

2022 Commonwealth Games Statistics – Men's 3000mSC (contested from 1962)

By K Ken Nakamura

Summary Page

All time performance list at the Commonwealth Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	8:10.08	Conseslus Kipruto	KEN	1	Gold Coast	2018
2	2	8:10.44	Jonathan Ndiku	KEN	1	Glasgow	2014
3	3	8:10.62	Abraham Kibiwott	KEN	2	Gold Coast	2018
4	4	8:12.24	Amos Kirui	KEN	3	Gold Coast	2018
5	5	8:12.33	Matthew Hughes	CAN	4	Gold Coast	2018
6	6	8:12.68	Jairus Birech	KEN	2	Glasgow	2014
7	7	8:14.72	Johnstone Kipkoech	KEN	1	Victoria	1994
8	8	8:15.25	Gideon Chirchir	KEN	2	Victoria	1994
9	9	8:15.34	John Kosgei	KEN	1	Kuala Lumpur	1998
10	10	8:15.37	Bernard Barmasai	KEN	2	Kuala Lumpur	1998

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	5.67	8:26.54	Henry Rono	KEN	Edmonton	1978
Min	0.03	8:15.34	John Kosgei	KEN	Kuala Lumpur	1998

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	8:10.08	Conseslus Kipruto	KEN	Gold Coast	2018
2	8:10.62	Abraham Kibiwott	KEN	Gold Coast	2018
3	8:12.24	Amos Kirui	KEN	Gold Coast	2018
4	8:12.33	Matthew Hughes	CAN	Gold Coast	2018
5	8:19.89	Albert Chemutai	UGA	Gold Coast	2018

Multiple Medalists:

Ezekiel Kemboi (KEN): 2002 Silver; 2006 Gold; 2010 Silver, 2014 Bronze
 Graeme Fell (CAN): 1982 Silver; 1986 Gold; 1994 Bronze
 Ben Jipcho (KEN): 1970 Silver; 1974 Gold
 George Bailey (ENG): 1930 Gold; 1934 Bronze

Multiple Medals by athletes from a single nation after 1970 (2 Mile SC in 1930 & 1934)

Nation	Year	Gold	Silver	Bronze
KEN	1970		Ben Jipcho	Amos Biwott
KEN	1974	Ben Jipcho		Evans Mogaka
KEN	1978	Henry Rono	James Munyala	Kip Rono
KEN	1990	Julius Kariuki	Joshua Kipkemboi	
KEN	1994	Johnston Kipkoech	Gideon Chirchir	
KEN	1998	John Kosgei	Bernard Barmasai	Kipkurui Misoi
KEN	2002	Stephen Cheron	Ezekiel Kemboi	Abraham Cheron
KEN	2006	Ezekiel Kemboi	Wesley Kiprotich	Reuben Kosgei
KEN	2010	Richard Mateelong	Ezekiel Kemboi	Brimin Kipruto
KEN	2014	Jonathan Ndiku	Jairus Birech	Ezekiel Kemboi
KEN	2018	Conseslus Kipruto	Abraham Kibiwott	Amos Kirui

Man & Woman from the same team winning the corresponding event

Nation	Men	Women	Venue	Year
KEN	Jonathan Ndiku	Purity Kirui	Glasgow	2014
KEN	Richard Mateelong	Milcah Chemos Cheywa	Dehli	2010

