

2026 World Indoor Championships Statistics – Men's 400m - by K Ken Nakamura

Summary page:

All time performance list at the World Indoor Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	45.00	Jereem Richards	TTO	1	Beograd	2022
2	2	45.05	Trevor Bassitt	USA	2	Beograd	2022
3	3	45.08	Christopher Bailey	USA	1	Nanjing	2025
4	4	45.11	Nery Brenes	CRC	1	Istanbul	2012
5	5	45.24	Pavel Maslak	CZE	1	Sopot	2014
6	6	45.25	Alexander Doom	BEL	1	Glasgow	2024
7	7	45.26	Butch Reynolds	USA	1	Toronto	1993
8	8	45.33	Carl Bengstrom	SWE	3	Beograd	2022

Slowest winning time: 46.40 by Daniel Caines (GBR) in 2001 is the slowest winning time, while 46.17 by Devon Morris in 1991 and Darnell Hall in 1995 are the next slowest winning time.

Margin of Victory (in final)

	Difference	Time	Name	Nat	Venue	Year
Max	0.50 sec	45.59	Antonio McKay	USA	Budapest	1989
Min	0.04 sec	46.17	Devon Morris	JAM	Sevilla	1991
		45.88	Alleyne Francique	GRN	Budapest	2004

Fastest time in each round

Round	Time	Name	Nat	Heat/Semi	Venue	Year
Final	45.00	Jereem Richards	TTO	1	Beograd	2022
Semi-final	45.38	Bralon Taplin	GRN	1sf1	Portland	2016
First round	45.70	Christopher Bailey	USA	1h2	Nanjing	2025
	45.74	California Molefe	BOT	1h1	Moskva	2006

Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
46.19	3sf2	Mark Hylton	GBR	Paris	1997

Best Marks for Places in the World Indoor Championships

Pos	Time	Name	Nat	Venue	Year
1	45.00	Jereem Richards	TTO	Beograd	2022
2	45.05	Trevor Bassitt	USA	Beograd	2022
3	45.33	Carl Bengstrom	SWE	Beograd	2022

Multiple Gold Medalists:

Pavel Maslak (CZE): 2014, 2016, 2018

Alleyne Francique (GRN): 2004, 2006

Antonio McKay (USA): 1987, 1989

Fastest Performances in March (only indoor performances are listed)

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	44.52	Michael Norman	USA	1	College Station	10 Mar 2018
2	2	44.57	Kerron Clement	USA	1r2	Fayetteville	12 Mar 2005
2	2	44.57	Samuel Ogazi	NGR	1r2	Fayetteville	14 Mar 2026

World Indoor Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Christopher Bailey	USA	45.08	Brian Faust	USA	45.47	Jacory Patterson	USA	45.54
2024	Alexander Doom	BEL	45.25	Karsten Warholm	NOR	45.34	Rusheen McDonald	JAM	45.65
2022	Jereem Richards	TTO	45.00	Trevor Bassitt	USA	45.05	Carl Bengstrom	SWE	45.33
2018	Pavel Maslak	CZE	45.47	Michael Cherry	USA	45.84	Deon Lendore	TTO	46.37
2016	Pavel Maslak	CZE	45.44	Abdelilah Haroun	QAT	45.59	Deon Lendore	TTO	46.17

