

## Every 4-minute mile ever run in Michigan - Michtrack.org

### 1963-June 1. Michigan USTFF, Kalamazoo

1. Tom O'Hara (Loyola) ..... 3:58.8

### 1967-March 11. NCAA Championships, Cobo Hall, Detroit

1. Jim Ryun (Kansas) ..... 3:58.6

### 1973-May 5. East Lansing

1. Ken Popejoy (Michigan St)..... 3:57.0

### 1973-May 26. Central Collegiates, East Lansing

1. Charlie McMullen (Missouri)..... 3:59.7

### 1974-March 9. NCAA Championships, Cobo Hall, Detroit

1. Tony Waldrop (North Carolina) ..... 3:59.5

### 1977-March 12. NCAA Championships, Cobo Hall, Detroit

1. Wilson Waigwa' (UTEP-Kenya)..... 3:59.0

### 1978-January 28. Ann Arbor

1. Greg Meyer (New Jersey AA) ..... 3:59.1

### 1978-March 11. NCAA Championships, Cobo Hall, Detroit

1. James Munyala' (UTEP-Kenya)..... 3:59.8

### 1979-March 10. NCAA Championships, Cobo Hall, Detroit

1. Suleiman Nyambui' (UTEP-Tanzania)..... 3:57.89

### 1982-January 23. Michigan Relays, Ann Arbor

1. Dan Heikkinen (Athletics West)..... 3:59.05

### 1983-February 12. Ann Arbor

1. Brian Diemer (Michigan) ..... 3:59.93

### 1983-March 12. NCAA Championships, Silverdome, Pontiac

1. Jim Spivey (Indiana) ..... 3:59.95

2. Richard Tuwei' (Washington St-Kenya)..... 3:59.96

### 1997-February 14. EMU Classic, Ypsilanti

1. Paul McMullen (Asics) ..... 3:58.61

2. Ben Reese (Eastern Michigan-Great Britain) ..... 3:59.82

### 2000-June 10, Michigan International, Canton

1. Kevin Sullivan (Canada) ..... 3:55.87

### 2005-February 19, Silverston Invitational, Ann Arbor

1. Nick Willis (New Zealand) ..... 3:58.07

### 2007-April 27, Gina Relays, Hillsdale

1. Rob Myers (Reebok)..... 3:59.27

### 2011-January 22. Simmons/Harvey Invitational, Ann Arbor

1. Nick Willis (New Zealand) ..... 3:58.92

### 2013-August 4. Running Institute Mile, Saline

1. Nick Willis (New Zealand) ..... 3:56.57

2. Dan Clark (unat) ..... 3:57.40

3. Miles Batty (BYU) ..... 3:58.06

4. Macklin Chaffy (unat)..... 3:58.97

5. Tony Jordanek (unat)..... 3:58.99

6. Dan Lowry (Michigan)..... 3:59.30

7. Liam Boylan-Pett (NYNJ)..... 3:59.50