

2019 World Championships Statistics - Women's 10000m

by K Ken Nakamura

The records to look for in Doha:

- 1) Can Ayana become third runner to win multiple medals at W10000m of WC?

Summary:

All time Performance List at the World Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	30:04.18	Berhane Adere	ETH	1	Paris	2003
2	2	30:07.15	Worknesh Kidane	ETH	2	Paris	2003
3	3	30:07.20	Sun Yingjie	CHN	3	Paris	2003
4	4	30:12.53	Lornah Kiplagat	NED	4	Paris	2003
5	5	30:16.32	Almaz Ayana	ETH	1	London	2017
6	6	30:23.07	Alla Zhilyayeva	RUS	5	Paris	2003
7	7	30:24.02	Tirunesh Dibaba	ETH	1	Helsinki	2005
8	8	30:24.56	Gete Wami	ETH	1	Sevilla	1999
9		30:25.41	Berhane Adere		2	Helsinki	2005
10	9	30:26.00	Ejegayehu Dibaba	ETH	3	Helsinki	2005

Margin of Victory

	Difference	Name	Nat	Venue	Year
Max	46.37 seconds 23.25 seconds	Almaz Ayana Wang Junxia	ETH CHN	London Stuttgart	2017 1993
Min	0.04 second	Derartu Tulu	ETH	Edmonton	2001

Best Marks for Places in the World Championships

Pos	Time	Name	Nat	Venue	Year
1	30:04.18	Berhane Adere	ETH	Paris	2003
2	30:07.15	Worknesh Kidane	ETH	Paris	2003
3	30:07.20	Sun Yingjie	CHN	Paris	2003
4	30:12.53	Lornah Kiplagat	NED	Paris	2003

Multiple Medalists:

