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## Supplementary Information

General procedure for dihydroxylation: (a) $\mathrm{Et}_{4} \mathrm{NOAc} / t-\mathrm{BuOOH}$ route; tetraethylammonium acetate solution is added to $t-\mathrm{BuOOH}\left(70 \%\right.$ in $\left.\mathrm{H}_{2} \mathrm{O}, 2 \mathrm{ml}\right)$. The resulting solution was cooled to $0{ }^{\circ} \mathrm{C}$ before being treated with the $\mathrm{OsO}_{4}$ catalyst solution ( $14 \mu \mathrm{~mol}$ OsO4). The olefin $5(815 \mathrm{mg}, 2.1 \mathrm{mmol})$ in acetone ( 15 ml ) was then added dropwise over 3 h , maintaining the stirring solution at $0{ }^{\circ} \mathrm{C}$ throughout the addition. (b) NMO route; the olefin 5 ( $2 \mathrm{~g}, \mathrm{mmol}$ ) was dissolved in dioxane ( 50 mL ) and water ( 2 mL ) then NMO ( $2 \mathrm{~g}, \mathrm{mmol}$ ) was added. The mixture was stirred for 10 min then the $\mathrm{OsO}_{4}$ catalyst solution ( $28 \mu \mathrm{~mol} \mathrm{OsO}_{4}$ ) was added and the mixture was continued to stir for 12 h .
$\mathrm{OsO}_{4}$ catalyst solution: Prepared by dissolving $\mathrm{OsO}_{4}(0.1 \mathrm{~g})$ in $t$ - $\mathrm{BuOH}(19 \mathrm{ml})$ and adding $t$ - $\mathrm{BuOOH}(0.5 \mathrm{ml})$.

Workup: Ether ( 10 ml ) was added to the yellow solution and the solution cooled to 0 ${ }^{\circ} \mathrm{C}$ before the sodium metabisulfite ( 2.0 g ). The resulting mixture was stirred for 30 min , then more ether ( 20 ml ) was added and the aqueous phase was saturated with NaCl . The organic phase was washed with brine ( $2 \times 50 \mathrm{ml}$ ), dried $\left(\mathrm{Na}_{2} \mathrm{SO}_{4}\right)$, and the solvent removed. The crude residue was purified by column chromatography (EtOAc:light petroleum; 3:7) and recrystallised from light petroleum to yield the desired diol.

10: m.p. 189-191 ${ }^{\circ} \mathrm{C}$; ${ }^{1} \mathrm{H}$ NMR ( $300 \mathrm{MHz}, \mathrm{CDCl}_{3}$ ) $\delta 0.86$ ( $6 \mathrm{H}, \mathrm{s}$ ), 1.45-1.60 ( $2 \mathrm{H}, \mathrm{m}$ ), $1.65-1.80(2 \mathrm{H}, \mathrm{m}), 1.81(2 \mathrm{H}, \mathrm{s}), 1.96(2 \mathrm{H}, \mathrm{s}), 2.04(2 \mathrm{H}, \mathrm{s}), 2.49(2 \mathrm{H}, \mathrm{bs}), 3.48(2 \mathrm{H}, \mathrm{s})$, $3.55(2 \mathrm{H}, \mathrm{s}), 3.78(6 \mathrm{H}, \mathrm{s}), 6.59(2 \mathrm{H}, \mathrm{s}) ;{ }^{13} \mathrm{C}$ NMR ( $75.5 \mathrm{MHz}, \mathrm{CDCl}_{3}$ ) $\delta 9.4,28.6,40.1$, $42.8,43.4,43.5,46.8,49.7,56.0,74.0,109.0,136.5,147.7 . \mathrm{MS}(\mathrm{EI}): m / z 382\left(\mathrm{M}^{+}\right)$.

