



## Evolution of India's 400m National Record

Milkha Singh transformed Indian athletics with his iconic 45.73-second run in the 400m event at the 1960 Rome Olympics. The achievement earned him the title “Flying Sikh” and established one of the most celebrated records in Indian sporting history.

The record stood as a benchmark for decades before Paramjeet Singh lowered it to 45.56 seconds in 2000. It was later improved by K. M. Binu with 45.48 seconds in 2004, followed by Arokia Rajiv clocking 45.47 seconds in 2016 and Muhammed Anas Yahiya recording 45.21 seconds in 2019.

In 2026, Vishal TK became the first Indian athlete to break the sub-45 second barrier with a timing of 44.98 seconds, marking a historic new phase in Indian sprinting.

APSC Relevance: Indian sports history, athletics and national sporting achievements.