Tirunesh Dibaba (ETH): 2005, 2007, 2013

Vivian Cheruiyot (KEN) 2011, 2015

All time Performance List at the World Championships

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1	1	30:04.18	Berhane Adere	ETH	1	Paris	2003
2	2	30:07.15	Worknesh Kidane	ETH	2	Paris	2003
3	3	30:07.20	Sun Yingjie	CHN	3	Paris	2003
4	4	30:12.53	Lornah Kiplagat	NED	4	Paris	2003
5	5	30:16.32	Almaz Ayana	ETH	1	London	2017
6	6	30:23.07	Alla Zhilyayeva	RUS	5	Paris	2003
7	7	30:24.02	Tirunesh Dibaba	ETH	1	Helsinki	2005
8	8	30:24.56	Gete Wami	ETH	1	Sevilla	1999
9		30:25.41	Berhane Adere		2	Helsinki	2005
10	9	30:26.00	Ejegayehu Dibaba	ETH	3	Helsinki	2005
11	10	30:26.20	Galina Bogomolova	RUS	6	Paris	2003
12	11	30:27.13	Paula Radcliffe	GBR	2	Sevilla	1999
13	12	30:27.18	Xing Huina	CHN	4	Helsinki	2005
14	13	30:30.26	Edith Masai	KEN	5	Helsinki	2005
15		30:31.55	Xing Huina		7	Paris	2003
16	14	30:32.03	Tegla Loroupe	KEN	3	Sevilla	1999
17		30:32.47	Worknesh Kidane		6	Helsinki	2005
18		30:33.53	Sun Yingjie		7	Helsinki	2005
19		30:33.75	Galina Bogomolova		8	Helsinki	2005
20	15	30:37.68	Benita Johnson	AUS	8	Paris	2003
21		30:42.75	Paula Radcliffe		9	Helsinki	2005
22		30:43.35	Tirunesh Dibaba		1	Moskva	2013
23	16	30:45.17	Gladys Cherono	KEN	2	Moskva	2013
24	17	30:46.98	Belaynesh Oljira	ETH	3	Moskva	2013
25	18	30:47.02	Emily Chebet	KEN	4	Moskva	2013
26	19	30:48.98	Vivian Cheruiyot	KEN	1	Daegu	2011
27	20	30:49.30	Wang Junxia	CHN	1	Stuttgart	1993
28	21	30:50.04	Sally Kipyego	KEN	2	Daegu	2011
29	22	30:51.24*	Linnet Masai	KEN	1	Berlin	2009
30	23	30:51.34	Meselech Melkamu	ETH	2	Berlin	2009
31	24	30:51.95*	Wude Ayalew	ETH	3	Berlin	2009
32	25	30:52.25*	Grace Momanyi	KEN	4	Berlin	2009
33	26	30:52.37	Meseret Defar	ETH	5	Berlin	2009
34		30:53.59	Linnet Masai		3	Daegu	2011
35	27	30:55.80	Irene Kwambai	KEN	10	Helsinki	2005
36	28	30:56.43	Priscah Cherono	KEN	4	Daegu	2011
37		30:56.55	Meselech Melkamu		5	Daegu	2011
38	29	30:56.70	Hitomi Niiya	JPN	5	Moskva	2013
39		31:01.07	Ejegayehu Dibaba		9	Paris	2003
40		31:02.69	Tirunesh Dibaba		2	London	2017
41	30	31:03.50	Agnes Jebet Tirop	KEN	3	London	2017
42	31	31:03.75	Kayoko Fukushi	JPN	11	Helsinki	2005
43	32	31:04.55	Jelena Prokopcuka	LAT	12	Helsinki	2005
44	33	31:04.99	Fernanda Ribeiro	POR	1	Göteborg	1995
45	34	31:05.85	Ingrid Kristiansen	NOR	1	Roma	1987
46		31:06.14	Jelena Prokopcuka		10	Paris	2003
47	35	31:08.10	Derartu Tulu	ETH	2	Göteborg	1995
48	36	31:09.40	Yelena Zhupiyova	URS	2	Roma	1987
49		31:10.57	Kayoko Fukushi		11	Paris	2003
50	37	31:11.34	Kathrin Ullrich	GDR	3	Roma	1987
51	38	31:11.86	Alice Aprot Nawowuna	KEN	4	London	2017
52	39	31:12.55	Zhong Huandi	CHN	2	Stuttgart	1993
53	40	31:13.78	Amy Yoder Begley	USA	6	Berlin	2009

Note: * Full distance not covered

Slowest winning time: 31:55.41 by Tirunesh Dibaba in 2007

Margin of Victory

	Difference	Name	Nat	Venue	Year
Max	46.37 seconds	Almaz Ayana	ETH	London	2017
	23.25 seconds	Wang Junxia	CHN	Stuttgart	1993
Min	0.04 second	Derartu Tulu	ETH	Edmonton	2001

Difference between first and third

	Diff	Winning time	3 rd place time	Winner's Name	Nat	Venue	Year
Max	47.18	30:16.32	31:03.50	Almaz Ayana	ETH	London	2017
	26.08	30:49.30	31:15.38	Wang Junxia	CHN	Stuttgart	1993
Min	0.71	30:51.24	30:51.95	Linet Masai	KEN	Berlin	2009

Difference between third and fourth (medal versus no medal)

	Difference	3 rd place time	Name	Nat	Venue	Year
Max	54.81	30:32.03	Tegla Loroupe	KEN	Sevilla	1999
Min	0.04	30:46.98	Belaynesh Oljira	ETH	Moskva	2013
	0.08	31:49.98	Gete Wami	ETH	Edmonton	2001

Fastest time in each round (semi held only in 1987-1997)

Round	Time	Name	Nat	Venue	Year
Final	30:04.18	Berhane Adere	ETH	Paris	2003
First round	31:45.95	Derartu Tulu	ETH	Tokyo	1991

