

2022 Commonwealth Games Statistics – Women's 400m (440y before 1970)

By K Ken Nakamura

Summary Page

All time performance list at the Commonwealth Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	50.10	Amantle Montsho	BOT	1	Delhi	2010
2		50.15	Amantle Montsho		1	Gold Coast	2018
3	2	50.17	Sandie Richards	JAM	1	Kuala Lumpur	1998
4	3	50.28	Christine Ohuruogu	ENG	1	Melbourne	2006
5	4	50.38	Cathy Freeman	AUS	1	Victoria	1994
6	5	50.53	Fatima Yusuf	NGR	2	Victoria	1994
7	6	50.57	Anastasia Le-Roy	JAM	2	Gold Coast	2018
8		50.65	Sandie Richards		1sf2	Kuala Lumpur	1998
9	7	50.67	Stephenie McPherson	JAM	1	Glasgow	2014
10		50.69	Sandie Richards		3	Victoria	1994
10		50.69	Stephenie McPherson		1sf1	Glasgow	2014

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	2.64	51.02	Marilyn Neufville	JAM	Edinburgh	1970
Min	0.05	51.63	Aliann Pompey	GUY	Manchester	2002

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	50.10	Amantle Montsho	BOT	Delhi	2010
	50.15	Amantle Montsho	BOT	Gold Coast	2018
2	50.53	Fatima Yusuf	NGR	Victoria	1994
3	50.69	Sandie Richards	JAM	Victoria	1994
4	51.06	Damayanthi Darsha	SRI	Kuala Lumpur	1998
5	51.32	Maximila Imali	KEN	Gold Coast	2018
6	51.32	Hima Das	IND	Gold Coast	2018

Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
51.76	5sf2	Mireille Nguimbo	CMR	Manchester	2002

Multiple Gold Medalists:

Amantle Montsho (BOT) 2010, 2018

Multiple Medals by athletes from a single nation (440 yards before 1970)

Nation	Year	Gold	Silver	Bronze
ENG	1978	Donna Hartley	Verona Bernard Elder	
NGR	1990	Fatima Yusuf		Charity Opara
JAM	2014	Stephenie McPherson	Novlene William-Mills	Christine Day
JAM	2018		Anastasia Le-Roy	Stephenie McPherson

