA) 1. 23.67 - 100m Johannesburg (RSA) 2. 11.53 - 100m Johannesburg (RSA) h 11.50 - 200m Johannesburg (RSA) 2. 23.57			
INFO: Based in Johannesburg. Communications studies at University of Johannesburg. 2024 Sportswoman of the Year at University of Johannesburg.			

Start list

100m

Time: 15:20

Lane	Athlete	MF	NR	PB	SB
1	Murangi REFILWE	BOT	11.25	11.73	11.73
2	Galaletsang GABALOTLEGWE	BOT	11.25	11.98	11.98
3	Winnie SAREFO	BOT	11.25	11.89	11.97
4	Tshepang MANYIKA	BOT	11.25	11.74	11.74
5	Sethunya MAJAMA	BOT	11.25	11.91	11.91
6	Irene BELL BONONG	CMR	10.98	11.82	12.36
7	Same Amantle MHUTSIWA	BOT	11.25	12.21	12.54
8	Erin KOFF	NAM	10.97	12.42	12.42

Records

WR	10.49	Florence GRIFFITH-JOYNER	USA	Indianapolis, IN	16.07.88
AR	10.72	Marie-Josée TA LOU	CIV	Monaco	10.08.22
NR	11.25	Tsaone Bakani SEBELE	BOT	Gaborone	30.04.22
WJR	10.88	Marlies OELSNER	GDR	Dresden	01.07.77
MR	10.97	Christine MBOMA	NAM		30.04.22
WL	11.08	Sabrina DOCKERY	JAM	Kingston	26.03.25

2025 World list

11.08	+0.8	Sabrina DOCKERY	JAM	Kingston (JAM)	26.03.25
11.09	+0.7	Dana WILSON	USA	Gainesville, FL (USA)	05.04.25
11.11	+1.3	Zoe HOBBS	NZL	Dunedin (NZL)	08.03.25
11.11	+1.0	Camryn DICKSON	USA	Gainesville, FL (USA)	05.04.25
11.11	-0.6	Melissa JEFFERSON	USA	Kingston (JAM)	05.04.25
11.13	-0.1	Alexis BROWN	USA	Raleigh, NC (USA)	28.03.25
11.14	+1.7	Leah O'BRIEN	AUS	Perth (AUS)	08.04.25
11.21	+1.0	Joyasia SMITH	USA	Charlotte, NC (USA)	21.03.25
11.21	+0.7	Maia MCCOY	LBR	Gainesville, FL (USA)	05.04.25
11.22	-0.2	Jassani CARTER	USA	Los Angeles, CA (USA)	22.03.25
11.22	+0.9	India MAYBERRY	USA	Austin, TX (USA)	28.03.25
11.22	+0.7	Gladymar TORRES	PUR	Bayaguana (DOM)	29.03.25
11.23	+1.3	Bree MASTERS	AUS	Auckland (NZL)	09.02.25
11.23	+0.4	Cynteria JAMES	USA	Columbia, SC (USA)	22.03.25
11.23	+1.9	Sedrickia WYNN	USA	Austin, TX (USA)	29.03.25
11.23	+1.9	Naomi LONDON	LCA	Austin, TX (USA)	29.03.25
11.23	-0.6	Jenna PRANDINI	USA	Kingston (JAM)	05.04.25
11.25	+0.7	Liranyí ALONSO	DOM	Bayaguana (DOM)	29.03.25
11.25	+1.8	Jasmine MONTGOMERY	USA	Gainesville, FL (USA)	05.04.25
11.25	-0.6	Jacious SEARS	USA	Kingston (JAM)	05.04.25

All-Time World list

10.49	0.0	Florence GRIFFITH-JOYNER	USA	Indianapolis, IN (USA)	16.07.88
10.54	+0.9	Elaine THOMPSON-HERAH	JAM	Eugene, OR (USA)	21.08.21
10.60	+1.7	Shelly-Ann FRASER-PRYCE	JAM	Lausanne (SUI)	26.08.21
10.64	+1.2	Carmelita JETER	USA	Shanghai (CHN)	20.09.09
10.65	+1.1	Marion JONES	USA	Johannesburg (RSA)	12.09.98
10.65	+1.0	Shericka JACKSON	JAM	Kingston (JAM)	07.07.23
10.65	-0.2	Sha'Carri RICHARDSON	USA	Budapest (HUN)	21.08.23
10.72	+0.4	Marie-Josée TA LOU	CIV	Monaco (MON)	10.08.22
10.72	-0.1	Julien ALFRED	LCA	Paris (FRA)	03.08.24
10.73	+2.0	Christine ARRON	FRA	Budapest (HUN)	19.08.98
10.74	+1.3	Merlene OTTEY	JAM	Milano (ITA)	07.09.96
10.74	+1.0	English GARDNER	USA	Eugene, OR (USA)	03.07.16
10.75	+0.4	Kerron STEWART	JAM	Roma (ITA)	10.07.09
10.76	+1.7	Evelyn ASHFORD	USA	Zürich (SUI)	22.08.84
10.76	+1.1	Veronica CAMPBELL-BROWN	JAM	Ostrava (CZE)	31.05.11
10.77	+0.9	Irina PRIVALOVA	RUS	Lausanne (SUI)	06.07.94
10.77	+0.7	Ivet LALOVA-COLLIO	BUL	Plodiv (BUL)	19.06.04
10.77	+1.6	Jacious SEARS	USA	Gainesville, FL (USA)	13.04.24
10.78	+1.0	Dawn SOWELL	USA	Provo, UT (USA)	03.06.89
10.78	+1.8	Torri EDWARDS	USA	Eugene, OR (USA)	28.06.08

WR progression

10.49	0.0	Florence GRIFFITH-JOYNER	USA	Indianapolis, IN (USA)	16.07.88
10.76	+1.7	Evelyn ASHFORD	USA	Zürich (SUI)	22.08.84
10.79	+0.6	Evelyn ASHFORD	USA	Colorado Springs, CO (USA)	03.07.83
10.81	+1.7	Marlies GÖHR	GDR	Berlin (GER)	08.06.83
10.88	+1.9	Marlies GÖHR	GDR	Karl Marx Stadt (GDR)	09.07.82
10.88	+2.0	Marlies OELSNER	GDR	Dresden (GER)	01.07.77
11.01	+0.6	Annegret RICHTER	FRG	Montréal (CAN)	25.07.76
11.04	+0.6	Ingeborg HELTEN	FRG	Fürth (GER)	13.06.76
11.07	-0.2	Renate STECHER	GDR	München (GER)	02.09.72
11.08	+1.2	Wyomia TYUS	USA	Ciudad de México (MEX)	15.10.68
11.20	+1.8	Irena SZEWIŃSKA	POL	Ciudad de México (MEX)	14.10.68
11.1h	0.0	Lyudmila SAMOTYOSOVA	URS	Leninakan (URS)	15.08.68
11.1h	+0.3	Barbara FERRELL	USA	Santa Barbara, CA (USA)	02.07.67
11.1h	+0.2	Wyomia TYUS	USA	Kiev (URS)	31.07.65
11.1h	+2.0	Irena KIRSZENSTEIN	POL	Praha (TCH)	09.07.65
11.2h	+0.3	Wyomia TYUS	USA	Tokyo (JPN)	15.10.64
11.2h	+0.7	Wilma RUDOLPH	USA	Stuttgart (GER)	19.07.61
11.3h	+0.8	Wilma RUDOLPH	USA	Roma (ITA)	02.09.60
11.3h	+1.4	Vera KREPINA	URS	Kiev (URS)	13.09.58

Medal Winners

2024 - Olympic Games - Paris

1.	Julien ALFRED (LCA)	10.72
2.	Sha'Carri RICHARDSON (USA)	10.87
3.	Melissa JEFFERSON (USA)	10.92

2024 - African Ch. - Douala

1.	Gina Mariam BASS BITTAYE (GAM)	11.14
2.	Maia MCCOY (LBR)	11.16
3.	Maboundou KONÉ (CIV)	11.24

2024 - African Games - Accra

1.	Gina Mariam BASS BITTAYE (GAM)	11.36
2.	Maia MCCOY (USA)	11.49
3.	Olayinka OLAJIDE (NGR)	11.55

2023 - World Ch. - Budapest

1.	Sha'Carri RICHARDSON (USA)	10.65
2.	Shericka JACKSON (JAM)	10.72
3.	Shelly-Ann FRASER-PRYCE (JAM)	10.77

2022 - World Ch. - Oregon

1.	Shelly-Ann FRASER-PRYCE (JAM)	10.67
2.	Shericka JACKSON (JAM)	10.73
3.	Elaine THOMPSON-HERAH (JAM)	10.81

2022 - African Ch. - St Pierre

1.	Gina BASS (GAM)	11.06
2.	Aminatou SEYNI (NIG)	11.09
3.	Carina HORN (RSA)	11.14

2021 - Olympic Games - Tokyo

1.	Elaine THOMPSON-HERAH (JAM)	10.61
2.	Shelly-Ann FRASER-PRYCE (JAM)	10.74
3.	Shericka JACKSON (JAM)	10.76

2019 - World Ch. - Doha

1.	Shelly-Ann FRASER-PRYCE (JAM)	10.71
2.	Dina ASHER-SMITH (GBR)	10.83
3.	Marie-Josée TA LOU (CIV)	10.90

2019 - African Games - Rabat

1.	Marie-Josée TA LOU (CIV)	11.09
2.	Gina BASS (GAM)	11.13
3.	Bassant HEMIDA (EGY)	11.31

2017 - World Ch. - London

1.	Tori BOWIE (USA)	10.85
2.	Marie-Josée TA LOU (CIV)	10.86
3.	Dafne SCHIPPERS (NED)	10.96

Previous Meeting Winners

23	Twanisha TERRY (USA)	11.05
22	Christine MBOMA (NAM)	10.97
19	Tsaone Bakani SEBELE (BOT)	11.51
18	Hellen MAKUMBA (ZAM)	12.07

1	Murangi REFILWE (BOT)	25y	SB and PB: 11.73 Francistown (BOT) 09.03
GENERAL: In top 8 at African Championships 4x100m (24) Other PBs: 24.31 200m(25) - 55.17 400m(24) Current Records: 1xNR: NR 44.69 4x100m Gaborone(19) 1x=NR: =NR= 44.69 4x100m Douala(24) 2025: 400m Gaborone (BOT) 3. 55.65 - 200m Francistown (BOT) 1. 24.86 - 100m Francistown (BOT) 2. 11.73 - 100m Johannesburg (RSA) 1. 11.93 - 200m Johannesburg (RSA) 7. 24.31 - 400m Francistown (BOT) 2. 55.74			
2	Galaletsang GABALOTLEGWE (BOT)		SB and PB: 11.98 Francistown (BOT) 22.03
2025: 200m Francistown (BOT) 3. 26.34 - 100m Francistown (BOT) 1. 12.71 - 200m Gaborone (BOT) 2. 25.80 - 100m Gaborone (BOT) 1. 12.45 - 100m Francistown (BOT) 2. 11.98			
3	Winnie SAREFO (BOT)	21y	SB: 11.97 Francistown (BOT) 22.03 PB: 11.89 Gaborone (BOT) 26.05.2023
GENERAL: In top 8 at World U20 Championships In top 8 at African Championships World Rankings: 2351st Other PBs: 24.16 200m(23) - 57.87 400m(23) 2025: 400m Francistown (BOT) 3. 58.80 - 200m Francistown (BOT) 3. 25.67 - 400m Gaborone (BOT) 4. 58.09 - 200m Gaborone (BOT) 1. 25.42 - 100m Pretoria (RSA) 8. 12.38 - 100m Johannesburg (RSA) 2. 12.15 - 200m Francistown (BOT) 1. 24.3h - 100m Francistown (BOT) 1. 11.97			
4	Tshepang MANYIKA (BOT)	24y	SB and PB: 11.74 Francistown (BOT) 22.03
GENERAL: 3 times In top 8 at African Championships 4x100m (24), 4x400m (24) 2 times National champion 4x100m (24, 22) World Rankings: 1055th Other PBs: 24.40 200m(23) Current Records: 1x=NR: =NR= 44.69 4x100m Douala(24) 2025: 100m Gaborone (BOT) 2. 11.92 - 100m Francistown (BOT) 1. 11.74			
5	Sethunya MAJAMA (BOT)	18y	SB and PB: 11.91 Johannesburg (RSA) 19.03
GENERAL: In top 8 at African Championships 4x100m (24) World Rankings: 1354th Other PBs: 24.17 200m(24) Current Records: 1x=NR: =NR= 44.69 4x100m Douala(24) 2025: 200m Francistown (BOT) 1. 25.02 - 100m Francistown (BOT) 1. 12.11 - 100m Gaborone (BOT) 1. 12.15 - 200m Gaborone (BOT) 1. 24.75 - 200m Francistown (BOT) 1. 24.89 - 100m Francistown (BOT) 1. 12.08 - 100m Pretoria (RSA) 4. 12.12 - 100m Johannesburg (RSA) 2. 11.91 INFO: Club: Lefika Athletics Club.			
6	Irene BELL BONONG (CMR)	30y	SB: 12.36 Francistown (BOT) 22.03 PB: 11.82 Bafoussam (CMR) 18.03.2023
GENERAL: Francophone Games winner 4x100m (23) Francophone Games silver medallist 4x400m (23) World Rankings: 1329th Other PBs: 23.87 200m(22) - 57.22 400m(22) Current Records: 1xNR: NR 44.78 4x100m Kinshasa(23) HONOURS: NCH (2xWin) 2025: 200m Francistown (BOT) 3. 25.77 - 100m Francistown (BOT) 3. 12.36			
7	Same Amantle MHUTSIWA (BOT)	18y	SB: 12.54 Johannesburg (RSA) 15.03 PB: 12.21 Johannesburg (RSA) 08.03.2024
Other PBs: 24.26 200m(25) 2025: 200m Francistown (BOT) 1. 25.88 - 100m Francistown (BOT) 1. 12.57 - 100m Francistown (BOT) 2. 12.60 - 200m Johannesburg (RSA) h 25.53 - 200m Johannesburg (RSA) 5. 25.39 - 100m Johannesburg (RSA) 6. 12.54 - 100m Johannesburg (RSA) sf 12.45w - 200m Francistown (BOT) h 24.68 - 200m Francistown (BOT) 1. 24.26 INFO: Club: Jwaneng Athletics Club.			
8	Erin KOFF (NAM)	19y	SB and PB: 12.42 Johannesburg (RSA) 19.03
GENERAL: In top 8 at All-African Games 2025: 100m Johannesburg (RSA) 4. 12.42			