Average from last nine (21st century) World Championships

	Average	2017	2015	2013	2011	2009	2007	2005	2003	2001
Winning Time	30:57.07	30:16.32	31:41.31	30:43.35	30:48.98	30:51.24	31:55.41	30:24.02	30:04.18	31:48.81
Winning Medal	31:05.17	31:03.50	31:43.49	30:46.98	30:53.59	30:51.95	32:03.81	30:26.00	30:07.20	31:49.98
8 th place	31:31.25	31:24.78	31:51.35	31:34.83	31:37.03	31:21.42	32:31.21	30:33.75	30:37.68	32:09.21

5000m – 10000m double gold medalists

Name	Nation	Venue	Year
Vivian Cheruiyot	KEN	Daegu	2011
Tirunesh Dibaba	ETH	Helsinki	2005

Best Marks for Places in the World Championships

Pos	Time	Name	Nat	Venue	Year
1	30:04.18	Berhane Adere	ETH	Paris	2003
2	30:07.15	Worknesh Kidane	ETH	Paris	2003
3	30:07.20	Sun Yingjie	CHN	Paris	2003
4	30:12.53	Lornah Kiplagat	NED	Paris	2003
5	30:23.07	Alla Zhilyayeva	RUS	Paris	2003
6	30:26.20	Galina Bogomolova	RUS	Paris	2003
7	30:31.55	Xing Huina	CHN	Paris	2003
8	30:33.75	Galina Bogomolova	RUS	Helsinki	2005

Best Marks for Places – all competitions

Pos	Time	Name	Nat	Venue	Day Month Year
1	29:17.45	Almaz Ayana	ETH	OG- Rio de Janeiro	12 Aug 2016
	29:31.78	Wang Junxia	CHN	Beijing	8 Sept 1993
2	29:32.53	Vivian Cheruiyot	KEN	OG-Rio de Janeiro	12 Aug 2016
	30:07.15	Werknesh Kidane	ETH	Saint Denis	23 Aug 2003

3	29:42.56 30:07.20 30:11.87	Tirunesh Dibaba Sun Yingjie Wude Ayalew	ETH CHN ETH	OG-Rio de Janeiro WC – Saint Denis Utrecht	12 Aug 2016 23 Aug 2003 14 June 2009
4	29:53.51 30:12.53 30:26.97	Alice Nawowuna Lornah Kiplagat Paula Radcliffe	KEN NED GBR	OG – Rio de Janeiro WC – Saint Denis OG - Sydney	12 Aug 2016 23 Aug 2003 30 Sept 2000
5	30:07.78 30:23.07 30:30.26	Betsy Saina Alla Zhilyayeva Edith Masai	KEN RUS KEN	OG – Rio de Janeiro WC – Saint Denis WC – Helsinki	12 Aug 2016 23 Aug 2003 6 Aug 2005
6	30:13.17 30:26.20 30:32.47	Molly Huddle Galina Bogomalova Werknesh Kidane	USA RUS ETH	OG – Rio de Janeiro WC – Saint Denis WC – Helsinki	12 Aug 2016 23 Aug 2003 6 Aug 2005
7	30:26.41 30:31.55 30:33.53	Yasemin Can Xing Huina Sun Yingjie	TUR CHN CHN	OG – Rio de Janeiro WC – Saint Denis WC – Helsinki	12 Aug 2016 23 Aug 2003 6 Aug 2005
8	30:26.66 30:33.75 30:37.68	Gelete Burka Galina Bogomalova Benita Willis	ETH RUS AUS	OG – Rio de Janeiro WC – Helsinki WC – Saint Denis	12 Aug 2016 6 Aug 2005 23 Aug 2003
9	30:42.75	Paula Radcliffe	GBR	WC – Helsinki	6 Aug 2005

Multiple Gold Medalists:

Tirunesh Dibaba (ETH): 2005, 2007, 2013
Vivian Cheruiyot (KEN) 2011, 2015

Multiple Medalists:

