

## WOMEN'S 400 METERS

# The Rounds Are Key

### THE FORMCHART

1. Sanya Richards-Ross (USA)..... 48.70 ('06)
2. Amantle Montsho (Botswana)..... 49.54 ('12)
3. Antonina Krivoshapka (Russia)..... 49.16 ('12)
4. Novlene Williams-Mills (Jamaica) .. 49.63 ('06)
5. Christine Ohuruogu (Gr Britain) .... 49.61 ('07)
6. Yuliya Gushchina (Russia)..... 49.28 ('12)
7. Tatyana Firova (Russia)..... 49.72 ('12)
8. Deedee Trotter (USA)..... 49.64 ('07)
9. Francena McCorory (USA) ..... 50.06 ('12)
10. Rosemarie Whyte (Jamaica)..... 49.84 ('11)

### THE SCOOP

In Eugene SRR once again looked healthy enough to stand up through the rounds, but she'll have her hands full with world champ Montsho, who is now faster than ever... How pumped will defender Ohuruogu get with a fervent home crowd?

### THE STATS

WR: 47.60 Marita Koch (East Germany) '85

AR: 48.70 Sanya Richards-Ross (Nike) '06

OR: 48.25 Marie-José Pérec (France) '96

'08 OG Medals: Ohuruogu-Williams-SRR

'09 WC Medals: SRR-Williams-Krivoshapka

'11 WC: Montsho-Felix-Kapachinskaya

### THE ALL-TIME TOP 10

1. 47.60 .....Marita Koch (East Germany) 10/06/85
2. 47.99 ...Jarmila Kratochvílová (Czechoslovakia) 8/10/83
3. 48.25 .....Marie-José Pérec (France) 7/29/96
4. 48.27 ..... Olga Bryzgina (Soviet Union) 10/06/85
5. 48.59 .....Tat'ána Kocembová (Czechoslovakia) 8/10/83
6. 48.63 ..... Cathy Freeman (Australia) 7/29/96
7. 48.70 ..... Sanya Richards-Ross (US) 9/16/06
8. 48.83 ..... Valerie Brisco (US) 8/06/84
9. 48.89 .....Ana Guevara (Mexico) 8/27/03
10. 49.04+ ..... Olga Nazarova (Soviet Union) 9/13/88

### LONDON SCHEDULE

heats — 12:00 August 3

semis — 20:05 August 4

final — 21:10 August 5



Richards-Ross hopes to be celebrating in London again

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### WINNERS SINCE 1972

- 1972 — Monika Zehrt (EG) 51.08
- 1976 — Irena Szewińska (Pol) 49.28
- 1980 — Marita Koch (EG) 48.88
- 1984 — Valerie Brisco-Hooks (US) 48.83
- 1988 — Olga Bryzgina (SU) 48.65
- 1992 — Marie-José Pérec (Fra) 48.83
- 1996 — Marie-José Pérec (Fra) 48.25
- 2000 — Cathy Freeman (Aus) 49.11
- 2004 — T. Williams-Darling (Bah) 49.41
- 2008 — Christine Ohuruogu (GB) 49.62