

Women's 400 Metres Hurdles

43 Entrants



Start date: Monday, August 17

	Age	(Days)	Born	Season's Best	Personal Best
LEWIS Tamsyn AUS 2008 World Indoor Champion at 800m ... 8x Australian Champion at 800m, 4x at 400m and now once at 400m Hurdles 400 pb: 51.42 -09. 800 pb: 1:59.21 -00. 6 WJC 400 94; 3 WJC 4x400 96 (sf 400); 8 WCP 800 98/2002; 1 COM 4x400 98/2002/2006; sf OLY 800 2000/2008 (2004-ht); sf WCH 800 2001 (99/2007-ht); 5 COM 800 2002 (98-6); sf COM 400 2006; 1 WIC 800 2008 (99/2001-sf). 1 Australian 800 98/99/2000/2001/2002/2003/2007/2008 (1 400 2005/2007/2008/2009, 1 400H 2009). Father-Greg Lewis (1 COM 4x100 74) ... mother-Carolyn Wright was 7x Australian Champion at HJ ... older brother Justin is her coach and was a professional sprinter ... formerly coached by Sebastian Coe and Daley Thompson ... in autumn 2006 she placed third in Australian TV's "Dancing With The Stars" ... born/lives-Melbourne In 2009: 1 Melbourne 400H (Jan 17); 1 Melbourne 100/400 (Jan 31); 1 Australian Cup 400; 1 Melbourne 400H (Feb 12); 1 Victoria State 200/400H; 1 Victoria State 400H (2 100); 1 Sydney; 1 Australian 400/400H; 3 Canberra 100/200; 1 Fukuroi 400H; 1 Osaka 400; 4 Bottrop 400H; 8 Oslo Golden League 400; 3 Salamanca 400H; 5 Reims 400H; 1 Birmingham Games 400H; 6 London 400; 5 Stockholm 400 'B'; 5 Cottbus 400H; 1 Düsseldorf 400H	31y	25d	1978	56.27	56.27 -09
OUÉDRAOGO Elodie BEL Ran third leg for Belgian sprint relay team which won 2007 World bronze & 2008 Olympic silver 100 pb: 11.40 -05. 200 pb: 23.11 -04. 100H pb: 13.34 -03. LJ pb: 6.20 -01. sf WJC 100H 2000; 4 ECH 4x100 2002; 5 under-23 ECH 100 2003; 3 WSG 200 2005; ht WCH 400H 2007; 3 WCH 4x100 2007; 2 OLY 4x100 2008 In 2009: 1 Belgian indoor 400; 4 Geneva 400H 'B'; 6 Heusden 400H; 2 Cuxhaven 400H 'B'; 7 Barcelona 400H; 2 Belgian 400H	28y	168d	1981	56.71	55.72 -07
KIRILOVA Tsvetelina BUL Down from 56.03 to 55.22 in Beijing 2008 ... 400 pb: 51.63 -99. 800 pb: 1:59.46 -02. 5 ECH 800 98 (2002-sf); ht WCH 800 99/2001; sf WCH 400H 2007; sf WCH 400H 2008; sf OLY 400H 2008. 1 Balkan 800 99/2001 In 2009: 5ht EIC; 6 Istanbul; 4 Málaga	32y	31d	1977	59.08	55.22 -08
STAMBOLOVA Vania BUL 2006 European Champion at 400m ... 2009 World Student Games Champion at 400m hurdles 400 pb: 49.53 -06 (51.47 -09). 1 Balkan 400H 2005; t WCH 400H 2005; 2 WIC 400 2006; 1 ECH 400 2006; 2 WCP 400 2006; 1 WSG 400H 2009. Served two-year doping suspension 2007-2009 In 2009: 1 Kalamáta 400; 1 Haniá 400H (4 400); 1 International Military Champs 400H (2 400); 1 Bulgarian 400; 1 ETCh 2nd League 400H; 4 Sofia 400; 6 Moscow Open 400; 1 World Student Games 400H; 6 Réthymno 400H	25y	259d	1983	55.14	54.55 -06
