

2020 Olympic Games Statistics - Women's 10000m

by K Ken Nakamura

The records to look for in Tokyo:

- 1) Kenyan woman never won the W10000m in the OG. Will H Obiri be the first?
- 2) Showdown between Hassan & Gidey. Can Hassan become first from NED to win the Olympic 10000m?
- 3) Can Tsehay Gemechu become second (after Tulu) All African Games champion to win the Olympics.
- 4) Can Gezahegne win first medal for BRN?
- 5) Can Eilish McColgan become second GBR runner (after Liz, her mother) to win an Olympic medal?

Summary Page:

All time Performance List at the Olympic Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	29:17.45	Almaz Ayana	ETH	1	Rio de Janeiro	2016
2	2	29:32.53	Vivian Cheruiyot	KEN	2	Rio de Janeiro	2016
3	3	29:42.56	Tirunesh Dibaba	ETH	3	Rio de Janeiro	2016
4	4	29:53.51	Alice Aprot Nawowuna	KEN	4	Rio de Janeiro	2016
5		29:54.66	Tirunesh Dibaba	ETH	1	Beijing	2008
6	5	30:07.78	Betsy Saina	KEN	5	Rio de Janeiro	2016
7	6	30:13.17	Molly Huddle	USA	6	Rio de Janeiro	2016
8	7	30:17.49	Derartu Tulu	ETH	1	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	15.08	29:17.45	Almaz Ayana	ETH	Rio de Janeiro	2016
	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	29:17.45	Almaz Ayana	ETH	Rio de Janeiro	2016
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	30:22.22	Shalane Flanagan	USA	Beijing	2008
3	29:42.56	Tirunesh Dibaba	ETH	Rio de Janeiro	2016
	30:22.88	Fernanda Ribeiro	POR	Sydney	2000

Last eight 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 Masai	KEN	30:26.50
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

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8	7	30:17.49	Derartu Tulu	ETH	1	Sydney	2000
9		30:20.75	Tirunesh Dibaba	ETH	1	London	2012
10	8	30:22.22	Shalane Flanagan	USA	2	Beijing	2008
11	9	30:22.48	Gete Wami	ETH	2	Sydney	2000
12	10	30:22.88	Fernanda Ribeiro	POR	3	Sydney	2000
13	11	30:24.36	Xing Huina	CHN	1	Athinai	2004
14	12	30:24.98	Ejegayehu Dibaba	ETH	2	Athinai	2004
15	13	30:26.37	Sally Kipyego	KEN	2	London	2012
16	14	30:26.41	Yasemin Can	TUR	7	Rio de Janeiro	2016
17		30:26.42	Derartu Tulu		3	Athinai	2004
18	15	30:26.50	Linet Masai	KEN	3	Beijing	2008
19	16	30:26.66	Gelete Burka	ETH	8	Rio de Janeiro	2016
20	17	30:26.97	Paula Radcliffe	GBR	4	Sydney	2000
21	18	30:28.30	Werknesh Kidane	ETH	4	Athinai	2004
22	19	30:30.44	Vivian Cheruiyot	KEN	3	London	2012
23	20	30:31.92	Lornah Kiplagat	NED	5	Athinai	2004
24	21	30:35.84	Mariya Kononova	RUS	4	Beijing	2008
25	22	30:37.26	Tegla Loroupe	KEN	5	Sydney	2000
26		30:39.38	Werknesh Kidane		4	London	2012
27	23	30:39.96	Lucy Wangui Kabuu	KEN	5	Beijing	2008
28		30:40.27	Lornah Kiplagat		6	Beijing	2008
29	24	30:45.56	Beleynesh Oljira	ETH	5	London	2012
30	25	30:47.25	Shitaye Eshete	BRN	6	London	2012
31	26	30:51.00	Kim Smith	NZL	7	Beijing	2008
32	27	30:53.20	Joanne Pavey	GBR	7	London	2012
33	28	30:53.37	Sonia O'Sullivan	IRL	6	Sydney	2000
34	29	30:54.37	Sun Yingjie	CHN	6	Athinai	2004
35	30	30:55.16	Kara Goucher	USA	8	Beijing	2008
36	31	30:55.63	Julia Bleasdale	GBR	8	London	2012
37	32	30:59.19	Hitomi Niiya	JPN	9	London	2012
38	33	31:01.14	Kayoko Fukushi	JPN	9	Beijing	2008
39		31:01.63	Fernanda Ribeiro		1	Atlanta	1996
40	34	31:02.58	Wang Junxia	CHN	2	Atlanta	1996
41	35	31:04.10	Jelena Prokopczuka	LAT	7	Athinai	2004
42	36	31:04.62	Lidiya Grigoryeva	RUS	8	Athinai	2004
43	37	31:05.21	Olga Bondarenko	URS	1	Seoul	1988
44		31:05.90	Lucy Wangui Kabuu		9	Athinai	2004
45		31:06.02	Derartu Tulu		1	Barcelona	1992
46	38	31:06.63	Helena Javornik		10	Athinai	2004
47		31:06.65	Gete Wami		3	Atlanta	1996
48	39	31:06.94	Li Ji	CHN	7	Sydney	2000
49	40	31:08.44	Liz McColgan	GBR	2	Seoul	1988
50		31:10.35	Kayoko Fukushi	JPN	10	London	2012
51		31:10.46	Derartu Tulu		4	Atlanta	1996

