

## 2022 Commonwealth Games Statistics—Men's 5000m (3 mi before 1970) by K Ken Nakamura

### Summary Page

#### All time performance list at the Commonwealth Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	12:56.41	Augustine Choge	KEN	1	Melbourne	2006
2	2	12:58.19	Craig Mottram	AUS	2	Melbourne	2006
3	3	13:05.30	Benjamin Limo	KEN	3	Melbourne	2006
4	4	13:05.89	Joseph Ebuya	KEN	4	Melbourne	2006
5	5	13:12.07	Caleb Mwangangi Ndiku	KEN	1	Glasgow	2014
6	6	13:12.76	Fabian Joseph	TAN	5	Melbourne	2006
7	7	13:13.51	Sammy Kipketer	KEN	1	Manchester	2002
8		13:13.57	Benjamin Limo		2	Manchester	2002
9	8	13:14.06	Isiah Koech	KEN	2	Glasgow	2014
10	9	13:14.3	Ben Jipcho	KEN	1	Christchurch	1974
11	10	13.14.6	Brendan Foster	GBR	2	Christchurch	1974

#### Margin of Victory ('y' refers to 3Mile time (before 1970))

	Difference	Winning Time	Name	Nat	Venue	Year
Max	6.88	13:23.04	Henry Rono	KEN	Edmonton	1978
	9.41y	13:14.96y	Murray Halberg	NZL	Cardiff	1958
Min	0.06	13:13.51	Sammy Kipketer	KEN	Manchester	2002
	0.07	13:31.25	Moses Kipsiro	UGA	Delhi	2010

#### Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	12:56.41	Augustine Choge	KEN	Melbourne	2006
2	12:58.19	Craig Mottram	AUS	Melbourne	2006
	13:13.57	Benjamin Limo	KEN	Manchester	2002
3	13:05.30	Ben Limo	KEN	Melbourne	2006
4	13:05.89	Joseph Ebuya	KEN	Melbourne	2006
5	13:12.76	Fabian Joseph	TAN	Melbourne	2006

#### Multiple Gold Medalists:

Murray Halberg (NZL): 1958, 1962

#### Multiple Medals by athletes from a single nation after 1970 (3 mile from 1930 to 1966)

Nation	Year	Gold	Silver	Bronze
KEN	2014	Caleb Ndiku	Isiah Koech	
KEN	2010		Eliud Kipchoge	Mark Kiptoo
KEN	2006	Augustine Choge		Benjamin Limo
KEN	2002	Sammy Kipketer	Benjamin Limo	Willy Kiptoo Kirui
KEN	1998	Daniel Komen	Tom Nyariki	Richard Limo
ENG	1994	Rob Denmark		John Nutall
ENG	1986	Steve Overt	Jack Buckner	Tim Hutchings
ENG	1982	Dave Moorcroft	Nick Rose	
KEN	1978	Henry Rono	Mike Musyoki	
ENG	1974		Brendan Foster	Dave Black
SCO	1970	Ian Stewart	Ian McCafferty	

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

Nation	Men	Women	Venue	Year
KEN	Caleb Ndiku	Mercy Cherono	Glasgow	2014
KEN	Augustine Choge	Isabella Ochichi	Melbourne	2006