SOULAMA Aïssata BUR Burkina Faso record holder ... 4 African Games 2003; 4 Afro-Asian Games 2003; ht WCH 2003/2005/2007; 2 Francophone Games 2005; 3 African Champs 2006/2008 (2004-7); 2 African Games 2007 (2003-4); sf OLY 2008 (2004-ht) ... based-Dakar In 2009: 2 Havana; dnf Lucerne 'B'; 8 Réthymno	30y	184d	1979	62.77	55.49 -07
HUANG Xiaoxiao CHN Twice Asian Champion ... 2006 Asian Games Champion ... 2005 World finalist 400 pb: 51.93 -03 (53.25 -08). 2 WSG 2003; 1 Asian Champs 2003/2005; sf OLY 2004; 5 WCH 2006; 6 WCP 2006; 1 Asian Games 2006. 1 Chinese 2003/2007; 1 Chinese National Games 400/400H 2005. Studied Economics at Shangdong University ... born in the Eastern China port city Qingdao She was the only woman to defeat Melaine Walker at 400m Hurdles in 2008, but was injured later and missed the Olympics In 2009: 1 Suzhou 400; 3 Kunshan 400; 1 Hong Kong 400; 1 Jinan	26y	164d	1983	55.60	54.00 -07
MEBAM Caroline Kaboud CMR Cameroon record holder at both hurdles disciplines ... 100H b: 13.41 -08 (13.86 -09). 400 pb: 53.12 -03. ht COM 400H 2002/2006; 2 African Champs 400H 2002 (2004-6, 2008-5); 3 African Games 400H 2003; 2 African Champs 100H 2004; ht OLY 400H 2008. Lives-Belgium ... surgery on both knees at end of 2006 ... coach-Noel Levêque In 2009: 1 Nivelles 100/3000 (Apr 3); 1 Sint-Niklaas 400H (6 200); 2 Haniá 400H 'B'; 1 Bonneuil-sur-Marne 400H; 3 Algiers 400H; 2 Istanbul 400H; 2 Nantes 400H (ht 100H); 2 Nivelles 400H (Jun 27); 1 Marseille 400H; 4 Chambéry 400H; 3 Ghent 400; 2ht Belgian 400H	30y	331d	1978	57.04	56.03 -08
HEJNOVÁ Zuzana CZE Czech record holder ... Beijing Olympic finalist ... former World Youth & European Junior Champion 100H pb: 13.60 -08. 400 pb: 52.61 -09. 1 World Youth 2003; 2 WJC 2004 (2002-5); 1 EJC 2005 (2003-3); sf WCH 2005/2007; sf ECH 2006; 3 under-23 ECH 2007; 7 OLY 2008; 3 ETCh 2009. 1 Czech 400 2006/2009 In 2009: 4 Czech Clubs 100H; 1 European Clubs Cup; 6 Prague; 3 ETCh; 1 Czech 400; 2 Lausanne; 7 Monaco	22y	238d	1986	54.90	54.90 -09
PETERSEN Sara DEN Danish record holder ... 400 pb: 53.85i -09. ht WJC 2004; 4 EJC 2005; 5sf WJC 2006; 6 under-23 ECH 2007/2009; sf EIC 400 2009; 3 WSG 2009. 1 Danish 2002/2005-2008 In 2009: 6sf EIC 400; 1 Pavia 400H; 2 Rabat; 3 Haniá 'B'; 1 Geneva 'B'; 5 Bydgoszcz; 1 Århus 200; 1 ETCh 3rd League 200/400H; 3 World Student Games 400H; 6 under-23 ECH 400H; 1 Copenhagen Games 400H	22y	127d	1987	56.40	56.40 -09
OSANA Yolanda DOM Dominican Republic record holder ... 400 pb: 54.40 -09. 3 Central American & Caribbean Champs 2008 (2009-4) In 2009: 1 San Germán; 1 Ponce; 5 Ponce; 2 Havana; 4 Central American & Caribbean Champs; 5 Abuja; 2 Bogotá	22y	3d	1987	57.16	57.16 -09
