

# 2016 Olympic Games Statistics - Women's 10000m

by K Ken Nakamura

The records to look for in Rio de Janeiro:

- 1) Kenyan woman never won the W10000m in the OG. Will V Cheruiyot or Nawowuna be the first?
- 2) Can Tirunesh Dibaba be the first to win third gold in W10000m?

**Summary Page:**

## All time Performance List at the Olympic Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	29:54.66	Tirunesh Dibaba	ETH	1	Beijing	2008
2	2	29:56.34	Elvan Abeylegesse	TUR	2	Beijing	2008
3	3	30:17.49	Derartu Tulu	ETH	1	Sydney	2000
4		30:20.75	Tirunesh Dibaba	ETH	1	London	2012
5	4	30:22.22	Shalane Flanagan	USA	3	Beijing	2008
6	5	30:22.48	Gete Wami	ETH	2	Sydney	2000
7	6	30:22.88	Fernanda Ribeiro	POR	3	Sydney	2000
8	7	30:24.36	Xing Huina	CHN	1	Athinai	2004

**Slowest winning time:** 31:06.02 by Derartu Tulu (ETH) in 1992

## Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	5.73	31:06.02	Derartu Tulu	ETH	Barcelona	1992
Min	0.62	30:24.36	Xing Huina	CHN	Athinai	2004

## Best Marks for Places in the Olympics

Pos	Time	Name	Nat	Venue	Year
1	29:54.66	Tirunesh Dibaba	ETH	Beijing	2008
2	29:56.34	Elvan Abeylegesse	TUR	Beijing	2008
3	30:22.22	Shalane Flanagan	USA	Beijing	2008
4	30:26.50	Linnet Masai	KEN	Beijing	2008
5	30:31.92	Lornah Kiplagat	NED	Athinai	2004
6	30:37.33	Inga Abitova	RUS	Beijing	2008
7	30:39.96	Lucy Wangui Kabuu	KEN	Beijing	2008
8	30:40.27	Lornah Kiplagat	NED	Beijing	2008

## Multiple Gold Medalists:

Tirunesh Dibaba (ETH): 2008, 2012

Derartu Tulu (ETH): 1992, 2000

**No performance faster than 32:10.00 in Rio de Janeiro**

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6	5	30:22.48	Gete Wami	ETH	2	Sydney	2000
7	6	30:22.88	Fernanda Ribeiro	POR	3	Sydney	2000
8	7	30:24.36	Xing Huina	CHN	1	Athinai	2004
9	8	30:24.98	Ejegayehu Dibaba	ETH	2	Athinai	2004
10	9	30:26.37	Sally Kipyego	KEN	2	London	2012
11		30:26.42	Derartu Tulu		3	Athinai	2004
12	10	30:26.50	Linet Masai	KEN	4	Beijing	2008
13	11	30:26.97	Paula Radcliffe	GBR	4	Sydney	2000
14	12	30:28.30	Werknesh Kidane	ETH	4	Athinai	2004
15	13	30:30.44	Vivian Cheruiyot	KEN	3	London	2012
16	14	30:31.92	Lornah Kiplagat	NED	5	Athinai	2004
17	15	30:35.84	Mariya Kononova	RUS	5	Beijing	2008
18	16	30:37.26	Tegla Loroupe	KEN	5	Sydney	2000
19	17	30:37.33	Inga Abitova	RUS	6	Beijing	2008
20		30:39.38	Werknesh Kidane		4	London	2012
21	18	30:39.96	Lucy Wangui Kabuu	KEN	7	Beijing	2008
22		30:40.27	Lornah Kiplagat		8	Beijing	2008
23	19	30:45.56	Beleynesh Oljira	ETH	5	London	2012
24	20	30:47.25	Shitaye Eshete	BRN	6	London	2012
25	21	30:51.00	Kim Smith	NZL	9	Beijing	2008
26	22	30:53.20	Joanne Pavey	GBR	7	London	2012
27	23	30:53.37	Sonia O'Sullivan	IRL	6	Sydney	2000
28	24	30:54.37	Sun Yingjie	CHN	6	Athinai	2004
29	25	30:55.16	Kara Goucher	USA	10	Beijing	2008
30	26	30:55.63	Julia Bleasdale	GBR	8	London	2012
31	27	30:59.19	Hitomi Niiya	JPN	9	London	2012
32	28	31:01.14	Kayoko Fukushi	JPN	11	Beijing	2008
33		31:01.63	Fernanda Ribeiro		1	Atlanta	1996
34	29	31:02.58	Wang Junxia	CHN	2	Atlanta	1996
35	30	31:04.10	Jelena Prokopcuka	LAT	7	Athinai	2004
36	31	31:04.62	Lidiya Grigoryeva	RUS	8	Athinai	2004
37	32	31:05.21	Olga Bondarenko	URS	1	Seoul	1988
38		31:05.90	Lucy Wangui Kabuu		9	Athinai	2004
39		31:06.02	Derartu Tulu		1	Barcelona	1992
40	33	31:06.63	Helena Javornik		10	Athinai	2004
41		31:06.65	Gete Wami		3	Atlanta	1996
42	34	31:06.94	Li Ji	CHN	7	Sydney	2000
43	35	31:08.44	Liz McColgan	GBR	2	Seoul	1988
44		31:10.35	Kayoko Fukushi	JPN	10	London	2012
45		31:10.46	Derartu Tulu		4	Atlanta	1996
46	36	31:10.69	Amy Hastings	USA	11	London	2012
47	37	31:11.24	Mihaela Botezan	ROU	11	Athinai	2004
48	38	31:11.75	Elana Meyer	RSA	2	Barcelona	1992
49		31:12.30	Jo Pavey		12	Beijing	2008
50	39	31:12.68	Janet Cherobon-Bawcom	USA	12	London	2012
51	40	31:12.80	Lisa uhl	USA	13	London	2012

