

ALL-TIME PREFONTAINE CLASSIC SUB-4:00 MILE LIST

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FAST - Federation of American Statisticians of Track
ATFS - Association of Track and Field Statisticians

At 07 June 2009

The Pre Classic Mile continues to be the greatest race in the United States. No other American invitational meet has seen as many sub-4:00 performances. What follows is the updated All-Time Sub-4:00 list for the Pre Classic after the 2009 meet. Other interesting notes and statistics are presented at the end of the compilation.

Daniel K.	Komen	Kenya	3:48.28	1	10 Jun 07
Asbel	Kiprop	Kenya	3:48.50	1	07 Jun 09
Haron	Keitany	Kenya	3:48.78	2	07 Jun 09
Hicham	El Guerrouj	Morocco	3:49.92	1	27 May 01
Bernard	Lagat	Kenya	3:50.21	1	24 May 03
Shadrack	Korir	Kenya	3:50.49	1	08 Jun 08
	Lagat		3:50.56	2	10 Jun 07
Nick	Willis	New Zealand	3:50.66	2	08 Jun 08
Alan	Webb	USA/Nike	3:50.85	1	19 Jun 04
	El Guerrouj		3:50.89	1	26 May 02
Alex	Kipchirchir	Kenya	3:50.91	1	04 Jun 05
Daniel	Komen	Kenya	3:50.95	1	31 May 98
	(10 Performers)				
	D.K. Komen	Kenya	3:50.95	3	08 Jun 08
William	Chirchir	Kenya	3:51.03	2	26 May 02
Rachid	Ramzi	Bahrain	3:51.33	2	04 Jun 05
	Lagat		3:51.53	3	04 Jun 05
	Lagat		3:51.53	1	28 May 06
	Kipchirchir		3:51.71	2	28 May 06
Kevin	Sullivan	Canada	3:51.82	2	27 May 01
	Chirchir		3:51.84	1	24 Jun 00
Noah	Ngeny	Kenya	3:52.09	1	30 May 99
	Kipchirchir		3:52.10	3	10 Jun 07
David	Kibet	Kenya	3:52.28	1	26 May 96
	Ngeny		3:52.38	2	31 May 98
	Ramzi		3:52.39	3	28 May 06
	Sullivan		3:52.54	2	24 Jun 00
	Lagat		3:52.63	3	26 May 02
Nate	Brannen	Canada	3:52.63	3	07 Jun 09
Laban	Rotich	Kenya	3:52.68	1	25 May 97
	S. Korir	Kenya	3:52.78	4	10 Jun 07
	D.K. Komen		3:52.84	4	28 May 06
Steve	Holman	USA/Reebok Enclave	3:52.86	2	26 May 96
	Holman		3:52.89	1	04 Jun 95

