

2022 Commonwealth Games Statistics – Women's 400Hm (contested from 1982)

By K Ken Nakamura

Summary Page

All time performance list at the Commonwealth Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	53.82	Jana Pittman	AUS	1	Melbourne	2006
2	2	53.91	Andrea Blackett	BAR	1	Kuala Lumpur	1998
3	3	54.01	Janieve Russell	JAM	1h2	Gold Coast	2018
4	4	54.10	Kaliese Spencer	JAM	1	Glasgow	2014
5		54.14	Jana Pittman		1h1	Manchester	2002
6		54.33	Janieve Russell		1	Gold Coast	2018
7		54.40	Jana Pittman		1	Manchester	2002
8	5	54.51	Sally Gunnell	ENG	1	Victoria	1994
9	6	54.61	Wenda Nel	RSA	2h2	Gold Coast	2018
10	7	54.80	Eilidh Doyle	SCO	1h1	Gold Coast	2018
10		54.80	Eilidh Doyle		2	Gold Coast	2018

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	1.61	54.94	Debbie Flintoff	AUS	Edinburgh	1986
Min	0.34	55.28	Joke Odumosu	NGR	Delhi	2010
	0.47	54.33	Janieve Russell	JAM	Gold Coast	2018

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	53.82	Jana Pittman	AUS	Melbourne	2006
2	54.80	Eilidh Doyle	SCO	Gold Coast	2018
3	54.96	Wenda Nel	RSA	Gold Coast	2018
4	55.02	Ronda Whyte	JAM	Gold Coast	2018
5	55.55	Sage Watson	CAN	Gold Coast	2018
6	56.39	Glory Onome Nathaniel	NGR	Gold Coast	2018

Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
55.69	5h1	Katrina Seymour	BAH	Gold Coast	2018

Multiple Gold Medalists:

Debbie Flintoff (AUS): 1982, 1986
 Sally Gunnell (ENG): 1990, 1994
 Jana Pittman (AUS): 2002, 2006

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
AUS	1986	Debbie Flintoff		Jenny Laurendet
AUS	1990		Debbie Flintoff-King	Jenny Laurendet
JAM	1994		Doen Hemmings	Debbie-Ann Parris
JAM	2014	Kaliese Spencer		Janieve Russell

Man & Woman from the same team winning the corresponding event

Nation	Men	Women	Venue	Year
AUS	Garry Brown	Debbie Flintoff	Brisbane	1982
ENG	Kriss Akabusi	Sally Gunnell	Auckland	1990

All time performance list at the Commonwealth Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	53.82	Jana Pittman	AUS	1	Melbourne	2006
2	2	53.91	Andrea Blackett	BAR	1	Kuala Lumpur	1998
3	3	54.01	Janieve Russell	JAM	1h2	Gold Coast	2018
4	4	54.10	Kaliese Spencer	JAM	1	Glasgow	2014
5		54.14	Jana Pittman		1h1	Manchester	2002
6		54.33	Janieve Russell		1	Gold Coast	2018
7		54.40	Jana Pittman		1	Manchester	2002
8	5	54.51	Sally Gunnell	ENG	1	Victoria	1994
9	6	54.61	Wenda Nel	RSA	2h2	Gold Coast	2018
10	7	54.80	Eilidh Doyle	SCO	1h1	Gold Coast	2018
10		54.80	Eilidh Doyle		2	Gold Coast	2018
12	8	54.94	Debbie Flintoff	AUS	1	Edinburgh	1986
13		54.96	Wenda Nel		3	Gold Coast	2018
14	9	55.01	Glory Onome Nathaniel	NGR	3h2	Gold Coast	2018
15		55.02	Eilidh Doyle		2	Glasgow	2014
15	10	55.02	Ronda Whyte	JAM	4	Gold Coast	2018
17		55.06	Jana Pittman		1h2	Melbourne	2006
18		55.10	Ronda Whyte		4h2	Gold Coast	2018
19	11	55.11	Deon Hemmings	JAM	2	Victoria	1994
20	12	55.15	Sparkle McKnight	TTO	2h1	Gold Coast	2018
21	13	55.17	Natasha Danvers-Smith	ENG	2	Melbourne	2006
22	14	55.23	Debbie-Ann Parris	JAM	2h1	Manchester	2002
23		55.24	Debbie-Ann Parris		2	Manchester	2002
24		55.25	Sally Gunnell		1h1	Victoria	1994
24		55.25	Debbie-Ann Parris		3	Victoria	1994
24	15	55.25	Gowry Retchakan	ENG	2	Kuala Lumpur	1998
24	15	55.25	Lee McConnell	SCO	3	Melbourne	2006
28	17	55.28	Joke Odumosu	NGR	1	Delhi	2010
29	18	55.32	Nicola Sanders	ENG	4	Melbourne	2006
30		55.38	Sally Gunnell		1	Auckland	1990
31	19	55.39	Donalda Duprey	CAN	4	Victoria	1994
32	20	55.43	Sage Watson	CAN	3h1	Gold Coast	2018
33		55.45	Kaliese Spencer		1h3	Glasgow	2014
34		55.47	Natasha Danvers-Smith		1h1	Melbourne	2006
35	21	55.53	Karlene Haughton	CAN	3	Kuala Lumpur	1998
36		55.55	Sage Watson		5	Gold Coast	2018
37		55.56	Eilidh Child		1h1	Glasgow	2014
38		55.62	Eilidh Child		2	Delhi	2010
39		55.64	Janieve Russell		3	Glasgow	2014
40	22	55.66	Ristananna Tracey	JAM	4h1	Gold Coast	2018
41		55.68	Lee McConnell		2h2	Melbourne	2006
42	23	55.69	Katrina Seymour	BAH	5h1	Gold Coast	2018
43	24	55.73	Lauren Wells	AUS	5h2	Gold Coast	2018
44		55.76	Nicola Sanders		3h2	Melbourne	2006
45		55.78	Deon Hemmings		1h2	Manchester	2002
46		55.79	Lauren Wells		2h3	Glasgow	2014
47		55.86	Joke Odumosu		1h2	Delhi	2010
48		55.89	Debbie Flintoff		1	Brisbane	1982
49		56.00	Debbie Flintoff-King		2	Auckland	1990
50	25	56.06	Nickiesha Wilson	JAM	3	Delhi	2010
51		56.09	Lauren Wells		4	Glasgow	2014

