

World Rankings — Women's 400H

1956–1976

(no rankings done)

**Lashinda Demus picked up
her third No. 1 in 2011**

1977

- 1..... Karin Rossley (East Germany)
- 2..... Tatyana Storosheva (Soviet Union)
- 3..... Irena Szewińska (Poland)
- 4..... Elżbieta Katolik (Poland)
- 5..... Krystyna Kacperczyk (Poland)
- 6..... Erika Weinstein (West Germany)
- 7..... Mary Ayers (US)
- 8..... Debbie Esser (US)
- 9..... Chris Warden (Great Britain)
- 10..... Liz Sutherland (Great Britain)



World Rankings — Women's 400H

1978

- 1..... Tatyana Zelentsova (Soviet Union)
- 2..... Silvia Hollmann (West Germany)
- 3..... Karin Rossley (East Germany)
- 4..... Brigitte Kohn (East Germany)
- 5..... Krystyna Kacperczyk (Poland)
- 6..... Anita Weiss (East Germany)
- 7..... Ingrida Barkane (Soviet Union)
- 8..... Marina Stepanova (Soviet Union)
- 9..... Hildegard Ullrich (East Germany)
- 10..... Genowefa Błaszak (Poland)

1979

- 1..... Marina Stepanova (Soviet Union)
- 2..... Karin Rossley (East Germany)
- 3..... Bärbel Broschat (East Germany)
- 4..... Tatyana Storosheva (Soviet Union)
- 5..... Silvia Hollmann (West Germany)
- 6..... Tatyana Zelentsova (Soviet Union)
- 7..... Ingrida Barkane (Soviet Union)
- 8..... Chris Warden (Great Britain)
- 9..... Debbie Esser (US)
- 10..... Brigitte Kohn (East Germany)

1980

- 1..... Bärbel Broschat (East Germany)
- 2..... Karin Rossley (East Germany)
- 3..... Ellen Fiedler (East Germany)
- 4..... Tatyana Storosheva (Soviet Union)
- 5..... Petra Pfaff (East Germany)
- 6..... Marina Stepanova (Soviet Union)
- 7..... Yekaterina Grun (Soviet Union)
- 8..... Anna Ambraziené (Soviet Union)
- 9..... Mary Appleby (Ireland)
- 10..... Chris Warden (Great Britain)

1981

- 1..... Ellen Fiedler (East Germany)
- 2..... Genowefa Błaszak (Poland)
- 3..... Anna Ambraziené (Soviet Union)
- 4..... Petra Pfaff (East Germany)
- 5..... Birgit Uibel (East Germany)
- 6..... Natalya Tsiрук (Soviet Union)
- 7..... Ann-Louise Skoglund (Sweden)
- 8..... Lyn Foreman (Australia)
- 9..... Sandra Myers (US)
- 10..... Tatyana Pavlova (Soviet Union)

1982

- 1..... Ann-Louise Skoglund (Sweden)
- 2..... Petra Pfaff (East Germany)
- 3..... Chantal Rega (France)
- 4..... Anna Ambraziené (Soviet Union)
- 5..... Ellen Fiedler (East Germany)
- 6..... Yelena Filipishina (Soviet Union)
- 7..... Birgit Uibel (East Germany)
- 8..... Yekaterina Grun (Soviet Union)
- 9..... Ina van Rensburg (South Africa)
- 10..... Tammy Etienne (US)

1983

- 1..... Anna Ambraziené (Soviet Union)
- 2..... Yekaterina Grun (Soviet Union)
- 3..... Ellen Fiedler (East Germany)
- 4..... Petra Pfaff (East Germany)
- 5..... Petra Krug (East Germany)
- 6..... Yelena Filipishina (Soviet Union)
- 7..... Ann-Louise Skoglund (Sweden)
- 8... Margarita Navickaité (Soviet Union)
- 9..... Sue Morley (Great Britain)
- 10..... Sharrieffa Barksdale (US)