52	41	31:14.21	Sabrina Mockenhaupt	GER	13	Beijing	2008
53		31:14.70	Elana Meyer		8	Sydney	2000

**Slowest winning time:** 31:06.02 by Derartu Tulu (ETH) in 1992

### Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	5.73	31:06.02	Derartu Tulu	ETH	Barcelona	1992
Min	0.62	30:24.36	Xing Huina	CHN	Athinai	2004

### Difference between first and third

	Diff	Winning time	3 <sup>rd</sup> place time	Winner's Name	Nat	Venue	Year
Max	27.56	29:54.66	30:22.22	Tirunesh Dibaba	ETH	Beijing	2008
Min	2.06	30:24.36	30:26.42	Xing Huina	CHN	Athinai	2004

### Difference between third and fourth (medal versus no medal)

	Difference	3 <sup>rd</sup> place time	Name	Nat	Venue	Year
Max	9.45	31:19.82	Yelena Zhupiyova	URS	Seoul	1988
	8.94	30:30.44	Vivian Cheruiyot	KEN	London	2012
	4.28	30:22.22	Shalane Flanagan	USA	Beijing	2008
Min	1.19	31:19.89	Lynn Jennings	USA	Barcelona	1992
	1.88	30:26.42	Derartu Tulu	ETH	Athinai	2004

### Average of last seven Olympics

	Average	2012	2008	2004	2000	1996	1992	1988
Winning Time	30:38.23	30:20.75	29:54.66	30:24.36	30:17.49	31:01.63	31:06.02	31:05.21
Winning Medal	30:49.65	30:30.44	30:22.22	30:26.42	30:22.88	31:06.65	31:19.89	31:19.82
Missing Medal (4 <sup>th</sup> )	30:53.76	30:39.38	30:26.50	30:28.30	30:26.97	31:10.46	31:21.08	31:29.27
8 <sup>th</sup> place	31:19.10	30:55.63	30:40.27	31:04.62	31:14.70	31:26.46	31:38.04	31:50.51

### Best Marks for Places in the Olympics

Pos	Time	Name	Nat	Venue	Year
1	29:54.66	Tirunesh Dibaba	ETH	Beijing	2008
2	29:56.34	Elvan Abeylegesse	TUR	Beijing	2008
3	30:22.22	Shalane Flanagan	USA	Beijing	2008
4	30:26.50	Linnet Masai	KEN	Beijing	2008
5	30:31.92	Lornah Kiplagat	NED	Athinai	2004
6	30:37.33	Inga Abitova	RUS	Beijing	2008
7	30:39.96	Lucy Wangui Kabuu	KEN	Beijing	2008
8	30:40.27	Lornah Kiplagat	NED	Beijing	2008
9	30:51.00	Kim Smith	NZL	Beijing	2008

