



# Athletics at the 2016 Summer Olympics – Men's 400 metres



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The **men's 400 metres** event at the 2016 Summer Olympics took place between 12–14 August at the Olympic Stadium.<sup>[1]</sup>

## Summary

Kirani James was the Olympic champion in 2012 and was in good form before the competition with a run of 44.08 seconds placing him second on the global rankings. The 2008 Olympic champion LaShawn Merritt topped the lists for the season as the only man under 44 seconds. Wayde van Niekerk ranked third and was the 2015 World Championships winner. At that competition the trio had all run under 44 seconds for medals (a first for the sport) and were the principal challengers to the Olympic title. Two younger athletes, Baboloki Thebe and Machel Cedenio, were the next fastest athletes to enter.<sup>[2][3]</sup> James was the fastest in the first round with 44.93 and Cedenio was the other heat winner under 45 seconds. The 2016 World Indoor Champion Pavel Maslák, David Verburg and Rafał Omelko qualified as fastest losers. Former European champions Martyn Rooney and Kevin Borlée were eliminated.<sup>[4]</sup>

In the semi-finals, James had a season's best time of 44.02 to win the round nearly two tenths ahead of Merritt. Cedenio won the 2nd semi final ahead with van Niekerk second. Bralon Taplin won the third semi final. Fastest loser qualifiers Karabo Sibanda, Matthew Hudson-Smith and Ali Khamis all set personal bests.<sup>[5]</sup>

In the final, the three favorites James, van Niekerk and Merritt were drawn in lanes 6, 8 and 5 respectively and led from the start. By the end of the turn, van Niekerk had a clear 2 metre lead, Merritt just slightly ahead of James

### Men's 400 metres at the Games of the XXXI Olympiad



Interior view of the Estádio Olímpico João Havelange, where the Men's 400m took place.

<b>Venue</b>	<u>Olympic Stadium</u>
<b>Dates</b>	12 August 2016 (Heats) 13 August 2016 (semi-final) 14 August 2016 (final)
<b>Competitors</b>	53 from 33 nations
<b>Winning time</b>	43.03 <b>WR</b>
<b>Medalists</b>	
<b>1</b>	<span><span></span></span> <u>Wayde van Niekerk</u> <span><span></span></span> <u>South Africa</u>
<b>2</b>	<span><span></span></span> <u>Kirani James</u> <span><span></span></span> <u>Grenada</u>
<b>3</b>	<span><span></span></span> <u>LaShawn Merritt</u> <span><span></span></span> <u>United States</u>

who had closed the gap during the turn. Cedenio was another four metres back, with Taplin another metre back. In the home straight van Niekerk increased his lead while James overtook Merritt, finishing 2nd and 3rd. Cedenio was 4th, Taplin faded and in lane 1, eighteen year-old Karabo Sibanda finished fifth.



Official Video  
Highlights (<https://www.youtube.com/watch?v=xG91krXuxyw>)


Van Niekerk set a new world record of 43.03 seconds, beating Michael Johnson's previous record set at the 1999 World Championships by 0.15 seconds. No other athlete had won a major championship from lane 8.<sup>[6]</sup> Johnson was in the stadium, working in the British commentary booth.<sup>[7]</sup>

Cedenio set the national record for Trinidad and Tobago and Ali Khamis in sixth set the national record for Bahrain.

## Records

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Prior to this competition, the existing World and Olympic records were as follows.

<b>World record</b>	 <u>Michael Johnson</u> (USA)	<b>43.18</b>	<u>Seville, Spain</u>	26 August 1999
<b>Olympic record</b>		<b>43.49</b>	<u>Atlanta, United States</u>	29 July 1996

Area	Time (s)	Athlete	Nation
<u>Africa</u> ( <i>records</i> )	<b>43.48</b>	<u>Wayde van Niekerk</u>	 South Africa
<u>Asia</u> ( <i>records</i> )	<b>43.93</b>	<u>Yousef Ahmed Masrahi</u>	 Saudi Arabia
<u>Europe</u> ( <i>records</i> )	<b>44.33</b>	<u>Thomas Schönlebe</u>	 East Germany
<u>North, Central America and Caribbean</u> ( <i>records</i> )	<b>43.18</b>	<u>Michael Johnson</u>	 United States
<u>Oceania</u> ( <i>records</i> )	<b>44.38</b>	<u>Darren Clark</u>	 Australia
<u>South America</u> ( <i>records</i> )	<b>44.29</b>	<u>Sanderlei Parrela</u>	 Brazil