Vivian Cheruiyot (KEN): 2011 Gold, 2015 Gold
Tirunesh Dibaba (ETH): 2005 Gold, 2007 Gold, 2013 Gold, 2017 Silver
Berhane Adere (ETH): 2001 Silver, 2003 Gold, 2005 Silver
Gete Wami (ETH): 1999 Gold, 2001 Bronze
Tegla Loroupe (KEN): 1995 Bronze, 1999 Bronze
Derartu Tulu (ETH): 1995 Silver, 2001 Gold
Fernanda Ribeiro (POR): 1995 Gold, 1997 Silver
Sally Barsosio (KEN): 1993 Bronze, 1997 Gold
Zhong Huandi (CHN): 1991 Silver, 1993 Silver

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
ETH	2017	Almaz Ayana	Tirunesh Dibaba	
ETH	2013	Tirunesh Dibaba		Belaynesh Oljira
KEN	2011	Vivian Cheruiyot	Sally Kipyego	Linet Masai
ETH	2009		Meselech Melkamu	Wude Ayalew
ETH	2005	Tirunesh Dibaba	Berhane Adere	Ejagayou Dibaba
ETH	2003	Berhane Adere	Worknesh Kidane	
ETH	2001	Derartu Tulu	Berhane Adere	Gete Wami
CHN	1993	Wang Junxia	Zhong Huandi	
CHN	1991		Zhong Huandi	Wang Xiuting

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

Nation	Men	Women	Venue	Year
ETH	Kenenisa Bekele	Tirunesh Dibaba	Osaka	2007

ETH	Kenenisa Bekele	Tirunesh Dibaba	Helsinki	2005
ETH	Kenenisa Bekele	Berhane Adere	Paris	2003
ETH	Haile Gebrselassie	Gete Wami	Sevilla	1999

Medals by Countries:

Nation	Gold	Silver	Bronze
ETH	7	7	4
KEN	4	2	5
CHN	1	2	2
GBR	1	1	1
POR	1	1	
NOR	1		
USA		1	1
URS		1	
GDR			1
JPN			1

Comparison of 1000m splits/laps in the World Championships 10000m

Fastest lap/splits are in **Bold**; slowest in *italics*

	400m	1000 m	2000 m	3000 m	4000 m	5000 m	6000m	7000m	8000m	9000m	10000m	Final 400	Final200
2017		3:30.03	3:18.73	3:10.45	3:02.99	2:49.18	2:51.59	2:52.22	2:54.84	2:56.80	2:49.49		
2015		3:16.30	3:13.85	3:12.02	3:13.37	3:16.94	3:10.26	3:07.73	3:12.14	3:09.40	2:48.30	60.6	29.3
2013		3:07.57	3:06.35	3:06.93	3:05.40	3:04.13	3:04.68	3:07.56	3:06.04	3:05.46	2:49.23	59.96	
2011		3:13.50	3:10.00	3:08.90	3:10.20	3:04.90	3:03.30	3:05.00	2:59.40	3:03.40	2:50.38	61.71	
2009		3:08:85	3:08:16	3:07.88	3:10.40	3:09.90	3:10.26	3:08.75	2:55.98	2:58.11	2:52.95	63.14	30.4
2007		3:27.75	3:25.07	3:11.46	3:16.30	3:18.68	3:13.92	3:15.00	3:07.62	3:02.45	2:47.18	60.11	30.73
2005	73.2	3:02.50	3:01.78	3:02:96	3:04.57	3:04.48	3:07.36	3:04.11	3:03.00	3:04.43	2:48.83	58.4	30.6
2003	69.33	2:59.62	3:03.79	2:56.52	3:00.23	3:06.37	3:00.72	3:00.93	3:02.84	3:03.04	2:50.12	63.0	29.9
2001	78.6	3:22.44	<i>3:16.15</i>	<i>3:16.56</i>	<i>3:18.44</i>	3:16.30	<i>3:12.24</i>	3:12.06	3:09.53	2:58.80	2:46.29	63.2	<i>31.9</i>
1999		3:11.45	3:04.99	3:03.65	3:02.64	3:02.51	2:59.04	3:03.06	3:03.30	2:59.76	2:54.16	64.6	31.7
1997		<i>3:25.55</i>	3:05.7	3:12.28	3:12.74	<i>3:16.54</i>	3:11.86	3:08.4	3:05.71	3:00.79	2:53.35		
1995	<i>83.1</i>	3:22.11	3:10.77	3:13.06	2:56.37	3:04.58	3:05.93	3:08.13	3:05.24	3:02.84	2:55.96	66.2	
1993		3:04.03	3:07.82	3:08.06	3:09.54	3:14.96	3:11.12	<i>3:12.28</i>	3:03.54	2:55.59	2:43.36	61.0	30.4
1991	61.51	3:02.95	3:06.47	3:07.54	3:08.89	3:08.30	3:06.64	3:09.30	3:10.18	3:09.43	3:04.61		
1987	77.8	3:01.2	2:58.8	3:03.7	3:09.8	3:10.1	3:08.0	3:08.3	<i>3:10.6</i>	<i>3:11.6</i>	<i>3:05.8</i>	<i>72.4</i>	