All time performance list at the World Indoor Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	45.00	Jereem Richards	TTO	1	Beograd	2022
2	2	45.05	Trevor Bassitt	USA	2	Beograd	2022
3	3	45.08	Christopher Bailey	USA	1	Nanjing	2025
4	4	45.11	Nery Brenes	CRC	1	Istanbul	2012
5	5	45.24	Pavel Maslak	CZE	1	Sopot	2014
6	6	45.25	Alexander Doom	BEL	1	Glasgow	2024
7	7	45.26	Butch Reynolds	USA	1	Toronto	1993
8	8	45.33	Carl Bengstrom	SWE	3	Beograd	2022
9	9	45.34	Tyree Washington	USA	1	Birmingham	2003
9	9	45.34	Demetrius Pinder	BAH	2	Istanbul	2012
9	9	45.34	Karsten Warholm	NOR	2	Glasgow	2024
12	12	45.38	Bralon Taplin	GRN	1sf1	Portland	2016
13	13	45.43	Daniel Caines	GBR	2	Birmingham	2003
14		45.44	Pavel Maslak		1	Portland	2016
15		45.47	Pavel Maslak		1	Birmingham	2018
15	14	45.47	Brian Faust	USA	2	Nanjing	2025
17	15	45.51	Sunday Bada	NGR	1	Paris	1997
18	16	45.54	Alleyne Francique	GRN	1	Moskva	2006
18	17	45.54	Jacory Patterson	USA	3	Nanjing	2025
20	18	45.58	Chris Brown	BAH	2	Sopot	2014
21	19	45.59	Antonio McKay	USA	1	Budapest	1989
21	19	45.59	Abdelilah Haroun	QAT	2	Portland	2016
23	21	45.60**	Thomas Schönlebe	GDR	1	Paris	1985
24	22	45.62	Jaimie Baulch	GBR	2	Paris	1997
25	23	45.65	Rusheen McDonald	JAM	3	Glasgow	2024
26	24	45.67	Tyler Christopher	CAN	1	Valencia	2008
26	24	45.67	Benjamin Lobo Vedel	DEN	4	Beograd	2022
28	26	45.69	Oscar Husillos	ESP	1sf2	Birmingham	2018
28		45.69	Alexander Doom		1sf1	Glasgow	2024
30		45.70	Butch Reynolds		1sf1	Toronto	1993
30		45.70	Christopher Bailey		1h2	Nanjing	2025
32		45.71	Pavel Maslak		1sf2	Portland	2016
32		45.71	Abdelilah Haroun		2sf2	Portland	2016
34		45.73	Jaimie Baulch		1	Maebashi	1999
34	27	45.73	Michael Cherry	USA	2sf2	Birmingham	2018
36	28	45.74	California Molefe	BOT	1h1	Moskva	2006
36	28	45.74	Kyle Clemons	USA	3	Sopot	2014
38		45.75	Sunday Bada		2	Toronto	1993
38		45.75	California Molefe		2	Moskva	2006
40	30	45.76	Shunji Karube	JPN	3	Paris	1997
41	31	45.77	Attila Molnar	HUN	4	Nanjing	2025
42		45.78	Chris Brown		3	Moskva	2006
43		45.79	Pavel Maslak		1sf1	Sopot	2014
43	32	45.79	Matheus Lima	BRA	1h4	Nanjing	2025
45		45.84	Chris Brown		1h5	Sopot	2014
45		45.84	Michael Cherry		2	Birmingham	2018
47		45.85	Daniel Caines		1h1	Birmingham	2003
47	33	45.85	Christopher Morales-Williams		1h5	Nanjing	2025
49		45.86	Alleyne Francique		1sf1	Moskva	2006
49		45.86	Karsten Warholm		1sf2	Glasgow	2024
49	34	45.86	Joao Coelho	POR	4	Glasgow	2024
52		45.88	Alleyne Francique		1	Budapest	2004
52	35	45.88	Julien Watrin	BEL	1h1	Beograd	2022

** Paris 1985 was World Indoor Games precursor to the World Indoor Championships

Winning Time	45.49	45.08	45.25	45.00	45.47	45.44	45.24	45.11	45.96	45.67	45.54	45.88	45.34	46.40
Winning Medal	45.97	45.54	45.65	45.33	46.37	45.59	45.74	45.90	46.43	46.26	45.78	46.30	45.99	46.74
Slowest to Make Final	46.61	46.62	46.48	46.55	46.33	46.33	46.33	46.49	46.73	47.13	46.44	46.67	46.76	47.08