FORCADELL Laia ESP 2006 Ibero-American Champion ... 400 pb: 54.22 -06. 5 EIC 4x400 2005; 9 ECP 400 2006; 1 Ibero-American 2006; ht ECH 2006; 6 ECP 2007; ht OLY 2008. 1 Spanish 2007/2008/2009 ... coach-Armando Alvarez In 2009: 2 Spanish indoor 400; 2 Athens; 1 Catalan; 3 Huelva; 3 ETCh 'B' (7th overall); 6 Mediterranean Games; 4 Salamanca; 1 Mataró; 9 Barcelona; 1 Spanish	27y	69d	1982	57.85	56.24 -08
KASSAMBARA Aurore FRA 400 pb: 53.27 -08. 100H pb: 13.29 -03. 5 WSG 100H 2003; 8 ECP 2006; 6 ETCh 2009; 2 Mediterranean Games 2009. 1 French 2008/2009 ... coach-Ketty Cham In 2009: 1 Tremblay-en-France; 1 Montreuil-sous-Bois; 4 Forbach 400; 3 Geneva 'B'; 2 Prague 'B'; 5 ETCh 'A' (6th overall); 2 Mediterranean Games; 1 Chambéry; 7 Reims; 7 Paris Golden League; 1 French	29y	292d	1979	56.43	55.24 -08
CHILD Eilidh GBR (Eilidh is pronounced "A - Lee") ... European under-23 silver in 2009 400 pb: 53.71 -08. 2 under-23 ECH 2009 (2007-5). 1 AAA under-17 300H 2001/2003; 1 English under-23 2007/2008. Former Scottish Schools Champion at swimming ... PE Teacher at Perth Grammer School (Scotland) ... coach-Stuart Hogg (since September 2008, she trains with Allan Scott, Paul Hession IRL, Nick Smith & Brian Doyle) In 2009: 1 Scottish Inter-Regional; 1 Loughborough "International"; 1 UK Inter-Counties; 2 Prague; 4 ETCh 'A'; 2 English under-23; 2 under-23 ECH	22y	175d	1987	55.32	55.32 -09

SHAKES-DRAYTON Perri	GBR	20y	235d	1988	55.26	55.26 -09
2009 European under-23 Champion ... 400 pb: 51.81 -09. 8 WJC 400H 2006; 2 EJC 400H/4x400 2007; 1 under-23 ECH 2009. 1 UK 400H 2008. Her cousin Roschelle Shakes played football for Arsenal and England ... coach-Chris Zah In 2009: 6 UK indoor 60; 3 Haniá 400H; 1 Geneva 400H; 1 South of England 400; 1 English under-23 400H; 2 UK Champs 400 (pb 51.81); 1 under-23 ECH 400H; 6 London 400H						
TILGNER Jonna	GER	24y	268d	1984	55.71	55.71 -09
400H pb: 51.90 -08 (53.21i -09). 3 ECP 2008; 2 WSG 2009 (2007-3). 1 German 2008/2009. Coach-Jens Ellrott In 2009: 2 German indoor 400; 1 Pliezhhausen 300H; 3 Rabat; 1 Forbach; 5 Rehlingen 400; 2 Baunatal; 1 ETCh 'B' (5th overall); 1 German; 2 World Student Games; 8 Wattenscheid						
CAREY Michelle	IRL	28y	175d	1981	56.32	56.19 -08
8x Irish Champion ... 400 pb: 52.67 -06. ht under-23 ECH 2003; ht WSG 2003; ht ECH 2006; ht WCH 2007; ht OLY 2008. 1 AAA under-23 2002/2003. 1 Irish 2001/2002/2003/2004/2005/2007/2008/2009 (99-2). 1 British Universities 2004 ... coach-Nick Dakin In 2009: 3 Geneva; 6 Bydgoszcz; 3 ETCh 2nd League; 1 Bottrop; 1 Uden; 2 Chambéry; 4 Lucerne; 3 Barcelona; 1 Irish						
SPENCER Kaliase	JAM	22y	100d	1987	54.33	54.33 -09
2006 World Junior Champion at 400m Hurdles ... 400 pb: 50.55 -08 (52.43 -09). 800 pb: 2:05.84 -08. 1 WJC 400H 2006; sf WCH 400H 2008. Coach-Stephen Francis (MVP Group) In 2009: 1 Kingston 400H (Apr 18); 2 Kingston 400H (May 2); 5 New York 400H; 2 Jamaica 400H (just 0.01 behind Olympic Champion Melaine Walker); 1 Velenje 400; 6 Rome Golden League 400H; 4 Monaco 400H						