### All time performance list at the Commonwealth Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	12:56.41	Augustine Choge	KEN	1	Melbourne	2006
2	2	12:58.19	Craig Mottram	AUS	2	Melbourne	2006
3	3	13:05.30	Benjamin Limo	KEN	3	Melbourne	2006
4	4	13:05.89	Joseph Ebuya	KEN	4	Melbourne	2006
5	5	13:12.07	Caleb Mwangangi Ndiku	KEN	1	Glasgow	2014
6	6	13:12.76	Fabian Joseph	TAN	5	Melbourne	2006
7	7	13:13.51	Sammy Kipketer	KEN	1	Manchester	2002
8		13:13.57	Benjamin Limo		2	Manchester	2002
9	8	13:14.06	Isiah Koech	KEN	2	Glasgow	2014
10	9	13:14.3	Ben Jipcho	KEN	1	Christchurch	1974
11	10	13:14.6	Brendan Foster	GBR	2	Christchurch	1974
12	11	13:16.52	Zane Robertson	NZL	3	Glasgow	2014
13	12	13:17.49	Joseph Kiplimo Kitur	KEN	4	Glasgow	2014
14	13	13:18.02	Willy Kiptoo Kirui	KEN	3	Manchester	2002
15	14	13:18.88	Mohammed Ahmed	CAN	5	Glasgow	2014
16	15	13:19.43	John Mayock	ENG	4	Manchester	2002
17	16	13:19.45	Sam Haughian	ENG	5	Manchester	2002
18	17	13:22.32	Andy Vernon	ENG	6	Glasgow	2014
19	18	13:22.57	Daniel Komen	KEN	1	Kuala Lumpur	1998
20	19	13:22.85	Ian Stewart	SCO	1	Edinburgh	1970
21	20	13:23.00	Rob Denmark	ENG	1	Victoria	1994
22	21	13:23.04	Henry Rono	KEN	1	Edmonton	1978
23	22	13:23.20	Phillimon Hanneck	ZIM	2	Victoria	1994
24	23	13:23.34	Ian McCafferty	SCO	2	Edinburgh	1970
25	24	13:23.52	Dave Black	ENG	3	Christchurch	1974
26	25	13:23.54	John Nuttall	ENG	3	Victoria	1994
27	26	13:23.96	Jon Brown	ENG	4	Victoria	1994
27	26	13:23.96	Thomas Farrell	ENG	7	Glasgow	2014
29	28	13:24.03	Damian Chopa	TAN	6	Melbourne	2006
30	29	13:24.07	Philip Mosima	KEN	5	Victoria	1994
31	30	13:24.11	Steve Overtt	ENG	1	Edinburgh	1986
32	31	13:24.86	Andrew Lloyd	AUS	1	Auckland	1990
33	32	13:24.94	John Ngugi	KEN	2	Auckland	1990
34	33	13:25.06	Moses Kipsiro	UGA	7	Melbourne	2006
35		13:25.21	Craig Mottram		6	Manchester	2002
36	34	13:25.63	Ian Hamer	WAL	3	Auckland	1990
37	35	13:25.87	Jack Buckner	ENG	2	Edinburgh	1986
38	36	13:26.28	Sean Kaley	CAN	7	Manchester	2002
39	37	13:26.43	Dickson Marwa	TAN	8	Melbourne	2006
40	38	13:26.79	Kerry Rodger	NZL	4	Auckland	1990
41	39	13:26.84	Tim Hutchings	ENG	3	Edinburgh	1986
42	40	13:27.6	Kip Keino	KEN	3	Edinburgh	1970
43	41	13:28.09	Tom Nyariki	KEN	2	Kuala Lumpur	1998
44		13:28.23	Moses Kipsiro		8	Glasgow	2014
45	42	13:28.31	Moses Tanui	KEN	5	Auckland	1990
46	43	13:28.51	Paul Williams	CAN	4	Edinburgh	1986
47		13:29.37	Philip Mosima		1h2	Victoria	1994
48	44	13:29.69	Jake Robertson	NZL	9	Glasgow	2014
49	45	13:29.8	Allan Rushmer	ENG	4	Edinburgh	1970
50	46	13:29.92	Mike Musyoki	KEN	2	Edmonton	1978
51		13:31.25	Moses Kipsiro		1	Delhi	2010
52	47	13:31.32	Eliud Kipchoge	KEN	2	Delhi	2010
53		13:31.35	Brendan Foster		3	Edmonton	1978
54		13:31.92	Phillimon Hanneck		2h2	Victoria	1994