400m – 800m double medalists: None

Best Marks for Places in the World Indoor Championships

Pos	Time	Name	Nat	Venue	Year
1	45.00	Jereem Richards	TTO	Beograd	2022
	45.08	Christopher Bailey	USA	Nanjing	2025
	45.11	Nery Brenes	CRC	Istanbul	2012
	45.24	Pavel Maslak	CZE	Sopot	2014
	45.25	Alexander Doom	BEL	Glasgow	2024
	45.26	Butch Reynolds	USA	Toronto	1993
2	45.05	Trevor Bassitt	USA	Beograd	2022
	45.34	Demetrius Pinder	BAH	Istanbul	2012
	45.34	Karsten Warholm	NOR	Glasgow	2024
	45.43	Daniel Caines	GBR	Birmingham	2003
	45.47	Brian Faust	USA	Nanjing	2025
	45.58	Chris Brown	BAH	Sopot	2014
	45.59	Abdelilah Haroun	QAT	Portland	2016
	45.62	Jamie Baulch	GBR	Paris	1997
3	45.33	Carl Bengtstrom	SWE	Beograd	2022
	45.54	Jacory Patterson	USA	Nanjing	2025
	45.65	Rusheen McDonald	JAM	Glasgow	2024
	45.74	Kyle Clemons	USA	Sopot	2014
	45.76	Shunji Karube	JPN	Paris	1997
4	45.67	Benjamin Lobo Vedel	DEN	Beograd	2022
	45.77	Attila Molnar	HUN	Nanjing	2025
	45.86	Joao Coelho	POR	Glasgow	2024
	45.93	Davian Clarke	JAM	Moskva	2006
5	46.11	Attila Molnar	HUN	Glasgow	2024
	46.15	Milton Campbell	USA	Moskva	2006
6	46.21	Kirani James	GRN	Istanbul	2012
	46.47	Matej Krsek	CZE	Glasgow	2024
	46.67	Daniel Batman	AUS	Birmingham	2003

Best Marks for Places – all competitions

Pos	Time	Name	Nat	Venue	DMY
1	44.49	Christopher Morales Williams	CAN	Fayetteville	24 Feb 2024
	44.52	Michael Norman	USA	College Station	10 Mar 2018
	44.52	Khaleb McRae	USA	Fayetteville	13 Feb 2026
	44.57	Kerron Clement	USA	Fayetteville	12 Mar 2005
2	44.91	Auhmad Robinson	USA	Brighton	9 Mar 2024
	44.95	Jayden Davis	USA	Lubbock	1 Mar 2025
	45.03	Kahmari Montgomery	USA	Birmingham	9 Mar 2019
3	45.16	Wil London	USA	Birmingham	9 Mar 2019

Multiple Gold Medalists:

Pavel Maslak (CZE): 2014, 2016, 2018
 Alleyne Francique (GRN): 2004, 2006
 Antonio McKay (USA): 1987, 1989

Multiple Medalists

Pavel Maslak (CZE): 2014 Gold, 2016 Gold, 2018 Gold
 Deon Lendore (TTO): 2016 Bronze, 2018 Bronze
 Chris Brown (BAH): 2006 Bronze, 2008 Bronze, 2010 Gold, 2014 Silver (complete set of medals)
 Alleyne Francique (GRN): 2004 Gold, 2006 Gold

Daniel Caines (GBR): 2001 Gold, 2003 Silver
Milton Campbell (USA): 1999 Silver, 2001 Silver
Jamie Baulch (GBR): 1997 Silver, 1999 Gold, 2003 =Bronze (complete set of medals)
Sunday Bada (NGR): 1993 Silver, 1995 Silver, 1997 Gold
Cayetano Cornet (ESP): 1989 Bronze, 1991 Bronze
Antonio McKay (USA): 1987 Gold, 1989 Gold

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
USA	2025	Christopher Bailey	Brian Faust	Jacory Patterson
BAH	2012		Demetrius Brown	Chris Brown
GBR	2003		Daniel Caines	Jamie Baulch
USA	1987	Antonio McKay		Michael Franks

Man & Woman from the same team winning the corresponding event

Never happened

Medals by Countries:

Nation	Gold	Silver	Bronze
USA	6	5	4+1**
CZE	3		
GBR	2	2+1**	1=
GRN	2		
BAH	1	2	3
NGR	1	2	
TRI->TTO	1	1	2
JAM	1	1	2
CAN	1		
GDR	1**		
CRC	1		
BEL	1		
CUB		2	
SWE		1	1
KEN		1	
BOT		1	
QAT		1	
NOR		1	
ESP			2
MEX			1
AUS			1
RUS			1
JPN			1
COD			1
IRL			1=

** Medal at 1985 World Indoor Games

Fastest known splits in the World Indoor Championships

	Time	Final Pos	Name	Nat	Winning time	Venue	Year
First 200m	20.84	1 st	Jereem Richards	TTO	45.00	Beograd	2022
	20.87	2 nd (heat1)	Tyree Washington	USA	45.85	Birmingham	2003
Last 200m	23.83	1 st	Antonio McKay	USA	45.59	Budapest	1989

World Indoor Champion with World Championships Gold medal

Name	Nat	World Indoor Championships	World Championships
Tyree Washington	USA	2003	2003
Thomas Schönlebe	GDR	1985 (World Indoor Games)	1987

