

Athletic season 2023

Michael Norman of the United States earned the men's world 400m title that his talents deserved last year, in a relatively slow 44.29.

But he will need to up his game – and with a 2019 personal best of 43.45 that puts him joint fourth all-time he has the talent – in order to hold off the Tokyo Olympic champion Steven Gardiner.

The 6ft 4in (193 cm) Bahamian, who was unable to defend his world title last year because of injury, has re-established himself this season, topping the world list with his victory at the Szekesfehervar meeting in Hungary on 18 July with 43.74 – not far off his 2019 personal best of 43.48.

Norman is one of only three men to have run a sub-10 100m, a sub-20 200m and a sub-44 400m, along with his compatriot Fred Kerley and South Africa's world 400m record-holder Wayde van Niekerk.

The recent drama in this event has been all about the 31-year-old from Cape Province, who won world titles either side of lowering the world record to 43.03 from lane eight at the Rio 2016 Olympics before suffering a severe ACL knee injury during a celebrity rugby match in October 2017.

His return to full fitness has taken several years, but after finishing fifth in last year's world final he has pushed on again this season to establish himself as a genuine medal contender.

Unbeaten this year, he has won three Diamond League races and is fourth in the 2023 world standings on 44.08.

But the drama in Budapest might centre around Zambia's mercurial Commonwealth Games champion Muzala Samukonga, who stands second in this year's world list with his clocking of 43.91 on 29 April.

Samukonga failed to finish the 400m at the Silesia Diamond League on 16 July because of what his coach Douglas Kalembo described as a "very bad" hamstring injury. Samukonga is included in the entry list, but how fit he is remains to be seen.

Also in with serious medal chances are Jamaica's 30-year-old Rusheen McDonald, who finished third behind Gardiner in Szekesfehervar in 44.03, and Britain's two-time European champion and 2022 world bronze medallist Matthew Hudson-Smith.

The Briton found himself standing on every step of the podium last season as he retained his European title in Munich and took silver at the home Commonwealth Games in Birmingham. Although his season's best of 44.72, set at the London Diamond League meeting on 23 July, leaves him outside the top 20 in this year's world lists, that kind of consistency will do nothing to hinder his medal prospects in Budapest.

Grenada's Kirani James is back in World Championships action after claiming three medals – gold in 2011, silver in 2022 and bronze in 2015 – over the past 12 years.

MS: 45.00 (45.90)