Martin	Keino	Kenya	3:53.03	3	26 May 96
Elkanah	Angwenyi	Kenya	3:53.05	4	04 Jun 05
	(20 Performers)				
Belal	Mansour	Bahrain	3:53.05	4	07 Jun 09
	Mansour		3:53.12	4	08 Jun 08
	Lagat		3:53.14	3	27 May 01
Tom	Byers	USA/adidas	3:53.25	1	04 Jun 83
Richie	Boulet	USA/New Balance	3:53.26	3	31 May 98
Edgar	de Oliveira	Brazil	3:53.30	4	26 May 96
	Sullivan		3:53.34	2	24 May 03
Adil	Kaouch	Morocco	3:53.40	4	27 May 01
	Webb	South Lakes HS/Va	3:53.43	5	27 May 01
Nicholas	Kemboi	Kenya	3:53.43	5	07 Jun 09
Lopez	Lomong	USA/Nike	3:53.47	6	07 Jun 09
	Willis	New Zealand	3:53.51	2	19 Jun 04
	Holman		3:53.63	4	31 May 98
Terrance	Herrington	USA/adidas	3:53.64	2	04 Jun 95
	Sullivan		3:53.70	2	30 May 99
	Kipchirchir		3:53.73	3	24 May 03
Hudson	de Souza	Brazil	3:53.74	3	24 Jun 00
Elijah Kipruto	Maru	Kenya	3:53.75	2	25 May 97
	(30 Performers)				
Mark	Carroll	Ireland	3:53.80	4	24 Jun 00
Marcus	O'Sullivan	Ireland	3:53.81	5	26 May 96
	Angwenyi		3:53.95	5	28 May 06
	Lomong		3:53.97	5	08 Jun 08
Sydney	Maree	USA/Reebok	3:54.10	1	05 Jun 82
Martin	Johns	New Zealand	3:54.10	6	26 May 96
Adam	Goucher	USA/Fila	3:54.17	3	30 May 99
Ray	Flynn	Ireland	3:54.21	2	05 Jun 82
David	Lelei	Kenya	3:54.26	4	24 May 03
Evan	Jager	USA/Wisconsin	3:54.35	7	07 Jun 09
	de Souza		3:54.39	6	27 May 01
	de Souza		3:54.39	5	24 May 03
Jason	Lunn	USA/Nike	3:54.43	6	24 May 03
Steve	Scott	USA/Sub 4 TC	3:54.44	1	21 Jul 84
	(40 Performers)				
Chris	Lukezic	USA/Reebok	3:54.46	6	28 May 06
	Angwenyi		3:54.52	3	19 Jun 04
Graham	Hood	Canada	3:54.62	7	27 May 01
Jon	Rankin	USA/Nike	3:54.68	6	08 Jun 08
William	Tanui	Kenya	3:54.76	4	30 May 99
Mike	Boit	Kenya	3:54.77	2	04 Jun 83
	S. Korir		3:54.77	8	07 Jun 09
Henock	Legesse	Ethiopia	3:54.81	9	07 Jun 09
Karl	Paranya	USA/Asics	3:54.83	5	30 May 99
Seneca	Lassiter	USA/Nike	3:54.85	5	24 Jun 00
Rob	Myers	USA/Reebok	3:54.87	5	04 Jun 05
	Keino		3:54.93	6	30 May 99
Matt	Holthaus	USA/Reebok Enclave	3:54.96	7	30 May 99
	(50 Performers)				
Bryan	Berryhill	USA/Colorado St	3:55.01	8	27 May 01