World Indoor Championships medalist with Olympic medal

Name	Nat	World Indoor Championships	Year	Olympics	Year
Butch Reynolds	USA	Gold	1993	Silver	1988
Samson Kitur	KEN	Silver	1991	Bronze	1992
Antonio McKay	USA	Gold	1987	Bronze	1984

World Indoor Championships medalist who previously won World Junior medal:

Name	Nat	World Indoor Championships	Year	World Junior Championships	Year
Robert Hernandez	CUB	Silver	1987	Silver	1986

World Indoor Championships medalists who previously won World Youth medal: None**World Indoor Championships medalist with European Championships medal**

Name	Nat	World Indoor Championships	Year	European Championships	Year
Pavel Maslak	CZE	Gold	2014, 2016, 2018	Gold	2012
Daniel Caines	GBR	Gold	2001	Bronze	2002
Thomas Schönlebe	GDR	Gold (World Indoor Games)	1985	Silver	1986, 1990

World Indoor Championships medalists with Asian Games and/or Asian Championships medal

Best finish by Asian in World Indoor Championships is third in 1997 by Shunji Karube
He is the 1994 Asian Games champion at 400mH.

World Championships medalist with All Africa Games and/or African Championships medal

Name	Nat	World Indoor Ch	Year	All Africa Games	Year	African Championships	Year
Gary Kikaya	COD	Bronze	2004			Gold	2006
Samson Kitur	KEN	Silver	1991	Gold	1991, 1995	Gold	1990
Sunday Bada	NGR	Gold	1997	Silver	1991, 1995	Bronze	1990

World Indoor Champion with Pan American Games gold medal

Name	Nat	World Indoor Championships	Pan American Games
Chris Brown	BAH	2010	2007

World Indoor Championships medalist with Commonwealth Games medal

Name	Nat	World Indoor Championships	Year	Commonwealth Games	Year
Jereem Richards	TTO	Gold	2022	Gold	2018, 2022
Alleyne Francique	GRN	Gold	2004, 2006	Silver	2006
Sunday Bada	NGR	Gold	1997	Bronze	1994
Samson Kitur	KEN	Silver	1991	Silver	1990
Darren Clark	AUS	Bronze	1993	Gold	1990

Last ten World Indoor Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Christopher Bailey	USA	45.08	Brian Faust	USA	45.47	Jacory Patterson	USA	45.54
2024	Alexander Doom	BEL	45.25	Karsten Warholm	NOR	45.34	Rusheen McDonald	JAM	45.65
2022	Jereem Richards	TTO	45.00	Trevor Bassitt	USA	45.05	Carl Bengstrom	SWE	45.33
2018	Pavel Maslak	CZE	45.47	Michael Cherry	USA	45.84	Deon Lendore	TTO	46.37
2016	Pavel Maslak	CZE	45.44	Abdelilah Haroun	QAT	45.59	Deon Lendore	TTO	46.17
2014	Pavel Maslak	CZE	45.24	Chris Brown	BAH	45.58	Kyle Clemons	USA	45.74
2012	Nery Brenes	CRC	45.11	Demetrius Pinder	BAH	45.34	Chris Brown	BAH	45.90
2010	Chris Brown	BAH	45.96	William Collazo	CUB	46.31	Jamaal Torrance	USA	46.43
2008	Tyler Christopher	CAN	45.67	Johan Wissman	SWE	46.04	Chris Brown	BAH	46.26
2006	Alleyne Francique	GRN	45.54	California Molete	BOT	45.75	Chris Brown	BAH	45.78
2004	Alleyne Francique	GRN	45.88	Davian Clarke	JAM	45.92	Gary Kikaya	COD	46.30

2003	Tyree Washington	USA	45.34	Daniel Caines	GBR	45.43	Jamie Baulch Paul McKee	GBR IRL	45.99 45.99
2001	Daniel Caines	GBR	46.40	Milton Campbell	USA	46.45	Danny McFarlane	JAM	46.74