52	41	31:10.69	Amy Hastings	USA	11	London	2012
53	42	31:11.24	Mihaela Botezan	ROU	11	Athinai	2004
54	43	31:11.75	Elana Meyer	RSA	2	Barcelona	1992
55		31:12.30	Jo Pavey		10	Beijing	2008
56	44	31:12.68	Janet Cherobon-Bawcom	USA	12	London	2012
57	45	31:12.80	Lisa uhl	USA	13	London	2012
58	46	31:14.07	Karoline Bjerkeli Grovdal	NOR	9	Rio de Janeiro	2016
59	47	31:14.21	Sabrina Mockenhaupt	GER	11	Beijing	2008
60		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	15.08	29:17.45	Almaz Ayana	ETH	Rio de Janeiro	2016
	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 rd 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 rd place time	Name	Nat	Venue	Year
Max	10.95	29:42.56	Tirunesh Dibaba	ETH	Rio de Janeiro	2016
	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 eight Olympics

	Average	2016	2012	2008	2004	2000	1996	1992	1988
Winning Time	30:25.95	29:17.45	30:20.75	29:54.66	30:24.36	30:17.49	31:01.63	31:06.02	31:05.21
Winning Medal	30:38.86	29:42.56	30:30.44	30:22.22	30:26.42	30:22.88	31:06.65	31:19.89	31:19.82
Missing Medal (4 th)	30:44.43	29:53.51	30:39.38	30:26.50	30:28.30	30:26.97	31:10.46	31:21.08	31:29.27
8 th place	31:09.61	30:26.66	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	29:17.45	Almaz Ayana	ETH	Rio de Janeiro	2016
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	30:26.97	Paula Radcliffe	GBR	Sydney	2000
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	30:31.92	Lornah Kiplagat	NED	Athinai	2004
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	30:40.27	Lornah Kiplagat	NED	Beijing	2008
7	30:26.41	Yasemin Can	TUR	Rio de Janeiro	2016
	30:51.00	Kim Smith	NZL	Beijing	2008
8	30:26.66	Gelete Burka	ETH	Rio de Janeiro	2016
	30:55.16	Kara Goucher	USA	Beijing	2008
9	30:59.13	Hitomi Niiya	JPN	London	2012
	31:01.14	Kayoko Fukushi	JPN	Athinai	2004

Best Marks for Places – All Competitions

Place	Time	Name	Nat	Venue	Date
1	29:01.03	Leteenbet Gidey	ETH	Hengelo	8 June 2021
	29:06.82	Sifan Hassan	NED	Hengelo	6 June 2021
2	29:32.53	Vivian Cheruiyot	KEN	Rio de Janeiro - OG	12 Aug 2016
	29:50.77	Kalkidan Gezahegne	BRN	Maia	8 May 2021
3	29:42.56	Tirunesh Dibaba	ETH	Rio de Janeiro - OG	12 Aug 2016
	30:07.20	Sun Yingjie	CHN	Saint-Denis - WC	23 Aug 2003
4	29:53.51	Alice Nawowuna	KEN	Rio de Janeiro	12 Aug 2016
	30:12.53	Lornah Kiplagat	NED	Saint-Denis - WC	23 Aug 2003
5	30:07.78	Betsy Saina	KEN	Rio de Janeiro	12 Aug 2016
	30:23.07	Alla Zhilayeva	RUS	Paris- Saint Denis –WC	23 Aug 2003
6	30:13.17	Molly Huddle	USA	Rio de Janeiro	12 Aug 2016
	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	30:26.41	Yasemin Can	TUR	Rio de Janeiro – OG	12 Aug 2016
	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	30:26.66	Gelete Burka	ETH	Rio de Janeiro - OG	12 Aug 2016
	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
	30:54.61	Tadelech Bekele	ETH	Hengelo	29 June 2016

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

	1000	2000	3000	4000	5000	6000	7000	8000	9000	10000	last half
2016	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	29:17.46	14:30.65
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	3:00.46	6:00.15	9:03.83	12:06.60	15:09.98	18:12.85	21:14.46	24:09.40	27:06.02	29:54.66	14:44.68
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	9:01.99	12:03.01	15:05.70	18:11.39	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	15:27.32

	1000	2000	3000	4000	5000	6000	7000	8000	9000	10000	Last lap
2016	3:01.53	2:54.26	2:56.91	2:57.09	2:57.02	2:49.93	2:53.24	2:55.39	2:57.51	2:54.58	
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	2:45.68	62.08

2008	3:00.46	2:59.69	3:03.68	3:02.77	3:03.38	3:02.87	3:01.61	2:54.94	2:56.62	2:48.64	60.14
2004	3:16.02	3:05.80	3:05.58	3:05.29	3:01.87	3:02.73	2:56.87	3:00.44	3:00.09	2:49.57	62.8
2000	3:01.66	3:00.35	2:59.98	3:01.02	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	2:56.34	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, 2016 Bronze