STODDART Shevon	JAM	26y	266d	1982	56.19	54.47 -05
100H pb: 13.41 -05. ht OLY 2004/2008; 3 Central American & Caribbean 2005 (2006-4); sf WCH 2005; 5 COM 2006; 4 Pan-Am Games 2007; 2 NCAA 2005 In 2009: 5 Kingston; 4 Ponce; 2 New York 'B'; 7 Prague; 4 Bydgoszcz; 4 Jamaican						
WALKER Melaine	JAM	26y	166d	1983	54.20	52.64 -08
2008 Olympic Champion by a margin of more than one second & win streak of 15 in 2008 including heats 400 pb: 51.61 -08 (52.01 -09). 100H pb: 12.75 -06. 5 WJC 200 98 (3 4x100); 2 World Youth 200 99; 3 WJC 2000 (2 4x400); 2 WJC 2002 (5 100H, 3 4x400); 4 COM 2002; 3 Central American & Caribbean Games 2006; sf WCH 2007; 1 OLY 2008. 1 Jamaican 2008/2009. In 2006 initially won NCAA title in 53.84 but dq for a trailing leg violation ... graduate of Social Work from University of Texas ... managed by Juliet Campbell (ex World Indoor Champion at 200m) ... her brother Chris Walker is a noted basketball player ... coach-Stephen Francis (since 2006 when she moved back to Jamaica after her studies) In 2009: 1 Kingston 200 (Jan 31); 1 Sydney; 3 Melbourne 400; 3 Kingston 400 'B'; 3 New York; 7 Eugene 400; 1 Russia Challenge; 1 Jamaican; 4 Lausanne; 3 Rome Golden League; 2 Paris Golden League; 2 London; 2 Monaco						
WILSON Nickiesha	JAM	23y	17d	1986	55.20	53.97 -07
Fourth at 2007 World Championships ... she is the fastest 100m hurdler of the current elite at 400m hurdles 100H pb: 12.63w, 12.85 -08 (12.89 -09). 1 Pan-American junior 400H 2005; 2 Pan-Am Games 400H 2007; 4 WCH 400H 2007; sf OLY 400H 2008; 1 Central American & Caribbean Champs 400H 2009. 1 NCAA 400H 2008 representing Louisiana State University ... earlier she attended one of the prestigious high schools in Jamaica (not known for producing athletic talents), Alpha Girls School in Kingston .. eldest of six In 2009: 1 Lafayette 100H; 1 Baton Rouge 400H (Mar 28); 1 Texas Relays 100H; 1 Baton Rouge 100H/400H; 1 Penn Relays 100H; 1 Kingston 400H (May 2); 4 Carson 100H; 4 Belém 400H; 2 New York 400H; 4 Toronto 100H; 3 Jamaican 400H (5 100H); 1 Central American & Caribbean Champs 400H; 8 Rome Golden League 400H; 2 Reims 400H; 6 Paris Golden League 400H; 4 Réthymno 400H						
AOKI Sayaka	JPN	22y	242d	1986	57.54	55.94 -08
400 pb: 53.40 -07 (53.87 -09). 5 Asian Champs 400H 2007. 1 Japanese 400/400H 2008 In 2009: 4 Izumo 300; 4 Fukuroi 400H; 6 Osaka 400; 1 East Japan Corporate 400H; 2 Japanese 400/400H; 4 Sapporo 400						
KUBOKURA Satomi	JPN	27y	109d	1982	56.70	55.46 -08
Japanese record holder ... 2007 Asian Champion ... 400 pb: 53.08 -07. 2 Asian Games 2006; 1 Asian Champs 2007 (2003-8, 2005-4); ht WCH 2007; sf OLY 2008. 1 Japanese 2007/2009 (1 400 2006) In 2009: 1 Izumo 300; 1 Kobe 200; 2 Fukuroi 400; 4 Osaka; 1 Japanese						