1984

- 1..... Marina Stepanova (Soviet Union)
- 2..... Margarita Ponomaryova (Soviet Union)
- 3..... Yekaterina Grun (Soviet Union)
- 4..... Yelena Filipishina (Soviet Union)
- 5..... Tatyana Pavlova (Soviet Union)
- 6..... Nawal El Moutawakel (Morocco)
- 7..... Genowefa Błaszak (Poland)
- 8..... Judi Brown King (US)
- 9..... Birgit Uibel (East Germany)
- 10..... Anna Ambraziené (Soviet Union)

1985

- 1..... Sabine Busch (East Germany)
- 2..... Judi Brown King (US)
- 3..... Debbie Flintoff-King (Australia)
- 4..... Genowefa Błaszak (Poland)
- 5..... Tonja Brown (US)
- 6..... Cornelia Ullrich (East Germany)
- 7..... Marina Stepanova (Soviet Union)
- 8..... Petra Pfaff (East Germany)
- 9..... LaTanya Sheffield (US)
- 10..... Tatyana Pavlova (Soviet Union)

World Rankings — Women's 400H

1986

- 1..... Marina Stepanova (Soviet Union)
- 2..... Sabine Busch (East Germany)
- 3..... Debbie Flintoff-King (Australia)
- 4..... Cornelia Ullrich (East Germany)
- 5..... Ann-Louise Skoglund (Sweden)
- 6..... Genowefa Błaszak (Poland)
- 7..... Ellen Fiedler (East Germany)
- 8..... Cristina Matei (Romania)
- 9.. Margarita Ponomaryova (Soviet Union)
- 10..... Myrtle Bothma (South Africa)

1987

- 1..... Sabine Busch (East Germany)
- 2..... Debbie Flintoff-King (Australia)
- 3..... Cornelia Ullrich (East Germany)
- 4..... Sandra Farmer-Patrick (Jamaica)
- 5..... Judi Brown King (US)
- 6..... Tuija Helander-Kuusisto (Finland)
- 7..... Genowefa Błaszak (Poland)
- 8..... Anna Ambraziené (Soviet Union)
- 9..... Schowonda Williams (US)
- 10..... Nawal El Moutawakel (Morocco)

1988

- 1..... Debbie Flintoff-King (Australia)
- 2.... Tatyana Ledovskaya (Soviet Union)
- 3..... Sabine Busch (East Germany)
- 4..... Ellen Fiedler (East Germany)
- 5..... Sandra Farmer-Patrick (US)
- 6..... Sally Gunnell (Great Britain)
- 7..... Gudrun Abt (West Germany)
- 8.... Tatyana Kurochkina (Soviet Union)
- 9..... Susanne Losch (East Germany)
- 10..... LaTanya Sheffield (US)

1989

- 1..... Sandra Farmer-Patrick (US)
- 2..... Petra Krug (East Germany)
- 3..... Sally Gunnell (Great Britain)
- 4.... Tatyana Ledovskaya (Soviet Union)
- 5..... Myrtle Bothma (South Africa)
- 6..... Anita Protti (Switzerland)
- 7..... Susanne Losch (East Germany)
- 8..... Debbie Flintoff-King (Australia)
- 9..... Schowonda Williams (US)
- 10.... Tuija Helander-Kuusisto (Finland)

1990

- 1.... Tatyana Ledovskaya (Soviet Union)
- 2..... Anita Protti (Switzerland)
- 3..... Sandra Farmer-Patrick (US)
- 4..... Monica Westén (Sweden)
- 5..... Janeene Vickers (US)
- 6..... Schowonda Williams (US)
- 7..... Petra Krug (East Germany)
- 8..... Myrtle Bothma (South Africa)
- 9..... Kathy Freeman (US)
- 10..... Sally Gunnell (Great Britain)

1991

- 1..... Sandra Farmer-Patrick (US)
- 2..... Sally Gunnell (Great Britain)
- 3..... Janeene Vickers (US)
- 4..... Kim Batten (US)
- 5.... Tatyana Ledovskaya (Soviet Union)
- 6.. Margarita Ponomaryova (Soviet Union)
- 7..... Anita Protti (Switzerland)
- 8..... Heike Meissner (Germany)
- 9..... Gowry Retchakan (Great Britain)
- 10..... Myrtle Bothma (South Africa)