The following new world, Olympic and African record were established during this competition:

Date	Event	Athlete	Time	WR	OR	AR
14 August	Final	 <u>Wayde Van Niekerk</u> (RSA)	<b>43.03 s</b>	WR	OR	AR

The following national records were established during the competition:

Country	Athlete	Round	Time	Notes
<b><u>Slovenia</u></b>	 <u>Luka Janežič</u> (SLO)	Semifinals	<b>45.07 s</b>	
<b><u>Bahrain</u></b>	 <u>Ali Khamis</u> (BRN)	Semifinals	<b>44.49 s</b>	
<b><u>South Africa</u></b>	 <u>Wayde van Niekerk</u> (RSA)	Final	<b>43.03 s</b>	<u>WR</u> , <u>OR</u> , <u>AR</u>
<b><u>Trinidad and Tobago</u></b>	 <u>Machel Cedenio</u> (TTO)	Final	<b>44.01 s</b>	
<b><u>Bahrain</u></b>	 <u>Ali Khamis</u> (BRN)	Final	<b>44.36 s</b>	

## Results

### Round 1

[8]

Qualification rule: first 3 of each heat (Q) plus the 3 fastest times (q) qualified.

#### Heat 1

Rank	Lane	Name	Nationality	Reaction	Time	Notes
1	2	<u>Machel Cedenio</u>	 <u>Trinidad and Tobago</u>	0.179	44.98	<u>Q</u>
2	7	<u>Gil Roberts</u>	 <u>United States</u>	0.168	45.27	<u>Q</u>
3	4	<u>Yoandys Lescay</u>	 <u>Cuba</u>	0.199	45.36	<u>Q</u> , <u>SB</u>
4	6	<u>Fitzroy Dunkley</u>	 <u>Jamaica</u>	0.176	45.66	
5	3	<u>Kevin Borlée</u>	 <u>Belgium</u>	0.138	45.90	
6	5	<u>Alberth Bravo</u>	 <u>Venezuela</u>	0.205	46.15	
7	1	<u>Alex Lerionka Sampao</u>	 <u>Kenya</u>	0.199	46.62	
8	8	<u>Ousseini Djibo Idrissa</u>	 <u>Niger</u>	0.173	50.06	

#### Heat 2

Rank	Lane	Name	Nationality	Reaction	Time	Notes
1	4	<u>Bralon Taplin</u>	 <u>Grenada</u>	0.162	45.15	<u>Q</u>
2	2	<u>Nery Brenes</u>	 <u>Costa Rica</u>	0.151	45.53	<u>Q</u>
3	7	<u>Karabo Sibanda</u>	 <u>Botswana</u>	0.166	45.56	<u>Q</u>
4	1	<u>Matteo Galvan</u>	 <u>Italy</u>	0.154	46.07	
5	3	<u>Raymond Kibet</u>	 <u>Kenya</u>	0.234	46.15	
6	6	<u>Mehboob Ali</u>	 <u>Pakistan</u>	0.212	48.37	
7	8	<u>Bachir Mahamat</u>	 <u>Chad</u>	0.188	48.59	
–	5	<u>Anas Beshr</u>	 <u>Egypt</u>	0.141	<u>DQ</u>	<u>R163.3a</u>

### Heat 3

Rank	Lane	Name	Nationality	Reaction	Time	Notes
1	7	<u>Wayde van Niekerk</u>	 <u>South Africa</u>	0.147	45.26	<u>Q</u>
2	2	<u>Luguelín Santos</u>	 <u>Dominican Republic</u>	0.148	45.61	<u>Q</u>
3	8	<u>Javon Francis</u>	 <u>Jamaica</u>	0.172	45.88	<u>Q</u>
4	6	<u>Jonathan Borlée</u>	 <u>Belgium</u>	0.162	46.01	
5	3	<u>Alphas Kishoyian</u>	 <u>Kenya</u>	0.147	46.74	
6	5	<u>Brandon Valentine-Parris</u>	 <u>Saint Vincent and the Grenadines</u>	0.144	47.62	
–	4	<u>Alonzo Russell</u>	 <u>Bahamas</u>	0.159	<u>DQ</u>	<u>R163.3a</u>