Last ten World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Collen Kebinatshipi	BOT	43.53	Jereem Richards	TTO	43.72	Bayapo Ndori	BOT	44.20
2023	Antonio Watson	JAM	44.22	Matt Hudson-Smith	GBR	44.31	Quincy Hall	USA	44.37
2022	Michael Norman	USA	44.29	Kirani James	GRN	44.48	Matthew Hudson-	GBR	44.66
2019	Steven Gardiner	BAH	43.48	Anthony Zambrano	COL	44.15	Fred Kerley	USA	44.17
2017	Wayde van Niekerk	RSA	43.98	Steven Gardiner	BAH	44.41	Abdalelah Haroun	QAT	44.48
2015	Wayde van Niekerk	RSA	43.48	LaShawn Merritt	USA	43.65	Kirani James	GRN	43.78
2013	LaShawn Merritt	USA	43.74	Tony McQuay	USA	44.40	Luguelin Santos	DOM	44.52
2011	Kirani James	GRN	44.60	LaShawn Merritt	USA	44.63	Kevin Borlee	BEL	44.90
2009	LaShawn Merritt	USA	44.06	Jeremy Wariner	USA	44.60	Renny Quow	TRI	45.02
2007	Jeremy Wariner	USA	43.45	LaShawn Merritt	USA	43.96	Angelo Taylor	USA	44.32
2005	Jeremy Wariner	USA	43.93	Andrew Rock	USA	44.35	Tyler Christopher	CAN	44.44
2003	Tyree Washington	USA	44.77	Marc Raquil	FRA	44.79	Michael Blackwood	JAM	44.80
2001	Avard Moncur	BAH	44.64	Ingo Schultz	GER	44.87	Greg Haughton	JAM	44.98

Last seven Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Quincy Hall	USA	43.40	Matthew Hudson-Smith	GBR	43.44	Muzala Samkonga	ZAM	43.74
2020	Steven Gardiner	BAH	43.85	Anthony Zambrano	COL	44.08	Kirani James	GRN	44.19
2016	Wayde van Niekerk	RSA	43.03	Kirani James	GRN	43.76	LaShawn Merritt	USA	43.85
2012	Kirani James	GRN	43.94	Luguelin Santos	DOM	44.46	Lalonde Gordon	TRI	44.52
2008	LaShawn Merritt	USA	43.75	Jeremy Wariner	USA	44.74	David Neville	USA	44.80
2004	Jeremy Wariner	USA	44.00	Otis Harris	USA	44.16	Derrick Brew	USA	44.42
2000	Michael Johnson	USA	43.84	Alvin Harrison	USA	44.40	Greg Haughton	JAM	44.70
1996	Michael Johnson	USA	43.49	Roger Black	GBR	44.41	Davis Kamoga	UGA	44.53
1992	Quincy Watts	USA	43.50	Steve Lewis	USA	44.21	Samson Kitur	KEN	44.24

Last twelve World Junior Championships:

Year	Gold	Nat	Time	Silver	Nat	USA	Bronze	Nat	Time
2024	Udeme Okon	RSA	45.69	Jayden Davis	USA	46.08	Sidi Njie	USA	46.29
2022	Lythe Pillay	RSA	45.28	Steven Mcelroy	USA	45.65	Yusuf Ali Abbas	BRN	45.80
2020	Anthony Pesela	BOT	44.58	Luis Aviles Ferreiro	MEX	44.95	Antonie Mattys Nortje	RSA	45.32
2018	Jonathan Sacoor	BEL	45.03	Christopher Taylor	JAM	45.38	Chantz Sawyers	JAM	45.89
2016	Abdelilah Haroun	QAT	44.81	Wilbert London	USA	45.27	Karabo Sibanda	BOT	45.45
2014	Machel Cedenio	TTO	45.13	Nobuya Kato	JPN	46.17	Abbas Abubaker	BRN	46.20
2012	Luquelin Santos	DOM	44.85	Arman Hall	USA	45.39	Steve Solomon	AUS	45.52
2010	Kirani James	GRN	45.89	Marcel Deak Nagy	HUN	46.09	Errol Nolan	USA	46.36
2008	Marcus Boyd	USA	45.53	Kirani James	GRN	45.70	O'Neal Wilder	USA	45.76
2006	Rennie Quow	TRI	45.74	Justin Oliver	USA	45.78	Martyn Rooney	GBR	45.87
2004	LaShawn Merritt	USA	45.25	Nagmeldin Ali Abubakr	SUD	45.97	Obakeng Ngwigwa	BOT	45.97
2002	Darold Williamson	USA	45.37	Jonathan Fortenberry	USA	45.73	Jermaine Gonzales	JAM	45.84
2000	Hamdan Al-Bishi	KSA	44.66	Brandon Simpson	JAM	45.73	Shinji Ishikawa	JPN	45.77
1998	Nduka Awazie	NGR	45.54	Casey Vincent	AUS	45.55	Fawzi Al-Shammari	KUW	45.89