55	48	13:32.4	Ron Clarke	AUS	5	Edinburgh	1970
----	----	---------	------------	-----	---	-----------	------

### Margin of Victory ('y' refers to 3Mile time (before 1970))

	Difference	Winning Time	Name	Nat	Venue	Year
Max	6.88	13:23.04	Henry Rono	KEN	Edmonton	1978
	9.41y	13:14.96y	Murray Halberg	NZL	Cardiff	1958
Min	0.06	13:13.51	Sammy Kipketer	KEN	Manchester	2002
	0.07	13:31.25	Moses Kipsiro	UGA	Delhi	2010

### Difference between 3<sup>rd</sup> and 4<sup>th</sup> place (medal versus no medal)

	Difference	3 <sup>rd</sup> place Time	Name	Nat	Venue	Year
Max	4.44	13:32.58	Mark Kiptoo	KEN	New Delhi	2010
	6.4y	13:37.4y	Frank Sando	ENG	Vancouver	1954
Min	0.42	13:23.54	John Nuttall	ENG	Victoria	1994

### Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	12:56.41	Augustine Choge	KEN	Melbourne	2006
2	12:58.19	Craig Mottram	AUS	Melbourne	2006
	13:13.57	Benjamin Limo	KEN	Manchester	2002
3	13:05.30	Ben Limo	KEN	Melbourne	2006
4	13:05.89	Joseph Ebuya	KEN	Melbourne	2006
5	13:12.76	Fabian Joseph	TAN	Melbourne	2006
	13:22.32	Andy Vernon	ENG	Glasgow	2014
6	13:24.03	Damian Chopra	TAN	Melbourne	2006
	13:23.96	Thomas Farrell	ENG	Glasgow	2014
7	13:25.06	Moses Kipsiro	UGA	Melbourne	2006
	13:26.43	Dickson Marwa	TAN	Melbourne	2006

### Fastest time in each round

Round	Time	Name	Nat	Venue	Year
Final	12:56.41	Augustine Choge	KEN	Melbourne	2006
First round	13:29.37	Philip Mosima	KEN	Victoria	1994

### Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
14:01.96	8h2	Phil Clode	NZL	Auckland	1990

### Multiple Gold Medalists:

Murray Halberg (NZL): 1958, 1962

### Multiple Medalists:

Benjamin Limo (KEN): 2002 Silver; 2006 Bronze

Brendan Foster (ENG): 1974 Silver; 1978 Bronze

Kip Keino (KEN): 1966 Gold; 1970 Bronze

Ron Clarke (AUS): 1962 Silver; 1966 Silver

Murray Halberg (NZL): 1958 Gold; 1962 Gold

**Medals by Countries** (3 mile (until 1966) medal count in {}):

Nation	Gold	Silver	Bronze
KEN	6 {1}	6	7
ENG	3 {4}	3 {3}	4 {5}
UGA	2		
AUS	1	1 {4}	
SCO	1	1	
ZIM		1	
WAL			1
NZL	{3}	{1}	1 {1}
CAN		1	{2}

**Multiple Medals by athletes from a single nation** (3 mile from 1930 to 1966)

Nation	Year	Gold	Silver	Bronze
KEN	2014	Caleb Ndiku	Isiah Koech	
KEN	2010		Eliud Kipchoge	Mark Kiptoo
KEN	2006	Augustine Choge		Benjamin Limo
KEN	2002	Sammy Kipketer	Benjamin Limo	Willy Kiptoo Kirui
KEN	1998	Daniel Komen	Tom Nyariki	Richard Limo
ENG	1994	Rob Denmark		John Nutall
ENG	1986	Steve Overt	Jack Buckner	Tim Hutchings
ENG	1982	Dave Moorcroft	Nick Rose	
KEN	1978	Henry Rono	Mike Musyoki	
ENG	1974		Brendan Foster	Dave Black
SCO	1970	Ian Stewart	Ian McCafferty	
NZL	1958	Murray Halberg		Neville Scott
ENG	1954	Chris Chataway	Frederick Green	Frank Sando
ENG	1950	Len Eyre		Tony Chivers
ENG	1934	Walter Beavers	Cyril Allen	Alec Burns
ENG	1930	Stan Tomlin		Jack Winfried