### Heat 4

Rank	Lane	Name	Nationality	Reaction	Time	Notes
1	5	<u>Lalonde Gordon</u>	 <u>Trinidad and Tobago</u>	0.153	45.24	<u>Q</u>
2	4	<u>Luka Janežič</u>	 <u>Slovenia</u>	0.148	45.33	<u>Q</u>
3	6	<u>Baboloki Thebe</u>	 <u>Botswana</u>	0.155	45.41	<u>Q</u>
4	1	<u>Chris Brown</u>	 <u>Bahamas</u>	0.147	45.56	<u>SB</u>
5	2	<u>Martyn Rooney</u>	 <u>Great Britain</u>	0.154	45.60	
6	7	<u>Julian Jrummi Walsh</u>	 <u>Japan</u>	0.149	46.37	
7	8	<u>Gustavo Cuesta</u>	 <u>Dominican Republic</u>	0.143	46.92	
8	3	<u>James Chiengjiek</u>	 <u>Refugee Olympic Team</u>	0.213	52.89	

### Heat 5

Rank	Lane	Name	Nationality	Reaction	Time	Notes
1	8	<u>LaShawn Merritt</u>	 <u>United States</u>	0.235	45.28	<u>Q</u>
2	3	<u>Abdelalelah Haroun</u>	 <u>Qatar</u>	0.190	45.76	<u>Q</u>
3	6	<u>Isaac Makwala</u>	 <u>Botswana</u>	0.242	45.91	<u>Q</u>
4	2	<u>Vitaliy Butrym</u>	 <u>Ukraine</u>	0.166	45.92	
5	4	<u>Donald Blair-Sanford</u>	 <u>Israel</u>	0.163	46.06	
6	5	<u>Deon Lendore</u>	 <u>Trinidad and Tobago</u>	0.201	46.15	
7	7	<u>Hederson Estefani</u>	 <u>Brazil</u>	0.234	46.68	

### Heat 6

Rank	Lane	Name	Nationality	Reaction	Time	Notes
1	6	<u>Kirani James</u>	 <u>Grenada</u>	0.156	44.93	<u>Q</u>

Rank	Lane	Name	Nationality	Reaction	Time	Notes
2	5	<a href="#">Rusheen McDonald</a>	 <a href="#">Jamaica</a>	0.179	45.22	<a href="#">Q</a> , <a href="#">SB</a>
3	2	<a href="#">Matthew Hudson-Smith</a>	 <a href="#">Great Britain</a>	0.142	45.26	<a href="#">Q</a>
4	3	<a href="#">David Verburg</a>	 <a href="#">United States</a>	0.167	45.48	<a href="#">q</a>
5	7	<a href="#">Winston George</a>	 <a href="#">Guyana</a>	0.186	45.77	
6	8	<a href="#">Diego Palomeque</a>	 <a href="#">Colombia</a>	0.159	46.48	
–	4	<a href="#">Abbas Abubakar Abbas</a>	 <a href="#">Bahrain</a>	0.192	<a href="#">DQ</a>	<a href="#">R163.3a</a>

## Heat 7

Rank	Lane	Name	Nationality	Reaction	Time	Notes
1	7	<a href="#">Ali Khamis</a>	 <a href="#">Bahrain</a>	0.161	45.12	<a href="#">Q</a>
2	1	<a href="#">Steven Gardiner</a>	 <a href="#">Bahamas</a>	0.149	45.24	<a href="#">Q</a>
3	8	<a href="#">Liemarvin Bonevacía</a>	 <a href="#">Netherlands</a>	0.142	45.49	<a href="#">Q</a>
4	5	<a href="#">Rafał Omelko</a>	 <a href="#">Poland</a>	0.177	45.54	<a href="#">q</a>
5	4	<a href="#">Pavel Maslák</a>	 <a href="#">Czech Republic</a>	0.183	45.54	<a href="#">q</a>
6	6	<a href="#">Mohammad Anas</a>	 <a href="#">India</a>	0.158	45.95	
7	2	<a href="#">Orukpe Erayokan</a>	 <a href="#">Nigeria</a>	0.180	47.42	<a href="#">SB</a>
8	3	<a href="#">Yuzo Kanemaru</a>	 <a href="#">Japan</a>	0.144	48.38	