Last ten World Youth Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2017	Antonio Watson	JAM	46.59	Daniel Williams	GUY	46.72	Colby Jennings	TKS	46.77
2015	Christopher Taylor	JAM	45.27	Josephus Lyles	USA	45.46	Keshun Reed	USA	45.96
2013	Martin Manley	JAM	45.89	Ryan Clark	USA	46.46	Alex Sampao	KEN	46.78

2011	Arman Hall	USA	46.01	Alphas Leken Kishoyian	KEN	46.58	Patryk Dobek	POL	46.67
2009	Kirani James	GRN	45.24	Joshua Mance	USA	46.22	Awadelkarim Makki	SUD	47.15
2007	Chris Clarke	GBR	46.74	Kirani James	GRN	46.96	Vladimir Krasnov	RUS	47.03
2005	Adam Al-Noor	SUD	46.56	Julius Kirwa	KEN	46.70	Bryshon Nellum	USA	46.81
2003	Nagmeldin Ali-Abubakr	SUD	46.10	Cedric Goodman	USA	46.42	Zeljko Vincek	CRO	47.45
2001	Karol Grzegorzcyk	POL	46.90	Piotr Kedzia	POL	47.12	Jermaine Gonzales	JAM	47.51
1999	Mandia Nkosi	RSA	46.94	Claudiel Garzon	CUB	47.00	Mark van Soest	RSA	47.19

Last eight European Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Alexander Doom	BEL	44.15	Charlie Dobson	GBR	44.38	Liemarvin	NED	44.88
2022	Matthew Hudson-	GBR	44.53	Ricky Petrucciani	SUI	45.03	Alex Haydock-	GBR	45.17
2018	Matthew Hudson-	GBR	44.78	Kevin Borlee	BEL	45.13	Jonathan Borlee	BEL	45.19
2016	Martyn Rooney	GBR	45.29	Pavel Maslak	CZE	45.36	Liemarvin Bonevacia	NED	45.41
2014	Martyn Rooney	GBR	44.71	Matthew Hudson-	GBR	44.75	Donald Sanford	ISR	45.27
2012	Pavel Maslak	CZE	45.24	Marcell Deak Nagy	HUN	45.52	Yannick Fonsat	FRA	45.82
2010	Kevin Borlee	BEL	45.08	Michael Bingham	GBR	45.23	Martyn Rooney	GBR	45.23
2006	Marc Raquil	FRA	45.02	Vladislav Frolov	RUS	45.09	Leslie Djhone	FRA	45.40
2002	Ingo Schultz	GER	45.14	David Canal	ESP	45.24	Daniel Caines	GBR	45.28
1998	Iwan Thomas	GBR	44.52	Robert Mackowiak	POL	45.04	Mark Richardson	GBR	45.14

Last six Asian Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Youssef Al-Masrahi	KSA	45.55	Kentaro Sato	JPN	45.57	Yusuf Ali Abbas	BRN	45.65
2018	Abdelilah Haroun	QAT	44.89	Muhammed Anas	IND	45.69	Ali Khamis Abbas	BRN	45.70
2014	Youssef Al-Masrahi	KSA	44.46	Abbas Abubaker	BRN	45.62	Arokia Rajiv	IND	45.92
2010	Femi Ogunode	QAT	45.12	Yuzo Kanemaru	JPN	45.32	Youssef Al-Masrahi	KSA	45.71
2006	Hamdan Al-Bishi	KSA	45.64	Brandon Simpson	BRN	45.68	Fawzi Al-Shammari	KUW	46.35
2002	Fawzi Al-Shammari	KUW	44.93	Hamdan Obah Al-Bishi	KSA	44.95	Rohan P Kumara	SRI	45.67
1998	Sugath Tilakaratne	SRI	44.99	Ibrahim Ismail	QAT	45.32	Paramjit Singh	IND	45.93

