

Africa W. all-time end 2024

400H

1	BIDOUANE Nezha	MAR	52.90		69	25/08/99	2	Sevilla (ESP)
2	BOTHMA Myrtle *	RSA	53.74	A	64	18/04/86	1	Johannesburg (RSA)
3	GELDENHUYS Zenéy	RSA	53.90		00	06/08/24	3sf1	Paris Saint-Denis (FRA)
4	FEBBRAIO Surita	RSA	54.05	A	73	01/04/03	1	Pretoria (RSA)
5	JOSEPH Rogail	RSA	54.12		00	06/08/24	3sf2	Paris Saint-Denis (FRA)
6	NEL Wenda	RSA	54.37		88	20/05/15	1	Beijing (CHN)
7	ENNADI Noura	MAR	54.37		99	22/07/23	2	Madrid (ESP)
8	ODUMOSU Muizat Ajoke	NGR	54.40		87	06/08/12	1sf3	London (GBR)
9	EL MOUTAWAKIL Nawal	MAR	54.61		62	08/08/84	1	Los Angeles (USA)
10	DIOUF Mame Tacko	SEN	54.75		76	16/06/99	3	Athína (GRE)
11	BIELDT Tylon	RSA	54.91		98	13/06/23	4	Turku (FIN)
12	JABIR AHMED Mona	SUD	54.93		87	22/07/07	1	Alger (ALG)
13	NATHANIEL Glory Onome	NGR	55.01		96	10/04/18	3h2	Gold Coast (AUS)
14	USIFO Maria	NGR	55.16		64	06/06/86	1	Indianapolis (USA)
15	LAMBARKI Hayat	MAR	55.27		88	27/06/13	1	Mersin (TUR)
16	ADEKOYA Kemi	NGR	55.30		93	14/06/13	2	Warri (NGR)
17	AKINREMI Omolade	NGR	55.44		74	02/06/95	2	Knoxville (USA)
18	OGOGBUNAM Amaka	NGR	55.46		90	14/08/14	2	Marrakesh (MAR)
19	FICK Charmaine	RSA	55.49	A	59	16/04/83	1	Bloemfontain (RSA)
20	SOULAMA Aïssata	BUR	55.49		79	22/07/07	2	Alger (ALG)
21	LHABZE Lamiae	MAR	55.51		84	27/06/13	2	Mersin (TUR)
22	LUOGON Kou	LBR	55.55		84	01/05/09	3	Baie Mahault (FRA)
23	van RENSBURG Ina	RSA	55.81	A	56	30/04/82	1	Germiston (RSA)
24	WIENAND Janet	RSA	55.82	A	85	07/07/06	1	Pretoria (RSA)
25	MANUNGA Koki	KEN	55.82	A	93	11/07/15	1	Nairobi (KEN)
26	EBERSOHN Annerie	RSA	55.87	A	90	25/05/13	1	Potchefstroom (RSA)
27	MAGERMAN Gezelle	RSA	55.91		97	17/07/21	1	Mendrisio (SUI)
28	TATA-MUYA Rose	KEN	55.94	A	60	08/08/87	2	Nairobi (KEN)
29	van der VEEN Karen	RSA	55.99		66	26/04/88	2	Stellenbosch (RSA)
30	McINTOSH Raasin	LBR	55.99		82	01/07/12	3	Porto-Novo (BEN)
31	NDU Ugonna	NGR	56.01		91	28/04/17	1	Gainesville (USA)
32	KABOUD MEBAM Carole	CMR	56.03		78	05/07/08	2r1	Chambéry (FRA)
33	ONANUGA Saidat	NGR	56.05		74	22/04/01	2	Walnut (USA)
34	MAIYO Maureen Jelagat	KEN	56.12	A	85	26/06/16	2	Durban (RSA)
35	van ZYL Kerrylyn	RSA	56.19	A	74	05/04/02	3	Germiston (RSA)
36	MORAKE Gontse Martha	RSA	56.19		01	15/05/22	1	Lubbock (USA)
37	UYS-Van HEERDEN Lana	RSA	56.23	A	68	03/05/93	1	Pretoria (RSA)
38	TERBLANCHE Debbie	RSA	56.25	A	67	16/02/91	2	Germiston (RSA)
39	SKHYI Hanane	MAR	56.28		83	30/06/07	3	Meknès (MAR)
40	ZETOUANI Nadia	MAR	56.29		70	09/07/94	1	Limoges (FRA)
41	WOMPLOU Marie	CIV	56.39		69	12/07/94	3	Bondoufle (FRA)
42	JAMESON Tameka	NGR	56.44		89	21/05/16	4	Tucson (USA)
43	RAZAIARIMALALA Cendrino	MAD	56.49		78	01/07/01	2r1	Saint-Étienne (FRA)