### Best Marks for Places – All Competitions

Place	Time	Name	Nat	Venue	Date
1	29:31.78	Wang Junxia	CHN	Beijing	8 Sept 1993
	29:53.80	Meselech Melkamu	ETH	Utrecht	14 June 2009
2	29:56.34	Elvan Abeylegesse	TUR	Beijing – OG	15 Aug 2008
	30:07.15	Werknesh Kidane	ETH	Paris Saint Denis – WC	23 Aug 2003
3	30:07.20	Sun Yingjie	CHN	Paris Saint Denis –WC	23 Aug 2003
	30:11.87	Avalew Wude Yimer	ETH	Utrecht	14 June 2009

4	30:12.53	Lornah Kiplagat	NED	Paris- Saint Denis –WC	23 Aug 2003
	30:26.50	Linnet Masai	KEN	Beijing – OG	15 Aug 2008
5	30:23.07	Alla Zhilayeva	RUS	Paris- Saint Denis –WC	23 Aug 2003
	30:30.26	Edith Masai	KEN	Helsinki – WC	6 Aug 2005
6	30:26.20	Galina Bogomolova	RUS	Paris- Saint Denis –WC	23 Aug 2003
	30:32.47	Werknesh Kidane	ETH	Helsinki – WC	6 Aug 2005
7	30:31.55	Xing Huina	CHN	Paris- Saint Denis –WC	23 Aug 2003
	30:33.53	Sun Yingjie	CHN	Helsinki – WC	6 Aug 2005
8	30:33.75	Galina Bogomolova	RUS	Helsinki – WC	6 Aug 2005
	30:37.68	Benita Johnson	AUS	Paris-Saint Denis – WC	23 Aug 2003
9	30:42.75	Paula Radcliffe	GBR	Helsinki – WC	6 Aug 2005
	30:51.00	Kim Smith	NZL	Beijing – OG	15 Aug 2008

### Comparison of known 5Km splits/laps in the fastest Olympic 10000m

	1000	2000	3000	4000	5000	6000	7000	8000	9000	10000	last half
2012	3:06.07	6:11.57	9:18.27	12:24.93	15:32.06	18:32.08	21:36.78	24:34.07	27:35.07	30:20.75	14:48.69
2008	<b>3:00.46</b>	<b>6:00.15</b>	9:03.83	12:06.60	15:09.98	18:12.85	<b>21:14.46</b>	<b>24:09.40</b>	<b>27:06.02</b>	<b>29:54.66</b>	<b>14:44.68</b>
2004	3:16.02	6:21.82	9:27.40	12:32.69	15:34.56	18:37.39	21:34.26	24:34.70	27:34.79	30:24.36	14:49.80
2000	3:01.66	6:02.01	<b>9:01.99</b>	<b>12:03.01</b>	<b>15:05.70</b>	<b>18:11.39</b>	21:17.05	24:21.27	27:29.34	30:17.49	15:11.79
1996	3:08.1	6:12.0	9:17.6	12:26.23	15:35.85	18:42.8	21:56.5	25:08.5	28:11.64	31:01.63	15:25.80
1992	3:02.91	6:07.98	9:15.4	12:25.73	15:35.91	18:45.60	21:45.7	24:58.91	28:08.35	31:06.02	15:30.11
1988	3:09.79	6:23.30	9:19.64	12:24.13	15:37.89	18:48.21	21:57.70	25:04.27	28:09.26	31:05.21	<b>15:27.32</b>

	1000	2000	3000	4000	5000	6000	7000	8000	9000	10000	Last lap
2012	3:06.07	3:05.50	3:06.70	3:06.66	3:07.13	3:00.02	3:04.70	2:57.29	3:01.00	<b>2:45.68</b>	62.08
2008	<b>3:00.46</b>	<b>2:59.69</b>	3:03.68	3:02.77	3:03.38	3:02.87	3:01.61	<b>2:54.94</b>	<b>2:56.62</b>	2:48.64	60.14
2004	3:16.02	3:05.80	3:05.58	3:05.29	<b>3:01.87</b>	<b>3:02.73</b>	<b>2:56.87</b>	3:00.44	3:00.09	2:49.57	62.8
2000	3:01.66	3:00.35	2:59.98	<b>3:01.02</b>	3:02.69	3:05.69	3:05.66	3:04.22	3:08.07	2:48.15	60.3
1996	3:03.1	3:03.9	3:05.6	3:08.6	3:09.60	3:07.0	3:13.7	3:12.0	3:03.1	2:49.9	63.6
1992	3:02.91	3:05.07	3:07.42	3:10.33	3:10.18	3:09.69	3:00.1	3:13.21	3:09.44	2:57.67	65.9
1988	3:09.79	3:13.51	<b>2:56.34</b>	3:04.49	3:13.76	3:10.32	3:09.49	3:06.57	3:04.99	2:55.95	