52		56.12	Natasha Danvers		3h1	Manchester	2002
53		56.13	Karlene Haughton		3	Manchester	2002
54		56.14	Deon Hemmings		1h2	Victoria	1994
55		56.16	Eilidh Child		2h2	Delhi	2010
56		56.18	Janieve Russell		1h2	Glasgow	2014
57		56.25	Debbie Flintoff-King		1h2	Auckland	1990
58	26	56.29	Sonia Brito	AUS	2h2	Manchester	2002
59		56.31	Lauren Boden		4	Delhi	2010
60	27	56.38	Keri Maddox	ENG	4	Kuala Lumpur	1998
60	27	56.38	Wenda Theron Nel	RSA	2h2	Glasgow	2014
62		56.39	Natasha Danvers		5	Kuala Lumpur	1998
62		56.39	Glory Onome Nathaniel		6	Gold Coast	2018
64	29	56.41	Meghan Beesley	ENG	6h1	Gold Coast	2018
65		56.45	Karlene Haughton		3h2	Manchester	2002
66		56.51	Nickiesha Wilson		1h1	Delhi	2010
67		56.54	Donalda Duprey		2h2	Victoria	1994
68		56.55	Donalda Duprey		2	Edinburgh	1986
68	30	56.55	Tia-Adana Belle	BAR	7h1	Gold Coast	2018

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	1.61	54.94	Debbie Flintoff	AUS	Edinburgh	1986
Min	0.34	55.28	Joke Odumosu	NGR	Delhi	2010
	0.47	54.33	Janieve Russell	JAM	Gold Coast	2018
	0.60	54.51	Sally Gunnell	ENG	Victoria	1994

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

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	0.97	56.13	Karlene Haughton	CAN	Manchester	2002
Min	0.06	54.96	Wenda Nel	RSA	Gold Coast	2018
	0.07	55.25	Lee McConnell	SCO	Melbourne	2006

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	53.82	Jana Pittman	AUS	Melbourne	2006
2	54.80	Eilidh Doyle	SCO	Gold Coast	2018
	55.02	Eilidh Child	SCO	Glasgow	2014
	55.11	Deon Hemmings	JAM	Victoria	1994
3	54.96	Wenda Nel	RSA	Gold Coast	2018
	55.25	Debbie-Ann Parris	JAM	Victoria	1994
4	55.02	Ronda Whyte	JAM	Gold Coast	2018
	55.32	Nicola Sanders	ENG	Melbourne	2006
5	55.55	Sage Watson	CAN	Gold Coast	2018
	56.39	Natasha Danvers	ENG	Kuala Lumpur	1998
6	56.39	Glory Onome Nathaniel	NGR	Gold Coast	2018
	56.62	Vicki Jamison	NIR	Kuala Lumpur	1998
7	57.00	Karlene Haughton	CAN	Victoria	1994
8	57.50	Ristananna Tracey	JAM	Gold Coast	2018
	58.31	Alyson Evans	WAL	Edinburgh	1986
		Donalda Duprey	CAN	Auckland	1990