Man & Woman from the same team winning the corresponding event

Nation	Men	Women	Venue	Year
BOT	Isaac Makwala	Amantle Montsho	Gold Coast	2018

All time performance list at the Commonwealth Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	50.10	Amantle Montsho	BOT	1	Delhi	2010
2		50.15	Amantle Montsho		1	Gold Coast	2018
3	2	50.17	Sandie Richards	JAM	1	Kuala Lumpur	1998
4	3	50.28	Christine Ohuruogu	ENG	1	Melbourne	2006
5	4	50.38	Cathy Freeman	AUS	1	Victoria	1994
6	5	50.53	Fatima Yusuf	NGR	2	Victoria	1994
7	6	50.57	Anastasia Le-Roy	JAM	2	Gold Coast	2018
8		50.65	Sandie Richards		1sf2	Kuala Lumpur	1998
9	7	50.67	Stephenie McPherson	JAM	1	Glasgow	2014
10		50.69	Sandie Richards		3	Victoria	1994
10		50.69	Stephenie McPherson		1sf1	Glasgow	2014
12	8	50.71	Allison Curbishley	SCO	2	Kuala Lumpur	1998
13	9	50.73	Novlene Williams-Mills	JAM	1sf3	Glasgow	2014
14	10	50.76	Tonique Williams-Darling	BAH	2	Melbourne	2006
15		50.80	Amantle Montsho		1sf1	Delhi	2010
15		50.80	Stephanie McPherson		1h2	Gold Coast	2018
17	11	50.85	Donna Fraser	ENG	2sf2	Kuala Lumpur	1998
18		50.86	Novlene Williams-Mills		2	Glasgow	2014
19		50.87	Christine Ohuruogu		1sf3	Melbourne	2006
20		50.93	Stephanie McPerson		3	Gold Coast	2018
21		50.97	Tonique Williams-Darling		2sf3	Melbourne	2006
22		51.01	Donna Fraser		3	Kuala Lumpur	1998
23	12	51.02	Marilyn Neufville	JAM	1	Edinburgh	1970
23	12	51.02	Christine Day	JAM	1sf2	Glasgow	2014
25	14	51.03	Novlene Williams	JAM	1sf1	Melbourne	2006
26	15	51.06	Damayanthi Darsha	SRI	4	Kuala Lumpur	1998
27		51.08	Fatima Yusuf		1	Auckland	1990
27		51.08	Anastasia Le-Roy		1sf1	Gold Coast	2018
29		51.09	Christine Day		3	Glasgow	2014
30	16	51.12	Charity Opara	NGR	1h2	Auckland	1990
30		51.12	Novlene Williams		3	Melbourne	2006
32	17	51.17	Christine Botlogetswe	BOT	4	Gold Coast	2018
33		51.20	Amantle Montsho		1h1	Gold Coast	2018
34		51.21	Stephenie McPherson		1h3	Gold Coast	2018
35		51.23	Sandie Richards		1sf1	Victoria	1994
36	18	51.26	Raelene Boyle	AUS	1	Brisbane	1982
36		51.26	Amantle Montsho		2sf1	Gold Coast	2018
38	19	51.29	Debbie Flintoff-King	AUS	1	Edinburgh	1986
38	19	51.29	Lee McConnell	SCO	1sf2	Manchester	2002
40	21	51.32	Maximila Imali	KEN	5	Gold Coast	2018
40	21	51.32	Hima Das	IND	6	Gold Coast	2018
42	23	51.34	Aliann Pompey	GUY	2sf2	Manchester	2002
43	24	51.36	Catherine Murphy	WAL	3sf2	Manchester	2002
43	24	51.36	Christine Amertil	BAH	1sf2	Melbourne	2006
45		51.37	Anastasia Le-Roy		2h1	Gold Coast	2018
46		51.38	Christine Amertil		1sf1	Manchester	2002
47	26	51.40	June Griffith	GUY	1sf1	Edmonton	1978
48		51.41	Christine Botlogetswe		2sf3	Gold Coast	2018
49		51.45	Sandie Richards		4sf2	Manchester	2002
50	27	51.46	Phylis Smith	ENG	4	Victoria	1994
51	28	51.47	Hazel-Ann Regis	GRN	1h4	Melbourne	2006

52	29	51.51	Renee Poetschka	AUS	5	Victoria	1994
52		51.51	Novlene Williams		2h4	Melbourne	2006
52	29	51.51	Anneliese Rubie	AUS	3sf3	Gold Coast	2018
55		51.52	Christine Amertil		4	Melbourne	2006
55		51.52	Maximila Imali		1sf2	Gold Coast	2018
57		51.53	Hima Das		3sf1	Gold Coast	2018
58		51.56	Amantle Montsho		1h2	Delhi	2010
59		51.57	Cathy Freeman		2sf1	Victoria	1994
60	31	51.58	Shaunae Miller-Uibo	BAH	2sf2	Glasgow	2014
61	32	51.62	Jillian Richardson	CAN	2	Edinburgh	1986
62	33	51.63	Linda Keough	ENG	2	Auckland	1990
62		51.63	Aliann Pompey		1	Manchester	2002
64		51.64	Allison Curbishley		3sf2	Kuala Lumpur	1998
65	34	51.65	Shericka Williams	JAM	2sf2	Melbourne	2006
65		51.65	Aliann Pompey		2	Delhi	2010
67	35	51.67	Yvonne Saunders	CAN	1	Christchurch	1974

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	2.64	51.02	Marilyn Neufville	JAM	Edinburgh	1970
Min	0.05	51.63	Aliann Pompey	GUY	Manchester	2002

Difference between 3rd and 4th place (medal versus no medal)

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	1.24	51.09	Christine Day	JAM	Glasgow	2014
	1.10	52.08	Charlene Rendina	AUS	Christchurch	1974
Min	0.01	51.09	C Day	JAM	Glasgow	2014
	0.02	51.79	Sandie Richards	JAM	Manchester	2002