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
ETH	2016	Almaz Ayana		Tirunesh Dibaba
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	5	2	3
CHN	1	1	
POR	1		1
URS	1		1
KEN		2	2
USA		1	1
GBR		1	
RSA		1	

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 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 Silver	2012 2016

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
Almaz Ayana	ETH	2016		2014 (5000m)
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 eight Olympics:

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1988	Olga Bondarenko	URS	31:05.21	Liz McColgan	GBR	31:08.44	Yelna Zhupiyova	URS	31:19.82

Last ten World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2019	Sifan Hassan	NE	30:17.62	Letesenbet Gidey	ETH	30:21.23	Agnes Jebet Tirop	KEN	30:25.20
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	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 ten World Junior Championships (5000m): (10000m not contested after 1994)

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 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 ten World Youth Championships (3000m):

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2017	Abersh Minsewo	ETH	9:24.62	Emmaculate Chepkirui	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	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 seven European Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Lonah Chemtai	ISR	31:43.29	Susan Krumsins	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 Grøvdal	NOR	31:23.45
2014	Jo Pavey	GBR	32:22.39	Clemence Calvin	FRA	32:23.58	Laila Travay	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 five Asian Games:

Year	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	UAE	31:51.86	Ding Changqin	CH	31:53.0	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:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
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2019	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
2014	Ali Mohamed Saeed	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 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 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 Cheronon	KEN	32:41.40	Priscah Cheronon	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 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 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	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 in Tokyo:

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	31:06.67	Hitomi Niiya	JPN	1	7 June 2013
2	2	31:14.31	Elizabeth McColgan	GBR	1	30 Aug 1991
3	3	31:22.72	Harumi Hiroyama	JPN	1	5 Oct 1997

Fastest performances in August

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	29:17.45	Almaz Ayana	ETH	1	Rio de Janeiro	12 Aug 2016
2	2	29:32.53	Vivian Cheruiyot	KEN	2	Rio de Janeiro	12 Aug 2016
3	3	29:42.56	Tirunesh Dibaba	ETH	3	Rio de Janeiro	12 Aug 2016
4	4	29:53.51	Alice Nawowuna	KEN	4	Rio de Janeiro	12 Aug 2016
5		29:54.66	Tirunesh Dibaba		1	OG/Beijing	15 Aug 2008
6	5	30:01.09	Paula Radcliffe	GBR	1	EC/München	6 Aug 2002
7	6	30:04.18	Berhane Adere	ETH	1	WC/Paris	23 Aug 2003
8	7	30:07.15	Werknesh Kidane	ETH	2	WC/Paris	23 Aug 2003
9	8	30:07.20	Sun Yingjie	CHN	3	WC/Paris	23 Aug 2003
10	9	30:07.78	Betsy Saina	KEN	5	Rio de Janeiro	12 Aug 2016
11	10	30:12.53	Lornah Kiplagat	NED	4	WC/Paris	23 Aug 2003

Combined 2020 & 2021 World List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	29:01.03	Letesenbet Gidey	ETH	1	Hengelo	8 June 2021
2	2	29:06.82	Sifan Hassan	NED	1	Hengelo	6 June 2021
3		29:36.67	Sifan Hassan		1	Hengelo	10 Oct 2020
4	3	29:39.42	Gudaf Tsegay	ETH	1	Maia	8 May 2021
5	4	29:50.77	Kalkidan Gezahegne	BRN	2	Maia	8 May 2021
6	5	30:06.01	Tsige Gebreselama	ETH	2	Hengelo	8 June 2021
7	6	30:19.29	Tsehay Gemechu	ETH	3	Hengelo	8 June 2021
8	7	30:20.44	Hitomi Niiya	JPN	1	Osaka	4 Dec 2020
9	8	30:20.77	Yalemzerf Yehualaw	ETH	4	Hengelo	8 June 2021
10	9	30:37.24	Irene Kimais	KEN	2	Hengelo	6 June 2021
11	10	30:37.31	Daisy Cherotich	KEN	3	Hengelo	6 June 2021
12	11	30:38.18	Rosemary Wanjiru	KEN	1	Abashiri	15 July 2020
13	12	30:45.81	Sheila Kiprotich	KEN	1	Stockholm	4 May 2021
14	13	30:46.51	Joan Chelimo	KEN	2	Stockholm	4 May 2021
15	14	30:47.42	Elise Cranny	USA	1	San Juan Cap	20 Feb 2021
16	15	30:47.99	Karissa Schweizer	USA	2	San Juan Cap	20 Feb 2021
17	16	30:50.84	Karoline Bjerkeli Grovdal	NOR	1	Oslo	8 May 2021
18	17	30:51.39	Irene Cheptai	KEN	4	Stockholm	4 May 2021
19	18	30:53.60	Hellen Obiri	KEN	1	Nairobi	19 June 2021
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		30:58.94	Eilish McColgan	GBR	3	San Juan Cap	20 Feb 2021
....							
		31:03.82	Emily Sisson	USA	1	Eugene – OT	26 June 2021

Please send any corrections to KKenNakamura@gmail.com