All time performance list at the Commonwealth Games

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1	1	8:10.08	Conseslus Kipruto	KEN	1	Gold Coast	2018
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5	5	8:12.33	Matthew Hughes	CAN	4	Gold Coast	2018
6	6	8:12.68	Jairus Birech	KEN	2	Glasgow	2014
7	7	8:14.72	Johnstone Kipkoech	KEN	1	Victoria	1994
8	8	8:15.25	Gideon Chirchir	KEN	2	Victoria	1994
9	9	8:15.34	John Kosgei	KEN	1	Kuala Lumpur	1998
10	10	8:15.37	Bernard Barmasai	KEN	2	Kuala Lumpur	1998
11	11	8:16.39	Richard Mateelong	KEN	1	Delhi	2010
12	12	8:16.47	Ezekiel Kemboi	KEN	2	Delhi	2010
13		8:18.17	Ezekiel Kemboi		1	Melbourne	2006
14	13	8:18.24	Kipkirui Misoi	KEN	3	Kuala Lumpur	1998
15	14	8:19.38	Wesley Kiprotich	KEN	2	Melbourne	2006
16	15	8:19.41	Stephen Cherono	KEN	1	Manchester	2002
17	16	8:19.65	Brimin Kipruto	KEN	3	Delhi	2010
18		8:19.73	Ezekiel Kemboi		3	Glasgow	2014
19		8:19.78	Ezekiel Kemboi		2	Manchester	2002
20	17	8:19.82	Reuben Kosgei	KEN	3	Melbourne	2006
21	18	8:19.85	Abraham Cherono	KEN	3	Manchester	2002
22	19	8:19.89	Albert Chemutai	UGA	5	Gold Coast	2018
23	20	8:20.64	Julius Kariuki	KEN	1	Auckland	1990
24	21	8:20.67	Ben Jipcho	KEN	1	Christchurch	1974
25	22	8:21.88	Matt Hughes	CAN	4	Glasgow	2014
26	23	8:23.28	Graeme Fell	CAN	3	Victoria	1994
27	24	8:23.94	Julius Korir	KEN	1	Brisbane	1982
28	25	8:24.15	Benjamin Kiplagat	UGA	4	Delhi	2010
29	26	8:24.26	Joshua Kipkemboi	KEN	2	Auckland	1990
30		8:24.49	Graeme Fell	CAN	1	Edinburgh	1986
31	27	8:24.8	John Davies	WAL	2	Christchurch	1974
32	28	8:24.98	James Wilkinson	ENG	5	Glasgow	2014
33	29	8:25.15	Roger Hackney	WAL	2	Edinburgh	1986
34	30	8:26.14	Colin Reitz	ENG	3	Edinburgh	1986
35	31	8:26.2	Tony Manning	AUS	1	Edinburgh	1970
36	32	8:26.25	Henry Rono	KEN	1h2	Edmonton	1978
37	33	8:26.45	Stuart Stokes	ENG	4	Manchester	2002
38	34	8:26.50	Colin Walker	ENG	3	Auckland	1990
39		8:26.54	Henry Rono		1	Edmonton	1978
40		8:26.64	Graeme Fell	ENG	2	Brisbane	1982
41	35	8:27.12	Peter Renner	NZL	4	Edinburgh	1986
42		8:27.64	Graeme Fell		4	Auckland	1990
43		8:27.78	Colin Walker		4	Victoria	1994
44	36	8:28.51	Evans Mogaka	KEN	3	Christchurch	1974
45	37	8:28.98	Martin Dent	AUS	4	Melbourne	2006
46	38	8:29.14	Greg Duhaime	CAN	3	Brisbane	1982
47	39	8:29.44	Peter Welsh	NZL	1	Kingston	1966
48		8:29.6	Ben Jipcho	KEN	2	Edinburgh	1970
48	40	8:29.6	John Bicourt	ENG	4	Christchurch	1974
50	41	8:29.83	Chris Winter	CAN	6	Glasgow	2014
51	42	8:29.84	Tom Buckner	ENG	5	Victoria	1994

52		8:29.94	Stuart Stokes	ENG	5	Melbourne	2006
53	43	8:30.59	Peter Nowill	AUS	6	Melbourne	2006
54	44	8:30.8	Amos Biwott	KEN	3	Edinburgh	1970
55	45	8:31.19	Joel Bourgeois	CAN	6	Victoria	1994
56	46	8:31.80	Kip Rono	KEN	1h1	Edmonton	1978

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	5.67	8:26.54	Henry Rono	KEN	Edmonton	1978
Min	0.03	8:15.34	John Kosgei	KEN	Kuala Lumpur	1998

Difference between 3rd and 4th place (medal versus no medal)

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	16.26	8:18.24	Kipkurui Misoi	KEN	Kuala Lumpur	1998
Min	0.09	8:12.24	Amos Kirui	KEN	Gold Coast	2018
	0.38	8:32.81	Ben Kogo	KEN	Kingston	1966