AZAROVA Tatyana	KAZ	23y	255d	1985	57.44	54.78 -07
2007 World Student Games Champion ... down from 57.02 to 54.78 in 2007 400 pb: 52.39 -07 (53.41 -09). ht World Youth 2001; 6 WJC 2004; 7 Asian Champs 2005; 6 Asian Games 2006; 1 WSG 2007; sf WCH 2007; 2 Asian Indoor Games 400 2008; ht OLY 2008 In 2009: 1 Almaty 400; 1 Almaty (Jun 14); 1 Almaty (Jun 26)						
ZUNDA Ieva	LAT	31y	25d	1978	57.05	55.59 -04
400 pb: 52.32 -04 (53.28 -09). ht WCH 2003; ht OLY 2004/2008. 1 Latvian 98/99/2002/2003/2005/2007/2009 In 2009: 5 Dakar; 5 Osaka; 1 Modena (2 400); 1 Italian Clubs; 1 Prague 'B'; 2 Algiers; 2 ETCh 2nd League; 1 Valmiera; 4 Zhukovskiy; 5 Heusden; 1 Ghent; 1 Latvian 400; 1 Cottbus						
LUOGON Kou	LBR	25y	63d	1984	55.55	55.55 -09
Liberian record holder ... ht WCH 400 2005; 7 African Champs 400 2006 (2008-dnf); 8 African Games 400 2007. 1 Belgian 2007. Based-USA ... graduate of Park Center High school and the University of Alabama ... married her Jamaican-born husband O'Neil Wright in 2004, he ran 49.55 for 400m hurdles in 2005 and competed for Liberia in the World Championships that year In 2009: 1 Ames 400; 1 Northridge; 2 Kingston; 5 Drake Relays; 3 Baie Mahault; 1 Haniá 'B'; 5 Prague; 1 Algiers; 1 Istanbul; 2 Zhukovskiy; 5 Lucerne; 1 Heusden; 1 Cuxhaven (3 400); 2 Barcelona; 4 Cottbus						
ODUMOSU Ajoke	NGR	21y	291d	1987	54.80	54.80 -09
Nigerian record holder ... 2008 African Champion ... 400 pb: 51.39 -08. 5 WJC 2006 (2 4x400); 3 African Games 2007; 1 African Champs 2008; sf OLY 400 flat 2008. dq NCAA finals 2006/2007, each time for hurdle violations. 1 Nigerian 2009. At the University of South Alabama ... coach-Lee Evans In 2009: 1 Athens GA 100/400H; 4 Baie Mahault; 1 Ponce; 7 New York; 4 Prague; dnf Bydgoszcz; 7 Lausanne; 1 Albertville 200 'B'; 1 Kortrijk 200 (2 100); 3 Lucerne; dnf Abuja 'B'; 1 Nigerian						
OGOEBUNAM Amaka	NGR	19y	164d	1990	55.88	55.88 -09
400 pb: 52.16 -09. 100H pb: 14.23 -08. 200 pb: 23.65 09. 1 African junior 200/100H 2009. 1 Nigerian 400H 2008 In 2009: 1 Kada 400H; 1 Kada 200200/100H/400H; 1 Turkish Universities 200/400; 3 Abuja 400; 2 Nigerian 400H; 1 African junior 200/100H						
JESIEN Anna	POL	30y	247d	1978	54.31	53.86 -07
(Jesein pronounced "Yeshen") ... (Née Olichwierczuk) ... 2007 World bronze ... Polish record holder 400 pb: 51.92 -06. 3 ECH 400H/4x400 2002; 1 ECP 2005 (99-7, 2002-2, 2006-5, 2008-2); 6 ECH 2006 (3 4x400); 3 WCP 2006; 3 WCH 2007 (2001-sf, 2003-ht, 2005-4); 5 OLY 2008 (2000/2004-ht); 1 ETCh 2009. 1 Polish 99/2000/2002/2005/2009 (1 400 2006). "Jesien" means "autumn" in Polish ... coach/husband Pawel Jesien ran 51.08 for 400m hurdles in 2000 In 2009: 1 Rabat; 1 Biala Podlaska; 2 Warsaw; 2 Bydgoszcz; 1 ETCh; 3 Lausanne; 1 Rome Golden League; 1 Paris Golden League; 1 Barcelona; 8 Monaco; 1 Polish						