Start list

400m

Time: 14:56

Lane	Athlete	MF	NR	PB	SB
1	Rogail JOSEPH	RSA	49.62	53.25	
2	Marlie VILJOEN	RSA	49.62	51.42	51.42
3	Courtney OKOLO	USA	48.70	49.71	53.10
4	Rhoda NJOBVU	ZAM	50.22	51.96	
5	Shirley NEKHUBUI	RSA	49.62	51.42	51.42
6	Miranda Charlene COETZEE	RSA	49.62	50.66	54.89
7	Bassant HEMIDA	EGY	52.17	52.17	52.17
8	Candice MCLEOD	JAM	48.57	49.51	

Records

WR	47.60	Marita KOCH	GDR	Canberra	06.10.85
AR	49.10	Falilat OGUNKOYA-OSHEKU	NGR	Atlanta, GA	29.07.96
NR	49.33	Amantle MONTSHO	BOT	Monaco	19.07.13
WJR	49.42	Grit BREUER	GER	Tokyo	27.08.91
MR	50.44	Mary MORAA	KEN		29.04.23
WL	48.67	Salwa Eid NASER	BRN	Kingston	05.04.25

2025 World list

48.67	Salwa Eid NASER	BRN	Kingston (JAM)	05.04.25
49.14	Gabrielle THOMAS	USA	Kingston (JAM)	05.04.25
49.24	Isabella WHITTAKER	USA	Virginia Beach, VA (USA) (i)	15.03.25
49.35	Marileidy PAULINO	DOM	Kingston (JAM)	05.04.25
49.78	Aaliyah BUTLER	USA	College Station, TX (USA) (i)	01.03.25
49.80	Evelis AGUILAR	COL	Bogotá (COL)	06.04.25
50.12	Alexis HOLMES	USA	Kingston (JAM)	05.04.25
50.32	Sydney MCLAUGHLIN-LEVRONE	USA	Kingston (JAM)	06.04.25
50.37	Stacey Ann WILLIAMS	JAM	Kingston (JAM)	05.04.25
50.38	Lieke KLAVER	NED	Apeldoorn (NED) (i)	08.03.25
50.43	JaMeesia FORD	USA	Gainesville, FL (USA)	05.04.25
50.44	Henriette JÆGER	NOR	Toruń (POL) (i)	16.02.25
50.57	Amber ANNING	GBR	Fayetteville, AR (USA) (i)	14.02.25
50.70	Kaylyn BROWN	USA	College Station, TX (USA) (i)	01.03.25
50.77	Roxana GÓMEZ	CUB	Bayaguana (DOM)	29.03.25
50.88	Rachel JOSEPH	USA	Lubbock, TX (USA) (i)	01.03.25
50.90	Dejanae OAKLEY	JAM	College Station, TX (USA) (i)	01.03.25
50.91	Madison WHYTE	USA	Baton Rouge, LA (USA)	29.03.25
50.92	Nickisha PRYCE	JAM	Kingston (JAM)	05.04.25
50.98	Polina TKALICH	RUS	Moskva (RUS) (i)	01.03.25

All-Time World list

47.60	Marita KOCH	GDR	Canberra (AUS)	06.10.85
47.99	Jarmila KRATOCHVÍLOVÁ	TCH	Helsinki (FIN)	10.08.83
48.14	Salwa Eid NASER	BRN	Doha (QAT)	03.10.19
48.17	Marileidy PAULINO	DOM	Paris (FRA)	09.08.24
48.25	Marie-José PÉREC	FRA	Atlanta, GA (USA)	29.07.96
48.27	Olga BRYZGINA	URS	Canberra (AUS)	06.10.85
48.36	Shaunae MILLER-UIBO	BAH	Tokyo (JPN)	06.08.21
48.57	Nickisha PRYCE	JAM	London (GBR)	20.07.24
48.59	Tat'ána KOCEMBOVÁ	TCH	Helsinki (FIN)	10.08.83
48.63	Cathy FREEMAN	AUS	Atlanta, GA (USA)	29.07.96
48.70	Sanya RICHARDS-ROSS	USA	Athina (GRE)	16.09.06
48.74	Sydney MCLAUGHLIN-LEVRONE	USA	Eugene, OR (USA)	08.07.23
48.83	Valerie BRISCO-HOOKS	USA	Los Angeles, CA (USA)	06.08.84
48.89	Ana Gabriela GUEVARA	MEX	Paris-St-Denis (FRA)	27.08.03
48.90	Natalia KACZMAREK	POL	London (GBR)	20.07.24
49.05	Chandra CHEESEBOROUGH	USA	Los Angeles, CA (USA)	06.08.84
49.07	Tonique WILLIAMS-DARLING	BAH	Berlin (GER)	12.09.04
49.07	Rhasidat ADELEKE	IRL	Roma (ITA)	10.06.24
49.10	Falilat OGUNKOYA-OSHEKU	NGR	Atlanta, GA (USA)	29.07.96
49.11	Olga NAZAROVA	URS	Seoul (KOR)	25.09.88

WR progression

47.60	Marita KOCH	GDR	Canberra (AUS)	06.10.85
47.99	Jarmila KRATOCHVÍLOVÁ	TCH	Helsinki (FIN)	10.08.83
48.16	Marita KOCH	GDR	Athina (GRE)	08.09.82
48.60	Marita KOCH	GDR	Torino (ITA)	04.08.79
48.89	Marita KOCH	GDR	Potsdam (GDR)	29.07.79
48.94	Marita KOCH	GDR	Praha (TCH)	31.08.78
49.03	Marita KOCH	GDR	Potsdam (GDR)	19.08.78
49.19	Marita KOCH	GDR	Leipzig (GER)	02.07.78
49.29	Irena SZEWIŃSKA	POL	Montréal (CAN)	29.07.76
49.75	Irena SZEWIŃSKA	POL	Bydgoszcz (POL)	22.06.76
49.77	Christina BREHMER	GDR	Dresden (GER)	09.05.76
50.14	Riitta SALIN	FIN	Roma (ITA)	04.09.74
49.9h	Irena SZEWIŃSKA	POL	Warszawa (POL)	22.06.74
51.0h	Monika ZEHRT	GDR	Colombes (FRA)	04.07.72
51.0h	Marilyn NEUFVILLE	GBR	Edinburgh (GBR)	23.07.70
51.7h	Colette BESSON	FRA	Athina (GRE)	18.09.69
51.7h	Nicole DUCLOS	FRA	Athina (GRE)	18.09.69
51.9h	Geum-Dan SHIN	PRK	Pyongyang (PRK)	23.10.62
53.4h	Mariya ITKINA	URS	Beograd (YUG)	14.09.62

Medal Winners

2024 - Olympic Games - Paris

1.	Marileidy PAULINO (DOM)	48.17
2.	Salwa Eid NASER (BRN)	48.53
3.	Natalia KACZMAREK (POL)	48.98

2024 - African Ch. - Douala

1.	Miranda Charlene COETZEE (RSA)	51.16
2.	Quincy MALEKANI (ZAM)	51.56
3.	Esther Elo JOSEPH (NGR)	51.94

2024 - African Games - Accra

1.	Mary MORAA (KEN)	50.57
2.	Esther Elo JOSEPH (NGR)	51.61
3.	Sita SIBIRI (BUR)	51.74

2023 - World Ch. - Budapest

1.	Marileidy PAULINO (DOM)	48.76
2.	Natalia KACZMAREK (POL)	49.57
3.	Sada WILLIAMS (BAR)	49.60

2022 - World Ch. - Oregon

1.	Shaunae MILLER-UIBO (BAH)	49.11
2.	Marileidy PAULINO (DOM)	49.60
3.	Sada WILLIAMS (BAR)	49.75

2022 - African Ch. - St Pierre

1.	Miranda Charlene COETZEE (RSA)	51.82
2.	Niddy MINGILISHI (ZAM)	52.36
3.	Veronica Kamumbe MUTUA (KEN)	52.76

2021 - Olympic Games - Tokyo

1.	Shaunae MILLER-UIBO (BAH)	48.36
2.	Marileidy PAULINO (DOM)	49.20
3.	Allyson FELIX (USA)	49.46

2019 - World Ch. - Doha

1.	Salwa Eid NASER (BRN)	48.14
2.	Shaunae MILLER-UIBO (BAH)	48.37
3.	Shericka JACKSON (JAM)	49.47

2019 - African Games - Rabat

1.	Galefele MOROKO (BOT)	51.30
2.	Favour OFILI (NGR)	51.68
3.	Grace OBOUR (GHA)	51.86

2017 - World Ch. - London

1.	Phyllis FRANCIS (USA)	49.92
2.	Salwa Eid NASER (BRN)	50.06
3.	Allyson FELIX (USA)	50.08

Previous Meeting Winners

23	Mary MORAA (KEN)	50.44
22	Niddy MINGILISHI (ZAM)	53.03
19	Christine BOTLOGETSWE (BOT)	52.17
18	Amantle MONTSHO (BOT)	51.19
17	Lydia JELE (BOT)	51.65