	1000 m	2000 m	3000 m	4000 m	5000 m	6000m	7000m	8000m	9000m	10000m	Final 5000m
2017	3:30.03	6:48.76	9:59.21	13:02.20	15:51.38	18:42.97	21:35.19	24:30.03	27:26.83	30:16.32	14:24.94
2015	3:16.30	6:30.15	9:42.17	12:56.54	16:13.48	19:23.74	22:31.47	25:43.61	28:53.01	31:41.31	15:27.83
2013	3:07.57	6:13.92	9:20.85	12:26.25	15:30.38	18:35.06	21:42.62	24:48.66	27:54.12	30:43.35	15:12.97
2011	3:15.50	6:23.50	9:32.40	12:42.60	15:47.50	18:50.80	21:55.80	24:55.20	27:58.60	30:48.98	15:01.48
2009	3:08.85	6:17.01	9:24.89	12:35.29	15:45.19	18:55.45	22:04.20	25:00.18	27:58.29	30:51.24	15:06.05
2007	3:27.75	6:42.82	9:54.28	13:10.58	16:29.24	19:43.16	22:58.16	26:05.78	29:08.23	31:55.41	15:26.17
2005	3:02.50	6:04.28	9:07.24	12:11.81	15:16.29	18:23.65	21:27.76	24:30.76	27:35.19	30:24.02	15:07.73
2003	2:59.62	6:03.41	8:59.93	12:00.16	15:06.53	18:07.25	21:08.18	24:11.02	27:14.06	30:04.18	14:57.65
2001	3:22.44	<i>6:38.59</i>	<i>9:55.15</i>	<i>13:13.59</i>	<i>16:29.89</i>	<i>19:42.13</i>	<i>22:54.19</i>	<i>26:03.72</i>	<i>29:02.52</i>	<i>31:48.81</i>	15:18.92
1999	3:11.45	6:16.44	9:20.09	12:22.73	15:25.24	18:24.28	21:27.34	24:30.64	27:30.40	30:24.56	14:59.32

1997	<u>3:25.55</u>	6:31.25	9:43.53	12:56.27	16:12.81	19:24.67	22:33.07	25:38.78	28:39.57	31:32.92	15:20.11
1995	3:22.11	6:32.88	9:45.94	12:42.31	15:46.89	18:52.82	22:00.95	25:06.19	28:09.03	31:04.99	15:18.10
1993	3:04.03	6:11.85	9:19.91	12:28.45	15:43.41	18:54.53	22:06.81	25:10.35	28:05.94	30:49.30	15:05.89
1991	3:02.95	6:09.42	9:16.96	12:25.85	15:34.15	18:40.79	21:50.09	25:00.27	28:09.70	31:14.31	15:40.26
1987	3:01.2	6:00.0	9:03.7	12:11.5	15:21.6	18:29.6	21:37.9	24:48.5	28:00.1	31:05.85	<u>15:44.25</u>