MOROSANU Angela	ROU	23y	19d	1986	53.95	53.95 -09
2007 European under-23 Champion at 400m Hurdles ... 100 pb: 11.47 -05. 200 pb: 22.91 -06. 400 pb: 51.93i -07, 52.48 -05. 8 WJC 400H 2004; 5 ECP 100 2005; 3 EJC 200/400 2005; sf WIC 60/400 2006; 8 ECH 200 2006 (sf 400H); 4 EIC 400 2007; 1 under-23 ECH 400H 2007; 5 WIC 400 2008; sf OLY 400H 2008. At the 2005 European Indoor Championships she was the only finisher in her 200m heat after the other two entrants were disqualified for false starts In 2009: 1 Romanian indoor 60 (dnf 60H); 1 Balkan indoor 60 (5 60H); 8sf EIC 60 (ht 60H); 6 New York; 2 ETCh 1st League 400H; dnf Lausanne 400H; 1 Lucerne 400H; 5 Paris Golden League 400H; 3 Réthymno 400H; 4 London 400H; 1 Romanian 400H						

ANTYUKH Natalya RUS	28y	49d	1981	54.19	54.19 -09
2004 Olympic bronze at 400m flat, suddenly she is world class at 400m hurdles 400 pb: 49.85 -04 (50.90 -09). 200 pb: 22.75 -04. ht WCH 400 2001; 1 EIC 400/4x400 2002; 1 ECH 4x400 2002; 1 WIC 4x400 2003/2006; 3 OLY 2004 (2 4x400); 1 ECP 400 2005 (2001-3); sf WCH 400 2005 (1 4x400); 2 EIC 4x400 2007; 6 WCH 400 2007 (4 4x400). Born-St Petersburg ... coach-Yekaterina Kulikova In 2009: 5 Russian indoor 400; 4 EIC 400 (1 4x400); 6 Milan 400; 1 Moscow City Champs 200; 5 Zhukovskiy; 6 Russian 400; 6 Russian 200; 1 Russian Cup 400H (she clocked 54.19 to improve on her previous best of 58.30 in 2000)					
CHURAKOVA Yelena RUS	22y	241d	1986	56.38	55.52 -09
1 Russian under-23 2008; 3 Russian 2009 In 2009: 4 Chelyabinsk; 3 Moscow Champs indoor 'C'; 4 Russia Challenge; 3 Russian; 2 Russian Cup					
IVANOVA Natalya RUS	28y	50d	1981	55.74	54.36 -07
400 pb: 50.79 -04. 200 pb: 23.26 -04. 5 WJC 400 2000; 4 EIC 400 2002; 5 ECH 400H 2006 (1 4x400); 2 EIC 4x400 2007. Ran in 2004 Olympic 4x400m heat, so awarded silver medal won by Russia in final In 2009: 5 Russian 400H; 3 Russian Cup 400H					
PECHONKINA Yuliya RUS	31y	115d	1978	54.86	52.34 -03
(Née Nosova) ... World record holder ... Outdoor 400 pb: only 53.22 -01. dnf ht WJC 96; 6 EJC 97; ht ECH 98; 1 ECP 2001/2002 (2000-6); 1 WIC 4x400 2001/2003; 2 WCH 2001 (3 4x400); 1 WCP 2002; 3 WCH 2003 (2 4x400); 8 OLY 2004 (2000-sf); 1 EIC 4x400 2005; 1 WCH 2005 (1 4x400); 1 WCP 2006; 2 WCH 2007. 1 Russian 99/2001/2003/2004/2005/2007/2009. Coach-Valentina Maslakov, she started training for athletics at age 12 ... now divorced from international hurdler Yevgeniy Pechonkin ... lives-Yerino, near Moscow ... 1.80 tall In 2009: dnf Zhukovskiy; 1 Russian It is reported that she has withdrawn from Berlin with sinusitis					
JABIR AHMED Mona SUD	22y	220d	1987	57.00	54.93 -07