44	OBILOL Catherine	NGR	56.50		85	21/07/01	2	Lagos (NGR)
45	AKINREMI Omotayo	NGR	56.55		74	14/04/01	2	Tempe (USA)
46	AKPAN Abasiono	NGR	56.57		00	11/05/23	2h1	Baton Rouge (USA)
47	SWART Irma	RSA	56.66		65	22/04/89	3	Durban (RSA)
48	MOUSSA Houria	ALG	56.66		82	22/06/06	1	El Djézair (ALG)
49	AYEDOU Bimbo Miel	BEN	56.66		91	24/07/11	1	Ouagadougou (BUR)
50	ULLRICH Ronelle	RSA	56.81	A	75	03/04/95	2	Pietersburg (RSA)
51	WASIKE Florence	KEN	56.86	A	79	05/07/08	1	Nairobi (KEN)
52	STEPHENS Gladys	NGR	56.88		84	12/07/08	1r1	Alcalá de Henares (ESP)
53	NYAGISERA Vanice Kerubo	KEN	56.95		01	30/08/19	1	Rabat (MAR)

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54	van NIEKERK Hannah	RSA	56.98		05	31/08/24	3	Lima (PER)
55	KYALISIMA Ruth	UGA	57.02		55	06/08/84	7s2	Los Angeles (USA)
56	NDUBUEZE Elisabeth	NGR	57.02		79	22/08/98	4	Dakar (SEN)
57	KOTZE Amanda	RSA	57.04		86	02/06/07	2r2	Neerpelt (BEL)
58	RAMOKGOPA Tumi	RSA	57.04		07	19/04/24	3	Pietermaritzburg (RSA)
59	LACHGAR Zahra	MAR	57.12		78	16/07/04	4	Brazzaville (CGO)
60	van der MERWE Adri	RSA	57.17		76	03/03/01	3	Durban (RSA)
61	BENHADJA Loubna	ALG	57.19		01	31/07/21	8h5	Tokyo (JPN)
62	JONARY Aurelie	MAD	57.20	A	69	04/09/97	1	Antananarivo (MAD)
63	SWANEPOEL Karen	RSA	57.23	A	65	03/05/93	2	Pretoria (RSA)
64	LOUW Cecillia	RSA	57.23		76	20/03/98	3	Cape Town (RSA)
65	VOGEL Elmarie	RSA	57.24	A	60	18/04/86	3	Johannesburg (RSA)
66	NAUSE Madele	RSA	57.1	hA	63	24/10/86		Bloemfontain (RSA)
67	CEESAY Nusrat	GAM	57.24		81	20/04/12		Azusa (USA)
68	RAZANAMALALA Hanitrasoa Olga	MAD	57.25		88	29/08/11	7h2	Daegu (KOR)
69	NAIBE-WEY Aisha	SLE	57.25		93	15/06/18	1f2	Riedim Innkreis (AUT)
70	van der BURGH Marna	RSA	57.26	A	57	21/03/88	2	Pretoria (RSA)
71	ONYEMUWA Mary	NGR	57.27		83	19/05/07	1	Lagos (NGR)
72	RAZAFINJANAHARY Lantosoa	MAD	57.29		81	19/10/00	1h2	Santiago de Chile (CHI)
73	TOURE Gnima	SEN	57.30		75	06/07/99		Sotteville-lès-Rouen (FRA)
74	FLOMO Tiffany	LBR	57.31		82	17/04/12	1	Chapel Hill (USA)
75	OSSAI Rita	NGR	57.31		95	16/06/16	1	Sofia (BUL)
76	BLACKBURN Danielle	RSA	57.37		75	29/04/95	3	Durban (RSA)
77	CLIFFORD Fegor	NGR	57.41		98	16/04/22	1f1	Long Beach (USA)
78	FATOU FAYE Mame	SEN	57.42		86	14/07/13	3	Paris Saint-Denis
79	VERSTER Leonie	RSA	57.3	hA	57	07/04/78		Germiston (RSA)
80	MAKDACH Mounia	MAR	57.44			13/07/08	3	Tanger (MAR)
81	NEL Anje	RSA	57.47	A	04	04/08/22	4	Cali (COL)
82	CONRADIE Bermien	RSA	57.52	A	62	09/04/83	1	Germiston (RSA)
83	HADDAR Dehia	ALG	57.56		95	16/07/16	1	El Djezair (ALG)
84	MARIAM Haile Zewde	ETH	57.60	A	62	08/08/87	3	Nairobi (KEN)