### Multiple Gold Medalists:

Tirunesh Dibaba (ETH): 2008, 2012

Derartu Tulu (ETH): 1992, 2000

### Multiple Medalists:

Tirunesh Dibaba (ETH): 2008 Gold; 2012 Gold

Derartu Tulu (ETH): 1992 Gold; 2000 Gold; 2004 Bronze

Fernanda Ribeiro (POR): 1996 Gold, 2000 Bronze

Gete Wami (ETH): 1996 Bronze; 2000 Silver

### Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
KEN	2012		Sally Kipyego	Vivian Cheruiyot
ETH	2004		Ejegayehu Dibaba	Derartu Tulu
ETH	2000	Derartu Tulu	Gete Wami	
URS	1988	Olga Bondarenko		Yelena Zhupiyova

**Man & Woman from the same team winning the corresponding event:**

Nation	Men	Women	Venue	Year
ETH	Kenenisa Bekele	Tirunesh Dibaba	Beijing	2008
ETH	Haile Gebrselassie	Derartu Tulu	Sydney	2000

**Individual Medals by Countries:**

Nation	Gold	Silver	Bronze
ETH	4	2	2
CHN	1	1	
POR	1		1
URS	1		1
KEN		1	1
GBR		1	
RSA		1	
TUR		1	
USA			2

**World Champion with Olympic Gold medal**

Name	Nat	World Championships	Olympics
Tirunesh Dibaba	ETH	2005, 2007, 2013	2008, 2012
Fernanda Ribeiro	POR	1995	1996
Derartu Tulu	ETH	2001	1992, 2000

**World Junior Championships medalist with Olympic Gold medal**

Name	Nat	World Junior Championships	Event	Year	Olympics
Tirunesh Dibaba	ETH	Silver	5000m	2002	2008, 2012
Fernanda Ribeiro	POR	Silver	3000m	1988	1996

**World Youth Championships medalist with Olympic medal:**

Name	Nat	World Youth Championships	Event	Year	Olympics	Year
Vivian Cheruiyot	KEN	Bronze	3000m	1999	Bronze	2012

**Olympic Champion with European Championships gold medal**

Name	Nat	Olympics	European Championships
Fernanda Ribeiro	POR	1996	1994

**Olympic medalist with Asian Games medal**

Name	Nat	Olympics	Year	Asian Games	Year	Asian Championships	Year
Xing Huina	CHN	Gold	2004	Bronze	2002		
Wang Junxia	CHN	Silver	1996	Gold	1994	Gold	1993, 1995

**Olympic champion with All Africa Games/African Championships gold medal:**

Name	Nat	Olympics	All Africa Games	African Championships
Tirunesh Dibaba	ETH	2008, 2012		2008, 2010
Derartu Tulu	ETH	1992, 2000	1991	1990, 1992

**Olympic medalist with Pan American Games medal:** None

**Olympic medalist with Commonwealth Games medal**

Name	Nat	Olympics	Year	Commonwealth Games	Year
Liz McColgan (Lynch)	GBR	Silver	1988	Gold	1986, 1990
Elana Meyer	RSA	Silver	1992	Silver	1994

**Last seven Olympics:**

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2012	Tirunesh Dibaba	ETH	30:20.75	Sally Kipyego	KEN	30:26.37	Vivian Cheruiyot	KEN	30:30.44
2008	Tirunesh Dibaba	ETH	29:54.66	Elvan Abeylegesse	TUR	29:56.34	Shalane Flanagan	USA	30:22.22
2004	Xing Huina	CHN	30:24.36	Ejegayehu Dibaba	ETH	30:24.98	Derartu Tulu	ETH	30:26.42
2000	Derartu Tulu	ETH	30:17.49	Gete Wami	ETH	30:22.48	Fernanda Ribeiro	POR	30:22.88
1996	Fernanda Ribeiro	POR	31:01.63	Wang Junxia	CHN	31:02.58	Gete Wami	ETH	31:06.65
1992	Derartu Tulu	ETH	31:06.02	Elana Meyer	RSA	31:11.75	Lynn Jennings	USA	31:19.89
1988	Olga Bondarenko	URS	31:05.21	Liz McColgan	GBR	31:08.44	Yelna Zhupiyova	URS	31:19.82