	Hood		3:55.07	7	26 May 96
Youssef	Baba	Morocco	3:55.10	9	27 May 01
Raymond	Yator	Kenya	3:55.12	10	27 May 01
	Holman		3:55.13	8	30 May 99
Jason	Pyrah	USA/Mizuno	3:55.14	8	26 May 96
	Kibet		3:55.20	3	04 Jun 95
	Tanui		3:55.22	3	25 May 97
Venuste	Niyongabo	Burundi	3:55.24	5	31 May 98
Todd	Harbour	USA/SMTC	3:55.26	3	05 Jun 82
	Lassiter		3:55.30	4	26 May 02
Christian	Cushing-murray	USA/SMTC	3:55.42	4	04 Jun 95
	Pyrah		3:55.47	5	04 Jun 95
	Webb		3:55.47	7	08 Jun 08
Ibrahim	Aden	USA/Nike	3:55.53	5	26 May 02
Matt	Giusto	USA/FootLocker	3:55.58	9	26 May 96
	de Souza		3:55.63	6	31 May 98
Benjamin	Kipkurui	Kenya	3:55.64	6	26 May 02
	(60 Performers)				
	Pyrah		3:55.74	6	24 Jun 00
Greg	Whiteley	USA/Asics	3:55.80	6	04 Jun 95
	[100 Performances]				
	Giusto		3:55.83	7	04 Jun 95
	O'Sullivan		3:55.86	4	25 May 97
	Rotich		3:55.93	7	24 May 03
	Keino		3:55.98	7	31 May 98
	Webb		3:55.99	10	07 Jun 09
	Maree		3:56.04	3	04 Jun 83
David	Strang	Great Britain	3:56.05	8	04 Jun 95
	Aden		3:56.13	8	31 May 98
Bob	Kennedy	USA/Nike Indiana	3:56.21	1	04 Jun 94
	Sullivan		3:56.21	5	10 Jun 07
	Keino		3:56.23	5	25 May 97
Youcef	Abdi	Australia	3:56.23	8	24 May 03
Gordon	Johnson	USA/Brooks RT	3:56.24	9	04 Jun 95
William	Kemei	Kenya	3:56.25	10	04 Jun 95
Peter	van der Westhuisen	South Africa	3:56.26	11	07 Jun 09
	Berryhill		3:56.30	7	26 May 02
	Johns		3:56.32	9	31 May 98
	Pyrah		3:56.33	6	25 May 97
Joaquim	Cruz	Brazil	3:56.36	1	06 Jun 87
Richie	Harris	USA/Ath West	3:56.40	4	05 Jun 82
	Sullivan		3:56.41	6	04 Jun 05
David	Krummenacker	USA/adidas	3:56.45	8	26 May 02
	(70 Performers)				
Cornelius	Chirchir	Kenya	3:56.36	7	28 May 06
Balazs	Tolgyesi	Hungary	3:56.57	7	25 May 97
Chuck	Aragon	USA/Ath West	3:56.59	4	04 Jun 83
	Herrington		3:56.59	8	25 May 97
	Aragon		3:56.62	2	06 Jun 87
Will	Leer	USA/Oregon TC Elite	3:56.63	12	07 Jun 09
	Kennedy		3:56.71	1	05 Jun 93
	Goucher		3:56.76	9	26 May 02
	Paranya		3:56.77	10	31 May 98

Bill	Burke	USA/New York AC	3:56.83	2	05 Jun 93
	Strang		3:56.86	3	05 Jun 93
	Keino		3:56.87	11	27 May 01
	Ri. Harris		3:56.92	2	21 Jul 84
Charlie	Gruber	USA/Nike	3:56.92	7	04 Jun 05
	Cruz		3:56.9	1	02 Jul 88
Dub	Myers	USA/New York AC	3:57.11	3	06 Jun 87
	Pyrah		3:57.12	11	31 May 98
Gawain	Guy	USA/H&R TC	3:57.18	4	06 Jun 87
Phil	Kane	USA/Ath West	3:57.19	5	05 Jun 82
Eliud	Kipchoge	Kenya	3:57.19	6	10 Jun 07

(80 Performers)

Jeff	Atkinson	USA/Stanford TC	3:57.2	2	02 Jul 88
Scott	McGowan	USA/New Balance	3:57.21	8	04 Jun 05
	Goucher		3:57.23	9	04 Jun 05
Alan	Klassen	Canada	3:57.31	4	05 Jun 93
David	Wittman	USA/Nike Texas	3:57.31	11	04 Jun 95
	de Oliveira		3:57.35	2	04 Jun 94
Maurice	Smith	USA/Reebok	3:57.36	1	01 Jun 90
	Holman		3:57.37	9	25 May 97
Carlton	Jones	USA/Club NW	3:57.43	3	04 Jun 94
	Kipchirchir		3:57.43	8	08 Jun 08
Shannon	Lemora	USA/Nike Oregon	3:57.47	4	04 Jun 94
Matt	Lane	USA/Nike	3:57.57	10	26 May 02
Kevin	Ryan	USA/Ath West	3:57.60	5	04 Jun 83
	Aragon		3:57.71	6	05 Jun 82
	Hood		3:57.71	10	25 May 97
Steve	Agar	Dominica	3:57.77	11	25 May 97

(90 Performers)