85	LOUVRENS Leonie	RSA	57.61		59	15/11/80	1	Krugersdorp (RSA)
86	BECKER Vanessa	RSA	57.61	A	79	27/01/01	2	Pietersburg (RSA)
87	COOPER Angele	LBR	57.66		90	25/05/12	2q3	Austin (USA)
88	SENEKAL Jean-Marie	RSA	57.68		92	29/04/17	1	Cape Town (RSA)
89	KABAOUI Hend	TUN	57.69		69	28/05/95		Lindau (GER)
90	DIAMOND Maria Blessing	NGR	57.71		99	27/05/23	2	Pueblo (USA)
91	MYBURGH Hydré	RSA	57.6	h	52	05/07/74		Frankfurt (GER)
92	du TOIT Lorraine	RSA	57.74	A	64	21/03/88		Pretoria (RSA)
93	AKPOFA Daisy Faith	NGR	57.77		93	21/05/16	1	Sapele (NGR)
94	ABU Joy	NGR	57.78		99	19/03/22	1f1	Auburn (USA)
95	ROELOFSE Hanlie	RSA	57.81	A	59	02/05/81		Pretoria (RSA)
96	LARABA Nasiru	NGR	57.84			30/07/99	3h1	Lagos (NGR)
97	BEN HASSINE Awatef	TUN	57.84		80	30/05/04		Tunis (TUN)
98	EL JACK Nawal	SUD	57.86		88	18/06/05	1	Rabat (MAR)
99	RAS Zonja	RSA	57.92	A	63	02/03/90		Potchefstroom (RSA)
100	NWAOGU Ann	NGR	57.93		93	14/06/13	3	Warri (NGR)
101	BABOLAYI Oarabile	BOT	57.96		92	30/08/19	5	Rabat (MAR)
102	DJAMALIDINE Salhate	COM	57.97		78	25/07/03	6r1	Narbonne (FRA)
103	OMAR JOUMA Fayza	SUD	57.98		89	03/05/08	4h2	Addis Abeba (ETH)
104	LEUVENNINK Chanel	RSA	57.99		96	06/04/19	3	Stellenbosch (RSA)
105	ERHARUYI Esther	NGR	58.08			30/07/99	1h2	Lagos (NGR)
106	LIEBENBERG Licinda	RSA	58.08		86	14/03/09		Stellenbosch (RSA)
107	SWANEPOEL Helene	RSA	58.08		96	13/07/13		Donetsk (UKR)
108	KOSTER Dominique	RSA	58.11	A	77	27/01/01		Pietersburg (RSA)
109	AKINREMI Taiye	NGR	58.12		70	28/06/92		

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110	KAHIA Houda	MAR	58.12		89	17/07/10		Casablanca (MAR)
111	FRANCIS Kemi	NGR	58.15		93	19/06/21	2	Lagos (NGR)
112	NKAMSAO Audrey	CMR	58.17		89	06/06/15	3f2	Genève (SUI)
113	MARIA Diamond	NGR	58.19		99	29/05/21	4	Allendale (USA)
114	MESSAAD Samira	ALG	58.20		88	20/06/21	3	Radès (TUN)
115	NNAMUKA Rosemary	NGR	58.21		69	02/05/92		
116	NYAKAWA Callen	KEN	58.24	A	83	16/06/07	1	Nairobi (KEN)
117	CHELAGAT Maureen	KEN	58.32	A	90	26/06/07	2	Nairobi (KEN)
118	JOAQUIM Delfina	ANG	58.34		80	11/07/99	1	Lisboa (POR)
119	NDIRANGU Rahab Wanjriu	KEN	58.35	A	01	22/05/24	2	Nairobi (KEN)
120	SYLLA-LE BOUARD Aminata	SEN	58.36		84	18/06/05		Nice (FRA)
121	ONWUGAMBO Edith	NGR	58.38			20/06/02	1	Lagos (NGR)
122	OCHIGBO Sarah	NGR	58.38		02	26/06/22	1	Benin City
123	MWANGI Ann	KEN	58.41	A	79	18/06/21	1	Nairobi (KEN)
124	BALSAMO Monique	RSA	58.42	A	84	08/06/02		Germiston (RSA)
125	GEDECHA Gebeyanesh	ETH	58.3	h	98	09/05/19	1	Addis Abeba (ETH)
126	ISMAILA Halimat	NGR	58.46		84	20/06/02	2	Lagos (NGR)
127	ABINUWA Endurance	NGR	58.50			13/04/06	2	Abeokuta (NGR)
128	KOLA Caroline	KEN	58.51	A	66	23/07/94		Nairobi (KEN)