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	8:10.08	Conseslus Kipruto	KEN	Gold Coast	2018
	8:10.44	Jonathan Ndiku	KEN	Glasgow	2014
	8:14.72	Johnstone Kipkoech	KEN	Victoria	1994
2	8:10.62	Abraham Kibiwott	KEN	Gold Coast	2018
	8:12.68	Jairus Birech	KEN	Glasgow	2014
	8:15.25	Gideon Chirchir	KEN	Victoria	1994
3	8:12.24	Amos Kirui	KEN	Gold Coast	2018
	8:18.24	Kipkirui Misoi	KEN	Kuala Lumpur	1998
4	8:12.33	Matthew Hughes	CAN	Gold Coast	2018
	8:21.88	Matt Hughes	CAN	Glasgow	2014
	8:24.15	Benjamin Kiplagat	UGA	Delhi	2010
	8:26.45	Stuart Stokes	ENG	Manchester	2002
5	8:19.89	Albert Chemutai	UGA	Gold Coast	2018
	8:24.98	James Wilkinson	ENG	Glasgow	2014
	8:29.84	Tom Buckner	ENG	Victoria	1994
6	8:29.83	Chris Winter	CAN	Glasgow	2014
	8:30.59	Peter Nowill	AUS	Melbourne	2006
7	8:32.20	Justin Chaston	WAL	Victoria	1994
8	8:35.31	Paul Chemase	KEN	Victoria	1994

Fastest time in each round

Round	Time	Name	Nat	Venue	Year
Final	8:10.08	Conseslus Kipruto	KEN	Gold Coast	2018
	8:10.44	Jonathan Ndiku	KEN	Glasgow	2014
	8:10.62	Abraham Kibiwott	KEN	Gold Coast	2018
	8:12.24	Amos Kirui	KEN	Gold Coast	2018
	8:12.33	Matthew Hughes	CAN	Gold Coast	2018
	8:12.68	Jairus Birech	KEN	Glasgow	2014
First round	8:26.25	Henry Rono	KEN	Edmonton	1978

Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
8:59.6	6h1	Chris Perry	ENG	Edinburgh	1970

Multiple Gold Medalists: None

Multiple Medalists:

Ezekiel Kemboi (KEN): 2002 Silver; 2006 Gold; 2010 Silver, 2014 Bronze

Graeme Fell (CAN): 1982 Silver; 1986 Gold; 1994 Bronze
 Ben Jipcho (KEN): 1970 Silver; 1974 Gold
 George Bailey (ENG): 1930 Gold; 1934 Bronze

Medals by Countries (2 Miles SC in 1930 & 1934) medal count in {}):

Nation	Gold	Silver	Bronze
KEN	11	10	10
AUS	2	1 {}	1
CAN	1		2
NZL	1		
ENG	{}2	2 {}1	2 {}2
WAL		2	

Multiple Medals by athletes from a single nation (2 Mile SC in 1930 & 1934)

Nation	Year	Gold	Silver	Bronze
ENG	1930	George Bailey		Vernon Morgan
ENG	1934	Stanley Scarsbrook	Tom Evenson	Goerge Bailey
AUS	1962	Trevor Vincent		Ron Blackney
KEN	1970		Ben Jipcho	Amos Biwott
KEN	1974	Ben Jipcho		Evans Mogaka
KEN	1978	Henry Rono	James Munyala	Kip Rono
KEN	1990	Julius Kariuki	Joshua Kipkemboi	
KEN	1994	Johnston Kipkoech	Gideon Chirchir	
KEN	1998	John Kosgei	Bernard Barmasai	Kipkurui Misoi
KEN	2002	Stephen Cherono	Ezekiel Kemboi	Abraham Cherono
KEN	2006	Ezekiel Kemboi	Wesley Kiprotich	Reuben Kosgei
KEN	2010	Richard Mateelong	Ezekiel Kemboi	Brimin Kipruto
KEN	2014	Jonathan Ndiku	Jairus Birech	Ezekiel Kemboi
KEN	2018	Conseslus Kipruto	Abraham Kibiwott	Amos Kirui

Man & Woman from the same team winning the corresponding event

Nation	Men	Women	Venue	Year
KEN	Jonathan Ndiku	Purity Kirui	Glasgow	2014
KEN	Richard Mateelong	Milcah Chemos Cheywa	Dehli	2010