World Records Split Times

Name	DMY	1000m	2000m	3000m	4000m	5000m	6000m	7000m	8000m	9000m	10000m	last 5000m
Ayana	12/8/16	3:01.53	5:55.79	8:52.70	11:49.79	14:46.81	17:36.74	20:29.98	23:25.37	26:22.88	29:17.45	14:30.64
Wang	8/9/93	2:54.7	5:56.6	8:59.2	12:02.8	15:05.7	18:10.1	21:14.4	23:59.9	26:44.8	29:31.78	14:26.1
Kristiansen	5/7/86	3:01.2	6:05.3	9:10.1	12:11.3	15:11.4	18:11.5	21:12.4		27:18.3	30:13.74	15:02.4
Kristiansen	27/7/85	3:13.3	6:18.4	9:22.4	12:27.5	15:34.6	18:41.6	21:47.6	24:54.1	28:00.8	30:59.42	15:24.5

World Records Lap Times

Name	venue	1000m	2000m	3000m	4000m	5000m	6000m	7000m	8000m	9000m	10000m	Ave. pace
Ayana	Rio	3:01.53	2:54.26	2:56.91	2:57.09	2:57.02	2:49.93	2:53.24	2:55.39	2:57.53	2:54.57	
Wang	Beijing	2:54.7	3:01.9	3:02.6	3:03.6	3:02.9	3:04.4	3:04.3	2:45.5	2:44.9	2:47.0	2:57.18
Kristiansen	Oslo	3:01.2	3:04.1	3:04.8	3:01.2	3:00.1	3:00.1	3:00.9			2:55.44	3:01.37
Kristiansen	Oslo	3:13.3	3:05.1	3:04.0	3:05.1	3:07.1	3:07.0	3:06.0	3:06.5	3:06.7	2:58.62	3:05.94

World Champion with Olympic gold medal

Name	Nat	World Championships	Olympics
Almaz Ayana	ETH	2017	2016
Tirunesh Dibaba	ETH	2005, 2007, 2013	2008, 2012
Fernanda Ribeiro	POR	1995	1996
Derartu Tulu	ETH	2001	1992, 2000

World Champion with World Indoor Championships Gold medal

Name	Nat	World Championships	World Indoor Championships
Berhane Adere	ETH	2003	2003 (3000m)

World Champion who previously won World Junior gold medal

Name	Nat	World Championships	World Junior Championships
Wang Junxia	CHN	1993	1992
Derartu Tulu	ETH	2001	1990

World Championships medalist who previously won World Youth medal (at 3000m)

Name	Nat	World Champ	Year	World Youth Championships	Year
Vivian Cheruiyot	KEN	Gold	2011, 2015	Bronze	1999

World Champion with European Championships gold medal:

Name	Nat	World Championships	European Championships
Fernanda Ribeiro	POR	1995	1994
Ingrid Kristiansen	NOR	1987	1986

World Champion with Asian Games gold medal:

Name	Nat	World Championships	Asian Games
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Wang Junxia	CHN	1993	1994
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World Champion with Asian Championships gold medal:

Name	Nat	World Championships	Asian Championships
Wang Junxia	CHN	1993	1993, 1995

World Champion with All Africa Games gold medal

Name	Nat	World Championships	All Africa Games
Gete Wami	ETH	1999	1999
Sally Barsosio	KEN	1997	1995
Derartu Tulu	ETH	2001	1991

World Champion with African Championships gold medal

Name	Nat	World Championships	African Championships
Almaz Ayana	ETH	2017	2014 (5000m)
Deartu Tulu	ETH	2001	1990, 1992
Tirunesh Dibaba	ETH	2005, 2007, 2013	2008, 2010