1992

- 1..... Sandra Farmer-Patrick (US)
- 2..... Sally Gunnell (Great Britain)
- 3..... Margarita Ponomaryova (Russia)
- 4..... Janeene Vickers (US)
- 5..... Tatyana Ledovskaya (Belarus)
- 6..... Vera Ordina (Russia)
- 7..... Tonja Buford-Bailey (US)
- 8..... Kim Batten (US)
- 9..... Myrtle Bothma (South Africa)
- 10..... Gowry Retchakan (Great Britain)

1993

- 1..... Sally Gunnell (Great Britain)
- 2..... Sandra Farmer-Patrick (US)
- 3..... Kim Batten (US)
- 4..... Margarita Ponomaryova (Russia)
- 5..... Tonja Buford-Bailey (US)
- 6..... Deon Hemmings (Jamaica)
- 7..... Rosey Edeh (Canada)
- 8..... Anna Knoroz (Russia)
- 9..... Tatyana Ledovskaya (Belarus)
- 10..... Heike Meissner (Germany)

World Rankings — Women's 400H

1994

- 1..... Sally Gunnell (Great Britain)
- 2..... Kim Batten (US)
- 3..... Anna Knoroz (Russia)
- 4..... Heike Meissner (Germany)
- 5..... Silvia Rieger (Germany)
- 6..... Deon Hemmings (Jamaica)
- 7..... Tatyana Kurochkina (Belarus)
- 8..... Olga Nazarova II (Russia)
- 9..... Tatyana Tereshchuk (Ukraine)
- 10..... Debbie-Ann Parris (Jamaica)

1995

- 1..... Kim Batten (US)
- 2..... Tonja Buford-Bailey (US)
- 3..... Deon Hemmings (Jamaica)
- 4..... Marie-José Pérec (France)
- 5..... Sandra Farmer-Patrick (US)
- 6..... Tatyana Kurochkina (Belarus)
- 7..... Heike Meissner (Germany)
- 8..... Silvia Rieger (Germany)
- 9..... Debbie-Ann Parris (Jamaica)
- 10..... Tatyana Tereshchuk (Ukraine)

1996

- 1..... Deon Hemmings (Jamaica)
- 2..... Kim Batten (US)
- 3..... Tonja Buford-Bailey (US)
- 4..... Debbie-Ann Parris (Jamaica)
- 5..... Heike Meissner (Germany)
- 6..... Ionela Tîrlea (Romania)
- 7..... Silvia Rieger (Germany)
- 8..... Rosey Edeh (Canada)
- 9..... Tonya Williams (US)
- 10..... Tatyana Tereshchuk (Ukraine)

1997

- 1..... Deon Hemmings (Jamaica)
- 2..... Kim Batten (US)
- 3..... Nezha Bidouane (Morocco)
- 4..... Tatyana Tereshchuk (Ukraine)
- 5..... Debbie-Ann Parris (Jamaica)
- 6..... Tonja Buford-Bailey (US)
- 7..... Andrea Blackett (Barbados)
- 8..... Gudrún Arnardóttir (Iceland)
- 9..... Silvia Rieger (Germany)
- 10..... Sally Gunnell (Great Britain)

1998

- 1..... Kim Batten (US)
- 2..... Nezha Bidouane (Morocco)
- 3..... Deon Hemmings (Jamaica)
- 4..... Ionela Tîrlea (Romania)
- 5..... Tatyana Tereshchuk (Ukraine)
- 6..... Andrea Blackett (Barbados)
- 7..... Debbie-Ann Parris (Jamaica)
- 8..... Silvia Rieger (Germany)
- 9..... Yekaterina Bakhvalova (Russia)
- 10..... Susan Smith-Walsh (Ireland)