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	50.10	Amantle Montsho	BOT	Delhi	2010
	50.15	Amantle Montsho	BOT	Gold Coast	2018
	50.17	Sandie Richards	JAM	Kuala Lumpur	1998
2	50.53	Fatima Yusuf	NGR	Victoria	1994
3	50.69	Sandie Richards	JAM	Victoria	1994
4	51.06	Damayanthi Darsha	SRI	Kuala Lumpur	1998
5	51.32	Maximila Imali	KEN	Gold Coast	2018
	51.51	Renee Poetschka	AUS	Victoria	1994
6	51.32	Hima Das	IND	Gold Coast	2018
	52.08	Maree Chapman Holland	AUS	Edinburgh	1986
7	52.03	Anneliese Rubie	AUS	Gold Coast	2018
	52.21	Bisi Afolabi	NGR	Victoria	1994
8	52.26	Yinka Ajayi	NGR	Gold Coast	2018
	52.55	Kylie Hanigan	AUS	Victoria	1994

Fastest time in each round (four rounds contested in 2002 only)

Round	Time	Name	Nat	Venue	Year
Final	50.10	Amantle Montsho	BOT	Delhi	2010
	50.15	Amantle Montsho	BOT	Gold Coast	2018

	50.17	Sandie Richards	JAM	Kuala Lumpur	1998
Semi-final	50.65	Sandie Richards	JAM	Kuala Lumpur	1998
Second round	51.91	Sandie Richards	JAM	Manchester	2002
First round	50.80 51.12	Stephenie McPherson Charity Opara	JAM NGR	Gold Coast Auckland	2018 1990

Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
51.76	5sf2	Mireille Nguimbo	CMR	Manchester	2002

Fastest non-qualifier for the semi-final

Time	Position	Name	Nat	Venue	Year
53.58	5qf3	Lami Oyewumi (4 rounds)	CAN	Manchester	2002
	7qf2	Hajarat Yusuf (4 rounds)	NGR	Manchester	2002
53.72	5h1	Poovamma Raje Machettira (3 rounds)	IND	Gold Coast	2018
53.92	3h2	Michelle Pierre (3 rounds)	ENG	Kuala Lumpur	1998

Multiple Gold Medalists:

Amantle Montsho (BOT) 2010, 2018

Multiple Medalists:

Stephenie McPherson (JAM) 2014 Gold; 2018 Bronze
 Amantle Montsho (BOT) 2010 Gold; 2018 Gold
 Novelene William-Mills (JAM) 2006 Bronze, 2014 Silver
 Aliann Pompey (GUY) 2002 Gold, 2006 Silver
 Sandie Richards (JAM): 1994 Bronze; 1998 Gold; 2002 Bronze
 Fatima Yusuf (NGR): 1990 Gold; 1994 Silver
 Verona Bernard Elder (ENG): 1974 Silver; 1978 Silver

Medals by Countries (440 yard (until 1966) medal count in {}):

Nation	Gold	Silver	Bronze
AUS	3 {1}	1	2
JAM	3	2	5 {1}
ENG	2	3 {1}	3
BOT	2		
NGR	1	1	1
CAN	1	1	
GUY	1	1	
SCO		2	
WAL		1	
BAH		1	1
UGA			1

Multiple Medals by athletes from a single nation (440 yards before 1970)

Nation	Year	Gold	Silver	Bronze
ENG	1978	Donna Hartley	Verona Bernard Elder	
NGR	1990	Fatima Yusuf		Charity Opara

JAM	2014	Stephenie McPherson	Novlene William-Mills	Christine Day
JAM	2018		Anastasia Le-Roy	Stephenie McPherson

200m – 400m double medalists

Name	Nation	200m	400m	4x100mR	4x400mR	Venue	Year
Kathy Smallwood Cook	ENG	Silver	Bronze	Gold	Silver	Edinburgh	1986

200m – 400m double medalist in the different edition of CWG

Name	Team	200m	Venue	Year	400m	Venue	Year
Raelene Boyle	AUS	Gold	Edinburgh	1970	Gold	Brisbane	1982
		Gold	Christchurch	1974			

400m – 800m (440-880y) double medalist

Name	Nation	400m/440y	800m/880y	Venue	Year
Judy Pollocks	AUS	Gold	Silver	Kingston	1966
Charlene Rendina	AUS	Bronze	Gold	Christchurch	1974