World Championships medalist with Pan American Games' medal: None

World Champion with Commonwealth Games gold medal

Name	Nat	World Championships	Commonwealth Games
Liz McColgan	SCO	1991	1986, 1990

World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2017	Almaz Ayana	ETH	30:16.32	Tirunesh Dibaba	ETH	31:02.69	Agnes Tirop	KEN	31:03.50
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	Kara Goucher	USA	32:02.05	Jo Pavey	GBR	32:03.81
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
1999	Gete Wami	ETH	30:24.56	Paula Radcliffe	GBR	30:27.13	Tegla Loroupe	KEN	30:32.03
1997	Sally Barsosio	KEN	31:32.92	Fernanda Ribeiro	POR	31:39.15	Masako Chiba	JPN	31:41.93
1995	Fernanda Ribeiro	POR	31:04.99	Derartu Tulu	ETH	31:08.10	Tegla Loroupe	KEN	31:17.66
1993	Wang Junxia	CHN	30:49.30	Zhong Huandi	CHN	31:12.55	Sally Barsosio	KEN	31:15.38
1991	Liz McColgan	GBR	31:14.31	Zhong Huandi	CHN	31:35.08	Wang Xiuting	CHN	31:35.99
1987	Ingrid Kristiansen	NOR	31:05.85	Yelena Zhupiyova	URS	31:09.40	Kathrin Ullrich	GDR	31:11.34

Last five Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2016	Almaz Ayana	ETH	29:17.45	Vivian Cheruiyot	KEN	29:32.53	Tirunesh Dibaba	ETH	29:42.56
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	Shalane Flanagan	USA	30:22.22	Linet Masi	KEN	30:26.50
2004	Xing Huina	CHN	30:24.36	Ejagayehu 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

Last ten World Junior Championships: (10000m not contested since 1994) 5000m

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Beatrice Chebet	KEN	15:30.77	Ejgayehu Taye	ETH	15:30.87	Girmawit Gebrzihair	ETH	15:34.01
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 Chebet Tirop	KEN	15:36.74
2010	Genzebe Dibaba	ETH	15:08.06	Mercy Cheronno	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

World Youth Championships (3000m):

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2017	Abersh Minsewo	ETH	9:24.62	Emmculate	KEN	9:24.69	Yitayish Mekonene	ETH	9:28.46
2015	Shuru Bulo	ETH	9:01.12	Emily Chebet	KEN	9:02.92	Sheila Chelangat	KEN	9:04.54
2013	Liian Kasait Rengeruk	KEN	8:58.74	Berhan Demiesa	ETH	9:00.06	Silenat Yismaw	ETH	9:01.63
2011	Gotyotom Gebreslase	ETH	8:56.36	Ziporah Wanjiru	KEN	8:56.82	Caroline Chepkoech Kipkirui	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 Cheronno	KEN	8:53.94	Mahlet Melese	ETH	8:56.98	Sule Utura	ETH	9:06.48
2005	Veronica Wanjiru	KEN	9:01.61	Pauline Korikwiang	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 Chepyego	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 seven European Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Lonah Chemtai Salpeter	ISR	31:43.29	Susan Krumins	NED	31:52.55	Meraf Bahta	SWE	32:19.34
2016	Yasemin Can	TUR	31:12.86	Dulce Felix	POR	31:19.03	Karoline Bjørkeli	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:

Yea	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Darya Maslova	KGZ	32:07.23	Eunice Chumba	BRN	32:11.12	Zhang Deshun	CHN	32:11.78
2014	Alia Saeed Mohamed	UAE	31:51.86	Ding Changqin	CHN	31:53.09	Ayumi Hagiwara	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	Hiromi 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 ten Asian Championships:

Yea	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
201	Shitaye Eshete	BRN	31:15.62	Hitomi Niiya	JPN	31:22.63	Sanjivani Jadhav	IND	32:44.96
2017	Daria Maslova	KRZ	32:21.21	Yuka Hori	JPN	32:23.26	Mizuki Matsuda	JPN	32:46.61
2015	Ali Mohamed Saeed	UAE	31:52.29	Eunice Chumba	BRN	32:22.29	Michi Numata	JPN	32:44.57
2013	Shitaye Eshete	BRN	32:17.29	Alia Mohamed Saeed	UAE	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 five All Africa Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2019	Tsehay Gemechu	ETH	31:56.92	Zeineba Yimer	ETH	31:57.95	Dera Diba	ETH	31:58.78
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 nine African Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Stacy Ndiwa	KEN	31:31.17	Alice Nawowuna	KEN	31:36.12	Gete Alemayehu	ETH	32:10.68
2016	Alice Aprot	KEN	30:26.94	J Chepngeno	KEN	31:27.73	J Jepkosgei	KEN	31:28.28
2014	Joyce Chepkirui	KEN	32:45.27	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 five Pan American Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2019	Natasha Wodak	CAN	31:55.17	Risper Gesabwa	MEX	31:59.00	Rachel Cliff	CAN	32:13.34
2015	Brenda Flores	MEX	32:41.33	Desiree Linden	USA	32:43.99	Lanni Marchant	CAN	32:46.03
2011	Marisol 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 five Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Stella Chesang	UGA	31:45.30	Stacy Ndiwa	KEN	31:46.36	Mercyline Challengat	UGA	31:48.41
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

Fastest Performances on Asian Soil

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	29:31.78	Wang Junxia	CHN	1	Beijing	8 Sept 1993
2	2	29:54.66	Tirunesh Dibaba	ETH	1	Beijing	15 Aug 2008
3	3	30:13.37	Zhong Huandi	CHN	2	Beijing	8 Sept 1993

Fastest Performances in Doha:

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	31:15.62	Shitaye Eshete	BRN	1	23 Apr 2019
2	2	31:22.63	Hitomi Niiya	JPN	2	23 Apr 2019
3	3	31:29.38	Kayoko Fukushi	JPN	1	8 Dec 2006

Fastest performances in September

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	29:31.78	Wang Junxia	CHN	1	Beijing	8 Sept 1993
2	2	30:13.37	Zhong Huandi	CHN	2	Beijing	8 Sept 1993
3	3	30:17.49	Deratu Tulu	ETH	1	Sydney	30 Sept 2000

Combined 2018 & 2019 World List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	30:37.89	Letesenbet Gidey	ETH	1	Hengelo	17 July 2019
2	2	30:40.85	Netsanet Gudeta	ETH	2	Hengelo	17 July 2019
3	3	30:41.85	Pauline Kamulu	KEN	1	Fukagawa	11 July 2018
4	4	30:45.14	Senbere Teferi	ETH	3	Hengelo	17 July 2019
5	5	30:46.24	Zeineba Yimer	ETH	4	Hengelo	17 July 2019
6	6	30:49.57	Emily Sisson	USA	1	Palo Alto	29 Mar 2019
7	7	30:51.86	Dera Dida	ETH	5	Hengelo	17 July 2019
8	8	30:53.11	Tsehay Gemechu	ETH	6	Hengelo	17 July 2019
9	9	30:53.32	Gete Alemayehu	ETH	7	Hengelo	17 July 2019
10	10	30:53.53	Girmawit Gebrzihair	ETH	8	Hengelo	17 July 2019
11	11	30:57.54	Tsige Gebreselama	ETH	9	Hengelo	17 July 2019
12	12	30:58.46	Molly Huddle	USA	2	Palo Alto	29 Mar 2019
13	13	30:59.20	Yasemin Can	TUR	10	Hengelo	17 July 2019
14	14	31:03.32	Degitu Azimeraw	ETH	11	Hengelo	17 July 2019
15	15	31:08.13	Steph Twell	GBR	1	London	6 July 2019

Please send corrections to KKenNakamura@gmail.com

The new records set in WC will be reported from Doha through my twitter account @KKenNakamura