1	Rogail JOSEPH (RSA)	24y	PB: 53.25 Potchefstroom (RSA) 10.04.2024
GENERAL: All-African Games winner 400mH (24) African champion 400mH (24)			
Other PBs: 11.91ww 100m(21) - 23.67 200m(24) - 36.89 300m(24) - 13.97 100mH(19) - 54.12 400mH(24)			
HONOURS: Afr. Ch. (1xGold) All-Afr. G. (1xGold) Afr. U20 Ch. (2xGold)			
2025: 300m Potchefstroom (RSA) 1. 38.01			
INFO: Born in Roodewal. Studies: North-West University. Height: 1.72 / 5'8".			
2	Marlie VILJOEN (RSA)	24y	SB and PB: 51.42 Pretoria (RSA) 15.03
GENERAL: World University Games winner 400m (23) World Rankings: 124th			
Other PBs: 23.83 200m(24) - 1:30.24 600m(25) - 2:11.34 800m(23) Current Records: 1xNR: NR 3:28.30 4x400m Pretoria(25)			
HONOURS: WUG (1xGold)			
2025: 800m Pretoria (RSA) 4. 2:11.93 - 600m Pretoria (RSA) 1. 1:30.24 - 400m Pretoria (RSA) 1. 52.39 - 400m Pretoria (RSA) 1. 52.08 - 400m Pretoria (RSA) h 55.76 - 400m Pretoria (RSA) 1. 51.42 - 400m Johannesburg (RSA) 3. 51.85			
INFO: Based in Pretoria. Marketing studies at University of Pretoria.			
3	Courtney OKOLO (USA)	31y	SB: 53.10 College Station, TX (USA) 08.02 (USA) 23.04.2016 PB: 49.71 Baton Rouge, LA (USA) 23.04.2016
GENERAL: 2 times World champion 4x400m (19), 4x400m (19) Olympic champion 4x400m (16) World Rankings: 68th			
Other PBs: 35.74 300m(16) - 36.87 300m sh(17) - 50.55 400m sh(18) - 1:07.34 500m sh(17) - 1:24.00 600m sh(17) Current Records: 1xABP: ABP 1:07.34 500m sh New York, NY(17) 1xAR: AR 3:23.85 4x400m sh Birmingham(18)			
HONOURS: World Ind. Ch. (1xGold): 1. 400m sh Birmingham(18) 50.55 NACAC Ch. (1xGold) PanAm G. (1xBronze) PanAm. U20 Ch. (1xGold)			
2025: 200m sh Houston, TX (USA) 1. 24.19 - 400m sh New York, NY (USA) 3. 53.69 - 400m sh College Station, TX (USA) 1. 53.10			
INFO: Hometown: Carrollton. Exercise Science major with a minor in African and African Diaspora Studies at University of Texas.			
4	Rhoda NJOBVU (ZAM)	31y	PB: 51.96 Gaborone (BOT) 29.04.2023
GENERAL: All-African Games silver medallist 4x400m (24) African Championships silver medallist 4x400m (24)			
Other PBs: 11.12 100m(21) - 22.69 200m(21) Current Records: 4xNR: NR 11.12 100m Lusaka(21) - NR 22.69 200m Lusaka(21) - NR 43.85 4x100m Lusaka(21) - NR 3:31.85 4x400m Accra(24)			
HONOURS: Afr. Ch. (1xBronze)			
INFO: Born in Lusaka. Studies: University of Zambia.			
5	Shirley NEKHUBUI (RSA)	24y	SB and PB: 51.42 Johannesburg (RSA) 19.03
GENERAL: African champion 4x400m (24) 4 times In top 8 at African Championships 400m (24), 4x400m (22) World Rankings: 57th			
Other PBs: 11.36 100m(25) - 17.28 150m(24) - 22.84 200m(24) - 36.36 300m(25) Current Records: 3xNR: NR 36.36 300m Pretoria(25) - NR 3:28.30 4x400m Pretoria(25) - NR 3:13.12 4x400m Douala(24)			
HONOURS: NCH (2xWin)			
2025: 100m Pretoria (RSA) 1. 11.62 - 200m Pretoria (RSA) 1. 23.51 - 300m Pretoria (RSA) 1. 36.36 - 400m Johannesburg (RSA) 1. 52.51 - 400m Pretoria (RSA) 1. 52.09 - 200m Pretoria (RSA) 1. 22.91 - 100m Johannesburg (RSA) 1. 11.39 - 100m Johannesburg (RSA) h 11.36 - 200m Johannesburg (RSA) 1. 22.98 - 400m Johannesburg (RSA) 2. 51.42			
INFO: Based in Johannesburg. Studies: University of Johannesburg.			
6	Miranda Charlene COETZEE (RSA)	27y	SB: 54.89 Gaborone (BOT) 15.02 PB: 50.66 Paris (FRA) 06.08.2024
GENERAL: 4 times African champion 400m (24, 22), 4x400m (22), 4x400m (24) In top 8 at Commonwealth Games 4x400m (22) World Rankings: 36th			
Other PBs: 11.58ww 100m(21) - 11.69 100m(21) - 17.41 150m(24) - 22.74 200m(23) - 36.48 300m(23) Current Records: 2xNR: NR 3:28.30 4x400m Pretoria(25) - NR 3:13.12 4x400m Douala(24)			
HONOURS: Afr. Ch. (2xGold) NCH (2xWin)			
2025: 400m Gaborone (BOT) 2. 54.89 - 200m Pretoria (RSA) 1. 23.57 - 200m Pretoria (RSA) 2. 23.03 - 200m Melbourne (AUS) 6. 23.67			
INFO: Born in Phokeng. Earlier played netball. Height: 1.66 / 5'5".			
7	Bassant HEMIDA (EGY)	28y	SB and PB: 52.17 Karlsruhe (GER) 07.02
GENERAL: 12 times National champion 100m (22, 21, 20, 19, 18, 16), 200m (22, 21, 20, 19, 18, 16) All-African Games silver medallist 200m (19)			
Other PBs: 11.02 100m(22) - 10.97ww 100m(22) - 22.41 200m(23) - 36.66 300m(24) - 52.17 400m sh(25) Current Records: 5xNR: NR 7.31 60m Beograd(22) - NR 11.02 100m Nairobi(22) - NR 22.41 200m Hengelo(23) - NR 52.17 400m Karlsruhe(25) - NR 52.17 400m sh Karlsruhe(25)			
HONOURS: All-Afr. G. (1xSilver, 1xBronze) Medit. G. (2xWin) NCH (12xWin)			
2025: 60m Dortmund (GER) h 7.43 - 60m Dortmund (GER) 3. 7.37 - 60m Århus (DEN) h 7.44 - 60m Århus (DEN) 4. 7.43 - 100m Jablonec nad Nisou (CZE) 2. 11.60 - 60m Jablonec nad Nisou (CZE) h 7.40 - 60m Jablonec nad Nisou (CZE) 4. 7.38 - 400m sh Erfurt (GER) 1. 52.99 - 400m sh Karlsruhe (GER) 2. 52.17 - 60m Berlin (GER) h 7.44 - 400m sh Nanjing (CHN) h 52.62			
INFO: Born in Alexandria. In 2022 she became the 1st Egyptian female athlete to win gold medal in the 100m at the Mediterranean Games. Has two brothers who are also athletes, competing for Qatar.			
8	Candice MCLEOD (JAM)	28y	PB: 49.51 Tokyo (JPN) 04.08.2021
GENERAL: 2 times World Championships silver medallist 4x400m (23, 22) Olympic Games bronze medallist 4x400m (21) World Rankings: 409th			
Other PBs: 23.41 200m(21) - 38.01 300m sh(24) - 2:11.26 800m(17) - 57.54 400mH(19)			
HONOURS: OG (1xFinal): 5. 400m Tokyo(21) 49.87 World Ch. (2xFinal): 7. 400m Budapest(23) 51.08 - 7. 400m Eugene, OR(22) 50.78 NCH (1xWin)			
2025: 200m Spanish Town (JAM) 4. 24.29			
INFO: Hometown: Kingston. Accounting studies at University of the West Indies. Nickname: Candi.			

Start list

400m

Time: 14:50

Lane	Athlete	MF	NR	PB	SB
2	Helene VOGEL	AUT	50.60	56.03	56.03
3	Golekanye Kebonye CHIKANI	BOT	49.33	53.33	54.66
4	Precious MOLEPO	RSA	49.62	52.84	53.38
5	Hannah VAN NIEKERK	RSA	49.62	53.74	53.74
6	Thomphang BASELE	BOT	49.33	53.00	54.71
7	Batisane KENNEKAE	BOT	49.33	54.48	55.02
8	Deline MPITI	RSA	49.62	51.73	57.16

Records

WR	47.60	Marita KOCH	GDR	Canberra	06.10.85
AR	49.10	Falilat OGUNKOYA-OSHEKU	NGR	Atlanta, GA	29.07.96
NR	49.33	Amantle MONTSHO	BOT	Monaco	19.07.13
WJR	49.42	Grit BREUER	GER	Tokyo	27.08.91
MR	50.44	Mary MORAA	KEN		29.04.23
WL	48.67	Salwa Eid NASER	BRN	Kingston	05.04.25

2025 World list

48.67	Salwa Eid NASER	BRN	Kingston (JAM)	05.04.25
49.14	Gabrielle THOMAS	USA	Kingston (JAM)	05.04.25
49.24	Isabella WHITTAKER	USA	Virginia Beach, VA (USA) (i)	15.03.25
49.35	Marileidy PAULINO	DOM	Kingston (JAM)	05.04.25
49.78	Aaliyah BUTLER	USA	College Station, TX (USA) (i)	01.03.25
49.80	Evelis AGUILAR	COL	Bogotá (COL)	06.04.25
50.12	Alexis HOLMES	USA	Kingston (JAM)	05.04.25
50.32	Sydney MCLAUGHLIN-LEVRONE	USA	Kingston (JAM)	06.04.25
50.37	Stacey Ann WILLIAMS	JAM	Kingston (JAM)	05.04.25
50.38	Lieke KLAVER	NED	Apeldoorn (NED) (i)	08.03.25
50.43	JaMeesia FORD	USA	Gainesville, FL (USA)	05.04.25
50.44	Henriette JÆGER	NOR	Toruń (POL) (i)	16.02.25
50.57	Amber ANNING	GBR	Fayetteville, AR (USA) (i)	14.02.25
50.70	Kaylyn BROWN	USA	College Station, TX (USA) (i)	01.03.25
50.77	Roxana GÓMEZ	CUB	Bayaguana (DOM)	29.03.25
50.88	Rachel JOSEPH	USA	Lubbock, TX (USA) (i)	01.03.25
50.90	Dejanae OAKLEY	JAM	College Station, TX (USA) (i)	01.03.25
50.91	Madison WHYTE	USA	Baton Rouge, LA (USA)	29.03.25
50.92	Nickisha PRYCE	JAM	Kingston (JAM)	05.04.25
50.98	Polina TKALICH	RUS	Moskva (RUS) (i)	01.03.25

All-Time World list

47.60	Marita KOCH	GDR	Canberra (AUS)	06.10.85
47.99	Jarmila KRATOCHVÍLOVÁ	TCH	Helsinki (FIN)	10.08.83
48.14	Salwa Eid NASER	BRN	Doha (QAT)	03.10.19
48.17	Marileidy PAULINO	DOM	Paris (FRA)	09.08.24
48.25	Marie-José PÉREC	FRA	Atlanta, GA (USA)	29.07.96
48.27	Olga BRYZGINA	URS	Canberra (AUS)	06.10.85
48.36	Shaunae MILLER-UIBO	BAH	Tokyo (JPN)	06.08.21
48.57	Nickisha PRYCE	JAM	London (GBR)	20.07.24
48.59	Tat'ána KOCEMBOVÁ	TCH	Helsinki (FIN)	10.08.83
48.63	Cathy FREEMAN	AUS	Atlanta, GA (USA)	29.07.96
48.70	Sanya RICHARDS-ROSS	USA	Athina (GRE)	16.09.06
48.74	Sydney MCLAUGHLIN-LEVRONE	USA	Eugene, OR (USA)	08.07.23
48.83	Valerie BRISCO-HOOKS	USA	Los Angeles, CA (USA)	06.08.84
48.89	Ana Gabriela GUEVARA	MEX	Paris-St-Denis (FRA)	27.08.03
48.90	Natalia KACZMAREK	POL	London (GBR)	20.07.24
49.05	Chandra CHEESEBOROUGH	USA	Los Angeles, CA (USA)	06.08.84
49.07	Tonique WILLIAMS-DARLING	BAH	Berlin (GER)	12.09.04
49.07	Rhasidat ADELEKE	IRL	Roma (ITA)	10.06.24
49.10	Falilat OGUNKOYA-OSHEKU	NGR	Atlanta, GA (USA)	29.07.96
49.11	Olga NAZAROVA	URS	Seoul (KOR)	25.09.88

WR progression

47.60	Marita KOCH	GDR	Canberra (AUS)	06.10.85
47.99	Jarmila KRATOCHVÍLOVÁ	TCH	Helsinki (FIN)	10.08.83
48.16	Marita KOCH	GDR	Athina (GRE)	08.09.82
48.60	Marita KOCH	GDR	Torino (ITA)	04.08.79
48.89	Marita KOCH	GDR	Potsdam (GDR)	29.07.79
48.94	Marita KOCH	GDR	Praha (TCH)	31.08.78
49.03	Marita KOCH	GDR	Potsdam (GDR)	19.08.78
49.19	Marita KOCH	GDR	Leipzig (GER)	02.07.78
49.29	Irena SZEWIŃSKA	POL	Montréal (CAN)	29.07.76
49.75	Irena SZEWIŃSKA	POL	Bydgoszcz (POL)	22.06.76
49.77	Christina BREHMER	GDR	Dresden (GER)	09.05.76
50.14	Riitta SALIN	FIN	Roma (ITA)	04.09.74
49.9h	Irena SZEWIŃSKA	POL	Warszawa (POL)	22.06.74
51.0h	Monika ZEHRT	GDR	Colombes (FRA)	04.07.72
51.0h	Marilyn NEUFVILLE	GBR	Edinburgh (GBR)	23.07.70
51.7h	Colette BESSON	FRA	Athina (GRE)	18.09.69
51.7h	Nicole DUCLOS	FRA	Athina (GRE)	18.09.69
51.9h	Geum-Dan SHIN	PRK	Pyongyang (PRK)	23.10.62
53.4h	Mariya ITKINA	URS	Beograd (YUG)	14.09.62

Medal Winners

2024 - Olympic Games - Paris

1.	Marileidy PAULINO (DOM)	48.17
2.	Salwa Eid NASER (BRN)	48.53
3.	Natalia KACZMAREK (POL)	48.98

2024 - African Ch. - Douala

1.	Miranda Charlene COETZEE (RSA)	51.16
2.	Quincy MALEKANI (ZAM)	51.56
3.	Esther Elo JOSEPH (NGR)	51.94

2024 - African Games - Accra

1.	Mary MORAA (KEN)	50.57
2.	Esther Elo JOSEPH (NGR)	51.61
3.	Sita SIBIRI (BUR)	51.74

2023 - World Ch. - Budapest

1.	Marileidy PAULINO (DOM)	48.76
2.	Natalia KACZMAREK (POL)	49.57
3.	Sada WILLIAMS (BAR)	49.60

2022 - World Ch. - Oregon

1.	Shaunae MILLER-UIBO (BAH)	49.11
2.	Marileidy PAULINO (DOM)	49.60
3.	Sada WILLIAMS (BAR)	49.75

2022 - African Ch. - St Pierre

1.	Miranda Charlene COETZEE (RSA)	51.82
2.	Niddy MINGILISHI (ZAM)	52.36
3.	Veronica Kamumbe MUTUA (KEN)	52.76

2021 - Olympic Games - Tokyo

1.	Shaunae MILLER-UIBO (BAH)	48.36
2.	Marileidy PAULINO (DOM)	49.20
3.	Allyson FELIX (USA)	49.46

2019 - World Ch. - Doha

1.	Salwa Eid NASER (BRN)	48.14
2.	Shaunae MILLER-UIBO (BAH)	48.37
3.	Shericka JACKSON (JAM)	49.47

2019 - African Games - Rabat

1.	Galefele MOROKO (BOT)	51.30
2.	Favour OFILI (NGR)	51.68
3.	Grace OBOUR (GHA)	51.86

2017 - World Ch. - London

1.	Phyllis FRANCIS (USA)	49.92
2.	Salwa Eid NASER (BRN)	50.06
3.	Allyson FELIX (USA)	50.08

Previous Meeting Winners

23	Mary MORAA (KEN)	50.44
22	Niddy MINGILISHI (ZAM)	53.03
19	Christine BOTLOGETSWE (BOT)	52.17
18	Amantle MONTSHO (BOT)	51.19
17	Lydia JELE (BOT)	51.65