Man & Woman from the same team winning the corresponding event

Nation	Men	Women	Venue	Year
BOT	Isaac Makwala	Amantle Montsho	Gold Coast	2018

World Champion with Commonwealth Games gold medal

Name	Nat	World Championships	Commonwealth Games
Amantle Montsho	BOT	2011	2010, 2018
Christine Ohuruogu	GBR	2007	2006
Cathy Freeman	AUS	1997, 1999	1994

Olympic Champion with Commonwealth Games Gold medal

Name	Nat	Olympics	Commonwealth Games
Christine Ohuruogu	GBR	2008	2006
Cathy Freeman	AUS	2000	1994

Last eight Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Amantle Montsho	BOT	50.15	Anastasia Le-Roy	JAM	50.57	Stephenie McPherson	JAM	50.93
2014	Stephenie McPherson	JAM	50.67	Novlene Williams-Mills	JAM	50.86	Christine Day	JAM	51.09
2010	Amantle Montsho	BOT	50.10	Aliann Pompey	GUY	51.65	Christine Amertil	BAH	51.96
2006	Christine Ohuruogu	ENG	50.28	Tonique Williams-Darling	BAH	50.76	Novlene Williams	JAM	51.12
2002	Aliann Pompey	GUY	51.63	Lee McConnell	SCO	51.68	Sandie Richards	JAM	51.79
1998	Sandie Richards	JAM	50.17	Allison Curbishley	SCO	50.71	Donna Fraser	ENG	51.01
1994	Cathy Freeman	AUS	50.38	Fatima Yusuf	NGR	50.53	Sandie Richards	JAM	50.69
1990	Fatima Yusuf	NGR	51.08	Linda Keough	ENG	51.63	Charity Opara	NGR	52.01

Last eleven World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Shaunae Miller-Uibo	BAH	49.11	Marileidy Paulino	DOM	49.60	Sada Williams	BAR	49.75
2019	Salwa Eid Naser	BRN	48.14	Shaunae Miller-Uibo	BAH	48.37	Shericka Jackson	JAM	49.47
2017	Phyllis Francis	USA	49.92	Salwa Eid Naser	BRN	50.06	Allyson Felix	USA	50.08
2015	Allyson Felix	USA	49.26	Shaunae Miller	BAH	49.67	Shericka Jackson	JAM	49.99

2013	Christine Ohuruogu	GBR	49.41	Amantle Montsho	BOT	49.41	Antonina Krivoschapka	RUS	49.78
2011	Amantle Montsho	BOT	49.56	Allyson Felix	USA	49.59	Anastasiya Kapachinskaya	RUS	50.24
2009	Sanya Richards	USA	49.00	Shericka Williams	JAM	49.32	Antonina Krivoschapka	RUS	49.71
2007	Christine Ohuruogu	GBR	49.61	Nicola Sanders	GBR	49.65	Novlene Williams	JAM	49.66
2005	Tonique Williams	BAH	49.55	Sanya Richards	USA	49.74	Ana Guevara	MEX	49.81
2003	Ana Guevara	MEX	48.89	Lorraine Fenton	JAM	49.43	Amy Mbacke Thiam	SEN	49.95
2001	Amy Mbacke Thiam	SEN	49.86	Lorraine Fenton	JAM	49.88	Ana Guevara	MEX	49.97

Last ten Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2020	Shaunae Miller-Uibo	BAH	48.36	Marileidy Paulino	DOM	49.20	Allyson Felix	USA	49.46
2016	Shaunae Miller	BAH	49.44	Allyson Felix	USA	49.51	Shericka Jackson	JAM	49.85
2012	Sanya Richards-Ross	USA	49.56	Christine Ohuruogu	GBR	49.70	Deedee Trotter	USA	49.72
2008	Christine Ohuruogu	GBR	49.62	Shericka Williams	JAM	49.69	Sanya Richards	USA	49.93
2004	Tonique Williams-Darling	BAH	49.41	Ana Guevara	MEX	49.56	Natalya Antyukh	RUS	49.89
2000	Cathy Freeman	AUS	49.11	Lorraine Graham	JAM	49.58	Katherine Merry	GBR	49.72
1996	Marie Jose Perc	FRA	48.25	Cathy Freeman	AUS	48.63	Falilat Ogunkoya	NGR	49.10
1992	Marie Joe Perc	FRA	48.83	Olga Bryzgina	EUN	49.05	Ximena Restrepo	COL	49.64
1988	Olga Bryzgina	URS	48.65	Petra Muller	GDR	49.45	Olga Nazarova	URS	49.90
1984	Valerie Brisco-Hooks	USA	48.83	Chandra Cheeseborough	USA	49.05	Kathy Cook	GBR	49.43