**1500m – 5000m (1-3mile before 1970) double medalist in the same Championships**

(double gold medalists are indicated with # and in **bold**)

Name	Nation	1500m	5000m	Venue	Year
Ben Jipcho	KEN	Bronze	Gold	Christchurch	1974
Kip Keino	KEN	Gold	Bronze	Edinburgh	1970
<b>Kip Keino #</b>	KEN	Gold	Gold	Kingston	1966
Albie Thomas	AUS	Bronze	Silver	Cardiff	1958
Len Eyre	ENG	Silver	Gold	Auckland	1950

**1500m–5000m (1-3 Mile) double medalist in the different championships**

Name	Nat	1500m	Venue	Year	5000m	Venue	Year
Brendan Foster	ENG	Bronze	Edinburgh	1970	Silver	Christchurch	1974
					Bronze	Edmonton	1978

**5000m – 10000m (3-6mile before 1970) double medalist in the same Championships**

(double gold medalists are indicated with # and in **bold**)

Name	Nation	5000m	10000m	Venue	Year
<b>Joshua Cheptegei #</b>	UGA	Gold	Gold	Gold Coast	2018
<b>Moses Kipsiro #</b>	UGA	Gold	Gold	Delhi	2010
Brendan Foster	ENG	Bronze	Gold	Edmonton	1978
Mike Musyoki	KEN	Silver	Silver	Edmonton	1978
Dave Black	ENG	Bronze	Silver	Christchurch	1974
Ron Clarke	AUS	Silver	Silver	Kingston	1966
Bruce Kidd	CAN	Bronze	Gold	Perth	1962
Frank Sando	ENG	Bronze	Silver	Vancouver	1954
Harry Nelson	NZL	Silver	Gold	Auckland	1950
<b>Cecil Matthews #</b>	NZL	Gold	Gold	Sydney	1938
Robert Randine	CAN	Bronze	Silver	Sydney	1938

Note: Foster also won silver at 5000m in 1974  
 Randine also won silver at 6 miles in 1934

### 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
<b>Ben Jipcho</b>	KEN	Gold	Gold	Christchurch	1974
<b>Henry Rono</b>	KEN	Gold	Gold	Edmonton	1978

### Average from last nine Commonwealth Games

	Average	2018	2014	2010	2006	2002	1998	1994	1990	1986
Winning Time	13:22.07	13:50.83	13:12.07	13:31.25	12:56.41	13:13.51	13:22.57	13:23.00	13:24.86	13:24.11
Winning Medal (3 <sup>rd</sup> )	13:26.66	13:54.06	13:16.52	13:32.58	13:05.30	13:18.02	13:37.42	13:23.54	13:25.63	13:26.84
Missing Medal (4 <sup>th</sup> )	13:28.23	13:54.78	13:17.49	13:37.02	13:05.89	13:19.43	13:40.24	13:23.96	13:26.79	13:28.51

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

Nation	Men	Women	Venue	Year
KEN	Caleb Ndiku	Mercy Cheron	Glasgow	2014
KEN	Augustine Choge	Isabella Ochichi	Melbourne	2006

### World Champion with Commonwealth Games gold medal

Name	Nat	World Championships	Commonwealth Games
Daniel Komen	KEN	1997	1998

### Olympic Champion with Commonwealth Games Gold medal

Name	Nat	Olympics	Commonwealth Games
Joshua Cheptegei	UGA	2020 (2021)	2018
Murray Halberg	NZL	1960	1958, 1962