2	Helene VOGEL (AUT)	22y	SB and PB: 56.03 Linz (AUT) 23.02
World Rankings: 1107th			
Other PBs: 25.17 200m sh(25) - 56.03 400m sh(25) - 1:36.30 600m(22) - 2:15.16 800m(22) - 2:17.83 800m sh(22)			
2025: 400m sh Astana (KAZ) 4. 56.66 - 200m sh Ostrava (CZE) 5. 25.66 - 400m sh Magglingen (SUI) 1. 57.78 - 200m sh Magglingen (SUI) er 25.52 - 200m sh Linz (AUT) 3. 25.17 - 400m sh Linz (AUT) 4. 56.03			
INFO: Athlete of Krems.			
3	Golekanye Kebonye CHIKANI (BOT)	23y	SB: 54.66 Gaborone (BOT) 15.02 PB: 53.33 Potchefstroom (RSA) 11.05.2024
GENERAL: 2 times National champion 400mH (22), 4x400m (23) In top 8 at African Championships 4x400m (24) World Rankings: 408th			
Other PBs: 11.90 100m(25) - 24.73 200m(23) - 1:02.45 400mH(22)			
HONOURS: NCH (1xWin)			
2025: 200m Francistown (BOT) 2. 24.86 - 400m Francistown (BOT) 1. 54.69 - 200m Gaborone (BOT) 1. 25.06 - 400m Gaborone (BOT) 1. 54.66 - 200m Francistown (BOT) 2. 24.75 - 100m Francistown (BOT) 1. 11.90 - 400m Johannesburg (RSA) 7. 55.90			
INFO: Based in Gaborone.			
4	Precious MOLEPO (RSA)	20y	SB: 53.38 Johannesburg (RSA) 19.03 PB: 52.84 Johannesburg (RSA) 13.04.2022
GENERAL: African champion 4x400m (22) 2 times African U20 Championships silver medallist 400m (23), 4x400m (23) World Rankings: 289th			
Other PBs: 11.86 100m(24) - 11.74ww 100m(22) - 23.62 200m(24) - 37.71 300m(25)			
HONOURS: Afr. U20 Ch. (1xGold, 1xSilver) NCH (1xWin)			
2025: 100m Pretoria (RSA) 3. 11.92 - 200m Pretoria (RSA) 2. 24.30 - 300m Pretoria (RSA) 3. 37.71 - 400m Johannesburg (RSA) 2. 54.74 - 400m Pretoria (RSA) 2. 54.45 - 200m Johannesburg (RSA) h 24.17 - 200m Johannesburg (RSA) 2. 23.71 - 200m Johannesburg (RSA) 1. 23.78 - 400m Johannesburg (RSA) 4. 53.38 - 200m Cape Town (RSA) h 24.24 - 400m Cape Town (RSA) 2. 53.90 - 200m Cape Town (RSA) 2. 23.81			
INFO: Based in Hammanskraal. Studies: Prestige College.			
5	Hannah VAN NIEKERK (RSA)	20y	SB and PB: 53.74 Pretoria (RSA) 15.03
GENERAL: World U20 Championships bronze medallist 400mH (24) World Rankings: 600th			
Other PBs: 12.38 100m(22) - 24.36 200m(25) - 39.21 300m(24) - 1:32.84 600m(25) - 56.98 400mH(24)			
HONOURS: World U20 Ch. (1xBronze)			
2025: 600m Pretoria (RSA) 7. 1:32.84 - 200m Pretoria (RSA) 1. 24.36 - 400mH Pretoria (RSA) 1. 58.90 - 400m Pretoria (RSA) h 55.49 - 400m Pretoria (RSA) 3. 53.74 - 400m Johannesburg (RSA) 5. 53.90 - 400m Cape Town (RSA) h 56.76 - 400m Cape Town (RSA) 3. 54.31 - 400mH Cape Town (RSA) 1. 58.53			
INFO: Hometown: Boksburg. Studies: University of Pretoria.			
6	Thomphang BASELE (BOT)	25y	SB: 54.71 Johannesburg (RSA) 19.03 PB: 53.00 Gaborone (BOT) 25.03.2023
GENERAL: All-African Games silver medallist 4x400m (19) All-African Games bronze medallist 4x400m (24)			
Other PBs: 11.83 100m(23) - 24.15 200m(20)			
HONOURS: NCH (2xWin)			
2025: 100m Francistown (BOT) 1. 12.12 - 200m Francistown (BOT) 1. 24.71 - 400m Gaborone (BOT) 1. 55.43 - 200m Gaborone (BOT) 1. 24.24 - 200m Pretoria (RSA) 5. 24.27 - 400m Johannesburg (RSA) 1. 54.71			
INFO: Hometown: Maun. Studies: Moeti Junior Secondary School.			
7	Batisane KENNEKAE (BOT)	24y	SB: 55.02 Francistown (BOT) 01.02 PB: 54.48 Potchefstroom (RSA) 10.04.2024
GENERAL: 2 times National champion 4x400m (24, 23) World Rankings: 602nd			
Other PBs: 24.67 200m(24)			
2025: 200m Francistown (BOT) 2. 25.05 - 400m Francistown (BOT) 2. 55.02 - 200m Gaborone (BOT) 3. 25.83 - 400m Gaborone (BOT) 2. 55.52 - 200m Johannesburg (RSA) 2. 25.38 - 400m Johannesburg (RSA) 1. 55.11			
8	Deline MPITI (RSA)	24y	SB: 57.16 Pretoria (RSA) 15.02 PB: 51.73 Potchefstroom (RSA) 06.04.2022
GENERAL: National champion 400m (21)			
Other PBs: 1:02.76 400mH(17)			
HONOURS: NCH (1xWin)			
2025: 400m Pretoria (RSA) 3. 57.16 - 400m Pretoria (RSA) h 57.67 - 400m Pretoria (RSA) 8. 57.23			

Start list

800m

Time: 16:06

Lane	Athlete	MF	NR	PB	SB
1-1	Charne SWART	RSA	1:54.25	1:59.45	1:59.45
1-2	Olebogeng SEGOLAME	BOT	1:59.22	2:14.48	2:14.48
2-1	Maitumelo GOTSWAKGOSI	BOT	1:59.22	2:16.31	
2-2	Soukaina ELHAJI	MAR	1:56.43	2:14.86	
3	Oratile NOWE	BOT	1:59.22	1:59.22	1:59.22
4	Aster ARERI	ETH	1:56.67	2:04.58	
5	Judy KEMUNTO	KEN	1:54.01	2:04.55	
6	Sarah MORAA	KEN	1:54.01	1:59.39	2:01.28
7	Purity CHEPKIRUI	KEN	1:54.01	2:03.33	
8-1	Eveliina MÄÄTTÄNEN	FIN	1:59.41	1:59.59	2:01.55
8-2	Helene VOGEL (PM)	AUT	1:56.64	2:15.16	

Pace: 400m - 59.0

Medal Winners

2024 - Olympic Games - Paris

1.	Keely HODGKINSON (GBR)	1:56.72
2.	Tsige DUGUMA (ETH)	1:57.15
3.	Mary MORAA (KEN)	1:57.42

2024 - African Ch. - Douala

1.	Sarah MORAA (KEN)	2:00.27
2.	Lilian ODIRA (KEN)	2:00.36
3.	Soukaina HAJJI (MAR)	2:00.91

2024 - African Games - Accra

1.	Tsige DUGUMA (ETH)	1:57.73
2.	Halimah NAKAAYI (UGA)	1:58.59
3.	Vivian Chebet KIPROTICH (KEN)	2:00.27

2023 - World Ch. - Budapest

1.	Mary MORAA (KEN)	1:56.03
2.	Keely HODGKINSON (GBR)	1:56.34
3.	Athing MU (USA)	1:56.61

2022 - World Ch. - Oregon

1.	Athing MU (USA)	1:56.30
2.	Keely HODGKINSON (GBR)	1:56.38
3.	Mary MORAA (KEN)	1:56.71

2022 - African Ch. - St Pierre

1.	Jarinter Mawia MWASYA (KEN)	2:02.80
2.	Netsanet DESTA (ETH)	2:02.99
3.	Prudence SEKGODISO (RSA)	2:03.46

2021 - Olympic Games - Tokyo

1.	Athing MU (USA)	1:55.21
2.	Keely HODGKINSON (GBR)	1:55.88
3.	Raevyn ROGERS (USA)	1:56.81

2019 - World Ch. - Doha

1.	Halimah NAKAAYI (UGA)	1:58.04
2.	Raevyn ROGERS (USA)	1:58.18
3.	Ajee' WILSON (USA)	1:58.84

2019 - African Games - Rabat

1.	Hirut MESHESHA (ETH)	2:03.16
2.	Rababe ARAFI (MAR)	2:03.20
3.	Halimah NAKAAYI (UGA)	2:03.55

2017 - World Ch. - London

1.	Caster SEMENYA (RSA)	1:55.16
2.	Francine NIYONSABA (BDI)	1:55.92
3.	Ajee' WILSON (USA)	1:56.65

Records

WR	1:53.28	Jarmila KRATOCHVÍLOVÁ	TCH	München	26.07.83
AR	1:54.01	Pamela JELIMO	KEN	Zürich	29.08.08
NR	1:59.22	Oratile NOWE	BOT	Cape Town	04.04.25
WJR	1:54.01	Pamela JELIMO	KEN	Zürich	29.08.08
MR	1:59.35	Habitam ALEMU	ETH		29.04.23
WL	1:58.23	Nikki HILTZ	USA	Kingston	04.04.25

2025 World list

1:58.23	Nikki HILTZ	USA	Kingston (JAM)	04.04.25
1:58.29	Diribe WELTEJI	ETH	Kingston (JAM)	04.04.25
1:58.40	Prudence SEKGODISO	RSA	Nanjing (CHN) (i)	23.03.25
1:58.58	Jessica HULL	AUS	Kingston (JAM)	04.04.25
1:58.97	Tsige DUGUMA	ETH	Metz (FRA) (i)	08.02.25
1:59.07	Shafiqua MALONEY	VIN	New York, NY (USA) (i)	08.02.25
1:59.22	Oratile NOWE	BOT	Cape Town (RSA)	04.04.25
1:59.26	Sage HURTA-KLECKER	USA	Kingston (JAM)	04.04.25
1:59.26	Susan Lokayo EJOKE	KEN	Kingston (JAM)	04.04.25
1:59.27	Bendere OBOYA	AUS	Sydney (AUS)	06.03.25
1:59.30	Claudia HOLLINGSWORTH	AUS	Sydney (AUS)	15.03.25
1:59.31	Nia AKINS	USA	New York, NY (USA) (i)	23.02.25
1:59.44	Juliette WHITTAKER	USA	Seattle, WA (USA) (i)	15.02.25
1:59.45	Charne SWART	RSA	Pretoria (RSA)	14.03.25
1:59.55	Valery TOBIAS	USA	New York, NY (USA) (i)	23.02.25
1:59.63	Nigist GETACHEW	ETH	Nanjing (CHN) (i)	23.03.25
1:59.72	Jemma REEKIE	GBR	Metz (FRA) (i)	08.02.25
1:59.72	Abbey CALDWELL	AUS	Sydney (AUS)	06.03.25
1:59.77	Sanu JALLOW	GAM	Fayetteville, AR (USA) (i)	15.02.25
1:59.78	Natoya GOULE-TOPPIN	JAM	Kingston (JAM)	04.04.25

All-Time World list

1:53.28	Jarmila KRATOCHVÍLOVÁ	TCH	München (GER)	26.07.83
1:53.43	Nadezhda OLIZARENKO	URS	Moskva (URS)	27.07.80
1:54.01	Pamela JELIMO	KEN	Zürich (SUI)	29.08.08
1:54.25	Caster SEMENYA	RSA	Paris (FRA)	30.06.18
1:54.44	Ana Fidelia QUIROT	CUB	Barcelona (ESP)	09.09.89
1:54.61	Keely HODGKINSON	GBR	London (GBR)	20.07.24
1:54.81	Olga MINEYEVA	URS	Moskva (URS)	27.07.80
1:54.94	Tatyana KAZANKINA	URS	Montréal (CAN)	26.07.76
1:54.97	Athing MU	USA	Eugene, OR (USA)	17.09.23
1:55.05	Doina MELINTE	ROU	București (ROU)	01.08.82
1:55.19	Maria de Lurdes MUTOLA	SLO	Zürich (SUI)	17.08.94
1:55.19	Jolanda ČEPLAK	MOZ	Heusden-Zolder (BEL)	20.07.02
1:55.26	Sigrun WODARS	GDR	Roma (ITA)	31.08.87
1:55.32	Christine WACHTEL	GDR	Roma (ITA)	31.08.87
1:55.42	Nikolina SHTEREVA	BUL	Montréal (CAN)	26.07.76
1:55.46	Tatyana PROVIDOKHINA	URS	Moskva (URS)	27.07.80
1:55.47	Francine NIYONSABA	BDI	Monaco (MON)	21.07.17
1:55.54	Ellen VAN LANGEN	NED	Barcelona (ESP)	03.08.92
1:55.54	Dong LIU	CHN	Beijing (CHN)	09.09.93
1:55.56	Lyubov GURINA	URS	Roma (ITA)	31.08.87