**Last eight World Championships:**

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2015	Vivian Cheruiyot	KEN	31:41.31	Gelete Burka	ETH	31:41.77	Emily Infeld	USA	31:43.49
2013	Tirunesh Dibaba	ETH	30:43.35	Gladys Cherono	KEN	30:45.17	Belaynesh Oljira	ETH	30:46.98
2011	Vivian Cheruiyot	KEN	30:48.98	Sally Kipyego	KEN	30:50.04	Linet Masai	KEN	30:53.59
2009	Linet Masai	KEN	30:51.24	Meselech Melkamu	ETH	30:51.34	Wude Ayalew	ETH	30:51.95
2007	Tirunesh Dibaba	ETH	31:55.41	Elvan Abeylegesse	TUR	31:59.40	Kara Goucher	USA	32:02.05
2005	Tirunesh Dibaba	ETH	30:24.02	Berhane Adere	ETH	30:25.41	Ejagayehu Dibaba	ETH	30:26.00
2003	Berhane Adere	ETH	30:04.18	Worknesh Kidane	ETH	30:07.15	Sun Yingjie	CHN	30:07.20
2001	Derartu Tulu	ETH	31:48.81	Berhane Adere	ETH	31:48.85	Gete Wami	ETH	31:49.98

**Last nine World Junior Championships (5000m):** (10000m not contested after 1994)

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2016	Kalkidan Fente	ETH	15:29.64	Imaculata Chepkurui	KEN	15:31.12	Bontu Edao	BEN	15:31.93
2014	Alemitu Heroye	ETH	15:10.08	Alemitu Hawi	ETH	15:10.46	Agnes Jebet Tirop	KEN	15:43.12
2012	Buze Diriba	ETH	15:32.94	Ruti Aga	ETH	15:32.95	Agnes Jebet Tirop	KEN	15:36.74
2010	Genzebe Dibaba	ETH	15:08.06	Mercy Cherono	KEN	15:09.19	Alice Aprot Nawowuna	KEN	15:17.39
2008	Sule Utura	ETH	16:15.59	Genzebe Dibaba	ETH	16:16.75	Nelly Chebet	KEN	16:17.96
2006	Xue Fei	CHN	15:31.61	Florence Kiplagat	KEN	15:32.34	Mary Ngugi	KEN	15:36.82
2004	Meselech Melkamu	ETH	15:21.52	Catherine Chikwakwa	MAW	15:36.22	Chiaki Iwamoto	JPN	15:39.59
2002	Meseret Defar	ETH	15:54.94	Tirunesh Dibaba	ETH	15:55.99	Vivian Cheruiyot	KEN	15:56.04
2000	Dorcus Inzikuru	UGA	16:21.32	Meseret Defar	ETH	16:23.69	Sharon Cherop	KEN	16:23.73

**Last nine World Youth Championships (3000m):**

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2015	Shuru Bulo	ETH	9:01.12	Emily Chebet	KEN	9:02.92	Sheila Chelangat	KEN	9:04.54
2013	Liian Kasait	KEN	8:58.74	Berhan Demiesa	ETH	9:00.06	Silenat Yismaw	ETH	9:01.63
2011	Gotytom Gebreslase	ETH	8:56.36	Ziporah Wanjiru	KEN	8:56.82	Caroline Chepkoech	KEN	8:58.63
2009	Purity Rionoripo	KEN	9:03.79	Jackline Chepngeno	KEN	9:05.93	Genet Yalew	ETH	9:08.95
2007	Mercy Cherono	KEN	8:53.94	Mahlet Melese	ETH	8:56.98	Sule Utura	ETH	9:06.48
2005	Veronica Wanjiru	KEN	9:01.61	Pauline Korikwang	KEN	9:05.42	Hitomi Niiya	JPN	9:10.34
2003	Siham Hilali	MAR	9:12.70	Pasalia Kipkoech	KEN	9:13.77	Yuko Nohara	JPN	9:14.82
2001	Sally Kipyego	KEN	9:09.05	Mestewat Tula	ETH	9:11.60	Fridah Domongole	KEN	9:12.70
1999	Alice Timbilil	KEN	9:01.99	Meseret Defar	ETH	9:02.08	Vivian Cheruiyot	KEN	9:04.42