129	OLUWAKEMI Francis Ruth	NGR	58.54		93	21/06/14	2	Calabar (NGR)
130	DOMENECH Sophie	SEN	58.59		71	31/05/97		Narbonne (FRA)
131	van STANDEN Jada	RSA	58.59	A	03	23/03/24	1	Pretoria (RSA)
132	KLOPPERS Annie	RSA	58.60		65	30/03/85		Krugersdorp (RSA)
133	HUTCHINSON Shona	RSA	58.60	A	74	03/03/06		Pretoria (RSA)
134	CHEGE Jane	KEN	58.60			26/06/16	5	Durban (RSA)
135	MOGOTSI Kleintjie	RSA	58.64	A	73	27/04/96		Bloemfontein (RSA)
136	OBIKA Hope	NGR	58.65		70	06/05/89		
137	FOURIE Ane	RSA	58.65		93	28/04/12		Windhoek (NAM)
138	ODEYEMI Aminat	NGR	58.65		97	21/06/14	3	Calabar (NGR)
139	KLAASMAN Lilanne	NAM	58.68		87	17/09/15		Brazzaville (CGO)
140	EKENE Comfort	NGR	58.68		95	10/04/21	2	Benin City (NGR)
141	HAMIDU Asana	GHA	58.70		00	10/11/22		Kumasi (CGO)
142	MORGAN Lynette	RSA	58.71		91	03/08/14	2	Umeå (SWE)
143	KRIEDEMANN Djane	RSA	58.74	A	96	12/04/14	4	Pretoria (RSA)
144	TERBLANCHE Chantelle	RSA	58.77		85	23/03/02		Germiston (RSA)
145	ABIMBOLA Junaid	NGR	58.77		97	11/07/15	1h1	Akure (NGR)
146	THERON Jana	RSA	58.78	A	89	05/04/12		Pretoria (RSA)
147	HEERINK VAN BREDA Alex	RSA	58.78		03	13/05/23	1	Fullerton (USA)
148	du PLESSIS Ina-Marie	RSA	58.81		81	03/03/01		Durban (RSA)
149	EL FAQUIR Fatima	MAR	58.82		54	17/07/79	1	Tunis (TUN)
150	MEINTJIES Mariska	RSA	58.83	A	86	14/03/09		Stellenbosch (RSA)
151	CHEBET Diana	KEN	58.83	A	94	08/06/23	1	Nairobi (KEN)
152	BOUABDA Souhir	TUN	58.87		84	08/07/12		Chambery (FRA)
153	van der MERWE Belinda	RSA	58.87		99	29/04/17	2	Cape Town (RSA)
154	GRIQUI Hasna	MAR	58.88		86	13/08/14	4h2	Marrakech (MAR)
155	NKAMSAO Audrey	CMR	58.89		89	07/07/18	4sf2	Albi (FRA)
156	ELSAVED MOHAMED Tasabih	SUD	58.91		94	09/07/11	5	Lille (FRA)
157	KAY Laurienne	RSA	58.92		80	27/04/02		Bellville (RSA)
158	DEME Abu	ETH	58.8	h		20/05/17	1	Addis Abeba (ETH)
159	NEUHOFF Izelle	RSA	58.98	A	94	25/06/11		Pretoria (RSA)
160	CLAASSEN Corne	RSA	58.99	A	83	21/04/01		Pretoria (RSA)
161	EL HACHIMI Sara	MAR	58.99		00	03/03/19	1f1	Sale (MAR)
162	LAWAL Abimbola	NGR	59.01		90	03/07/08	2	Abuja (NGR)
163	NYENKE Glory	NGR	59.02		98	23/04/22	1f1	Atlanta (USA)
164	de WET Simone	RSA	59.02	A	03	01/04/23	7	Potchefstroom (RSA)
165	TESEMA Banchiayehu	ETH	59.02		05	25/06/24	5h1	Douala (CMR)

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166	KOUVOUOUKILA Flora	CGO	59.03		01	25/06/24	4h2	Douala (CMR)
167	FOLAJOGUN Akinduro	NGR	59.04		87	26/06/10	2	Calabar (NGR)
168	GATHOGO Jerioth	KEN	59.04	A		21/06/18	1h1	Nairobi (KEN)
169	MBUNDE Marcella	KEN	59.06	A	65	08/08/87		Nairobi (KEN)
170	BELAY-WENDEMU Wosene	ETH	59.06		89	30/06/12	3h3	Pto. Novo (ESP)
