

# ALL TIME PREFONTAINE CLASSIC SUB 4 MINUTE MILE LIST

**Compiled and Edited by Scott S. Davis**  
**FAST - Federation of American Statisticians of Track**  
**ATFS - Association of Track and Field Statisticians**  
**At 10 June 2007**

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The Pre Classic Mile continues to be arguably the greatest race in the United States. No other American invitational meet has seen as many sub 4 minute performances. What follows is the updated All-Time Sub 4 Minute list for the Pre Classic after the 2007 meet. Other interesting notes and statistics are presented at the end of the list.

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Daniel K.	Komen	Kenya	3:48.28	1	10 Jun 07
Hicham	El Guerrouj	Morocco	3:49.92	1	27 May 01
Bernard	Lagat	Kenya	3:50.21	1	24 May 03
	Lagat		3:50.56	2	10 Jun 07
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
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
	<b>(10 Performers)</b>				
	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
Laban	Rotich	Kenya	3:52.68	1	25 May 97
Shadrack	Korir	Kenya	3:52.78	4	10 Jun 07
	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
	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
	<b>(20 Performers)</b>				
	Webb	South Lakes HS/Va	3:53.43	5	27 May 01

Nick	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
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
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
<b>(30 Performers)</b>					
David	Lelei	Kenya	3:54.26	4	24 May 03
	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
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
William	Tanui	Kenya	3:54.76	4	30 May 99
Mike	Boit	Kenya	3:54.77	2	04 Jun 83
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
<b>(40 Performers)</b>					
	Keino		3:54.93	6	30 May 99
Matt	Holthaus	USA/Reebok Enclave	3:54.96	7	30 May 99
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
Ibrahim	Aden	USA/Nike	3:55.53	5	26 May 02
Matt	Giusto	USA/FootLocker	3:55.58	9	26 May 96
<b>(50 Performers)</b>					
	de Souza		3:55.63	6	31 May 98
Benjamin	Kipkurui	Kenya	3:55.64	6	26 May 02
	Pyrah		3:55.74	6	24 Jun 00
Greg	Whiteley	USA/Asics	3:55.80	6	04 Jun 95
	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
	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
	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
<b>(60 Performers)</b>					
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
	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
Jeff	Atkinson	USA/Stanford TC	3:57.2	2	02 Jul 88
<b>(70 Performers)</b>					
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
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
Doug	Consiglio	Canada	3:57.7	3	02 Jul 88
<b>(80 Performers)</b>					
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
Nicholas	Kemboi	Kenya	3:58.12	8	10 Jun 07
	Boit		3:58.13	5	06 Jun 87
	deSouza		3:58.15	9	30 May 99
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
<b>(90 Performers)</b>					
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
	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
Jon	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
<b>(100 Performers)</b>					
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
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
<b>(110 Performers)</b>					
	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

**(199 Performances by 118 Performers)**

**In 1975, the inaugural race, 1979 and 1989, a sub 4 minute mile was not achieved. Here are 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 and 1992, the mile was not contested, but rather the 1500 meters. Here are 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 Minutes, One Race:**

- 13 - 1995
- 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 Minutes:**

- 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
- 4 - Mike Boit - 1982, 1983, 1984, 1987

4 - Alex Kipchirchir - 2003, 2005, 2006, 2007

**Most Races Under 3:51.00:**

2 - Hicham El Guerrouj  
2 - Bernard Lagat

**Most Races Under 3:52:00:**

4 - Bernard Lagat  
2 - William Chirchir

**Most Races Under 3:53.00:**

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

**Most Races Under 3:54.00:**

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