WR progression

1:53.28	Jarmila KRATOCHVÍLOVÁ	TCH	München (GER)	26.07.83
1:53.43	Nadezhda OLIZARENKO	URS	Moskva (URS)	27.07.80
1:54.85	Nadezhda OLIZARENKO	URS	Moskva (URS)	12.06.80
1:54.94	Tatyana KAZANKINA	URS	Montréal (CAN)	26.07.76
1:56.0h	Valentina GERASIMOVA	URS	Kiev (URS)	12.06.76
1:57.48	Svetla ZLATEVA	BUL	Athina (GRE)	24.08.73
1:58.5h	Hildegard FALCK	FRG	Stuttgart (GER)	11.07.71
2:00.5h	Vera NIKOLIĆ	YUG	London (GBR)	20.07.68
2:01.0h	Judy POLLOCK	AUS	Helsinki (FIN)	28.06.67
2:01.1h	Ann PACKER	GBR	Tokyo (JPN)	20.10.64
2:01.2h	Dixie WILLIS	AUS	Perth (AUS)	03.03.62
2:04.3h	Lyudmila SHEVTSOVA	URS	Roma (ITA)	07.09.60
2:04.3h	Lyudmila SHEVTSOVA	URS	Moskva (URS)	03.07.60
2:05.0h	Nina OTKALENKO	URS	Zagreb (CRO)	24.09.55
2:06.6h	Nina OTKALENKO	URS	Kiev (URS)	16.09.54
2:07.3h	Nina OTKALENKO	URS	Moskva (URS)	27.08.53
2:08.5h	Nina PLETNYOVA	URS	Kiev (URS)	15.06.52
2:12.0h	Nina PLETNYOVA	URS	Minsk (BLR)	26.08.51
2:12.2h	Valentina POMOGAYEVA	URS	Moskva (URS)	26.07.51

Pace: 400m - 59.0

1-1	Charne SWART (RSA)	23y	SB and PB: 1:59.45 Pretoria (RSA) 14.03
GENERAL: World University Games bronze medallist 800m (23) In top 8 at African Championships World Rankings: 64th			
Other PBs: 53.40 400m(24) - 1:33.66 600m(20) - 2:41.77 1000m(24) - 4:11.80 1500m(25)			
HONOURS: WUG (1xBronze) NCH (1xWin)			
2025: 800m Pretoria (RSA) 1. 2:02.63 - 400m Pretoria (RSA) 1. 54.43 - 800m Pretoria (RSA) 1. 1:59.86 - 800m Pretoria (RSA) 3. 2:01.57 - 800m Pretoria (RSA) 1. 1:59.45 - 1500m Pretoria (RSA) 2. 4:11.80			
INFO: Based in Pretoria.			
1-2	Olebogeng SEGOLAME (BOT)		SB and PB: 2:14.48 Francistown (BOT) 22.03
2025: 400m Gaborone (BOT) 5. 59.08 - 800m Gaborone (BOT) 1. 2:16.47 - 400m Francistown (BOT) 3. 59.61 - 800m Francistown (BOT) 1. 2:15.54 - 1500m Francistown (BOT) 3. 4:52.85 - 800m Francistown (BOT) 1. 2:14.48			
INFO: Hometown: Selebi Phikwe.			
2-1	Maitumelo GOTSWAKGOSI (BOT)		PB: 2:16.31 Lobatse (BOT) 26.05.2018
GENERAL: National champion 1500m (24)			
HONOURS: NCH (1xWin)			
INFO: Member of BOT Defence Force.			
2-2	Soukaina ELHAJI (MAR)	23y	PB: 2:14.86 Ifrane (MAR) 16.07.2021
Other PBs: 4:30.45 1500m(21) - 6:49.25 2000mSC(19) - 10:16.1h 3000mSC(21) - 34:38 10km Road(22) - 1:16:30 Half Marathon(21)			
3	Oratile NOWE (BOT)	24y	SB and PB: 1:59.22 Cape Town (RSA) 04.04
GENERAL: All-African Games silver medallist 4x400m (19) All-African Games bronze medallist 4x400m (24) World Rankings: 47th			
Other PBs: 53.22 400m(20) - 2:40.87 1000m(24) - 4:11.50 1500m(25) Current Records: 3xNR: NR 1:59.22 800m Cape Town(25) - NR 2:40.87 1000m Pretoria(24) - NR 4:11.50 1500m Pretoria(25)			
HONOURS: NCH (5xWin)			
2025: 1500m Pretoria (RSA) 1. 4:11.50 - 800m Pretoria (RSA) 2. 2:00.88 - 800m Pretoria (RSA) 2. 1:59.46 - 800m Cape Town (RSA) 1. 1:59.22			
INFO: Based in Serowe. Earlier played football. Height: 1.69 / 5'7".			
4	Aster ARERI (ETH)	17y	PB: 2:04.58 Lima (PER) 29.08.2024
GENERAL: In top 8 at World U20 Championships			
Other PBs: 4:11.9h 1500m(24)			
HONOURS:			
5	Judy KEMUNTO (KEN)	19y	PB: 2:04.55 Ndola (ZAM) 03.05.2023
GENERAL: African U20 Championships bronze medallist 800m (23)			
Other PBs: 56.16 400m(22) - 4:21.53 1500m(23)			
HONOURS: Afr. U20 Ch. (1xBronze)			
6	Sarah MORAA (KEN)	19y	SB: 2:01.28 Val-de-Reuil (FRA) 02.02 PB: 1:59.39 Nairobi (KEN) 14.06.2024
GENERAL: African champion 800m (24) World U20 champion 800m (24) World Rankings: 38th			
Other PBs: 57.72 400m(19) - 2:01.28 800m sh(25) - 4:29.52 1500m(24)			
HONOURS: World U20 Ch. (1xGold) Afr. Ch. (1xGold)			
2025: 800m sh Val-de-Reuil (FRA) 3. 2:01.28 - 800m sh Metz (FRA) 1. 2:01.69			
INFO: Hometown: Kisii. Sister of Mary Moraa.			
7	Purity CHEPKIRUI (KEN)	22y	PB: 2:03.33 Nairobi (KEN) 05.03.2022
GENERAL: World Cross Country champion Mixed XC Relay (24) World U20 champion 1500m (21)			
Other PBs: 4:04.51 1500m(23)			
HONOURS: World U20 Ch. (1xGold, 1xBronze) Afr. Ch. (1xSilver) NCH (1xWin)			
8-1	Eveliina MÄÄTTÄNEN (FIN)	29y	SB: 2:01.55 Erfurt (GER) 31.01 PB: 1:59.59 Stockholm (SWE) 02.06.2024
GENERAL: 2 times National champion 800m (22), 400mH (19) 2 times National Indoor champion 400m (20), 800m (22) World Rankings: 26th			
Other PBs: 1:27.12 600m(23) - 2:01.55 800m sh(25) - 4:12.08 1500m(23) - 58.07 400mH(17) - 58.07 400mH(17) Current Records: 2xNR: NR 1:27.12 600m Jyväskylä(23) - NR 2:01.55 800m sh Erfurt(25)			
HONOURS: NCH (2xWin) NICH (2xWin)			
2025: 800m sh Erfurt (GER) 2. 2:01.55 - 800m sh Ostrava (CZE) 2. 2:02.40 - 800m sh Birmingham (GBR) 2. 2:02.26 - 800m sh Apeldoorn (NED) h 2:02.73 - 800m sh Apeldoorn (NED) sf 2:03.04			
INFO: Born in Kerava. Studies: University of Helsinki. Also a pharmacist. Her idol is Allyson Felix; her brother is a race walker. Height: 1.78 / 5'10".			
8-2	Helene VOGEL (AUT)	22y	PB: 2:15.16 Wien (AUT) 14.05.2022
Other PBs: 25.17 200m sh(25) - 56.03 400m sh(25) - 1:36.30 600m(22) - 2:17.83 800m sh(22)			
2025: 400m sh Astana (KAZ) 4. 56.66 - 200m sh Ostrava (CZE) 5. 25.66 - 400m sh Magglingen (SUI) 1. 57.78 - 200m sh Magglingen (SUI) er 25.52 - 200m sh Linz (AUT) 3. 25.17 - 400m sh Linz (AUT) 4. 56.03			
INFO: Athlete of Krems.			

Start list

400mH

Time: 14:43

Lane	Athlete	MF	NR	PB	SB
1	Galefele MOROKO	BOT	57.96	1:04.04	1:04.04
2	Bianca STUBLER	USA	50.37	56.04	56.82
3	Zenély GELDENHUYS	RSA	53.74	53.90	
4	Gianna WOODRUFF	PAN	53.69	53.69	
5	Dalilah MUHAMMAD	USA	50.37	51.58	54.59
6	Daniela LEDECKÁ	SVK	54.28	55.83	
7	Cassandra TATE	USA	50.37	54.01	56.65
8	Jessica WRIGHT	USA	50.37	55.78	56.81

Records

WR	50.37	Sydney MCLAUGHLIN-LEVRONE	USA	Paris	08.08.24
AR	52.90	Nezha BIDOUEANE	MAR	Sevilla	25.08.99
NR	57.96	Oarabile BABOLAYI	BOT	Rabat	30.08.19
WJR	53.60	Sydney MCLAUGHLIN	USA	Fayetteville, AR	27.04.18
WL	52.76	Sydney MCLAUGHLIN-LEVRONE	USA	Kingston	04.04.25

2025 World list

52.76	Sydney MCLAUGHLIN-LEVRONE	USA	Kingston (JAM)	04.04.25
54.56	Michelle SMITH	ISV	Gainesville, FL (USA)	04.04.25
54.59	Dalilah MUHAMMAD	USA	Kingston (JAM)	04.04.25
54.86	Sarah CARLI	AUS	Sydney (AUS)	15.03.25
54.86	Rachel GLENN	USA	Austin, TX (USA)	28.03.25
55.02	Rushell CLAYTON	JAM	Kingston (JAM)	04.04.25
55.06	Andrenette KNIGHT	JAM	Kingston (JAM)	04.04.25
55.49	Akala GARRETT	USA	Austin, TX (USA)	28.03.25
55.64	Alanah YUKICH	AUS	Sydney (AUS)	15.03.25
55.79	Tia-Adana BELLE	BAR	Gainesville, FL (USA)	04.04.25
55.85	Cathelijn PEETERS	NED	Kingston (JAM)	04.04.25
55.87	Sanaa HEBRON	USA	Gainesville, FL (USA)	04.04.25
55.89	Shiann SALMON	JAM	Kingston (JAM)	04.04.25
55.94	Grace CLAXTON	PUR	Gainesville, FL (USA)	04.04.25
56.01	Tyra WILSON	USA	Gainesville, FL (USA)	04.04.25
56.17	Amelliah BIRDOW	USA	Austin, TX (USA)	28.03.25
56.18	Antonia SANCHEZ	MEX	Tucson, AZ (USA)	05.04.25
56.24	Chloe FAIR	USA	Tucson, AZ (USA)	05.04.25
56.48	Tumi RAMOKGOPA	RSA	Johannesburg (RSA)	19.03.25
56.54	Aliyarae GAROZZO	USA	Tucson, AZ (USA)	05.04.25

All-Time World list

50.37	Sydney MCLAUGHLIN-LEVRONE	USA	Paris (FRA)	08.08.24
50.95	Femke BOL	NED	La Chaux-de-Fonds (SUI)	14.07.24
51.58	Dalilah MUHAMMAD	USA	Tokyo (JPN)	04.08.21
51.87	Anna COCKRELL	USA	Paris (FRA)	08.08.24
52.29	Jasmine JONES	USA	Paris (FRA)	08.08.24
52.34	Yulia PECHONKINA	RUS	Tula (RUS)	08.08.03
52.39	Shamier LITTLE	USA	Stockholm (SWE)	04.07.21
52.42	Melaine WALKER	JAM	Berlin (GER)	20.08.09
52.47	Lashinda DEMUS	USA	Daegu (KOR)	01.09.11
52.51	Rushell CLAYTON	JAM	Kingston (JAM)	28.06.24
52.61	Kim BATTEN	USA	Göteborg (SWE)	11.08.95
52.62	Tonja BUFORD-BAILEY	USA	Göteborg (SWE)	11.08.95
52.74	Sally GUNNELL	GBR	Stuttgart (GER)	19.08.93
52.77	Fani CHALKIA	GRE	Athina (GRE)	22.08.04
52.79	Sandra FARMER-PATRICK	USA	Stuttgart (GER)	19.08.93
52.79	Kaliese SPENCER	JAM	London (GBR)	05.08.11
52.82	Deon HEMMINGS	JAM	Atlanta, GA (USA)	31.07.96
52.83	Zuzana HEJNOVÁ	CZE	Moskva (RUS)	15.08.13
52.89	Daimí PERNÍA	CUB	Sevilla (ESP)	25.08.99
52.90	Nezha BIDOUEANE	MAR	Sevilla (ESP)	25.08.99