Fastest time in each round

Round	Time	Name	Nat	Venue	Year
Final	53.82	Jana Pittman	AUS	Melbourne	2006
First round	54.01	Janieve Russell	JAM	Gold Coast	2018
	54.14	Jana Pittman	AUS	Manchester	2002

Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
55.69	5h1	Katrina Seymour	BAH	Gold Coast	2018
55.73	5h2	Lauren Wells	AUS	Gold Coast	2018
...
57.45	5h2	Tracey Duncan	ENG	Manchester	2002

Multiple Gold Medalists:

Debbie Flintoff (AUS): 1982, 1986
 Sally Gunnell (ENG): 1990, 1994
 Jana Pittman (AUS): 2002, 2006

Multiple Medalists:

Debbie Flintoff (AUS): 1982 Gold, 1986 Gold; 1990 Silver
 Jenny Laurendet (AUS): 1986 Bronze; 1990 Bronze
 Sally Gunnell (ENG): 1990 Gold, 1994 Gold
 Debbie-Ann Parris (JAM): 1994 Bronze; 2002 Silver
 Karlene Haughton (CAN): 1998 Bronze; 2002 Bronze
 Jana Pittman (AUS): 2002 Gold, 2006 Gold
 Eilidh Doyle (SCO): 2010 Silver, 2014 Silver, 2018 Silver
 Janieve Russell (JAM): 2014 Bronze, 2018 Gold

Medals by Countries

Nation	Gold	Silver	Bronze
AUS	4	1	2
JAM	2	2	3
ENG	2	2	1
BAR	1		
NGR	1		
SCO		3	1
CAN		1	2
UGA		1	
RSA			1

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
AUS	1986	Debbie Flintoff		Jenny Laurendet
AUS	1990		Debbie Flintoff-King	Jenny Laurendet
JAM	1994		Doen Hemmings	Debbie-Ann Parris
JAM	2014	Kaliese Spencer		Janieve Russell

100Hm – 400mH double medalist in the different edition of CWG

Name	Nat	100mH	Venue	Year	400mH	Venue	Year
Sally Gunnell	ENG	Gold	Edinburgh	1986	Gold	Auckland	1990
					Gold	Victoria	1994

Man & Woman from the same team winning the corresponding event

Nation	Men	Women	Venue	Year
AUS	Garry Brown	Debbie Flintoff	Brisbane	1982
ENG	Kriss Akabusi	Sally Gunnell	Auckland	1990

World Champion with Commonwealth Games gold medal

Name	Nat	World Championships	Commonwealth Games
Jana Pittman	AUS	2003, 2007	2002, 2006
Sally Gunnell	GBR	1993	1990, 1994

Olympic gold medalists with Commonwealth Games medal

Name	Nat	Olympic	Commonwealth Games
Sally Gunnell	GBR	1992	1990, 1994
Debbie Flintoff	AUS	1988	1982, 1986

Last nine Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Janieve Russell	JAM	54.33	Eilidh Doyle	SCO	54.80	Wenda Nel	RSA	54.96
2014	Kaliese Spencer	JAM	54.10	Eilidh Doyle	SCO	55.02	Janieve Russell	JAM	55.64
2010	Joke Odumosu	NGR	55.28	Eilidh Child	SCO	55.62	Nickiesha Wilson	JAM	56.06
2006	Jana Pittman	AUS	53.82	Natasha Danvers-Smith	ENG	55.17	Lee McConnell	SCO	55.25
2002	Jana Pittman	AUS	54.40	Debbie-Ann Parris	JAM	55.24	Karlene Haughton	CAN	56.13
1998	Andrea Blackett	BAR	53.91	Gowry Retchakan	ENG	55.25	Karlene Haughton	CAN	55.53
1994	Sally Gunnell	ENG	54.51	Deon Hemmings	JAM	55.11	Debbie-Ann Parris	JAM	55.25
1990	Sally Gunnell	ENG	55.38	Debbie Flintoff-King	AUS	56.00	Jenny Larendet	AUS	56.74
1986	Debbie Flintoff	AUS	54.94	Donalda Duprey	CAN	56.55	Jenny Laurendet	AUS	56.57