3000mSC – 5000m (3 miles before 1970) double medalist in the same Championships

Name	Nation	3000mSC	5000m	Venue	Year
Alex Hillhouse	AUS	Silver	Silver	Hamilton	1930
Ben Jipcho	KEN	Gold	Gold	Christchurch	1974
Henry Rono	KEN	Gold	Gold	Edmonton	1978

World Champion with Commonwealth Games gold medal

Name	Nat	World Championships	Commonwealth Games
Conseslus Kipruto	Ken	2017	2018
Ezekiel Kemboi	KEN	2009, 2011	2006
Stephen Cherono (Shaheen)	KEN	2003, 2005	2002

Olympic Champion with Commonwealth Games Gold medal

Name	Nat	Olympics	Commonwealth Games
Conseslus Kipruto	KEN	2016	2018
Ezekiel Kemboi	KEN	2004	2006
Julius Kariuki	KEN	1988	1990
Julius Korir	KEN	1984	1982

Last nine Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
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2018	Conseslus Kipruto	KEN	8:10.08	Abraham Kibiwott	KEN	8:10.62	Amos Kirui	KEN	8:12.24
2014	Jonathan Ndiku	KEN	8:10.44	Jairus Birech	KEN	8:12.68	Ezekiel Kemboi	KEN	8:19.73
2010	Richard Mateelong	KEN	8:16.39	Ezekiel Kemboi	KEN	8:18.47	Brimin Kipruto	KEN	8:19.65
2006	Ezekiel Kemboi	KEN	8:18.17	Wesley Kiprotich	KEN	8:19.38	Reuben Kosgei	KEN	8:19.82
2002	Stephen Cherono	KEN	8:19.41	Ezekiel Kemboi	KEN	8:19.78	Abraham Cherono	KEN	8:19.85
1998	John Kosgei	KEN	8:15.34	Bernard Barmasai	KEN	8:15.37	Kipkurui Misoi	KEN	8:18.24
1994	Johnstone Kipkoech	KEN	8:14.72	Gideon Chirchir	KEN	8:15.25	Graeme Fell	CAN	8:23.28
1990	Julius Kariuki	KEN	8:20.64	Joshua Kipkemboi	KEN	8:24.26	Colin Walker	ENG	8:26.50
1986	Graeme Fell	CAN	8:24.49	Roger Hackney	WAL	8:25.15	Colin Reitz	ENG	8:26.14

Last eleven World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Soufiane El Bakkali	MA	8:25.13	Lamecha Girma	ETH	8:26.01	Conseslus Kipruto	KEN	8:27.92
2019	Conseslus Kipruto	KEN	8:01.35	Lamecha Girma	ETH	8:01.36	Soufiane El Bakkali	MA	8:03.76
2017	Conseslus Kipruto	KEN	8:14.12	Soufiane El Bakkali	MAR	8:14.49	Evan Jager	USA	8:15.53
2015	Ezejeuk Kemboi	KEN	8:11.28	Conseslus Kipruto	KEN	8:12.38	Brimin Kipruto	KEN	8:12.54
2013	Ezekiel Kemboi	KEN	8:06.01	Conseslus Kipruto	KEN	8:06.37	Mahiedine Mekhissi	FRA	8:07.86
2011	Ezekiel Kemboi	KEN	8:14.85	Brimin Kipruto	KEN	8:16.05	Mahiedine Mekhissi	FRA	8:16.05
2009	Ezekiel Kemboi	KEN	8:00.43	Richard Mateelong	KEN	8:00.89	Bouabdellah Tahri	FRA	8:01.18
2007	Brimin Kipruto	KEN	8:13.82	Ezekiel Kemboi	KEN	8:16.94	Richard Mateelong	KEN	8:17.59
2005	Saif Saaeed Shaheen	QAT	8:13.31	Ezekiel Kemboi	KEN	8:14.95	Brimin Kipruto	KEN	8:15.30
2003	Saif Saaeed Shahan	QAT	8:04.39	Ezekiel Kemboi	KEN	8:05.11	Eliseo Martin	ESP	8:09.09
2001	Reuben Kosgei	KEN	8:15.16	Ali Ezzine	MAR	8:16.21	Bernard Barmasai	KEN	8:16.59