2007 African Games Champion at 400m Hurdles, also a useful Heptathlete Hep pb: 4977 -06. 400 pb: 53.09 -07. 800 pb: 2:02.42 -09. 100H pb: 14.31 -07. 6 World Youth 400 2003; sf WJC 400 2004; 1 Arab 400H/Heptathlon 2005/2007; 2 African Champs Hep 2005; 4 WJC 400H 2006; 1 African Games 400H 2007; sf WCH 400H 2007; ht OLY 400H 2008 In 2009: 5 Rabat 800; 1 Sollentuna 400H; 1 Madrid 800 'B'; 1 Karlskrona 800; 1 Lappeenranta 400H; 6 Reims 400H; 2 Karlstad 400H					
ISHANGULIYEVA Merjen TKM	21y	205d	1988	58.47	58.47 -09
Turkmenistan record holder ... 1 Turkmenistan 2008/2009 In 2009: 1 Turkmenistan 400/400H; 2 Almaty					
LUCAS Josanne TRI	25y	91d	1984	54.17	54.17 -09
Trinidad record holder at 400m Hurdles, sensationally improved from 55.24 to 54.17 in Reims on July 14, 2009 100H pb: 12.99 -09. 2 Pan-Am junior 2003; ht WCH 2005; 1 North, Central American & Caribbean under-23 2006; ht OLY 2008. 2 NCAA 2006 (5 100H). Graduate of Biomedical Sciences at Auburn University ... she is learning to play the piano & guitar ... she is a Tobagonian (from Tobago rather than Trinidad) ... coach-Henry Rolle In 2009: 2 Auburn 100H (3 200) (Apr 4); 1 Tempe 400H; 1 Auburn 400H (Apr 18); 2 Penn Relays 100H; 3 Kingston 400H; 1 Tallahassee/400H; 2 Belém 400H; 1 Trinidad 100H/400H; 5 Lausanne 400H; 7 Rome Golden League 400H; 1 Reims 400H; 4 Paris Golden League 400H; 1 Lapinlahti 100H					
RABCHENYUK Anastasiya UKR	25y	334d	1983	54.74	53.96 -08
2008 European Cup winner, fourth at the 2008 Olympics ... 400 pb: 52.64 -06. 7 EJC 2001; 6 under-23 ECH 2003; 8 ECH 2006; 2 WSG 2007 (2003-3, 2005-sf); ht WCH 2007; 1 ECP 2008 (2004-7); 4 OLY 2008; 2 ETCh 2009. 1 Ukrainian 2003/2004/2005/2006/2007/2008 In 2009: 1 Ukraine Cup/Yalta; 1 Warsaw; 1 Bydgoszcz; 2 ETCh; 2 Malaga; 6 Lausanne; 5 Rome Golden League					
TITIMETS Hanna UKR	20y	162d	1989	55.95	55.95 -09
8 EJC 2007; 4 WJC 2008; 4 under-23 ECH 2009 In 2009: 1 Zhukovskiy; 4 under-23 ECH; 4 Barcelona					
RODRÍGUEZ Déborah URU	16y	254d	1992	59.71	59.71 -09
Uruguayan record holder ... 1 South American youth 2008; 3 World Youth 2009 (2007-ht) In 2009: 6 South American; 3 World Youth					
COLLINS Ebony USA	20y	156d	1989	55.64	55.64 -09
400 pb: 52.33 -06 (52.58 -09). 1 World Youth 400H/Medley Relay 2005 (plus silver at 100m, the final of which was just 30 minutes after her heat in the 400m hurdles); sf WJC 2006. 4 US Champs 2009. She ran 400m flat in 53.60 aged 12 in 2001 In 2009: 4 Mt. SAC Relays (5 400); 1 Eagle Rock; 4 US Champs; 1 Santa Monica 400					
DEMUS Lashinda USA	26y	157d	1983	52.63	52.63 -09