11: m.p. $205-207^{\circ} \mathrm{C} ;{ }^{1} \mathrm{H}$ NMR ( $300 \mathrm{MHz}, \mathrm{CDCl}_{3}$ ) $\delta 0.93(6 \mathrm{H}, \mathrm{s}), 1.52(1 \mathrm{H}, \mathrm{d}, J 10.7 \mathrm{~Hz}$ ), $1.69(1 \mathrm{H}, \mathrm{d}, J 9.7 \mathrm{~Hz}), 1.83(1 \mathrm{H}, \mathrm{d}, J 10.7 \mathrm{~Hz}), 1.86(2 \mathrm{H}, \mathrm{s}), 1.92(1 \mathrm{H}, \mathrm{d}, J 9.7 \mathrm{~Hz}), 2.11$ $(2 \mathrm{H}, \mathrm{s}), 2.18(2 \mathrm{H}, \mathrm{s}), 2.53(2 \mathrm{H}, \mathrm{bs}), 3.58(2 \mathrm{H}, \mathrm{s}), 3.65(2 \mathrm{H}, \mathrm{s}), 3.78(6 \mathrm{H}, \mathrm{s}), 7.40-7.48(2 \mathrm{H}$, $\mathrm{m}), 8.03-8.10(2 \mathrm{H}, \mathrm{m}) ;{ }^{13} \mathrm{C}$ NMR ( $75.5 \mathrm{MHz}, \mathrm{CDCl}_{3}$ ) $\delta 9.7,28.7,40.5,42.7,43.5,43.7$, $47.0,50.7,61.9,74.3,122.0,125.0,127.9,135.1,144.3$. MS (EI): $m / z 432\left(\mathrm{M}^{+}\right)$.

General procedure for oxidation: To a solution of diol $11(1.20 \mathrm{~g}, 2.8 \mathrm{mmol})$ and $p$ $\mathrm{TsOH}(2.64 \mathrm{~g}, 14 \mathrm{mmol})$ in dichloromethane ( 45 mL ) maintained at $0^{\circ} \mathrm{C}$ was added a solution of 4 -acetamido TEMPO ( $2.96 \mathrm{~g}, 14 \mathrm{mmol}$ ) in dichloromethane ( 78 mL ) over 45 min . The reaction mixture is stirred at $0^{\circ} \mathrm{C}$ for 1 h then warmed to room temperature and stirred for a further 95 h in the dark. Ethanol ( 5 mL ) was added and the mixture
stirred for 30 min . Water ( 40 mL ) and dichloromethane ( 30 mL ) were added, the organics were separated, and the aqueous layer reextracted with dichloromethane ( 30 mL ). The combined organic layers were washed with water ( 50 mL ), dried ( $\mathrm{MgSO}_{4}$ ), and the solvent removed to afford an orange oil. Chromatgraphy (dichloromethane) yields the dione 16 as a yellow solid.

15: m.p. $208-211^{\circ} \mathrm{C}$; ${ }^{1} \mathrm{H} \mathrm{NMR}\left(300 \mathrm{MHz}, \mathrm{CDCl}_{3}\right) \delta 0.97(6 \mathrm{H}, \mathrm{s}), 1.60(1 \mathrm{H}, \mathrm{m}), 1.71-1.75$ $(2 \mathrm{H}, \mathrm{m}), 2.05-2.10(1 \mathrm{H}, \mathrm{m}), 2.10(2 \mathrm{H}, \mathrm{s}), 2.37(2 \mathrm{H}, \mathrm{s}), 2.99(2 \mathrm{H}, \mathrm{s}), 3.54(2 \mathrm{H}, \mathrm{s}), 3.78(6 \mathrm{H}$, s), $6.61(2 \mathrm{H}, \mathrm{s}) ;{ }^{13} \mathrm{C} \mathrm{NMR} \mathrm{(75.5} \mathrm{MHz}, \mathrm{CDCl}_{3}$ ) $\delta 9.4,27.8,40.2,43.4,44.0,45.2,48.9$, 49.8, 55.9, 109.2, 135.9, 147.8, 200.4. HRMS: $m / z\left(\mathrm{M}^{+}\right)$calcd for $\mathrm{C}_{24} \mathrm{H}_{26} \mathrm{O}_{4}$ 378.1831, found 378.1824 .