WR progression

50.37	Sydney MCLAUGHLIN-LEVRONE	USA	Paris (FRA)	08.08.24
50.65	Sydney MCLAUGHLIN-LEVRONE	USA	Eugene, OR (USA)	30.06.24
50.68	Sydney MCLAUGHLIN	USA	Eugene, OR (USA)	22.07.22
51.41	Sydney MCLAUGHLIN	USA	Eugene, OR (USA)	25.06.22
51.46	Sydney MCLAUGHLIN	USA	Tokyo (JPN)	04.08.21
51.90	Sydney MCLAUGHLIN	USA	Eugene, OR (USA)	27.06.21
52.16	Dalilah MUHAMMAD	USA	Doha (QAT)	04.10.19
52.20	Dalilah MUHAMMAD	USA	Des Moines, IA (USA)	28.07.19
52.34	Yulia PECHONKINA	RUS	Tula (RUS)	08.08.03
52.61	Kim BATTEN	USA	Göteborg (SWE)	11.08.95
52.74	Sally GUNNELL	GBR	Stuttgart (GER)	19.08.93
52.94	Marina STEPANOVA	URS	Tashkent (UZB)	17.09.86
53.32	Marina STEPANOVA	URS	Stuttgart (GER)	30.08.86
53.55	Sabine BUSCH	GDR	Berlin (GDR)	22.09.85
53.58	Margarita PONOMARYOVA	URS	Kiev (URS)	22.06.84
54.02	Ana AMBRAZIENÉ	URS	Moskva (URS)	11.06.83
54.28	Karin ROSSLEY	GDR	Jena (GDR)	18.05.80
54.78	Marina MAKEYEVA	URS	Moskva (URS)	27.07.79
54.89	Tatyana ZELENTOVA	URS	Praha (TCH)	02.09.78
55.31	Tatyana ZELENTOVA	URS	Podolsk (URS)	19.08.78

Medal Winners

2024 - Olympic Games - Paris

1.	Sydney MCLAUGHLIN-LEVRONE (USA)	50.37
2.	Anna COCKRELL (USA)	51.87
3.	Femke BOL (NED)	52.15

2024 - African Ch. - Douala

1.	Rogail JOSEPH (RSA)	55.71
2.	Noura ENNADI (MAR)	56.16
3.	Linda ANGOUNOU (CMR)	56.48

2024 - African Games - Accra

1.	Rogail JOSEPH (RSA)	55.39
2.	Noura ENNADI (MAR)	55.85
3.	Linda ANGOUNOU (CMR)	56.41

2023 - World Ch. - Budapest

1.	Femke BOL (NED)	51.70
2.	Shamier LITTLE (USA)	52.80
3.	Rushell CLAYTON (JAM)	52.81

2022 - World Ch. - Oregon

1.	Sydney MCLAUGHLIN (USA)	50.68
2.	Femke BOL (NED)	52.27
3.	Dalilah MUHAMMAD (USA)	53.13

2022 - African Ch. - St Pierre

1.	Zenély VAN DER WALT (RSA)	56.00
2.	Taylor BIELDT (RSA)	56.67
3.	Noura ENNADI (MAR)	58.06

2021 - Olympic Games - Tokyo

1.	Sydney MCLAUGHLIN (USA)	51.46
2.	Dalilah MUHAMMAD (USA)	51.58
3.	Femke BOL (NED)	52.03

2019 - World Ch. - Doha

1.	Dalilah MUHAMMAD (USA)	52.16
2.	Sydney MCLAUGHLIN (USA)	52.23
3.	Rushell CLAYTON (JAM)	53.74

2019 - African Games - Rabat

1.	Vanice Kerubo NYAGISERA (KEN)	56.95
2.	Lamia L'HABZ (MAR)	56.97
3.	Abasiono AKPAN (NGR)	57.66

2017 - World Ch. - London

1.	Kori CARTER (USA)	53.07
2.	Dalilah MUHAMMAD (USA)	53.50
3.	Ristananna TRACEY (JAM)	53.74

Previous Meeting Winners

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1	Galefele MOROKO (BOT)	27y	SB and PB: 1:04.04 Francistown (BOT) 29.03
GENERAL: 2 times All-African Games winner 400m (19), 4x400m (15) In top 8 at World Championships			
Other PBs: 24.39 200m(18) - 50.59 400m(19) Current Records: 1xNR: NR 3:26.86 4x400m Gold Coast(18)			
HONOURS: All-Afr. G. (1xGold)			
2025: 400m Pretoria (RSA) 1. 55.09 - 400m Johannesburg (RSA) 2. 55.23 - 400mH Francistown (BOT) 1. 1:04.04			
INFO: Born in Maun. Has a son.			
2	Bianca STUBLER (USA)	25y	SB: 56.82 Austin, TX (USA) 28.03 PB: 56.04 Budapest (HUN) 26.05.2024
World Rankings: 59th			
Other PBs: 23.96 200m(22) - 38.97 300m sh(22) - 53.42 400m(22) - 53.56 400m sh(24) - 2:08.79 800m sh(23)			
2025: 500m sh Cambridge, MA (USA) 1. 1:13.14 - 300m sh Boston, MA (USA) 4. 39.33 - 400mH Austin, TX (USA) 3. 56.82			
INFO: Hometown: Menomonee Falls. Studies: University of Wisconsin. Major in Interior Architecture.			
3	Zený GELDENHUYS (RSA)	24y	PB: 53.90 Paris (FRA) 06.08.2024
GENERAL: 2 times African champion 400mH (22), 4x400m (22) World U20 champion 400mH (18) World Rankings: 11th			
Other PBs: 23.34 200m(24) - 36.62 300m(23) - 50.81 400m(23) - 2:08.50 800m(25) - 43.35 300mH(15) Current Records: 1xAU20R: AU20R 55.05 400mH Pretoria(18) 1xNR: NR 3:28.30 4x400m Pretoria(25)			
HONOURS: World U20 Ch. (1xGold) World Youth Ch. (1xGold) Afr. Ch. (1xGold)			
2025: 800m Pretoria (RSA) 2. 2:08.50 - 200m Pretoria (RSA) 1. 24.13 - 200m Pretoria (RSA) h 24.18 - 200m Pretoria (RSA) 1. 24.00 - 400m Pretoria (RSA) h 53.89 - 400m Pretoria (RSA) 2. 51.72 - 400m Johannesburg (RSA) 1. 51.26			
INFO: Born in Pretoria. Studies: University of Pretoria. Likes netball and gymnastics. Hobbies are cooking, listening to Afrikaans and country music. 2022 Senior Female Athlete of the Year in RSA. Height: 1.79 / 5'10".			
4	Gianna WOODRUFF (PAN)	31y	PB: 53.69 Eugene, OR (USA) 20.07.2022
GENERAL: In top 8 at Olympic Games Pan American Games winner 400mH (23) World Rankings: 57th			
Other PBs: 38.67 300m sh(23) - 52.43 400m(22) - 53.25 400m sh(24) - 26.35 200mH(18) - 42.24 300mH(11) Current Records: 3xNR: NR 52.43 400m Waco, TX(22) - NR 53.25 400m sh Fayetteville, AR(24) - NR 46.42 4x100m Managua(19) 1xAR: AR 53.69 400mH Eugene, OR(22)			
HONOURS: OG (1xFinal): 7. 400mH Tokyo(21) 55.84 World Ch. (1xFinal): 7. 400mH Eugene, OR(22) 54.75 Sam. Ch. (1xGold, 1xSilver) PanAm G. (1xGold)			
2025: 600m sh Fayetteville, AR (USA) 4. 1:33.94 - 400m sh Fayetteville, AR (USA) 3. 56.85 - 200m sh Fayetteville, AR (USA) 2. 24.38 - 400m sh Fayetteville, AR (USA) 3. 54.85			
INFO: Born in Santa Monica. Sociology studies at University of Washington. Former Pan-American Female Athlete of the Year. Also a coach. Height: 1.70 / 5'7".			
5	Dalilah MUHAMMAD (USA)	35y	SB: 54.59 Kingston (JAM) 04.04 PB: 51.58 Tokyo (JPN) 04.08.2021
GENERAL: 2 times Olympic champion 400mH (16), 4x400m (21) 2 times World champion 400mH (19), 4x400m (19) World Rankings: 25th			
Other PBs: 17.07 150m(20) - 37.64 300m sh(23) - 50.60 400m(19) - 52.97 400m sh(25) - 25.20 200mH(18) Current Records: 1xWBP: WBP 25.20 200mH Northridge, CA(18)			
HONOURS: OG (1xGold, 1xSilver): 1. 400mH Rio de Janeiro(16) 53.13 - 2. 400mH Tokyo(21) 51.58 World Ch. (1xGold, 2xSilver, 1xBronze): 1. 400mH Doha(19) 52.16 - 2. 400mH London(17) 53.50 - 2. 400mH Moskva(13) 54.09 - 3. 400mH Eugene, OR(22) 53.13 DF (2xWin) World Youth Ch. (1xGold)			
2025: 1000m sh Fayetteville, AR (USA) 2. 2:51.54 - 60mH Fayetteville, AR (USA) 7. 8.59 - 60mH Fayetteville, AR (USA) h 8.48 - 400m sh Fayetteville, AR (USA) 3. 53.12 - 400m sh Fayetteville, AR (USA) 2. 52.97 - 400mH Kingston (JAM) 2. 54.59 - 400m Kingston (JAM) 3. 52.21			
INFO: Born in New York. Graduated from University of Southern California with a Business degree. 1st youth world champion who won Olympic gold in the W400m H. Her favorite actor is Will Smith and singer is Beyoncé. Likes watching movies. Also a model.			
6	Daniela LEDECKÁ (SVK)	28y	PB: 55.83 Roma (ITA) 10.06.2024
GENERAL: In top 8 at European Championships 5 times National champion 400mH (24, 22, 19, 18, 17) World Rankings: 42nd			
Other PBs: 23.84 200m(20) - 37.83 300m sh(25) - 52.64 400m(24) - 52.71 400m sh(25) - 41.87 300mH(20)			
HONOURS: NCH (5xWin) NICH (1xWin)			
2025: 200m sh Ostrava (CZE) 1. 24.36 - 400m sh Ostrava (CZE) 4. 52.95 - 400m sh Ostrava (CZE) OC 52.75 - 300m sh Birmingham (GBR) 6. 37.83 - 400m sh Ostrava (CZE) 1. 52.71 - 400m sh Nanjing (CHN) h 53.39			
INFO: Hometown: Banska Bystrica. Studies: Matej Bel University.			
7	Cassandra TATE (USA)	34y	SB: 56.65 Kingston (JAM) 04.04 PB: 54.01 Eugene, OR (USA) 28.06.2015
GENERAL: Diamond League Final winner 400mH (16) World Indoor champion 4x400m sh (14) World Rankings: 21st			
Other PBs: 11.47ww 100m(10) - 23.37 200m sh(10) - 37.74 300m sh(21) - 52.40 400m sh(14) - 39.43 300mH(23)			
HONOURS: World Ch. (1xBronze): 3. 400mH Beijing(15) 54.02 - 7. 400mH London(17) 55.43 DF (1xWin) NACAC Ch. (1xBronze) NACAC U23 Ch. (1xGold)			
2025: 400mH Kingston (JAM) 7. 56.65 - 400m Kingston (JAM) 6. 52.73			
INFO: Based in Baton Rouge. Studies: Louisiana State University. Degree in Management. Has an older sister, Lataisha, and an older brother, Adrian.			
8	Jessica WRIGHT (USA)	25y	SB: 56.81 Austin, TX (USA) 28.03 PB: 55.78 Des Moines, IA (USA) 27.04.2024
GENERAL: World Indoor Championships silver medallist 4x400m sh (24) World Rankings: 62nd			
Other PBs: 38.06 300m sh(22) - 52.34 400m(23) - 52.37 400m sh(24) - 8.64 60mH(22) - 13.64 100mH(22)			
2025: 400m sh Astana (KAZ) 1. 56.16 - 200m sh Cambridge, MA (USA) 1. 25.71 - 400m sh Cambridge, MA (USA) 1. 55.26 - 400m sh Lubbock, TX (USA) 3. 55.43 - 400mH Austin, TX (USA) 2. 56.81			
INFO: Hometown: Durham. Studies: Howard University. Major in Biology.			