1999

- 1..... Deon Hemmings (Jamaica)
- 2..... Nezha Bidouane (Morocco)
- 3..... Daimí Pernía (Cuba)
- 4..... Andrea Blackett (Barbados)
- 5..... Sandra Glover (US)
- 6..... Tatyana Tereshchuk (Ukraine)
- 7..... Ionela Tîrlea (Romania)
- 8..... Michelle Johnson (US)
- 9..... Debbie-Ann Parris (Jamaica)
- 10..... Kim Batten (US)

2000

- 1..... Irina Privalova (Russia)
- 2..... Deon Hemmings (Jamaica)
- 3..... Nezha Bidouane (Morocco)
- 4..... Daimí Pernía (Cuba)
- 5..... Tatyana Tereshchuk (Ukraine)
- 6..... Sandra Glover (US)
- 7..... Gudrún Arnardóttir (Iceland)
- 8..... Ulrike Urbansky (Germany)
- 9..... Andrea Blackett (Barbados)
- 10..... Ionela Tîrlea (Romania)

2001

- 1..... Nezha Bidouane (Morocco)
- 2..... Tatyana Tereshchuk (Ukraine)
- 3..... Tonja Buford-Bailey (US)
- 4..... Debbie-Ann Parris (Jamaica)
- 5..... Yuliya Pechonkina (Russia)
- 6..... Daimí Pernía (Cuba)
- 7..... Ionela Tîrlea (Romania)
- 8..... Sandra Glover (US)
- 9..... Deon Hemmings (Jamaica)
- 10..... Surita Febbraio (South Africa)

World Rankings — Women's 400H

2002

- 1..... Yuliya Pechonkina (Russia)
- 2..... Jana Rawlinson (Australia)
- 3..... Sandra Glover (US)
- 4..... Deon Hemmings (Jamaica)
- 5..... Ionela Tîrlea (Romania)
- 6..... Daimí Pernía (Cuba)
- 7..... Debbie-Ann Parris (Jamaica)
- 8..... Natalya Torshina (Kazakstan)
- 9..... Lashinda Demus (US)
- 10..... Heike Meissner (Germany)

2003

- 1..... Jana Rawlinson (Australia)
- 2..... Sandra Glover (US)
- 3..... Yuliya Pechonkina (Russia)
- 4..... Ionela Tîrlea (Romania)
- 5..... Andrea Blackett (Barbados)
- 6..... Tatyana Tereshchuk (Ukraine)
- 7..... Brenda Taylor (US)
- 8..... Tasha Danvers (Great Britain)
- 9..... Surita Febbraio (South Africa)
- 10..... Raasin Mcintosh (US)

2004

- 1..... Sandra Glover (US)
- 2..... Faní Halkiá (Greece)
- 3..... Tatyana Tereshchuk (Ukraine)
- 4..... Ionela Tîrlea (Romania)
- 5..... Jana Rawlinson (Australia)
- 6..... Yuliya Pechonkina (Russia)
- 7..... Sheena Tosta (US)
- 8..... Yekaterina Bikert (Russia)
- 9..... Brenda Taylor (US)
- 10..... Lashinda Demus (US)

2005

- 1..... Yuliya Pechonkina (Russia)
- 2..... Lashinda Demus (US)
- 3..... Sandra Glover (US)
- 4..... Anna Jesień (Poland)
- 5..... Jana Rawlinson (Australia)
- 6..... Andrea Blackett (Barbados)
- 7..... Xiaoxiao Huang (China)
- 8..... Małgorzata Pskit (Poland)
- 9..... Surita Febbraio (South Africa)
- 10..... Sheena Tosta (US)

2006

- 1..... Lashinda Demus (US)
- 2..... Tiffany Williams (US)
- 3..... Yuliya Pechonkina (Russia)
- 4..... Yevgeniya Isakova (Russia)
- 5..... Tatyana Tereshchuk (Ukraine)
- 6..... Faní Halkiá (Greece)
- 7..... Jana Rawlinson (Australia)
- 8..... Anna Jesień (Poland)
- 9..... Tasha Danvers (Great Britain)
- 10..... Sandra Glover (US)