**Last six European Championships:**

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2016	Yasemin Can	TUR	31:12.86	Dulce Felix	POR	31:19.03	Karoline Bjørkeli Grøvdal	NOR	31:23.45
2014	Jo Pavey	GBR	32:22.39	Clemence Calvin	FRA	32:23.58	Laila Travvy	FRA	32:26.03
2012	Dulce Felix	POR	31:44.75	Jo Pavey	GBR	31:49.03	Olga Skrypak	UKR	31:51.32
2010	Elvan Abeylegesse	TUR	31:10.23	Inga Abitova	RUS	31:22.83	Jessica Augusto	POR	31:25.77
2006	Inga Abitova	RUS	30:31.42	Susanne Wigene	NOR	30:32.36	Lidiya Grigoryeva	RUS	30:32.72
2002	Paula Radcliffe	GBR	30:01.09	Sonia O'Sullivan	IRL	30:47.59	Lyudmila Biktasheva	RUS	31:04.00

**Last four Asian Games:**

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2014	Alia Saeed	UAE	31:51.86	Ding Changqin	CH	31:53.0	Ayumi	JPN	31:55.67
2010	Prreja Sreedharan	IND	31:50.47	Kavita Raut	IND	31:51.44	Shitaye Eshete	BRN	31:53.27
2006	Kayoko Fukushi	JPN	31:29.38	Karima Saleh Jassem	BRN	32:17.14	Hiroshi Ominami	JPN	32:18.02
2002	Sun Yingjie	CHN	30:28.26	Kayoko Fukushi	JPN	30:51.81	Xing Huina	CHN	31:42.58

**Last eight Asian Championships:**

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2014	Ali Mohamed	UAE	31:52.29	Eunice Chumba	BR	32:22.29	Michi Numata	JPN	32:44.57
2013	Shitaye Eshete	BRN	32:17.29	Alia Mohamed Saeed	UA	32:39.39	Ayumi Hagiwara	JPN	32:47.44
2011	Shitaya Eshete	BRN	32:47.80	Kareema Jasim Saleh	BRN	32:50.70	Preeja Sreedharan	IND	33:15.55
2009	Bai Xue	CHN	34:11.14	Kavita Raut	IND	34:17.21	Wang Jiali	CHN	34:22.64
2007	Karima SalehJassem	BRN	34:26.39	Preeja Sreedharan	IND	36:04.54	Kim Mi Gyong	PRK	38:29.90
2005	Bai Xue	CHN	33:34.74	Yumi Sato	JPN	33:42.11	Ham Bong-Sil	PRK	34:35.30
2003	Sun Yingjie	CHN	32:37.04	Sujeewa N Jayasena	SRI	34:46.99	Lashram Aruna Devi	IND	37:23.28
2002	Ham Bong-Sil	PRK	34:44.92	Jo Bun-Hui	PRK	35:00.63	Lashram Aruna Devi	IND	35:38.70

**Last four All Africa Games:**

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2015	Alice Nawowuna	KEN	31:24.18	Gladys Chesire	KEN	31:36.87	Gelete Burka	ETH	31:38.33
2011	Sule Utura	ETH	33:24.82	Wude Ayalew	ETH	33:24.88	Pauline Korikwang	KEN	33:26.17
2007	Mestawet Tufa	ETH	31:26.05	Edith Masai	KEN	31:31.18	Irene Kwambai	KEN	31:36.78
2003	Ejegayehu Dibaba	ETH	32:34.54	Werknesh Kidane	ETH	32:37.35	Leah Malot	KEN	32:56.43