Start list

Long Jump

Time: 13:20

Order	Athlete	MF	NR	PB	SB
1	Kendy Neo THEETSO	BOT	6.45	5.87	5.76
2	Karmen FOUCHE	RSA	6.93	6.56	6.54
3	Tshegofatso BOJOSI	BOT	6.45	6.45	6.45
4	Aniella DELAFOSSE	CIV	6.38	6.47	6.38
5	Quanasha BURKS	USA	7.49	6.98	6.59
6	Danielle NOLTE	RSA	6.93	6.61	6.56
7	Claire BRYANT	USA	7.49	6.96	6.96

Records

WR	7.52	Galina CHISTYAKOVA	URS	Leningrad	11.06.88
AR	7.17	Ese BRUME	NGR	Chula Vista, CA	29.05.21
NR	6.45	Tshegofatso BOJOSI	BOT	Francistown	01.02.25
WJR	7.14	Heike DAUTE	GDR	Bratislava	04.06.83
MR	6.77	Ese BRUME	NGR		29.04.23
WL	7.07	Malaika MIHAMBO	GER	Karlsruhe	07.02.25

2025 World list

7.07	Malaika MIHAMBO	GER	Karlsruhe (GER) (i)	07.02.25
6.98	Anthaya CHARLTON	BAH	Fayetteville, AR (USA) (i)	31.01.25
6.96	Claire BRYANT	USA	Nanjing (CHN) (i)	23.03.25
6.94	Tacoria HUMPHREY	USA	Indianapolis, IN (USA) (i)	28.02.25
6.94	Larissa IAPICHINO	ITA	Apeldoorn (NED) (i)	08.03.25
6.90	Annik KÄLIN	SUI	Apeldoorn (NED) (i)	08.03.25
6.90	Lex BROWN	USA	Virginia Beach, VA (USA) (i)	14.03.25
6.81	Alyssa JONES	USA	Palo Alto, CA (USA)	04.04.25
6.79	Mikaelle ASSANI	GER	Karlsruhe (GER) (i)	07.02.25
6.79	Jasmine MOORE	USA	Fayetteville, AR (USA) (i)	14.02.25
6.79	Yelena SOKOLOVA	RUS	Moskva (RUS) (i)	01.03.25
6.76	Viktorija GORLOVA	RUS	Moskva (RUS) (i)	01.03.25
6.75	Milica GARDAŠEVIĆ	SRB	Apeldoorn (NED) (i)	08.03.25
6.74	0.0 Ackelia SMITH	JAM	Miramar, FL (USA)	05.04.25
6.73	Monae' NICHOLS	USA	New York, NY (USA) (i)	22.02.25
6.73	Fátima DIAME	ESP	Apeldoorn (NED) (i)	08.03.25
6.71	Sophia BECKMON	USA	Champaign, IL (USA) (i)	11.01.25
6.71	Anna MATUSZEWICZ	POL	Toruń (POL) (i)	23.02.25
6.70	Plamena MITKOVA	BUL	Berlin (GER) (i)	14.02.25
6.70	Pauline HONDEMA	NED	Berlin (GER) (i)	14.02.25

All-Time World list

7.52	+1.4	Galina CHISTYAKOVA	URS	Leningrad (URS)	11.06.88
7.49	+1.3	Jackie JOYNER-KERSEE	USA	New York, NY (USA)	22.05.94
7.48	+1.2	Heike DRECHSLER	GDR	Neubrandenburg (GDR)	09.07.88
7.43	+1.4	Anișoara CUȘMIR	ROU	București (ROU)	04.06.83
7.42	+2.0	Tatyana KOTOVA	RUS	Annecy (FRA)	23.06.02
7.39	+0.5	Yelena BELEVSKAYA	URS	Bryansk (URS)	18.07.87
7.37		Inessa KRAVETS	UKR	Kyiv (UKR)	13.06.92
7.33	+0.4	Tatyana LEBEDEVVA	RUS	Tula (RUS)	31.07.04
7.31	+1.5	Yelena KHLOPOTNOVA	URS	Almaty (KAZ)	12.09.85
7.31	+1.9	Marion JONES	USA	Eugene, OR (USA)	31.05.98
7.31	+1.7	Brittney REESE	USA	Eugene, OR (USA)	02.07.16
7.30	-0.8	Malaika MIHAMBO	GER	Doha (QAT)	06.10.19
7.27	-0.4	Irina MELESHINA	RUS	Tula (RUS)	31.07.04
7.26	+1.8	Maurren Higa MAGGI	BRA	Bogotá (COL)	25.06.99
7.24	+1.0	Larisa BEREZHNYAYA	URS	Granada (ESP)	25.05.91
7.24		Ivana ŠPANOVIĆ	SRB	Beograd (SRB) (i)	05.03.17
7.21	+1.6	Helga RADTKE	GDR	Dresden (GER)	26.07.84
7.21	+1.9	Lyudmila KOLCHANOVA	RUS	Sochi (RUS)	27.05.07
7.20	-0.3	Valy IONESCU	ROU	București (ROU)	01.08.82
7.20	+2.0	Irena OZHENKO	URS	Budapest (HUN)	12.09.86

WR progression

7.52	+1.4	Galina CHISTYAKOVA	URS	Leningrad (URS)	11.06.88
7.45	+1.0	Galina CHISTYAKOVA	URS	Leningrad (URS)	11.06.88
7.45	+0.6	Jackie JOYNER-KERSEE	USA	Indianapolis, IN (USA)	13.08.87
7.45	+1.1	Heike DRECHSLER	GDR	Dresden (GER)	03.07.86
7.45	+0.9	Heike DRECHSLER	GDR	Tallinn (EST)	21.06.86
7.44	+2.0	Heike DRECHSLER	GDR	Berlin (GDR)	22.09.85
7.43	+1.4	Anișoara CUȘMIR	ROU	București (ROU)	04.06.83
7.27	+0.6	Anișoara CUȘMIR	ROU	București (ROU)	04.06.83
7.21	+0.6	Anișoara CUȘMIR	ROU	București (ROU)	15.05.83
7.20	-0.3	Valy IONESCU	ROU	București (ROU)	01.08.82
7.15	+0.3	Anișoara CUȘMIR	ROU	București (ROU)	01.08.82
7.09	0.0	Vilma BARDAUSKIENĖ	URS	Praha (TCH)	29.08.78
7.07	+1.9	Vilma BARDAUSKIENĖ	URS	Kishinev (URS)	18.08.78
6.99	+2.0	Sigrun SIEGL	GDR	Dresden (GER)	19.05.76
6.92	+1.6	Angela VOIGT	GDR	Dresden (GER)	09.05.76
6.84	0.0	Heidemarie ROSENDAHL	FRG	Torino (ITA)	03.09.70
6.82	0.0	Viorica VISCOPOLEANU	ROU	Ciudad de México (MEX)	14.10.68
6.76	-1.6	Mary RAND	GBR	Tokyo (JPN)	14.10.64
6.70		Tatyana SHCHELKANOVA	URS	Moskva (URS)	04.07.64

Medal Winners

2024 - Olympic Games - Paris

1.	Tara DAVIS-WOODHALL (USA)	7.10
2.	Malaika MIHAMBO (GER)	6.98
3.	Jasmine MOORE (USA)	6.96

2024 - African Ch. - Douala

1.	Ese BRUME (NGR)	6.73
2.	Marthe KOALA (BUR)	6.72
3.	Danielle NOLTE (RSA)	6.44

2024 - African Games - Accra

1.	Ese BRUME (NGR)	6.92
2.	Marthe KOALA (BUR)	6.81
3.	Prestina Oluchi OCHONOGOR (NGR)	6.67

2023 - World Ch. - Budapest

1.	Ivana VULETA (SRB)	7.14
2.	Tara DAVIS-WOODHALL (USA)	6.91
3.	Alina ROTARU-KOTTMANN (ROU)	6.88

2022 - World Ch. - Oregon

1.	Malaika MIHAMBO (GER)	7.12
2.	Ese BRUME (NGR)	7.02
3.	Leticia ORO MELO (BRA)	6.89

2022 - African Ch. - St Pierre

1.	Marthe KOALA (BUR)	6.42
2.	Yousra LAJDOD (MAR)	6.37
3.	Esraa OWIS (EGY)	6.29

2021 - Olympic Games - Tokyo

1.	Malaika MIHAMBO (GER)	7.00
2.	Brittney REESE (USA)	6.97
3.	Ese BRUME (NGR)	6.97

2019 - World Ch. - Doha

1.	Malaika MIHAMBO (GER)	7.30
2.	Maryna BEKH-ROMANCHUK (UKR)	6.92
3.	Ese BRUME (NGR)	6.91

2019 - African Games - Rabat

1.	Ese BRUME (NGR)	6.69
2.	Deborah ACQUAH (GHA)	6.37
3.	Lynique BENEKE (RSA)	6.30

2018 - African Ch. - Asaba

1.	Ese BRUME (NGR)	6.83
2.	Marthe KOALA (BUR)	6.54
3.	Lynique BENEKE (RSA)	6.38

Previous Meeting Winners

23	Ese BRUME (NGR)	6.77
22	Patience NTSHINGILA (RSA)	5.97
19	Lerato SECHELE (LES)	5.86
17	Titose CHILUME (BOT)	5.80

1	Kendy Neo THEETSO (BOT)	30y	SB: 5.76 Francistown (BOT) 01.02	PB: 5.87 Pretoria (RSA) 15.06.2024
GENERAL: 2 times National champion Long Jump (22, 21) World Rankings: 676th				
Other PBs: 12.47 100m(25)				
HONOURS: NCH (2xWin)				
2025: 400m Francistown (BOT) 3. 59.52 - Long Jump Francistown (BOT) 2. 5.76 - Long Jump Pretoria (RSA) 4. 5.38 - 100m Francistown (BOT) 3. 12.66 - Long Jump Francistown (BOT) 2. 5.65 - 100m Johannesburg (RSA) 4. 12.64 - Long Jump Johannesburg (RSA) 9. 5.67 - 100m Francistown (BOT) 5. 12.47 - Long Jump Francistown (BOT) 1. 5.68				
INFO: Athlete of Jwaneng.				
2	Karmen FOUCHE (RSA)	22y	SB: 6.54 Pretoria (RSA) 15.03	PB: 6.56 Sasolburg (RSA) 11.03.2023
GENERAL: 2 times In top 8 at World U20 Championships 2 times In top 8 at African Championships				
Other PBs: 7.49 60m(25) - 24.19 200m(25) - 1.81 High Jump(25) - 13.14 Triple Jump(24) - 13.19ww Triple Jump(24)				
HONOURS: NCH (1xWin)				
2025: 60m Potchefstroom (RSA) 2. 7.49 - 100mH Potchefstroom (RSA) 1. 14.68 - 200m Pretoria (RSA) 1. 24.58 - Long Jump Pretoria (RSA) 2. 6.31 - High Jump Potchefstroom (RSA) 1. 1.75 - 60m Potchefstroom (RSA) 1. 7.69 - 100mH Potchefstroom (RSA) 1. 14.46 - 200m Potchefstroom (RSA) 2. 24.35 - 100mH Pretoria (RSA) ce 14.76 - High Jump Pretoria (RSA) ce 1.81 - 200m Pretoria (RSA) ce 24.19 - Long Jump Pretoria (RSA) ce 6.54				
INFO: Based in Potchefstroom.				
3	Tshegofatso BOJOSI (BOT)	27y	SB and PB: 6.45 Francistown (BOT) 01.02	
GENERAL: 4 times National champion Long Jump (24, 23), Triple Jump (24, 22) In top 8 at African Championships World Rankings: 118th				
Other PBs: 57.14 400m(25) - 12.54 Triple Jump(24) Current Records: 1xNR: NR 6.45 Long Jump Francistown(25)				
HONOURS: NCH (4xWin)				
2025: 400m Francistown (BOT) 1. 57.14 - Long Jump Francistown (BOT) 1. 6.45 - Long Jump Gaborone (BOT) 1. 6.41 - Long Jump Pretoria (RSA) 1. 6.00 - Long Jump Francistown (BOT) 1. 5.96 - Long Jump Johannesburg (RSA) 5. 5.89				
4	Aniella DELAFOSSE (CIV)	24y	SB: 6.38 Fayetteville, AR (USA) 14.02	PB: 6.47 Chula Vista, CA (USA) 08.06.2024
GENERAL: In top 8 at African Championships World Rankings: 116th				
Other PBs: 7.41 55m(18) - 7.77 60m(21) - 11.94 100m(24) - 13.52 Triple Jump(25) Current Records: 1x=NR: =NR= 6.38 Long Jump Fayetteville, AR(25) 1xNR: NR 13.52 Triple Jump Fayetteville, AR(25)				
HONOURS:				
2025: Triple Jump Philadelphia, PA (USA) 3. 12.84 - Long Jump Philadelphia, PA (USA) 3. 6.18 - Triple Jump Philadelphia, PA (USA) 4. 12.98 - Long Jump Philadelphia, PA (USA) 2. 6.20 - Long Jump New York, NY (USA) 6. 5.96 - Long Jump Fayetteville, AR (USA) 7. 6.38 - Triple Jump Fayetteville, AR (USA) 3. 13.52 - Triple Jump New York, NY (USA) 2. 13.07 - Long Jump Jacksonville, FL (USA) 1. 5.96				
INFO: Hometown: Bethesda, Md., USA. Studies: Georgetown University.				
5	Quanesha BURKS (USA)	30y	SB: 6.59 Clemson, SC (USA) 14.02	PB: 6.98 London (GBR) 23.07.2023
GENERAL: In top 8 at World Championships Long Jump (22) 2 times In top 8 at World Indoor Championships Long Jump (18) World Rankings: 6th				
Other PBs: 7.20 60m(18) - 7.20 60m(20) - 11.19 100m(18) - 11.18ww 100m(17) - 24.88 200m(12)				
HONOURS: World Ch. (1xFinal): 4. Long Jump Eugene, OR(22) 6.88 NACAC Ch. (2xGold, 1xSilver)				
2025: 60m Clemson, SC (USA) h 7.43 - Long Jump Clemson, SC (USA) 1. 6.59 - Long Jump Miramar, FL (USA) 2. 6.66w				
INFO: Born in Ozark, Alabama. Education studies at University of Alabama. Likes traveling, baking, dancing. Aspires to be a sports psychologist or teacher. Height: 1.63 / 5'4".				
6	Danielle NOLTE (RSA)	23y	SB: 6.56 Johannesburg (RSA) 19.03	PB: 6.61 Pietermaritzburg (RSA) 20.04.2024
GENERAL: African Championships bronze medallist Long Jump (24) 3 times National champion Long Jump (24, 23, 22) World Rankings: 55th				
Other PBs: 7.89 60m(22) - 11.66 100m(24) - 13.17 Triple Jump(24)				
HONOURS: Afr. Ch. (1xBronze) NCH (3xWin)				
2025: Long Jump Pretoria (RSA) 1. 6.03 - Long Jump Pretoria (RSA) 1. 6.34 - Long Jump Pretoria (RSA) 1. 6.29 - Long Jump Johannesburg (RSA) 1. 6.56				
INFO: Hometown: Pretoria. Studies: TuksSport High School.				
7	Claire BRYANT (USA)	23y	SB and PB: 6.96 Nanjing (CHN) 23.03	
GENERAL: World Indoor champion Long Jump (25) NACAC U23 Championships silver medallist Long Jump (23) World Rankings: 19th				
Other PBs: 7.81 60m(20) - 12.08 100m(20) - 1.84 High Jump(24) - 1.84 High Jump(24) - 11.88 Triple Jump(17)				
HONOURS: World Ind. Ch. (1xGold): 1. Long Jump Nanjing(25) 6.96 NACAC U23 Ch. (1xSilver)				
2025: Long Jump Fayetteville, AR (USA) 2. 6.70 - Long Jump Fayetteville, AR (USA) 3. 6.64 - Long Jump New York, NY (USA) 2. 6.72 - Long Jump Nanjing (CHN) 1. 6.96				
INFO: Hometown: Houston. Studies: University of Florida. Degree in Advertising.				