2007

- 1..... Jana Rawlinson (Australia)
- 2..... Yuliya Pechonkina (Russia)
- 3..... Anna Jesień (Poland)
- 4..... Yevgeniya Isakova (Russia)
- 5..... Melaine Walker (Jamaica)
- 6..... Tiffany Williams (US)
- 7..... Nickiesha Wilson (Jamaica)
- 8..... Xiaoxiao Huang (China)
- 9..... Natalya Ivanova (Russia)
- 10..... Tasha Danvers (Great Britain)

2008

- 1..... Melaine Walker (Jamaica)
- 2..... Sheena Tosta (US)
- 3..... Anastasiya Rabchenyuk (Ukraine)
- 4..... Tasha Danvers (Great Britain)
- 5..... Tiffany Williams (US)
- 6..... Anna Jesień (Poland)
- 7..... Yevgeniya Isakova (Russia)
- 8..... Lashinda Demus (US)
- 9..... Yekaterina Bikert (Russia)
- 10..... Zuzana Hejnová (Czechia)

2009

- 1..... Melaine Walker (Jamaica)
- 2..... Lashinda Demus (US)
- 3..... Kaliese Carter (Jamaica)
- 4..... Josanne Lucas (Trinidad)
- 5..... Tiffany Williams (US)
- 6..... Anna Jesień (Poland)
- 7..... Angela Morosanu (Romania)
- 8..... Sheena Tosta (US)
- 9..... Natalya Antyukh (Russia)
- 10..... Anastasiya Rabchenyuk (Ukraine)

World Rankings — Women's 400H

2010

- 1..... Lashinda Demus (US)
- 2..... Kaliese Carter (Jamaica)
- 3..... Natalya Antyukh (Russia)
- 4..... Zuzana Hejnová (Czechia)
- 5..... Vania Stambolova (Bulgaria)
- 6... Perri Shakes-Drayton (Great Britain)
- 7..... Angela Moroşanu (Romania)
- 8..... Sheena Tosta (US)
- 9..... Joke Odumosu (Nigeria)
- 10..... Josanne Lucas (Trinidad)

2011

- 1..... Lashinda Demus (US)
- 2..... Kaliese Carter (Jamaica)
- 3..... Melaine Walker (Jamaica)
- 4..... Zuzana Hejnová (Czechia)
- 5..... Natalya Antyukh (Russia)
- 6..... Vania Stambolova (Bulgaria)
- 7..... Anastasiya Rabchenyuk (Ukraine)
- 8..... Perri Shakes-Drayton (Great Britain)
- 9..... Elena Churakova (Russia)
- 10..... Anna Ryzhykova (Ukraine)

2012¶

- 1..... Kaliese Carter (Jamaica)
- 2..... Lashinda Demus (US)
- 3..... Zuzana Hejnová (Czechia)
- 4..... Perri Shakes-Drayton (GB)
- 5..... Melaine Walker (Jamaica)
- 6..... Georganne Moline (US)
- 7..... T'Erea Brown (US)
- 8..... Denisa Rosolová (Czechia)
- 9..... Joke Odumosu (Nigeria)
- 10..... Vania Stambolova (Bulgaria)

2013¶

- 1..... Zuzana Hejnová (Czechia)
- 2.. Perri Shakes-Drayton (Great Britain)
- 3..... Dalilah Muhammad (US)
- 4..... Georganne Moline (US)
- 5..... Kaliese Carter (Jamaica)
- 6..... Lashinda Demus (US)
- 7..... Kori Carter (US)
- 8..... Eilidh Doyle (Great Britain)
- 9..... Anna Ryzhykova (Ukraine)
- 10..... Denisa Rosolová (Czechia)

2014

- 1..... Kaliese Carter (Jamaica)
- 2..... Eilidh Doyle (Great Britain)
- 3..... Kemi Adekoya (Bahrain)
- 4..... Denisa Rosolová (Czechia)
- 5..... Anna Titimets (Ukraine)
- 6..... Georganne Moline (US)
- 7..... Cassandra Tate (US)
- 8..... Tiffany Williams (US)
- 9..... Anna Ryzhykova (Ukraine)
- 10..... Wenda Nel (South Africa)