Last eleven Asian Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Kentaro Sato	JPN	45.00	Fuga Sato	JPN	45.13	Youssef Al-Masrahi	KSA	45.19
2019	Youssef Karam Daher	KUW	44.84	Abubaker Abbas	BR	45.13	Mikhail Litvin	KAZ	45.25
2017	Muhammed Anasy	IND	45.77	Arokia Rajiv	IND	46.14	Ahmed Mubarak	OMA	46.39
2015	Abdelilah Haroun	QAT	44.68	Youssef Al-Masrahi	KSA	45.14	Kentaro Sato	JPN	46.09
2013	Yousef Al-Masrahi	KSA	45.08	Khamis Abbas	BR	45.65	Yuzo Kanemaru	JPN	45.95
2011	Yousef Ahmed Masrahi	KSA	45.79	Hideyuki Hirose	JPN	46.03	Yuzo Kanemaru	JPN	46.38
2009	Liu Xiaosheng	CHN	46.55	Yuzo Kanemaru	JPN	46.60	Ismail Al-Sabani	KSA	46.84
2007	Prasanna Amarasekara	SRI	46.71	Reza Bouazar	IRI	46.90	Mohammad Akefian	IRI	46.93
2005	Yuzo Kanemaru	JPN	46.04	Prasanna Amarasekera	SRI	46.48	Rohan Pradeep Kumara	SRI	46.52
2003	Fawzi Al-Shammari	KUW	45.16	Hamdan Obah Al-Bishi	KSA	45.39	Yuki Yamaguchi	JPN	46.18
2002	Fawzi Al-Shammari	KUW	45.21	Hamdan Obah Al-Bishi	KSA	45.43	Sugath Tilakaratne	SRI	45.73
2000	Ibrahim Ismail	QAT	44.66	Hamdan Obah Al-Bishi	KSA	45.32	Xu Zizhou	CHN	45.55

Last six All Africa Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Chidi Okezie	NGR	45.06	Muzala Samukonga	ZAM	45.37	Cheiki Tidiane	SEN	45.49
2019	Leungo Scotch	BOT	45.27	Thapelo Phora	RSA	45.59	Chidi Okezie	NG	45.61
2015	Isaac Makwala	BOT	44.35	Boniface Mweresa	KEN	45.01	Onkabetza Nkobolo	BOT	45.50
2011	Rabah Yousif	SUD	45.27	Tobi Ogunmola	NGR	45.82	Mark Mutai	KEN	46.52
2007	California Molefe	BOT	45.59	Young Talkmore Nyongani	ZIM	45.76	Mathieu Gnaligo	BEN	45.89
2003	Erza Sambu	KEN	44.98	Nagmeldin Ali Abubakr	SUD	45.22	Sofiene Labidi	TUN	45.42

1999	Kennedy Ochieng	KEN	44.77	Clement Chukwu	NGR	45.31	Phillips Mukomana	ZIM	45.43
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Last ten African Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Cheikh Tidiane Diouf	SEN	45.23	Lee Eppie	BOT	45.39	Samuel Ogazi	NGR	45.47
2022	Muzala Samukonga	ZAM	45.31	Bayapo Ndori	BOT	45.35	Mohamed Fares	TUN	45.54
2018	Baboloki Thebe	BOT	44.81	Thapelo Phora	RSA	45.14	Chidi Okezie	NGR	45.65
2016	Baboloki Thebe	BOT	44.69	Karabo Sibanda	BOT	45.42	Chidi Okezie	NGR	45.76
2014	Isaac Makwala	BOT	44.23	Wayde van	RSA	45.00	Boniface Mucheru	KEN	45.07
2012	Isaac Makwala	BOT	45.25	Oscar Pistorius	RSA	45.52	Wilem de Beer	RSA	45.67
2010	Mohamed Khawajah	LBA	44.98	Rabah Yusuf	SUD	45.18	Gary Kikaya	COD	45.28
2008	Ali Babiker Nagmeldin	SUD	45.64	Isaac Makwala	BOT	45.64	James Godday	NGR	45.77
2006	Gary Kikaya	COD	45.03	Paul Gorries	RSA	45.56	Young T Nyongani	ZIM	45.60
2004	Eric Milazar	MRI	45.03	Ezra Sambu	KEN	45.33	Young T Nyongani	ZIM	45.69
2002	Eric Milazar	MRI	45.67	Sofiene Labidi	TUN	45.87	Marcus LaGrange	RSA	45.95
2000	Eric Milazar	MRI	45.62	Malik Louahla	ALG	45.78	Sofiene Labidi	TUN	45.81