16: m.p. $130-133{ }^{\circ} \mathrm{C}$; Found C: 78.2; H: 6.9. $\mathrm{C}_{28} \mathrm{H}_{28} \mathrm{O}_{4}$ requires C: 78.5; H: 6.6; ${ }^{1} \mathrm{H}$ NMR $\left(300 \mathrm{MHz}, \mathrm{CDCl}_{3}\right) \delta 1.03(6 \mathrm{H}, \mathrm{s}), 1.76(1 \mathrm{H}, \mathrm{d}, J 9.7 \mathrm{~Hz}), 1.94(1 \mathrm{H}, \mathrm{d}, J 9.7 \mathrm{~Hz}), 2.10(1 \mathrm{H}$, $\mathrm{d}, J 12.3 \mathrm{~Hz}), 2.33(2 \mathrm{H}, \mathrm{s}), 2.38(1 \mathrm{H}, \mathrm{d}, J 12.3 \mathrm{~Hz}), 2.43(2 \mathrm{H}, \mathrm{s}), 3.02(2 \mathrm{H}, \mathrm{s}), 3.72(2 \mathrm{H}$, $\mathrm{bs}), 3.97(6 \mathrm{H}, \mathrm{s}), 7.42-7.48(2 \mathrm{H}, \mathrm{m}), 8.03-8.10(2 \mathrm{H}, \mathrm{m}) ;{ }^{13} \mathrm{C} \mathrm{NMR}\left(75.5 \mathrm{MHz}, \mathrm{CDCl}_{3}\right) \delta$ $9.6,27.8,40.5,42.8,44.2,45.7,48.8,50.8,62.0,122.1,125.2,128.0,127.9,134.3,144.5$, 200.2. HRMS: $m / z\left(\mathrm{M}^{+}\right)$calcd for $\mathrm{C}_{28} \mathrm{H}_{28} \mathrm{O}_{4} 428.1987$, found 428.1983 .

Porphyrin products: To a solution of the porphyrin 2,3 -dione ( $165 \mathrm{mg}, 0.15 \mathrm{mmol}$ ) in deoxygenated dry pyridine ( 2 ml ) under argon was added benzenetetramine tetrahydrochloride ( $41 \mathrm{mg}, 0.15 \mathrm{mmol}$ ). The mixture was allowed to stir in the dark for 48 h , then the norbornane dione 15 or 16 ( 1.2 equiv.) was added. The mixture was then heated to $80^{\circ} \mathrm{C}$ for 3-5 days. Demethylation $\left(\mathrm{BBr}_{3}, \mathrm{CH}_{2} \mathrm{Cl}_{2}\right)$ of the aromatic methoxy groups, followed by oxidation $\left(\mathrm{PbO}_{2}, \mathrm{CHCl}_{3}\right)$ gave the porphyrin-bridge-quinone systems 1a or 1b in high ( $>90 \%$ ) yield. At each stage the reaction mixtures are purified by aqueous acid workup, dried ( $\mathrm{Na}_{2} \mathrm{SO}_{4}$ ), the solvent removed, and the crude product chromatographed on silica (dichloromethane/light petroleum mixtures).