Last nine Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2020	Soufiane El Bakkali	MA	8:08.90	Lamecha Girma	ETH	8:10.38	Benjamin Kigen	KE	8:11.45
2016	Conseslus Kipruto	KEN	8:03.28	Evan Jager	USA	8:04.28	M Mekhissi-	FRA	8:11.52
2012	Ezekiel Kemboi	KEN	8:18.56	Mahiedine Mekhissi-Benabbad	FRA		Abel Mutai	KEN	8:19.73
2008	Brimin Kipruto	KEN	8:10.34	Mahiedine Mekhissi-Benabbad	FRA	8:10.49	Richard Mateelong	KEN	8:11.01
2004	Ezekiel Kemboi	KEN	8:05.81	Brimin Kipruto	KEN	8:06.11	Paul Kipsiele	KEN	8:06.64
2000	Reuben Kosgei	KEN	8:21.43	Wilson Boit Kipketer	KEN	8:21.77	Ali Ezzine	MAR	8:22.15
1996	Joseph Keter	KEN	8:07.12	Moses Kiptanui	KEN	8:08.33	A Lambruschini	ITA	8:11.28
1992	Matthew Birir	KEN	8:08.84	Patrick Sang	KEN	8:09.55	William Mutwol	KEN	8:10.74
1988	Julius Kariuki	KEN	8:05.51	Peter Koech	KEN	8:06.79	Mark Rowland	GBR	8:07.96

All time Commonwealth List (Fastest Performances by athletes from Commonwealth nations)

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:53.64	Brimin Kipruto	KEN	1	Monaco	22 July 2011
2	2	7:54.31	Paul Kipsiele Koech	KEN	1	Roma	31 May 2012
3	3	7:55.72	Bernard Barmasai	KEN	1	Köln	24 Aug 1997
4	4	7:55.76	Ezekiel Kemboi	KEN	2	Monaco	22 July 2011
5	5	7:56.16	Moses Kiptanui	KEN	2	Köln	24 Aug 1997
6		7:56.37	Paul Kipsiele Koech		2	Roma	8 July 2005

Fastest Performances in August

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:55.28	Brahim Boulami	MAR	1	Bruxelles	24 Aug 2001
2	2	7:55.51	Saif Saeed Shaheen	QAT	1	Bruxelles	26 Aug 2005
3	3	7:55.72	Bernard Barmasai	KEN	1	Koln	24 Aug 1997

Fastest Performances in GBR

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	8:00.12	Conseslus Kipruto	KEN	1	Birmingham	5 June 2016
2	2	8:06.86	Brimin Kipruto	KEN	1	London	27 July 2013

3	3	8.06.96	Gilbert Kirui	KEN	2	London	27 July 2013
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Fastest Performances in Birmingham

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	8:00.12	Conseslus Kipruto	KEN	1	5 June 2016
2	2	8:07.80	Jairus Birech	KEN	1	24 Aug 2014
3	3	8:10.19	Paul Kipsiele Koech	KEN	2	5 June 2016

Combined 2021 & 2022 Commonwealth List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	8:06.73	Abraham Kibiwot	KEN	2	Roma	9 June 2022
2	2	8:07.12	Benjamin Kigen	KEN	1	Paris	28 Aug 2021
3		8:07.81	Abraham Kibiwot		2	Monaco	9 July 2021
4	3	8:08.76	Conseslus Kipruto	KEN	4	Roma	9 June 2022
5		8:09.35	Abraham Kibiwot		2	Paris	28 Aug 2021
6	4	8:09.93	Amos Serem	KEN	5	Roma	9 June 2022
7	5	8:10.21	Leonard Bett	KEN	3	Paris	28 Aug 2021
8		8:10.80	Benjamin Kigen		3h1	Tokyo – OG	30 July 2021
9		8:11.45	Benjamin Kigen		3	Tokyo – OG	2 Aug 2021
10		8:12.25	Abraham Kibiwot		1h2	Tokyo – OG	30 July 2021
11		8:12.34	Leonard Bett		9	Roma	9 June 2022
12		8:12.47	Conseslus Kipruto		4	Rabat	5 June 2022
13	6	8:12.48	Avinash Sable	IND	5	Rabat	5 June 2022
14	7	8:13.56	Matt Hughes	CAN	4h2	Tokyo – OG	30 July 2021
15		8:13.77	Matt Hughes		5	Paris	28 Aug 2021

Please send corrections to KKenNakamura@gmail.com