Last six Pan American Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Lucas Vilar	BRA	45.77	Luis Aviles	MEX	45.97	Martin Kouyoumdjian	CHI	46.58
2019	Anthony Zambrano	COL	44.83	Demish Robinson	JAM	44.94	Justin Robinson	USA	45.07
2015	Luguelin Santos	DOM	44.56	Machel Cedenio	TTO	44.70	Kyle Clemons	USA	44.84
2011	Nery Brenes	CRC	44.65	Luguelin Santos	DOM	44.71	Ramon Miller	BAH	45.01
2007	Chris Brown	BAH	44.85	Tyler Christopher	CAN	45.05	Chris Lloyd	DMA	45.40
2003	Mitch Potter	USA	45.11	Geyman Lopez	CUB	45.13	Alleyne Francique	GRN	45.51
1999	Greg Haughton	JAM	44.59	Danny McCray	USA	44.83	Alejandro Cardenas	MEX	44.92

Last six Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Muzala Samukonga	ZAM	44.66	Matthew Hudson-	ENG	44.81	Jonathan Jones	BAR	44.89
2018	Isaac Makwala	BOT	44.34	Baboloki Thebe	BOT	45.09	Javon Francis	JAM	45.11
2014	Kirani James	GRN	44.24	Wayde van	RSA	44.68	Lalonde Gordon	TTO	44.78
2010	Mark Mutai	KEN	45.44	Sean Wroe	AUS	45.46	Ramon Miller	BAH	45.55
2006	John Steffensen	AUS	44.73	Alleyne Francique	GRN	45.09	Jermaine Gonzales	JAM	45.16
2002	Michael Blackwood	JAM	45.07	Shane Niemi	CAN	45.09	Avard Moncur	BAH	45.12
1998	Iwan Thomas	WAL	44.52	Mark Richardson	ENG	44.60	Sugath Tilakaratne	SRI	44.64

Fastest Performances in March (only indoor performances are listed)

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	44.52	Michael Norman	USA	1	College Station	10 Mar 2018
2	2	44.57	Kerron Clement	USA	1r2	Fayetteville	12 Mar 2005
2	2	44.57	Samuel Ogazi	NGR	1r2	Fayetteville	14 Mar 2026
4	4	44.62	Randolph Ross	USA	1	Birmingham	12 Mar 2022
5	5	44.63	Michael Johnson	USA	1	Atlanta	4 Mar 1995
6		44.66	Michael Johnson		1	Atlanta	2 Mar 1996

Combined 2025 & 2026 World Indoor List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	44.52	Khaleb McRae	USA	1r1	Fayetteville	13 Feb 2026
2	2	44.57	Samuel Ogazi	NGR	1r2	Fayetteville – NCAA	14 Mar 2026
3	3	44.62	Jonathan Simms	USA	1	Clemson	10 Jan 2026
4	4	44.67	Justin Braun	USA	2r2	Fayetteville – NCAA	14 Mar 2026
5	5	44.70	Chris Bailey	USA	1	Fayetteville	14 Feb 2025
6		44.72	Samuel Ogazi		1r2	College Station	28 Feb 2026
7	6	44.74	Ezekiel Nathaniel	NGR	1	Lubbock	1 Mar 2025

8		44.77	Justin Braun		1h3	Fayetteville – NCAA	13 Mar 2026
9	7	44.80	Christopher Morales Williams	CAN	1r1	Clemson	13 Feb 2026
10		44.85	Samuel Ogazi		1r1	Albuquerque	7 Feb 2026
10	8	44.85	Jordan Pierre	USA	1r1	Fayetteville – NCAA	14 Mar 2026
12		44.87	Christopher Morales Williams		1	Fayetteville	31 Jan 2026
13		44.92	Ezekiel Nathaniel		1	Lubbock	14 Feb 2025
14	9	44.95	Jayden Davis	USA	2	Lubbock	1 Mar 2025
15	9	45.01	Attila Molnar	HUN	1	Ostrava	3 Feb 2026
15		45.01	Khaleb McRae		1r2	Staten Island	1 Mar 2026
15		45.01	Jordan Pierre		2h3	Fayetteville – NCAA	13 Mar 2026

Please send corrections to KKenNakamura@gmail.com

The new records set in WC will be reported through my twitter account @KKenNakamura