**Last eight African Championships:**

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2016	Alice Aprot Nawowuna	KEN	30:26.94	J Chepngeno	KEN	31:27.73	J Jepkosgei	KEN	31:28.28
2014	Joyce Chepkirui	KEN	32:45.2	Emily Chebet	KEN	32:45.28	Belaynesh Oljira	ETH	32:49.39
2012	Gladys Cherono	KEN	32:41.40	Priscah Cherono	KEN	32:45.73	Betsy Saina	KEN	32:48.36
2010	Tirunesh Dibaba	ETH	31:51.39	Meselech Melkamu	ETH	31:55.50	Linet Masai	KEN	31:59.36
2008	Tirunesh Dibaba	ETH	32:49.08	Ejegayehu Dibaba	ETH	32:50.36	Wude Ayalew Yimer	ETH	32:55.17
2006	Edith Masai	KEN	31:27.96	Isabella Ochichi	KEN	31:29.43	Emily Chebet	KEN	31:33.39
2004	Eyerusalem Kuma	ETH	31:56.77	Irene Kwambai	KEN	31:57.54	Catherine Kirui	KEN	32:35.71
2002	Susan Chepkemei	KEN	31:45.14	Leah Malot	KEN	32:00.78	Eyerusalem Kuma	ETH	32:21.60

**Last four Pan American Games:**

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2015	Brenda Flores	MEX	32:41.33	Desiree Linden	USA	32:43.99	Lanni Marchant	CAN	32:46.03
2011	Marisol G Romero	MEX	34:07.24	Cruz da Silva	BRA	34:22.44	Yolanda Caballero	COL	34:39.14
2007	Sara Slattery	USA	32:54.41	Dulce Rodriguez	MEX	32:56.75	Lucelia Peres	BRA	33:19.48
2003	Adriana Fernandez	MEX	33:16.05	Yudelkis Martinez	CUB	33:55.12	Bertha Sanchez	COL	33:56.17

### Last four Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2014	Joyce Chepkirui	KEN	32:09.35	Florence Kiplagat	KEN	32:09.48	Emily Chebet	KEN	32:10.82
2010	Grace Momanyi	KEN	32:34.11	Doris Changeiywo	KEN	32:36.97	Kavita Raut	IND	33:05.28
2006	Lucy Wangui	KEN	31:29.66	Evelyn Wambui	KEN	31:30.86	Mara Yamauchi	ENG	31:49.40
2002	Salina Kosgei	KEN	31:27.83	Susan Chepkemei	KEN	31:32.04	Susie Powers	AUS	31:32.20

**No performance faster than 32:10.00 in Rio de Janeiro**

### Fastest performances in August

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	29:54.66	Tirunesh Dibaba	ETH	1	OG/Beijing	15 Aug 2008
2	2	29:56.34	Elvan Abeylegesse	TUR	2	OG/Beijing	15 Aug 2008
3	3	30:01.09	Paula Radcliffe	GBR	1	EC/München	6 Aug 2002
4	4	30:04.18	Berhane Adere	ETH	1	WC/Paris	23 Aug 2003
5	5	30:07.15	Werknesh Kidane	ETH	2	WC/Paris	23 Aug 2003
6	6	30:07.20	Sun Yingjie	CHN	3	WC/Paris	23 Aug 2003
7	7	30:12.53	Lornah Kiplagat	NED	4	WC/Paris	23 Aug 2003
8	8	30:20.75	Tirunesh Dibaba	ETH	1	London	3 Aug 2012
9	9	30:22.22	Shalane Flanagan	USA	3	OG/Beijing	15 Aug 2008
10	10	30:23.07	Alla Zhilyayeva	RUS	5	WC/Paris	23 Aug 2003
11	11	30:23.25	Ingrid Kristiansen	NOR	1	EC/Stuttgart	30 Aug 1986

### Combined 2015 & 2016 World List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	30:07.00	Almaz Ayana	ETH	1	Hengelo	29 June <b>2016</b>
2	2	30:26.94	Alice Nawowuna	KEN	1	Durban AfC	25 June <b>2016</b>
3	3	30:28.47	Gelete Burka	ETH	2	Hengelo	29 June <b>2016</b>
4	4	30:28.53	Tirunesh Dibaba	ETH	3	Hengelo	29 June <b>2016</b>
5	5	30:36.75	Netsanet Gudeta	ETH	4	Hengelo	29 June <b>2016</b>
6	6	30:37.38	Genet Ayalew	ETH	5	Hengelo	29 June <b>2016</b>
7	7	30:40.59	Senbere Teferi	ETH	6	Hengelo	29 June <b>2016</b>
8		30:49.68	Gelete Burka		1	Hengelo	17 June 2015
9	8	30:50.25	Belaynesh Oljira	ETH	7	Hengelo	29 June <b>2016</b>
10	9	30:50.83	Alemitu Haroye	ETH	2	Hengelo	17 June 2015
11		30:53.69	Belaynesh Oljira		3	Hengelo	17 June 2015
12	10	30:54.12	Yeshaneh Ababel	ETH	8	Hengelo	29 June <b>2016</b>
13	11	30:54.61	Tadelech Bekele	ETH	9	Hengelo	29 June <b>2016</b>
14	12	30:55.56	Mamitu Daska	ETH	4	Hengelo	17 June 2015