Doug	Consiglio	Canada	3:57.7	3	02 Jul 88
Leonard	Mucheru	Kenya	3:57.90	11	26 May 02
Daniel	Zegeye	Ethiopia	3:57.92	12	27 May 01
	Scott		3:57.9	1	14 Jun 77
Rick	Musgrave	USA/Colorado TC	3:58.00	7	05 Jun 82
Marty	Liquori	USA/Florida AA	3:58.0	2	14 Jun 77
	Rob Myers		3:58.01	7	10 Jun 07
Ronnie	Harris	USA/Sallie Mae TC	3:58.03	5	05 Jun 93
Michael	Power	Australia	3:58.03	12	04 Jun 95
	Wittman		3:58.05	5	04 Jun 94
	Lemora		3:58.12	13	04 Jun 95
	N. Kemboi		3:58.12	8	10 Jun 07
	Boit		3:58.13	5	06 Jun 87
	deSouza		3:58.15	9	30 May 99
	Leer		3:58.16	9	08 Jun 08
Bob	Lesko	USA/Sallie Mae TC	3:58.23	6	05 Jun 93
Dan	Aldridge	USA/Ath West	3:58.24	8	05 Jun 82
Benny	McIntosh	USA/Asics	3:58.25	6	04 Jun 94

(100 Performers)

	Dub Myers		3:58.2	4	02 Jul 88
Joe	Fabris	USA/ARC	3:58.3	9	05 Jun 82
Sammy	Langat	Kenya	3:58.35	10	30 May 99
	Sullivan		3:58.35	4	19 Jun 04
Mo	Farah	Great Britain	3:58.36	8	28 May 06

Andy	Clifford	USA/Ath in Action	3:58.4	10	05 Jun 82
Said	Ahmed	USA/Nike	3:58.46	9	10 Jun 07
Mike	Hillardt	Australia	3:58.60	3	21 Jul 84
Paul	McMullen	USA/Coast Guard	3:58.60	5	19 Jun 04
Julius	Achon	Uganda	3:58.66	6	19 Jun 04
Leonel	Manzano	USA/Nike	3:58.68	13	07 Jun 09
	Lemora		3:58.70	10	26 May 96
	Flynn		3:58.72	6	06 Jun 87
	Holman		3:58.73	7	04 Jun 94
	Keino		3:58.73	8	04 Jun 94
	Rankin	USA/Nike	3:58.76	9	28 May 06
	Ngeny		3:58.79	9	24 May 03
Peter	Spir	Canada	3:58.7	3	14 Jun 77

(110 Performers)

Jim	Spivey	USA/Ath West	3:58.80	1	07 Jun 86
Brendan	Mathias	Canada	3:58.83	2	01 Jun 90
Dan	Maas	USA/Reebok	3:58.83	7	05 Jun 93
	Webb		3:58.84	10	24 May 03
Roger	Jones	USA/Puma	3:58.93	6	04 Jun 83
	Boit		3:59.05	4	21 Jul 84

[200 Performances]

Ernie	Freer	USA/Goldwin	3:59.08	8	05 Jun 93
	Boit		3:59.0	11	05 Jun 82
	Cushing-murray		3:59.14	9	05 Jun 93
Chris	Katon	USA/adidas	3:59.19	9	04 Jun 94
Bruce	Stirling	USA/Reebok	3:59.1	5	02 Jul 88
John	Kosgei	Kenya	3:59.29	7	24 Jun 00
Jon	Warren	USA/Nike Texas	3:59.30	10	04 Jun 94
	Aragon		3:59.38	2	07 Jun 86
Ed	Arriola	USA/Arizona	3:59.3	4	14 Jun 77

(120 Performers)