All time Commonwealth List (Fastest Performances by athletes from Commonwealth nations)

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	48.36	Shaunae Miller-Uibo	BAH	1	Tokyo-OG	6 Aug 2021
2		48.37	Shaunae Miller-Uibo		2	Doha	3 Oct 2019
3	2	48.54	Christine Mboma	NAM	1	Bydgoszcz	30 June 2021
4	3	48.63	Cathy Freeman	AUS	1	Atlanta	29 July 1996
5		48.97	Shaunae Miller-Uibo		1	Monaco	20 July 2018
6		49.05	Shaunae Miller-Uibo		1	Gainesville	27 Apr 2019
7	4	49.07	Tonique Williams-Darling	BAH	1	Berlin	12 Sept 2004
8		49.08	Shaunae Miller-Uibo			Eugene	24 Apr 2021
9	5	49.10	Falilat Ogunkoya	NGR	3	Atlanta	29 July 1996
10		49.11	Cathy Freeman		1	Sydney	25 Sept 2000
10		49.11	Shaunae Miller-Uibo		1	Eugene – WC	22 July 2022
12		49.15	Tonique Williams-Darling		1	Saint Denis	23 July 2004

Fastest Performances in August

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	47.99	Jarmila Kratochvilova	TCH	1	Helsinki	10 Aug 1983
2	2	48.16	Marita Koch	GDR	1	Praha	17 Aug 1984
3	3	48.22	Marita Koch		1	Stuttgart	28 Aug 1986

Fastest Performances in GBR

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	49.05	Sanya Richards-Ross	USA	1	London	28 July 2006
2	2	49.33	Tatana Kocembova	TCH	1	London	28 Aug 1983
3	3	49.51	Jarmila Kratochvilova	TCH	1	London	11 Sept 1981

Fastest Performances in Birmingham

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	50.20	Amantle Montsho	BOT	1	10 July 2011
2	2	50.20	Rosemarie Whyte	JAM	1	26 Aug 2012

3	3	50.59	Salwa Eid Naser	BRN	1	20 Aug 2017
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Combined 2021 & 2022 Commonwealth List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	48.36	Shaunae Miller-Uibo	BAH	1	Tokyo – OG	6 Aug 2021
2	2	48.54?	Christine Mboma	NAM	1	Bydgoszcz	30 June 2021
3		49.08	Shaunae Miller-Uibo		1	Eugene	24 Apr 2021
4		49.11	Shaunae Miller-Uibo		1	Eugene – WC	22 July 2022
5		49.22	Christine Mboma		1	Windhoek	17 Apr 2021
6		49.24	Christine Mboma		1	Lusaka	11 Apr 2021
7	3	49.34	Stephenie McPherson	JAM	1sf3	Tokyo – OG	4 Aug 2021
8	4	49.51	Candice McLeod	JAM	2sf1	Tokyo – OG	4 Aug 2021
9	5	49.53	Beatrice Masilingi	NAM	2	Lusaka	11 Apr 2021
10		49.55	Shaunae Miller-Uibo		1sf1	Eugene – WC	20 July 2022
11		49.60	Shaunae Miller-Uibo		1sf2	Tokyo – OG	4 Aug 2021
12		49.61	Stephaie McPherson		1	Kingston	27 June 2021
12		49.61	Stephenie McPherson		4	Tokyo – OG	6 Aug 2021
14	6	49.75	Sada Williams	BAR	3	Eugene – WC	22 July 2022
15		49.87	Candice McLeod		5	Tokyo – OG	6 Aug 2021
15	7	49.87	Charokee Young	JAM	1	Gainesville	16 Apr 2022

Please send corrections to KKenNakamura@gmail.com