2015

- 1..... Zuzana Hejnová (Czechia)
- 2..... Shamier Little (US)
- 3..... Sara Petersen (Denmark)
- 4..... Kaliese Carter (Jamaica)
- 5..... Cassandra Tate (US)
- 6..... Georganne Moline (US)
- 7..... Wenda Nel (South Africa)
- 8..... Janieve Russell (Jamaica)
- 9..... Eilidh Doyle (Great Britain)
- 10..... Kemi Adekoya (Bahrain)

2016

- 1..... Dalilah Muhammad (US)
- 2..... Sara Slott Petersen (Denmark)
- 3..... Cassandra Tate (US)
- 4..... Eilidh Doyle (Great Britain)
- 5..... Ashley Spencer (US)
- 6..... Zuzana Hejnová (Czechia)
- 7..... Janieve Russell (Jamaica)
- 8..... Ristananna Tracey (Jamaica)
- 9..... Leah Nugent (Jamaica)
- 10..... Wenda Nel (South Africa)

2017

- 1..... Kori Carter (US)
- 2..... Dalilah Muhammad (US)
- 3..... Zuzana Hejnová (Czechia)
- 4..... Shamier Little (US)
- 5..... Ashley Spencer (US)
- 6..... Ristananna Tracey (Jamaica)
- 7..... Janieve Russell (Jamaica)
- 8..... Georganne Moline (US)
- 9..... Léa Sprunger (Switzerland)
- 10..... Eilidh Doyle (Great Britain)

World Rankings — Women's 400H

2018

- 1..... Shamier Little (US)
- 2..... Janieve Russell (Jamaica)
- 3..... Dalilah Muhammad (US)
- 4..... Georganne Moline (US)
- 5..... Sydney McLaughlin-Levrone (US)
- 6..... Léa Sprunger (Switzerland)
- 7..... Eilidh Doyle (Great Britain)
- 8..... Sage Watson (Canada)
- 9..... Ashley Spencer (US)
- 10..... Anna Ryzhykova (Ukraine)

2019

- 1..... Dalilah Muhammad (US)
- 2..... Sydney McLaughlin-Levrone (US)
- 3..... Shamier Little (US)
- 4..... Rushell Clayton (Jamaica)
- 5..... Zuzana Hejnová (Czechia)
- 6..... Léa Sprunger (Switzerland)
- 7..... Ashley Spencer (US)
- 8..... Anna Ryzhykova (Ukraine)
- 9..... Janieve Russell (Jamaica)
- 10..... Kori Carter (US)

2021

- 1..... Sydney McLaughlin-Levrone (US)
- 2..... Dalilah Muhammad (US)
- 3..... Femke Bol (Netherlands)
- 4..... Shamier Little (US)
- 5..... Anna Ryzhykova (Ukraine)
- 6..... Janieve Russell (Jamaica)
- 7..... Viktoriya Tkachuk (Ukraine)
- 8..... Gianna Woodruff (Panama)
- 9..... Nnenna Hailey (US)
- 10..... Anna Cockrell (US)

2022

- 1..... Sydney McLaughlin-Levrone (US)
- 2..... Femke Bol (Netherlands)
- 3..... Dalilah Muhammad (US)
- 4..... Britton Wilson (US)
- 5..... Janieve Russell (Jamaica)
- 6..... Rushell Clayton (Jamaica)
- 7..... Shamier Little (US)
- 8..... Gianna Woodruff (Panama)
- 9..... Viktoriya Tkachuk (Ukraine)
- 10..... Anna Ryzhykova (Ukraine)

2023

- 1..... Femke Bol (Netherlands)
- 2..... Shamier Little (US)
- 3..... Rushell Clayton (Jamaica)
- 4..... Janieve Russell (Jamaica)
- 5..... Andrenette Knight (Jamaica)
- 6..... Anna Cockrell (US)
- 7..... Kemi Adekoya (Bahrain)
- 8..... Ayomide Folorunso (Italy)
- 9..... Dalilah Muhammad (US)
- 10..... Britton Wilson (US)