Last eleven World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Sydney McLaughlin	USA	50.68	Femke Bol	NED	52.27	Dalilah Muhammad	USA	53.13
2019	Dalilah Muhammad	USA	52.16	Sydney McLaughlin	USA	52.23	Rushell Clayton	JAM	53.74
2017	Kori Carter	USA	53.07	Dalilah Muhammad	USA	53.50	Ristananna Tracey	JAM	53.74
2015	Zuzana Hejnova	CZE	53.50	Shamier Little	USA	53.94	Cassandra Tate	USA	54.02
2013	Zuzana Hejnova	CZE	52.83	Dalilah Muhammad	USA	54.09	Lashinda Demus	USA	54.27
2011	Lashinda Demus	USA	52.47	Melaine Walker	JAM	52.73	Natalya Antyukh	RUS	53.85
2009	Melaine Walker	JAM	52.42	Lashinda Demus	USA	52.96	Josanne Lucas	TRI	53.20
2007	Jana Rawlinson	RUS	53.31	Yuliya Pechonkina	RUS	53.50	Anna Jesien	POL	53.92
2005	Yuliya Pechonkina	RUS	52.90	Lashinda Demus	USA	53.27	Sandra Glover	USA	53.32
2003	Jana Pittman	AUS	53.22	Sandra Glover	USA	53.65	Yuliya Pechonkina	RUS	53.72
2001	Nezha Bidouane	MAR	53.34	Yuliya Nosova	RUS	54.27	Daimi Pernia	CUB	54.51

Last nine Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2020	Sydney McLaughlin	USA	51.46	Dalilah Muhammad	USA	51.58	Femke Bol	NED	52.03
2016	Dalilah Muhammad	USA	53.13	Sara Slott Petersen	DE	53.55	Ashley Spencer	USA	53.72
2012	Natalya Antyukh	RUS	52.70	Lashinda Demus	USA	52.77	Zuzana Hejnova	CZE	53.38

2008	Melaine Walker	JAM	52.64	Sheena Tosta	USA	53.70	Tasha Danves	GBR	53.84
2004	Fani Halkia	GRE	52.82	Ionela Tirlea-Manolache	ROU	53.38	Tatyana Tereshchuk	UKR	53.44
2000	Irina Privalova	RUS	53.02	Deon Hemmings	JAM	53.45	Nezha Bidouane	MAR	53.57
1996	Deon Hemmings	JAM	52.82	Kim Batten	USA	53.08	Tonja Buford-Bailey	USA	53.22
1992	Sally Gunnell	GBR	53.23	Sandra Farmer-Patrick	USA	53.69	Janeene Vickers	USA	54.31
1988	Debbie Flintoff-King	AUS	53.17	Tatyana Ledovskaya	URS	53.18	Ellen Fiedler	GDR	53.63

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

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	52.42	Melaine Walker	JAM	1	Berlin	20 Aug 2009
2		52.64	Melaine Walker		1	Beijing	20 Aug 2008
3		52.73	Melanie Walker		2	Daegu	1 Sept 2011
4	2	52.74	Sally Gunnell	GBR	1	Stuttgart	19 Aug 2008
5	3	52.79	Kaliese Spencer	JAM	1	London	5 Aug 2011
6	4	52.82	Deon Hemmings	JAM	1	Atlanta	31 July 1996

Fastest Performances in August

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	51.46	Sydney McLaughlin	USA	1	Tokyo – OG	4 Aug 2021
2	2	51.58	Dalilah Muhammad	USA	2	Tokyo – OG	4 Aug 2021
3	3	52.03	Femke Bol	NED	3	Tokyo – OG	4 Aug 2021

Fastest Performances in GBR

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	52.70	Natalya Antyukh	RUS	1	London	8 Aug 2012
2	2	52.77	Lashinda Demus	USA	2	London	8 Aug 2012
3	3	52.79	Kaliese Spencer	JAM	1	London	5 Aug 2011

Fastest Performances in Birmingham

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	53.78	Kaliese Spencer	JAM	1	26 Aug 2012
2		53.80	Kaliese Spencer		1	24 Aug 2014
3	2	53.82	Perri Shakes-Drayton	GBR	1	30 June 2013

Combined 2021 & 2022 Commonwealth List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	53.08	Janieve Russell	JAM	4	Tokyo – OG	4 Aug 2021
2	2	53.39	Andrenette Knight	JAM	2	Nashville	5 June 2022
3		53.63	Janieve Russell		1	Kingston	24 June 2022
3	3	53.63	Rushell Clayton	JAM	3sf2	Eugene – WC	20 July 2022
5		53.68	Janieve Russell		3	Szekesfehervar	6 July 2021
6	4	53.82	Shiann Salmon	JAM	2	Kingston	24 June 2022
7		53.85	Andrenette Knight		1	Marietta	2 July 2022
8		53.90	Rushell Clayton		2	Stockholm	30 June 2022
9		54.07	Janieve Russell		1	Kingston	25 June 2021
10		54.08	Janieve Russell		4	Stockholm	4 July 2021
11		54.09	Janieve Russell		1	Ponce	12 May 2022
11	5	54.09	Jessie Knight	GBR	1	Oordegem	28 May 2022
13		54.10	Janieve Russell		2sf1	Tokyo – OG	2 Aug 2021
13		54.10	Shiann Salmon		3sf3	Eugene – WC	20 July 2022

Please send corrections to KKenNakamura@gmail.com