1a: m.p. $>300^{\circ} \mathrm{C} ; v_{\max }\left(\mathrm{CCl}_{4}\right): 1598,1660(\mathrm{C}=\mathrm{O}) \mathrm{cm}^{-1}$; ${ }^{1} \mathrm{H} \mathrm{NMR}\left(300 \mathrm{MHz}, \mathrm{CDCl}_{3}\right) \delta-$ $2.42(2 \mathrm{H}, \mathrm{bs}), 1.08(6 \mathrm{H}, \mathrm{s}), 1.47(18 \mathrm{H}, \mathrm{s}), 1.50(18 \mathrm{H}, \mathrm{s}), 1.53(36 \mathrm{H}, \mathrm{s}), 1.46-1.70(1 \mathrm{H}$, underlying), $1.71(1 \mathrm{H}, \mathrm{d}, J 10.2 \mathrm{~Hz}), 2.02(2 \mathrm{H}, \mathrm{s}), 2.11(1 \mathrm{H}, \mathrm{d}, J 10.2 \mathrm{~Hz}), 2.30(1 \mathrm{H}, \mathrm{d}, J$ $10.2 \mathrm{~Hz}), 2.37(2 \mathrm{H}, \mathrm{s}), 3.51(2 \mathrm{H}, \mathrm{s}), 3.66(2 \mathrm{H}, \mathrm{s}), 6.56(2 \mathrm{H}, \mathrm{s}), 7.79(2 \mathrm{H}, \mathrm{t}, J 1.5 \mathrm{~Hz}), 7.95-$ $8.04(6 \mathrm{H}, \mathrm{m}), 8.09(4 \mathrm{H}, \mathrm{d}, J 2.0 \mathrm{~Hz}), 8.53(2 \mathrm{H}, \mathrm{s}), 8.77(2 \mathrm{H}, \mathrm{s}), 8.98$ and $9.02(4 \mathrm{H}, \mathrm{ABq}, J$ 4.6 Hz ); ${ }^{13} \mathrm{C} \mathrm{NMR}\left(75.5 \mathrm{MHz}, \mathrm{CDCl}_{3}\right) \delta 9.4,31.7,31.9,32.0,35.0,35.1,41.2,41.8,43.8$, $44.4,48.1,48.5,118.0,120.7,121.2,123.0,128.1,128.4,128.5,128.6,129.2,129.5,134.2$, $136.2,138.1,139.4,139.8,140.1,140.7,141.0,145.6,148.8,149.1,149.2,151.6,153.7$, 154.9, 163.7, 183.9. Mass Spectrum (MALDI): $m / z 1505[\mathrm{M}+\mathrm{Na}]^{+}$.

1b: m.p. $>300^{\circ} \mathrm{C}$; $v_{\max }\left(\mathrm{CCl}_{4}\right): 1600,1665(\mathrm{C}=\mathrm{O}) \mathrm{cm}^{-1} ;{ }^{1} \mathrm{H} \mathrm{NMR}\left(300 \mathrm{MHz}, \mathrm{CDCl}_{3}\right) \delta-$ $2.42(2 \mathrm{H}, \mathrm{bs}), 1.12(6 \mathrm{H}, \mathrm{s}), 1.46(18 \mathrm{H}, \mathrm{s}), 1.50(18 \mathrm{H}, \mathrm{s}), 1.52(36 \mathrm{H}, \mathrm{s}), 1.46-1.70(1 \mathrm{H}$, underlying), $1.77(1 \mathrm{H}, \mathrm{d}, J 9.7 \mathrm{~Hz}), 2.11(2 \mathrm{H}, \mathrm{s}), 2.12(1 \mathrm{H}, \mathrm{d}, J 10.2 \mathrm{~Hz}), 2.30(1 \mathrm{H}, \mathrm{d}, J$ $10.2 \mathrm{~Hz}), 2.38(2 \mathrm{H}, \mathrm{s}), 3.66(4 \mathrm{H}, \mathrm{s}), 7.62-7.70(2 \mathrm{H}, \mathrm{m}), 7.79(2 \mathrm{H}, \mathrm{t}, J 1.5 \mathrm{~Hz}), 7.93(2 \mathrm{H}, \mathrm{t}$, $J 1.5 \mathrm{~Hz}), 7.96-8.05(6 \mathrm{H}, \mathrm{m}), 8.09(4 \mathrm{H}, \mathrm{d}, J 1.5 \mathrm{~Hz}), 8.53(2 \mathrm{H}, \mathrm{s}), 8.79(2 \mathrm{H}, \mathrm{s}), 9.00$ and $9.04(4 \mathrm{H}, \mathrm{ABq}, J 5.1 \mathrm{~Hz}) ;{ }^{13} \mathrm{C}$ NMR (75.5 MHz, $\mathrm{CDCl}_{3}$ ) $\delta 9.1,31.3,31.4,31.5,34.6,34.7$, $41.1,41.2,43.6,44.0,47.7,48.1,117.5,120.3,120.8,122.6,125.8,127.7,127.9,128.1$, $128.2,128.8,129.1,132.5,132.9,133.8,137.7,138.9,139.4,139.7,140.3,140.6,145.1$, 148.4, 148.6, 148.7, 153.3, 153.7, 154.5, 163.2, 181.2. Mass Spectrum (MALDI): $m / z$ $1555[\mathrm{M}+1]^{+}$.

