Chronological Listing of U.S. Women Who Have Broken 4:30 in the Mile

as of May 5, 2013

The mark listed for each U.S. athlete is her first-ever sub-4:30 Mile as a U.S. citizen. Performance also must be run in a Mile track race – indoors or outdoors. Since 1975, to-date, 45 U.S. women have broken 4 minutes, 30 seconds in the Mile.

On February 15, 1975, Francie Larrieu became the first U.S. woman to break 4:30 for the Mile and Shannon Rowbury's 4:20.34 on September 7, 2008 in London is the fastest debut sub-4:30 Mile by a U.S. woman.

2006, 2008, 2012 and 2013 produced the most new sub-4:30 members, 4 women, respectively.

Additions and corrections are welcome at: media@bringbackthemile.com

i = indoors

i ilidooro				
1975				
1. Francie Larrieu	4:29.0i	1	San Diego	February 15
1979				
2. Mary Decker	4:23.49	1	Philadelphia	June 30
3. Jan Merrill	4:28.23	3	Philadelphia	June 30
3. Jan Wenni		3	Tilladelpilla	Julie 30
1982				
4. Cindy Bremser	4:29.21	1	Westwood	May 16
1984				
5. Ruth Wysocki	4:21.78	1	London	September 7
1985				
6. Suzanne Girard	4:28.65	4	Edinburgh	July 23
7. Chris Gregorek	4:29.00	4	Oslo	July 27
1986				
8. Sue Addison	4:23.93	2	Nice	July 15
9. Claudette Groenendaal	4:25.29	8	Brussels	September 5
4007				
1987 10. Linda Sheskey	4:29.09	1	Eugene	June 6
11. Diana Richburg	4:25.77	1	London	July 10
12. Mary Knisely	4:28.49	5	London	July 10
	4.20.40		London	outy 10
1988				
13. Vicki Huber	4:28.31i	3	New York	February 5
1989				
14. Suzy Favor	4:27.31	1	Westwood	August 6
15. PattiSue Plumer	4:29.21	2	Westwood	August 6
1990				
16. Lynn Jennings	4:24.14	3	Oslo	July 14
17. Gina Procaccio	4:24.85	5	Oslo	July 14

1991				
18. Annette Peters	4:29.63	9	Oslo	July 6
1992				
19. Shelly Steely	4:25.49	3	Sheffield	August 14
1993				
20. Ceci St. Geme	4:27.0	1	Los Gatos	June 24
1995	4:26.54i	1	Atlanta	March 4
21. Regina Jacobs	4.20.541		Allanta	Watch 4
1997				
22. Juli Henner	4:26.91	2	Linz	July 9
23. Amy Wickus	4:27.68	3	Linz	July 9
1998				
24. Alisa Harvey	4:29.65	7	Uniondale	July 20
1999	4.07.00	-	NU	L.L. 47
25. Amy Rudolph	4:27.66	7	Nice	July 17
26. Sarah Thorsett	4:28.42	9	Nice	July 17
2003				
27. Mary Jane Harrelson	4:29.10	1	Falmouth	August 9
2006				
28. Treniere Clement	4:29.93i	2	Boston	January 29
29. Carrie Tollefson	4:27.96	1	Falmouth	August 12
30. Erin Donohue	4:28.99	2	Falmouth	August 12
31. Tiffany McWilliams	4:29.56	3	Falmouth	August 12
2008				
32. Christin Wurth-Thomas	4:27.18i	1	Fayetteville	February 15
33. Shannon Rowbury	4:20.34	3	Rieti	September 7
34. Anna Willard	4:28.37	11	Rieti	September 7
35. Lindsay Gallo	4:28.90	13	Rieti	September 7
2009				
36. Jenny Barringer	4:25.91i	1	College Station	February 28
37. Sarah Bowman	4:29.72i	1	College Station	March 14
2012				
38. Katie Flood	4:28:48i	2	Seattle	February 11
39. Brenda Martinez	4:26.78	1	Falmouth	August 11
40. Gabriele Anderson	4:27.94	2	Falmouth	August 11
41. Kim Conley	4:27.23	1	Leuven	August 18
2013				
42. Mary Cain	4:28:25i	2	New York	February 16
43. Kate Grace	4:28:79i	3	New York	February 16
44. Emma Coburn	4:29.86i	4	New York	February 16

45. Brie Felnagle	4:28.90	2	San Diego	May 5
i = indoors				
SOURCE: Bring Back the Mile				