171	LOURENS Ciska	RSA	59.12		67	20/04/91		Pretoria (RSA)
172	KWAMBOKA Ednah	KEN	59.12	A	89	16/07/11	3	Nairobi (KEN)
173	ABDULAI Ruky	GHA	59.13		82	04/06/06		Abbotsford (CAN)
174	van ROOYEN Katrien	RSA	59.16		65	05/12/86		Bloemfontein (RSA)
175	BALOGUN Folake	NGR	59.21			03/07/08	3	Abuja (NGR)
176	AFOLABI Toyin	NGR	59.22		89	19/02/09	2	Kada (TOG)
177	PEKELHARING Juane	RSA	59.23		82	05/04/02		Germiston (RSA)
178	MAHIEDDINE Hassiba	ALG	59.23		85	19/07/06	3	El-Djezair (ALG)
179	NGURE Gladys	KEN	59.24	A	95	17/02/18	2	Nairobi (KEN)
180	ASHAMO Mihret	ETH	59.1	h	04	25/12/21	1	Addis Abeba (ETH)
181	COETZEE Hesmari	RSA	59.25		98	15/04/17	2F1	Columbia (USA)
182	VERCUIEL Juli	RSA	59.26		00	08/04/17	3	Cape Town (RSA)
183	OTU Idara	NGR	59.29		87	17/05/12	3	Houston (USA)
184	van ZYL Heidi	RSA	59.31		76	09/04/94		Bloemfontein (RSA)
185	WANJIRU Rahab Johnson	KEN	59.32	A	04	23/06/23	2	Nairobi (KEN)
186	OHAERI Christina	NGR	59.33		79	25/03/00	1	Baton Rouge (USA)
187	OVEJDE Oke Gift	NGR	59.36		06	06/07/23	1h1	Benin City (NGR)
188	ROODT Hilda	RSA	59.38		59	07/12/81		Johannesburg (RSA)
189	KADIRI Sarah	NGR	59.39		96	24/07/15	5	Warri (NGR)
190	BOUATI Najia	MAR	59.40		80	25/06/03	1	Radès (TUN)
191	DOHA Razki	MAR	59.40		01	16/07/23	2	Rabat (MAR)
192	OUANIS Chaima	ALG	59.40		98	12/05/24	1f1	Tomblaine (FRA)
193	KRUIDENIER Ina	RSA	59.41		86	23/03/02		Germiston (RSA)
194	DERBY-LEWIS Karen	RSA	59.45		60	11/12/82		Port Elizabeth (RSA)
195	BLACK Zanri	RSA	59.48		05	19/04/24	6	Pietermaritzburg (RSA)
196	EWUSI Lovina	GHA	59.50		03	26/04/24	3f1	Lubbock (USA)
197	AYANA Tigist	ETH	59.51		05	25/06/24	5h2	Douala (CMR)
198	ILLO Louisa	NGR	59.55			19/06/03	2	Ibadan (NGR)
199	OBIOR Kate Chinwendu	NGR	59.56		85	20/06/02	3	Lagos (NGR)
200	JOY Sunday	NGR	59.58			01/05/10	1	Lagos (NGR)
201	KANGAI Irene	KEN	59.60			29/05/10	2	Marion (USA)
202	KUDORO Taiwo Mary	NGR	59.61		05	18/06/24	1	Benin City (NGR)
203	NDALA Addo	CGO	59.63		73	07/07/91		Dreux (FRA)
204	NTINI Yvonne	ZIM	59.76		79	20/06/98		Germiston (RSA)
205	NWOKIKE Adaeze	NGR	59.77		99	12/03/21	1f2	Akure (NGR)
206	EILERD Charlize	RSA	59.77		02	17/04/21	8	Pretoria (RSA)
207	TABUNDA Priscilla	KEN	59.81	A	89	10/06/17	3	Nairobi (KEN)
208	NKOR Mercy	NGR	59.83			09/07/05	4	Abuja (NGR)
209	DAVEL Mienke	RSA	59.83		07	23/03/24	2	Pretoria (RSA)
210	ADENUGA Temitope Praise	NGR	59.92		07	14/06/23	2	Benin City (NGR)
211	DEMELASH Eleni	ETH	59.8	h		14/06/15		Addis Abeba (ETH)
212	HERMI Nourhane	TUN	59.94		99	20/06/21	4	Radès (TUN)

* mixed race

BOTHMA Myrtle	RSA	53.65	A	64	12/03/90	1	Pretoria (RSA)
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