(Name pronounced "DEE-mus") ... fourth on world all-time list ... 2005 World silver from lane eight 400 pb: 51.24 -02 (51.40 -09). 100H pb: 12.93w -05, 13.08 -04. 1 WJC 400H/4x400 2002; sf OLY 2004; 2 WCH 2005; 2 WCP 2006. 1 US 2005/2006 student of African-American studies at the University of South Carolina ... middle of three sisters, her mother/coach Yolanda Rich (400m pb 52.19) was an international runner in the 70s and 80s ... husband-Jamel Mayrant, their twin sons Duane & Donte born June 5, 2007 She says her secret is 'baby power' – "I've had more workouts with the twins than I've had on the track" In 2009: 2 UCLA Invitational 400; 3 Westwood 400; 1 Baie Mahault; 1 Eagle Rock 400; 1 Prague; 1 US Champs; 1 Santa Monica 400; 1 Réthymno; 1 London (53.65, the fastest time ever in Britain); 1 Monaco (52.63, the fourth fastest of all-time) (unbeaten at 400m hurdles in 2009, 8/8 wins including heats)					
TOSTA Sheena USA	26y	317d	1982	54.19	52.95 -04
(Née Johnson) ... 2008 Olympic silver after placing fourth in 2004... 2007 Pan-American Champion 100H pb: 12.75 -04 (13.33 -09). ht WJC 98; 1 Pan-Am Games 2007; sf WCH 2007; 2 OLY 2008 (2004-4). 1 NCAA 2003/2004; 1 US junior 98/2000 & senior 2004. Studied Psychology & Computer Science at the UCLA ... voted US Collegiate athlete of 2003 ... coach-Bobby Kersee In 2009: 1 Stanford 100H (2 200); 3 Claremont 200; 3 Mt. SAC Relays 400; 1 Osaka; 1 Belém; 2 San Diego 400; 2 US Champs; 2 Rome Golden League; 3 London; 6 Monaco					
WILLIAMS Tiffany USA	26y	190d	1983	54.50	53.28 -07
(Née Ross) ... twice US Champion but under-performed in the 2007 World & 2008 Olympic finals 100H pb: 12.99 -05. 4 WJC 2002 (1 4x400); 2 WIC 4x400 2006; 7 WCH 2007; 8 OLY 2008. 1 US 2007/2008. Studied Retail management at the University of South Carolina, now lives in Orlando ... coach-Brooks Johnson ... husband-Steven Williams, their daughter Samya (4) ... 1.59 tall, so one of the shortest in her event In 2009: 1 Lake Buena Vista; 1 Greensboro; 1 Drake Relays; 2 Baie Mahault; 2 Osaka; 4 New York; 3 US Champs; 1 Lausanne; 4 Rome Golden League; 3 Paris Golden League; 2 Réthymno; 5 Monaco					

WORLD ALL-TIME LIST	2008 WORLD LIST
1..... 52.34..... Yuliya Pechonkina RUS..... 2003	1..... 52.63..... Lashinda Demus USA
2..... 52.61..... Kim Batten USA..... 1995	2..... 53.95..... Angela Morosanu ROU
3..... 52.62..... Tonya Buford USA..... 1995	3..... 54.17..... Josanne Lucas TRI
4..... 52.63..... Lashinda Demus USA..... 2009	=4.. 54.19..... Sheena Tosta USA
5..... 52.64..... Melaine Walker JAM..... 2008 54.19..... Natalya Antyukh RUS
6..... 52.74..... Sally Gunnell GBR..... 1993	6..... 54.20..... Melaine Walker JAM
7..... 52.77..... Fani Halkía GRE..... 2004	7..... 54.31..... Anna Jesien POL
8..... 52.79..... S. Farmer-Patrick USA..... 1993	8..... 54.33..... Kaliese Spencer JAM
9..... 52.82..... Deon Hemmings JAM..... 1988	9..... 54.50..... Tiffany Williams USA
10... 52.89..... Daimi Pernía CUB..... 1999	10... 54.74..... Anastasiya Rabchenyuk UKR