### Gold Medal Contenders:

**Tirunesh Dibaba** (ETH) DOB: 1 Oct 1985

5000m best: 14:11.15 (2008); 10000m best: 29:54.66 (2008);

2005, 2006, 2008 World Cross Country Champion

2005 Worlds & 2008 Olympic Champion at both 5000m & 10000m;

2012 Olympic, 2007, 2013 World Champion at 10000m

Average of top performances in 2014, 2015 & 2016



	Time	Race	Place	Date
1	30:28.53	Hengelo	3	29 June 2016
Average	<b>30:28.53</b>			

**Vivian Cheruiyot** (KEN) DOB: 11 Sept 1983

5000m: 2009 & 2011 World Champion; 2010 CWG champion; 2<sup>nd</sup> in 2012 Olympics

10000m: 2011 & 2015 World Champion; 3<sup>rd</sup> in 2012 Olympics

2011 World Cross Country Champion

5000m best: 14:20.87 (2011); 10000m best: 30:30.44 (2012); 3000m best: 8:28.66 (2007)

Average of top performances in 2015 & 2016

	Time	Race	Place	Date
1	31:13.29	Bruxelles	1	5 July 2015
2	31:36.37	Eldoret – OT	1	30 June 2016
3	31:41.31	Beijing - WC	1	24 Aug 2015
4	32:58.4	Nairobi	1	31 July 2015
Average	<b>31:56.84</b>			

**Almaz Ayana** (ETH) DOB: 21 Nov 1991

5000m best: 14:12.59 (2016); 10000m best: 30:07.00 (2016)

Championships Highlights: 5000m: 2015 World Champion; 2014 African Champion;  
3<sup>rd</sup> in 2013 World Championships

Average of top performances from 2015, 2016

	Time	Race	Place	Date
1	30:07.00	Hengelo	1	29 June 2016
Average	<b>30:07.00</b>			

**Alice Nawowuna** (KEN) DOB: 2 Jan 1994

5000m best: 15:16.74 (2010); 10000m best: 30:26.94 (2016)

Championships Highlights: 2015 All Africa Game Champion; 2016 African Champion

Average of top performances from 2015, 2016

	Time	Race	Place	Date
1	30:26.94	Durban – African Champ	1	25 June 2016
2	31:40.99	Nairobi	1	27 May 2016
3	31:41.8	Nairobi	1	7 May 2016
4	31:24.18	Brazzaville – All Africa	1	16 Sept 2015
Average	<b>31:18.48</b>			

**Last three 10000m:**

**Almaz Ayana** (ETH)

	Time	Race	Place	Date
1	30:07.00	Hengelo	1	29 June 2016
Average	<b>30:07.00</b>			

**Tirunesh Dibaba** (ETH)

	Time	Race	Place	Date
1	30:28.53	Hengelo	3	29 June 2016
Average	<b>30:28.53</b>			

**Alice Nawowuna** (KEN)

	Time	Race	Place	Date
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1	30:26.94	Durban – African Champ	1	25 June 2016
2	31:40.99	Nairobi	1	27 May 2016
3	31:41.8	Nairobi	1	7 May 2016
Average	<b>31:16.58</b>			

### Vivian Cheruiyot (KEN)

	Time	Race	Place	Date
1	31:36.37	Eldoret – OT	1	30 June 2016
2	31:41.31	Beijing - WC	1	24 Aug 2015
3	32:58.4	Nairobi	1	31 July 2015
Average	<b>32:05.36</b>			

Please send any corrections to [KKenNakamura@gmail.com](mailto:KKenNakamura@gmail.com)