Start list Javelin Throw Time: 14:58

Order	Athlete	MF	NR	PB	SB
1	Oratile TSIETSANO	BOT	44.61		
2	Kemmony BAITSHOLETSI	BOT	44.61	35.35	
3	Nikol TABAČKOVÁ	CZE	72.28	59.39	
4	Josephine Joyce LALAM	UGA	57.01	57.01	
5	Ariana INCE	USA	68.11	64.38	
6	Andrea ŽELEZNÁ	CZE	72.28	60.41	51.57
7	Jo-Ane VAN DYK	RSA	69.35	64.22	

Records

WR	72.28	Barbora ŠPOTÁKOVÁ	CZE	Stuttgart	13.09.08
AR	69.35	Sunette VILJOEN	RSA	New York, NY	09.06.12
NR	44.61	Kenaope LEFITILE	BOT	Gaborone	01.06.13
WJR*	64.83	Ziyi YAN	CHN	Chengdu	28.03.25
WJR	64.41	Ziyi YAN	CHN	Quzhou	14.09.24
WL	66.88	Adriana VILAGOŠ	SRB	Nicosia	15.03.25

2025 World list

66.88	Adriana VILAGOŠ	SRB	Nicosia (CYP)	15.03.25
64.83	Ziyi YAN	CHN	Chengdu (CHN)	28.03.25
64.17	Manuela ROTUNDO	URU	Gainesville, FL (USA)	04.04.25
63.79	Lianna DAVIDSON	AUS	Atlanta, GA (USA)	21.03.25
62.83	Tatsiana KHALADOVICH	BLR	Brest (BLR)	04.03.25
62.62	Sigrid BORGE	NOR	Nicosia (CYP)	15.03.25
62.54	Ella KUNETSOVA	RUS	Sochi (RUS)	09.02.25
62.41	Elina TZENGKO	GRE	Herakleion (GRE)	01.03.25
61.12	Qianqian DAI	CHN	Chengdu (CHN)	28.03.25
60.95	Lingdan SU	CHN	Chengdu (CHN)	28.03.25
60.51	Sae TAKEMOTO	JPN	Auckland (NZL)	09.02.25
60.40	Qiaozhen MA	CHN	Chengdu (CHN)	01.04.25
60.29	Mckyla VAN DER WESTHUIZEN	RSA	Houston, TX (USA)	30.03.25
60.26	Petra SIČAKOVÁ	CZE	Nicosia (CYP)	15.03.25
59.77	Mackenzie LITTLE	AUS	Sydney (AUS)	15.03.25
59.66	Sara KOLAK	CRO	Nicosia (CYP)	15.03.25
59.65	Tori MOORBY	NZL	Sydney (AUS)	15.03.25
59.17	Mia GORDON	AUS	Perth (AUS)	01.03.25
58.97	Jade MARAVAL	FRA	Salon-de-Provence (FRA)	02.03.25
58.91	Mirja LUKAS	GER	Nicosia (CYP)	15.03.25

All-Time World list

72.28	Barbora ŠPOTÁKOVÁ	CZE	Stuttgart (GER)	13.09.08
71.70	Olisdeilys MENÉNDEZ	CUB	Helsinki (FIN)	14.08.05
71.40	Maria ANDREJCZYK	POL	Split (CRO)	09.05.21
70.53	Mariya ABAKUMOVA	RUS	Berlin (GER)	01.09.13
70.20	Christina OBERGFÖLL	GER	München (GER)	23.06.07
69.48	Trine HATTESTAD	NOR	Oslo (NOR)	28.07.00
69.35	Sunette VILJOEN	RSA	New York, NY (USA)	09.06.12
69.19	Christin HUSSONG	GER	Chorzów (POL)	30.05.21
68.92	Kathryn MITCHELL	AUS	Gold Coast (AUS)	11.04.18
68.43	Sara KOLAK	CRO	Lausanne (SUI)	06.07.17
68.34	Steffi NERIUS	GER	Elstal (GER)	31.08.08
68.11	Kara WINGER	USA	Bruxelles (BEL)	02.09.22
67.98	Huihui LYU	CHN	Shenyang (CHN)	02.08.19
67.70	Kelsey-Lee BARBER	AUS	Luzern (SUI)	09.07.19
67.69	Katharina MOLITOR	GER	Beijing (CHN)	30.08.15
67.67	Sonia BISSET	CUB	Salamanca (ESP)	06.07.05
67.51	Mirela MANJANI-TZELILI	GRE	Sydney (AUS)	30.09.00
67.47	Tatsiana KHALADOVICH	BLR	Oslo (NOR)	07.06.18
67.40	Nikola OGRODŃIKOVÁ	CZE	Offenburg (GER)	26.05.19
67.40	Maggie MALONE	USA	East Stroudsburg, PA (USA)	17.07.21

WR progression

72.28	Barbora ŠPOTÁKOVÁ	CZE	Stuttgart (GER)	13.09.08
71.70	Olisdeilys MENÉNDEZ	CUB	Helsinki (FIN)	14.08.05
71.54	Olisdeilys MENÉNDEZ	CUB	Rethymno (GRE)	01.07.01
67.09	Mirela TZELILI	GRE	Sevilla (ESP)	28.08.99
80.00	Petra FELKE	GDR	Potsdam (GDR)	09.09.88
78.90	Petra FELKE	GDR	Leipzig (GER)	29.07.87
77.44	Fatima WHITBREAD	GBR	Stuttgart (GER)	28.08.86
75.40	Petra FELKE	GDR	Schwerin (GER)	04.06.85
75.26	Petra FELKE	GDR	Schwerin (GER)	04.06.85
74.76	Tiina LILLAK	FIN	Tampere (FIN)	13.06.83
74.20	Sofia SAKORAFI	GRE	Chania (GRE)	26.09.82
72.40	Tiina LILLAK	FIN	Helsinki (FIN)	29.07.82
71.88	Antoaneta TODOROVA	BUL	Zagreb (CRO)	15.08.81
70.08	Tatyana BIRYULINA	URS	Podolsk (URS)	12.07.80
69.96	Ruth FUCHS	GDR	Split (CRO)	29.04.80
69.52	Ruth FUCHS	GDR	Dresden (GER)	13.06.79
69.32	Kate SCHMIDT	USA	Fürth (GER)	11.09.77
69.12	Ruth FUCHS	GDR	Berlin (GER)	10.07.76
67.22	Ruth FUCHS	GDR	Roma (ITA)	03.09.74

Medal Winners

2024 - Olympic Games - Paris

1.	Haruka KITAGUCHI (JPN)	65.80
2.	Jo-Ane VAN DYK (RSA)	63.93
3.	Nikola OGRODŃIKOVÁ (CZE)	63.68

2024 - African Ch. - Douala

1.	Jo-Ane VAN DYK (RSA)	57.03
2.	Jana VAN SCHALKWYK (RSA)	55.14
3.	Josephine Joyce LALAM (UGA)	53.57

2024 - African Games - Accra

1.	Jo-Ane VAN DYK (RSA)	60.80
2.	Jana VAN SCHALKWYK (RSA)	57.64
3.	Josephine Joyce LALAM (UGA)	57.01

2023 - World Ch. - Budapest

1.	Haruka KITAGUCHI (JPN)	66.73
2.	Flor Denis RUIZ HURTADO (COL)	65.47
3.	Mackenzie LITTLE (AUS)	63.38

2022 - World Ch. - Oregon

1.	Kelsey-Lee BARBER (AUS)	66.91
2.	Kara WINGER (USA)	64.05
3.	Haruka KITAGUCHI (JPN)	63.27

2022 - African Ch. - St Pierre

1.	Jo-Ane VAN DYK (RSA)	60.65
2.	Mckyla VAN DER WESTHUIZEN (RSA)	55.55
3.	Jana VAN SCHALKWYK (RSA)	54.49

2021 - Olympic Games - Tokyo

1.	Shiyong LIU (CHN)	66.34
2.	Maria ANDREJCZYK (POL)	64.61
3.	Kelsey-Lee BARBER (AUS)	64.56

2019 - World Ch. - Doha

1.	Kelsey-Lee BARBER (AUS)	66.56
2.	Shiyong LIU (CHN)	65.88
3.	Huihui LYU (CHN)	65.49

2019 - African Games - Rabat

1.	Kelechi Nwanaga (NGR)	55.88
2.	Jo-Ane VAN DYK (RSA)	55.38
3.	Sunette VILJOEN (RSA)	53.44

2018 - African Ch. - Asaba

1.	Kelechi Nwanaga (NGR)	56.96
2.	Jo-Ane VAN DYK (RSA)	53.72
3.	Josephine Joyce LALAM (UGA)	51.33

Previous Meeting Winners

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1	Oratile TSIETSANO (BOT)			
2	Kemmonyé BAITSHOLETSI (BOT)	34y	PB: 35.35 Gaborone (BOT) 26.05.2023	
GENERAL: 3 times National champion Javelin Throw (24, 23), 4x400m (24) Other PBs: 25.02 200m(24) HONOURS: NCH (2xWin)				
3	Nikol TABAČKOVÁ (CZE)	27y	PB: 59.39 Johannesburg (RSA) 27.03.2024	
GENERAL: European U20 champion Javelin Throw (17) In top 8 at European Championships World Rankings: 34th Other PBs: 58.30 Javelin Throw (500g)(15) HONOURS: Eur. U20 Ch. (1xGold) INFO: Born in Ostrava.				
4	Josephine Joyce LALAM (UGA)	24y	PB: 57.01 Accra (GHA) 20.03.2024	
GENERAL: 2 times African Championships bronze medallist Javelin Throw (24, 18) All-African Games bronze medallist Javelin Throw (24) Current Records: 2xNR: NR 46.02 Discus Throw Kampala(21) - NR 57.01 Javelin Throw Accra(24) HONOURS: Afr. Ch. (2xBronze) All-Afr. G. (1xBronze) Afr. U20 Ch. (1xGold) INFO: Hometown: Gombe. Studies: Gombe Secondary School.				
5	Ariana INCE (USA)	36y	PB: 64.38 Zagreb (CRO) 11.09.2022	
GENERAL: Pan American Games bronze medallist Javelin Throw (19) NACAC champion Javelin Throw (18) World Rankings: 35th Other PBs: 4.24 Pole Vault(17) - 5.55 Long Jump(11) HONOURS: NACAC Ch. (1xGold, 1xSilver) PanAm G. (1xBronze) NCH (1xWin) INFO: Hometown: Gonzales Texas. Civil Engineering studies at Rice University. Earlier played American football. Likes reading and coffee.				
6	Andrea ŽELEZNÁ (CZE)	31y	SB: 51.57 Potchefstroom (RSA) 18.03	PB: 60.41 Kladno (CZE) 22.05.2024
World Rankings: 45th Other PBs: 1.70 High Jump(14) 2025: Javelin Throw Potchefstroom (RSA) 1. 51.57 INFO: Athlete of Prague.				
7	Jo-Ane VAN DYK (RSA)	27y	PB: 64.22 Paris (FRA) 07.08.2024	
GENERAL: Olympic Games silver medallist Javelin Throw (24) 2 times African champion Javelin Throw (24, 22) World Rankings: 5th Other PBs: 55.15 Javelin Throw (500g)(13) HONOURS: OG (1xSilver): 2. Javelin Throw Paris(24) 63.93 World U20 Ch. (1xSilver) Afr. Ch. (2xGold, 2xSilver) INFO: Hometown: Potchefstroom. Studies: North-West University. Likes swimming and hiking. Also a dietitian; her idol is Barbora Spotakova. Height: 1.71 / 5'7".				