## Semifinals

### Semifinal 1

Rank	Lane	Name	Nationality	Reaction	Time	Notes
1	4	<a href="#">Kirani James</a>	 <a href="#">Grenada</a>	0.144	44.02	<a href="#">Q</a> , <a href="#">SB</a>
2	6	<a href="#">LaShawn Merritt</a>	 <a href="#">United States</a>	0.271	44.21	<a href="#">Q</a>
3	2	<a href="#">Karabo Sibanda</a>	 <a href="#">Botswana</a>	0.174	44.47	<a href="#">q</a> , <a href="#">PB</a>
4	7	<a href="#">Luguelín Santos</a>	 <a href="#">Dominican Republic</a>	0.155	44.71	<a href="#">SB</a>
5	1	<a href="#">Javon Francis</a>	 <a href="#">Jamaica</a>	0.170	44.96	
6	5	<a href="#">Nery Brenes</a>	 <a href="#">Costa Rica</a>	0.181	45.02	
7	8	<a href="#">Liemarvin Bonevacía</a>	 <a href="#">Netherlands</a>	0.166	45.03	<a href="#">SB</a>
8	3	<a href="#">Lalonde Gordon</a>	 <a href="#">Trinidad and Tobago</a>	0.157	45.13	

### Semifinal 2

Rank	Lane	Name	Nationality	Reaction	Time	Notes
1	5	<u>Machel Cedenio</u>	 <u>Trinidad and Tobago</u>	0.243	44.39	<u>Q</u>
2	3	<u>Wayde van Niekerk</u>	 <u>South Africa</u>	0.156	44.45	<u>Q</u>
3	2	<u>Pavel Maslák</u>	 <u>Czech Republic</u>	0.185	45.06	<u>SB</u>
4	6	<u>Luka Janežič</u>	 <u>Slovenia</u>	0.154	45.07	<u>NR</u>
5	1	<u>David Verburg</u>	 <u>United States</u>	0.159	45.61	
6	4	<u>Rusheen McDonald</u>	 <u>Jamaica</u>	0.182	46.12	
7	7	<u>Abdelalelah Haroun</u>	 <u>Qatar</u>	0.173	46.66	
—	8	<u>Baboloki Thebe</u>	 <u>Botswana</u>	—	—	<u>DNS</u>

### Semifinal 3

Rank	Lane	Name	Nationality	Reaction	Time	Notes
1	6	<u>Bralon Taplin</u>	 <u>Grenada</u>	0.171	44.44	<u>Q</u>
2	8	<u>Matthew Hudson-Smith</u>	 <u>Great Britain</u>	0.143	44.48	<u>Q</u> , <u>PB</u>
3	3	<u>Ali Khamis</u>	 <u>Bahrain</u>	0.145	44.49	<u>q</u> , <u>NR</u>
4	4	<u>Gil Roberts</u>	 <u>United States</u>	0.151	44.65	<u>SB</u>
5	5	<u>Steven Gardiner</u>	 <u>Bahamas</u>	0.156	44.72	
6	7	<u>Yoandys Lescay</u>	 <u>Cuba</u>	0.216	45.00	<u>PB</u>
7	2	<u>Rafał Omelko</u>	 <u>Poland</u>	0.164	45.28	
8	1	<u>Isaac Makwala</u>	 <u>Botswana</u>	0.173	46.60	

### Final

Rank	Lane	Name	Nationality	Reaction	Time	Notes
<b>1</b>	8	<u>Wayde van Niekerk</u>	 <u>South Africa</u>	0.181	43.03	<u>WR</u>
<b>2</b>	6	<u>Kirani James</u>	 <u>Grenada</u>	0.134	43.76	<u>SB</u>
<b>3</b>	5	<u>LaShawn Merritt</u>	 <u>United States</u>	0.204	43.85	<u>SB</u>
4	3	<u>Machel Cedenio</u>	 <u>Trinidad and Tobago</u>	0.203	44.01	<u>NR</u>
5	1	<u>Karabo Sibanda</u>	 <u>Botswana</u>	0.164	44.25	<u>PB</u>
6	2	<u>Ali Khamis</u>	 <u>Bahrain</u>	0.148	44.36	<u>NR</u>
7	4	<u>Bralon Taplin</u>	 <u>Grenada</u>	0.181	44.45	
8	7	<u>Matthew Hudson-Smith</u>	 <u>Great Britain</u>	0.138	44.61	

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