### Last nine Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Joshua Cheptegei	UGA	13:50.83	Mohammed Ahmed	CAN	13:52.78	Edward Zakayo	KEN	13:54.06
2014	Caleb Ndiku	KEN	13:12.07	Isiah Koech	KEN	13:14.06	Zan Robertson	NZL	13:16.52
2010	Moses Kipsiro	UGA	13:31.25	Eliud Kipchoge	KEN	13:31.32	Mark Kiptoo	KEN	13:32.58

2006	Augustine Choge	KEN	12:56.41	Craig Mottram	AUS	12:58.19	Benjamin Limo	KEN	13:05.30
2002	Sammy Kipketer	KEN	13:13.51	Benjamin Limo	KEN	13:13.57	William Kirui	KEN	13:18.02
1998	Daniel Komen	KEN	13:22.57	Tom Nyariki	KEN	13:28.09	Richard Limo	KEN	13:37.42
1994	Rob Denmark	ENG	13:23.00	Phillimon Hanneck	ZIM	13:23.20	John Nuttall	ENG	13:23.54
1990	Andrew Lloyd	AUS	13:24.86	John Ngugi	KEN	13:24.94	Ian Hamer	WAL	13:25.63
1986	Steve Ovett	ENG	13:24.11	Jack Buckner	ENG	13:25.87	Tim Hutchings	ENG	13:26.84

### Last eleven World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Jakob Ingebrigtsen	NO	13:09.24	Jacob Kiplimo	KEN	13:09.98	Oscar Chelimo	UG	13:10.20
2019	Muktar Edris	ETH	12:58.85	Selemon Barega	ETH	12:59.70	Mohammed Ahmed	CA	13:01.11
2017	Muktar Edris	ETH	13:32.79	Mo Farah	GBR	13:33.22	Paul Chelimo	USA	13:33.30
2015	Mo Farah	GB	13:50.38	Caleb Ndiku	KEN	13:51.75	Hagos Gebrihiwet	ETH	13:51.86
2013	Mo Farah	GBR	13:26.98	Hagos Gebrihiwet	ETH	13:27.26	Isiah Koech	KEN	13:27.26
2011	Mo Farah	GBR	13:23.36	Bernard Lagat	USA	13:23.64	Dejene Gebremeskel	ETH	13:23.92
2009	Kenenisa Bekele	ETH	13:17.09	Bernard Lagat	USA	13:17.33	James Kwalia C'Kurui	QAT	13:17.78
2007	Bernard Lagat	USA	13:45.87	Eliud Kipchoge	KEN	13:46.00	Moses Kipsiro	UGA	13:46.75
2005	Benjamin Limo	KEN	13:32.55	Sileshi Sihine	ETH	13:32.81	Craig Mottram	AUS	13:32.96
2003	Eliud Kipchoge	KEN	12:52.79	Hicham El Guerrouj	MAR	12:52.83	Kenenisa Bekele	ETH	13:53.12
2001	Richard Limo	KEN	13:00.77	Million Wolde	ETH	13:03.47	John Kibowen	KEN	13:05.20

### Last ten Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2020	Joshua Cheptegei	UG	12:58.15	Mo Ahmed	CA	12:58.61	Paul Chelimo	USA	12:59.05
2016	Mo Farah	GB	13:03.30	Paul Chelimo	USA	13:03.90	Hagos Gebrihiwet	ETH	13:04.35
2012	Mo Farah	GBR	13:41.66	Dejen Gebremeskel	ETH	13:41.98	Thomas Longosiwa	KEN	13:42.36
2008	Kenenisa Bekele	ETH	12:57.82	Eliud Kipchoge	KEN	13:02.80	Edwin Soi	KEN	13:06.22
2004	Hicham El Guerrouj	MAR	13:14.39	Kenenisa Bekele	ETH	13:14.59	Eliud Kipchoge	KEN	13:15.10
2000	Million Wolde	ETH	13:35.49	Ali Saidi Sief	ALG	13:36.20	Brahim Lahlafi	MAR	13:36.47
1996	Venuste Niyongabo	BDI	13:07.96	Paul Bitok	KEN	13:08.16	Khalid Boulami	MAR	13:08.37
1992	Dieter Baumann	GER	13:12.52	Paul Bitok	KEN	13:12.71	Fita Bayissa	ETH	13:13.03
1988	John Ngugi	KEN	13:11.70	Dieter Baumann	FRG	13:15.52	Hansjorg Kunze	GDR	13:15.73
1984	Said Aouita	MAR	13:05.59	Markus Ryffel	SUI	13:07.54	Antonio Leitao	POR	13:09.20