Phenanthrolinecondensation products: Formed by taking the appropriate dione, 18 or 19 ( 0.60 mmol ), and phenanthroline- 5,6 -diamine ( 0.66 mmol ) and heating them in a mixture of absolute ethanol and chloroform ( $10: 1,22 \mathrm{ml}$ ), in the case of 3 , at reflux overnight, or absolute ethanol and dichloroethane ( $1: 1,1 \mathrm{ml}$ ), for 4 , at reflux for 5 days.

3: m.p. $>300^{\circ} \mathrm{C} ;{ }^{1} \mathrm{H}$ NMR ( $300 \mathrm{MHz}, \mathrm{CDCl}_{3}$ ) $\delta 1.26(6 \mathrm{H}, \mathrm{s}), 2.14$ and $2.31(2 \mathrm{H}, \mathrm{ABq}, J$ $10.7 \mathrm{~Hz}), 2.34(2 \mathrm{H}, \mathrm{s}), 3.77(2 \mathrm{H}, \mathrm{s}), 7.75(4 \mathrm{H}, \mathrm{dd}, J 8.2 \mathrm{~Hz}, J 4.6 \mathrm{~Hz}), 9.22(4 \mathrm{H}, \mathrm{dd}, J 4.6$ $\mathrm{Hz}, J 1.5 \mathrm{~Hz}), 9.48(4 \mathrm{H}, \mathrm{dd}, J 8.2 \mathrm{~Hz}, J 1.5 \mathrm{~Hz}) ;{ }^{13} \mathrm{C} \mathrm{NMR}\left(75.5 \mathrm{MHz}, \mathrm{CDCl}_{3}\right) \delta 9.7$, 41.0, 43.8, 44.4, 48.5, 123.6, 127.4, 132.7, 137.5, 146.5, 151.4, 162.5. Mass Spectrum (MALDI): $m / z 647[\mathrm{M}+1]^{+}$.

4: m.p. $264-267^{\circ} \mathrm{C} ;{ }^{1} \mathrm{H} \mathrm{NMR}\left(300 \mathrm{MHz}, \mathrm{CDCl}_{3}\right) \delta-1.45(1 \mathrm{H}, \mathrm{d}, J 11.8 \mathrm{~Hz}), 0.26(1 \mathrm{H}, \mathrm{d}$, $J 11.8 \mathrm{~Hz}), 1.06-1.18(2 \mathrm{H}, \mathrm{m}), 1.34-1.42(2 \mathrm{H}, \mathrm{m}), 1.98(1 \mathrm{H}, \mathrm{dt}, J 9.2 \mathrm{~Hz}, J 1.3 \mathrm{~Hz}), 2.09$ $(2 \mathrm{H}, \mathrm{s}), 2.11(1 \mathrm{H}, \mathrm{dt}, J 9.2 \mathrm{~Hz}, J 1.3 \mathrm{~Hz}), 2.53(2 \mathrm{H}, \mathrm{s}), 3.66(2 \mathrm{H}, \mathrm{s}), 7.76(2 \mathrm{H}, \mathrm{dd}, J 8.2$ $\mathrm{Hz}, J 4.1 \mathrm{~Hz}), 9.22(4 \mathrm{H}, \mathrm{dd}, J 4.4 \mathrm{~Hz}, J 1.5 \mathrm{~Hz}), 9.48(4 \mathrm{H}, \mathrm{dd}, J 8.2 \mathrm{~Hz}, J 1.5 \mathrm{~Hz}) ;{ }^{13} \mathrm{C}$ NMR (75.5 MHz, $\mathrm{CDCl}_{3}$ ) $\delta 30.1,33.4,36.6,47.7,48.5,49.5,123.2,127.2,132.6,136.8$, 145.7, 150.7, 162.9. Mass Spectrum (EI): $m / z 364[\mathrm{M}]^{+}$.