OH: 45.00

Medal winners			Relevant records			
2012 Europe			WR	43.03	Wayde van Niekerk	RSA Rio de Janeiro 26 Aug 1999
1	Pavel Maslák	CZE 45.24	WJR	43.87	Steve Lewis	USA Seoul 28/9/88
2	Marcell Deák-Nagy	HUN 45.52	Eur	44.33	Thomas Schönlebe	GDR Roma 3/9/87
3	Yannick Fonsat	FRA 45.82	Ame	43.18	Michael Johnson	USA Sevilla 26/8/99
2012 Olympic			CZE	44.79	Pavel Maslák	Doha 9/5/14
1	Kirani JAMES	GRN 43.94	WIR	44.52	Michael Norman	USA College Station TX 10 Mar 2018
2	Luguelin SANTOS	DOM 44.46				
3	Lalonde GORDON	TRI 44.52				
2013 Europe indoor			All-time list			
1	Pavel Maslák	CZE 45.66	1	43.03	Wayde van Niekerk	RSA Rio de Janeiro 14 Aug 2016
2	Nigel Levine	GBR 46.21	2	43.18	Michael Johnson	USA Sevilla 26 Aug 1999
3	Pavel Trenikhin	RUS 46.70	3	43.29	Butch Reynolds	USA Zürich 17 Aug 1988
2013 World			4	43.45	Jeremy Wariner	USA Osaka 31 Aug 2007
1	LaShawn MERRITT	USA 43.74	4	43.45	Michael Norman	USA Torrance CA 20 Apr 2019
2	Tony MCQUAY	USA 44.40	6	43.48	Steven Gardiner	BAH Doha 4 Oct 2019
3	Luguelin SANTOS	DOM 44.52	7	43.50	Quincy Watts	USA Barcelona 5 Aug 1992
2014 World indoor			8	43.64	Fred Kerley	USA Des Moines IA 27 Jul 2019
1	Pavel MASLÁK	CZE 45.24	9	43.65	LaShawn Merritt	USA Beijing 26 Aug 2015
2	Chris BROWN	BAH 45.58	10	43.70	Champion Allison	USA Eugene OR 25 Jun 2022
3	Kyle CLEMONS	USA 45.74	11	43.72	Isaac Makwala	BOT La Chaux-de-Fonds 5 Jul 2015
2014 Europe			World season list			
1	Martyn Rooney	GBR 44.71	1	43.74	Steven Gardiner	BAH Székesfehérvár 18 Jul
2	Matthew Hudson-Smith	GBR 44.75	2	43.91A	Muzala Samukonga	ZAM Gaborone 29 Apr
3	Donald Blair-Sanford	ISR 45.27	3	44.03	Rusheen McDonald	JAM Székesfehérvár 18 Jul
2015 Europe indoor			4	44.08	Wayde van Niekerk	RSA Chorzów 16 Jul
1	Pavel Maslák	CZE 45.33	5	44.21	Rai Benjamin	USA Los Angeles CA 8 Apr
2	Dylan Borlée	BEL 46.25	6	44.22	Bryce Deadmon	USA Eugene OR 8 Jul
3	Rafal Omelko	POL 46.26	7	44.24	Emmanuel Bamidele	NGR Austin TX 9 Jun
2015 World			8	44.25	Ryan Willie	USA Austin TX 9 Jun
1	Wayde VAN NIEKERK	RSA 43.48	9	44.39	Vernon Norwood	USA Eugene OR 8 Jul
2	LaShawn MERRITT	USA 43.65	10	44.41	Quincy Hall	USA Eugene OR 8 Jul
3	Kirani JAMES	GRN 43.78	11	44.43	Sean Bailey	JAM Westwood CA 27 May
2016 World indoor			European season list			
1	Pavel MASLÁK	CZE 45.44	1	44.72	Matthew Hudson-Smith	GBR London 23 Jul
2	Abdalelah HAROUN	QAT 45.59	2	44.79	João Ricardo Coelho	POR Chengdu 3 Aug
3	Deon LENDORE	TTO 46.17	3	44.86	Håvard Bentsdal Ingvaldsen	NOR Oslo 15 Jun
2016 Europe			4	44.98	Áttila Molnár	HUN Limassol 25 May
1	Martyn Rooney	GBR 45.29	5	45.05	Gilles Biron	FRA San Salvador 4 Jul
2	Pavel Maslák	CZE 45.36	6	45.06	Liemarvin Bonevacia	NED Chorzów 23 Jun
3	Liemarvin Bonevacia	NED 45.41	7	45.07	Manuel Sanders	GER Kassel 9 Jul
2016 Olympic			8	45.09	Dylan Borlée	BEL Madrid 22 Jul
1	Wayde van Niekerk	RSA 43.03	9	45.18	Teo Andant	FRA Madrid 22 Jul
2	Kirani James	GRN 43.76	10	45.21	Davide Re	ITA Molfetta 30 Jul
3	LaShawn Merritt	USA 43.85	11	45.25	Alex Haydock-Wilson	GBR Chorzów 23 Jun
2017 Europe indoor			Czech season list			
1	Pavel Maslák	CZE 45.77	1	45.62	Matěj Krsek	CZE Ostrava 27 Jun
2	Rafal Omelko	POL 46.08				Chorzów 23 Jun
3	Liemarvin Bonevacia	NED 46.26	2	45.75	Matěj Krsek	CZE Banská Bystrica 20 Jul
2017 World						Tábor 30 Jul
1	Wayde van Niekerk	RSA 43.98				30 Jul
2	Steven Gardiner	BAH 44.41	3	45.81	Pavel Maslák	CZE Ostrava 27 Jun
3	Abdalelah Haroun	QAT 44.48				Tábor 30 Jul
2018 World indoor			4	45.94	Vít Müller	CZE Praha 20 May
1	Pavel Maslák	CZE 45.47				Kladno 13 Jun
2	Michael Cherry	USA 45.84				Joensuu 5 Jul
3	Deon Lendore	TTO 46.37				Ostrava 27 Jun
2018 Europe			5	46.20	Jan Tesař	CZE Ostrava 27 Jun
1	Matthew Hudson-Smith	GBR 44.78				
2	Kevin Borlée	BEL 45.13				
3	Jonathan Borlée	BEL 45.19				
2019 Europe indoor						
1	Karsten Warholm	NOR 45.05				
2	Óscar Husillos	ESP 45.66				
3	Tony van Diepen	NED 46.13				
2019 World						
1	Steven Gardiner	BAH 43.48				
2	Anthony Zambrano	COL 44.15				
3	Fred Kerley	USA 44.17				
2021 Europe indoor						
1	Óscar Husillos	ESP 46.22				
2	Tony van Diepen	NED 46.25				
3	Liemarvin Bonevacia	NED 46.30				
2021 Olympic						
1	Steven Gardiner	BAH 43.85				
2	Anthony Zambrano	COL 44.08				
3	Kirani James	GRN 44.19				
2022 World indoor						
1	Jereem Richards	TTO 45.00				
2	Trevor Bassitt	USA 45.05				
3	Carl Bengtström	SWE 45.33				
2022 World						
1	Michael Norman	USA 44.29				
2	Kirani James	GRN 44.48				
3	Matthew Hudson-Smith	GBR 44.66				
2022 Europe						
1	Matthew Hudson-Smith	GBR 44.53				
2	Ricky Petrucciani	SUI 45.03				
3	Alex Haydock-Wilson	GBR 45.17				
2023 Europe indoor						
1	Karsten Warholm	NOR 45.35				
2	Julien Watrin	BEL 45.44				
3	Carl Bengtström	SWE 45.77				