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

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	12:35.36	Joshua Cheptegei	UGA	1	Monaco	14 Aug 2020
2	2	12:39.74	Daniel Komen	KEN	1	Bruxelles	22 Aug 1997
3		12:44.90	Daniel Komen		2	Zürich	13 Aug 1997
4		12:45.09	Daniel Komen		1	Zürich	14 Aug 1996
5		12:46.33	Nicholas Kipkorir	KEN	1	Roma	9 June 2022
6	3	12:46.53	Eliud Kipchoge	KEN	1	Roma	2 July 2004
7		12:46.79	Jacob Krop	KEN	2	Roma	9 June 2022
8	4	12:47.20	Mohammed Ahmed	CAN	1	Portland	10 July 2020
9	5	12:48.63	Jacob Kiplimo	UGA	1	Ostrava	8 Sept 2020
10	6	12:48.64	Isiah Koech	KEN	3	Saint Denis	6 July 2012

### Fastest Performances in August

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	12:35.36	Joshua Cheptegei	UGA	1	Monaco	14 Aug 2020
2	2	12:39.74	Daniel Komen	KEN	1	Bruxelles	22 Aug 1997
3	3	12:41.86	Haile Gebrselassie	ETH	1	Zurich	13 Aug 1997

### Fastest Performances in GBR

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	12:55.51	Haile Gebrselassie	ETH	1	London	30 July 2004
2	2	12:55.55	Kenenisa Bekele	ETH	1	London	22 July 2005
3	3	12:55.76	Craig Mottram	AUS	2	London	30 July 2004

### Fastest Performances in Birmingham

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	13:06.14	Mo Farah	GBR	1	10 July 2011
2	2	13:06.86	Galen Rupp	USA	2	10 July 2011
3	3	13:07.26	Thomas Longosiwa	KEN	1	7 June 2015

### Combined 2021 & 2022 Commonwealth List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	12:46.33	Nicholas Kipkorir	KEN	1	Roma	9 June 2022
2	2	12:46.79	Jacob Krop	KEN	2	Roma	9 June <b>2022</b>
3	3	12:50.12	Mohammed Ahmed	CAN	3	Firenze	10 June 2021
4	4	12:51.93	Justyn Knight	CAN	5	Firenze	10 June 2021
5	5	12:54.69	Joshua Cheptegei	UGA	6	Firenze	10 June 2021
6	6	12:55.60	Jacob Kiplimo	UGA	1	Luzern	29 June 2021
7		12:55.84	Mohamed Ahmed		5	Roma	9 June <b>2022</b>
8	7	12:55.88	Daniel Simiyu	KEN	2	Luzern	29 June 2021
9		12:57.99	Joshua Cheptegei		1	Eugene	27 May <b>2022</b>
10		12:58.15	Joshua Cheptegei		1	Tokyo – OG	6 Aug 2021
11		12:58.61	Mohammed Ahmed		2	Tokyo – OG	6 Aug 2021
12		12:59.17	Nicholas Kimeli		4	Tokyo – OG	6 Aug 2021
13	8	13:01.32	Levy Kibet	KEN	9	Roma	9 June <b>2022</b>

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