	Aden		3:59.49	11	24 May 03
John	Quade	USA/Nike North	3:59.52	3	01 Jun 90
	Whiteley		3:59.57	11	04 Jun 94
Mark	Fountain	Australia	3:59.64	12	24 May 04
Mike	Stahr	USA/New York PC	3:59.73	3	07 Jun 86
Jim	Howarth	USA/Nike	3:59.75	12	04 Jun 94
Steve	Slattery	USA/Nike	3:59.78	7	19 Jun 04
	Aragon		3:59.7	6	02 Jul 88
	Consiglio		3:59.80	1	21 Jun 91
Paul	Korir	Kenya	3:59.86	10	04 Jun 05
Aaron	Lanzel	USA/Unat	3:59.88	8	19 Jun 04
Gabe	Jennings	USA/Stanford	3:59.91	8	24 Jun 00

(Total: 221 Performances by 128 Performers)

**In 1975—the inaugural race—1979 & 1989, a sub-4:00 was not achieved.
The winners of those races:**

Lars-Martin	Kaupang	Norway	4:01.4	1	07 Jun 75
Phil	Kane	USA/Ath West	4:03.1	1	02 Jun 79
Tim	Hacker	USA/Ath West	4:02.12	1	03 Jun 89

In 1976, 1978, 1980, 1981 1985 & 1992, the mile was not contested, but rather the 1500 meters.

The winners of those races:

Mark	Feig	USA/Oregon TC	3:38.1	1	05 Jun 76
Bob	Maplestone	Great Britain	3:43.4	1	31 May 78
Rudy	Chapa	USA/Oregon TC	3:40.82	1	06 Jun 80
Tom	Byers	USA/Ath West	3:36.35	1	06 Jun 81
Joaquim	Cruz	Brazil	3:35.70	1	01 Jun 85
Joe	Falcon	USA/FootLocker	3:36.3	1	06 Jun 92

Statistical Notes of Interest**Most Athletes Under 4:00, One Race:**

- 13 - 1995, 2009
- 12 - 1994
- 12 - 2001
- 12 - 2003
- 11 - 1982
- 11 - 1997
- 11 - 1998
- 11 - 2002

Most Wins:

- 3 - Joaquim Cruz - 1985 (1500), 1987, 1988
- 2 - Steve Scott - 1977, 1984
- 2 - Tom Byers - 1981 (1500), 1983
- 2 - Bob Kennedy 1993, 1994
- 2 - Hicham El Guerrouj 2001, 2002
- 2 - Bernard Lagat 2003, 2006

Most Races Under 4:00:

- 7 - Kevin Sullivan - 1999, 2000, 2001, 2003, 2004, 2005, 2007
- 6 - Steve Holman - 1994, 1995, 1996, 1997, 1998, 1999
- 6 - Martin Keino - 1994, 1996, 1997, 1998, 1999, 2001
- 6 - Bernard Lagat - 2001, 2002, 2003, 2005, 2006, 2007
- 5 - Chuck Aragon - 1982, 1983, 1986, 1987, 1988
- 5 - Jason Pyrah - 1995, 1996, 1997, 1998, 2000
- 5 - Hudson de Souza - 1998, 1999, 2000, 2001, 2003
- 5 - Alex Kipchirchir - 2003, 2005, 2006, 2007, 2008
- 5 - Alan Webb - 2001, 2003, 2004, 2008, 2009
- 4 - Mike Boit - 1982, 1983, 1984, 1987

Most Races Under 3:51.00:

- 2 - Hicham El Guerrouj
- 2 - Bernard Lagat
- 2 - Daniel K. Komen

Most Races Under 3:52:00:

- 4 - Bernard Lagat
- 2 - William Chirchir

Most Races Under 3:53.00:

- 5 - Bernard Lagat
- 4 - Alex Kipchirchir
- 2 - Steve Holman
- 2 - Noah Ngeny
- 2 - Kevin Sullivan

Most Races Under 3:54.00:

- 6 - Bernard Lagat
- 5 - Alex Kipchirchir
- 4 - Kevin Sullivan
- 3 - Steve Holman