

# 2021 World Championships Statistics – Women's 5000m

by K Ken Nakamura

The records to look for in Eugene:

- 1) Can ETH sweep the medals like they did in 2005 and 2015?
- 2) If Hassan wins gold, she will be the second (after O'Sullivan) to win both Euro Champ and WC, fourth to win Olympics and World Champ, and first to win Olympics, World Champ and Euro Champ.
- 3) Can Grovdal become first NOR to medal at this event? Can McColgan become first GBR to medal?

## Summary:

### All time Performance List at the World Championships

| Performance | Performer | Time     | Name                       | Nat | Pos | Venue    | Year |
|-------------|-----------|----------|----------------------------|-----|-----|----------|------|
| 1           | 1         | 14:26.72 | Hellen Obiri               | KEN | 1   | Doha     | 2019 |
| 2           | 2         | 14:26.83 | Almaz Ayana                | ETH | 1   | Beijing  | 2015 |
| 3           | 3         | 14:27.49 | Margaret Chelimo Kipkemboi | KEN | 2   | Doha     | 2019 |
| 4           | 4         | 14:28.43 | Konstanze Klosterhalfen    | GER | 3   | Doha     | 2019 |
| 5           | 5         | 14:29.60 | Tsehay Gemechu             | ETH | 4   | Doha     | 2019 |
| 6           |           | 14:34.86 | Hellen Obiri               |     | 1   | London   | 2017 |
| 7           | 6         | 14:36.05 | Lilian Kasait Rengeruk     | KEN | 5   | Doha     | 2019 |
| 8           | 7         | 14:38.59 | Tirunesh Dibaba            | ETH | 1   | Helsinki | 2005 |
| 9           | 8         | 14:39.54 | Meseret Defar              | ETH | 2   | Helsinki | 2005 |
| 10          |           | 14:40.35 | Almaz Ayana                |     | 2   | London   | 2017 |
| 11          | 9         | 14:40.47 | Fantu Worku                | ETH | 6   | Doha     | 2019 |

## Margin of Victory

|     | Difference    | Name             | Nat | Venue    | Year |
|-----|---------------|------------------|-----|----------|------|
| Max | 17.24 seconds | Almaz Ayana      | ETH | Beijing  | 2015 |
|     | 5.49 seconds  | Hellen Obiri     | KEN | London   | 2017 |
|     | 3.20 seconds  | Olga Yegorova    | RUS | Edmonton | 2001 |
|     | 2.07 seconds  | Sonia O'Sullivan | IRL | Göteborg | 1995 |
| Min | 0.36 second   | Vivian Cheruiyot | KEN | Berlin   | 2009 |
|     | 0.54 second   | Tirunesh Dibaba  | ETH | Paris    | 2003 |

## Best Marks for Places in the World Championships

| Pos | Time     | Name                       | Nat | Venue    | Year |
|-----|----------|----------------------------|-----|----------|------|
| 1   | 14:26.72 | Hellen Obiri               | KEN | Doha     | 2019 |
|     | 14:26.83 | Almaz Ayana                | ETH | Beijing  | 2015 |
|     | 14:34.86 | Hellen Obiri               | KEN | London   | 2017 |
| 2   | 14:27.49 | Margaret Chelimo Kipkemboi | KEN | Doha     | 2019 |
|     | 14:39.54 | Meseret Defar              | ETH | Helsinki | 2005 |
| 3   | 14:28.43 | Konstanze Klosterhalfen    | GER | Doha     | 2019 |
|     | 14:42.47 | Ejegayehu Dibaba           | ETH | Helsinki | 2005 |
| 4   | 14:29.60 | Tsehay Gemechu             | ETH | Doha     | 2019 |
|     | 14:43.47 | Meselech Melkamu           | ETH | Helsinki | 2005 |
| 5   | 14:36.05 | Lilian Kasait Rengeruk     | KEN | Doha     | 2019 |
|     | 14:43.64 | Xing Huina                 | CHN | Helsinki | 2005 |

## Multiple Gold Medalists:

|                         |            |
|-------------------------|------------|
| Hellen Obiri            | 2017, 2019 |
| Meseret Defar (ETH):    | 2007, 2013 |
| Vivian Cheruiyot (KEN): | 2009, 2011 |
| Tirunesh Dibaba (ETH):  | 2003, 2005 |
| Gabriela Szabo (ROU):   | 1997, 1999 |

## All time Performance List at the World Championships

| Performance | Performer | Time     | Name                       | Nat | Pos  | Venue    | Year |
|-------------|-----------|----------|----------------------------|-----|------|----------|------|
| 1           | 1         | 14:26.72 | Hellen Obiri               | KEN | 1    | Doha     | 2019 |
| 2           | 2         | 14:26.83 | Almaz Ayana                | ETH | 1    | Beijing  | 2015 |
| 3           | 3         | 14:27.49 | Margaret Chelimo Kipkemboi | KEN | 2    | Doha     | 2019 |
| 4           | 4         | 14:28.43 | Konstanze Klosterhalfen    | GER | 3    | Doha     | 2019 |
| 5           | 5         | 14:29.60 | Tsehay Gemechu             | ETH | 4    | Doha     | 2019 |
| 6           |           | 14:34.86 | Hellen Obiri               |     | 1    | London   | 2017 |
| 7           | 6         | 14:36.05 | Lilian Kasait Rengeruk     | KEN | 5    | Doha     | 2019 |
| 8           | 7         | 14:38.59 | Tirunesh Dibaba            | ETH | 1    | Helsinki | 2005 |
| 9           | 8         | 14:39.54 | Meseret Defar              | ETH | 2    | Helsinki | 2005 |
| 10          |           | 14:40.35 | Almaz Ayana                |     | 2    | London   | 2017 |
| 11          | 9         | 14:40.47 | Fantu Worku                | ETH | 6    | Doha     | 2019 |
| 12          | 10        | 14:41.82 | Gabriela Szabo             | ROU | 1    | Sevilla  | 1999 |
| 13          | 11        | 14:42.47 | Ejegayehu Dibaba           | ETH | 3    | Helsinki | 2005 |
| 14          | 12        | 14:42.73 | Sifan Hassan               | NED | 3    | London   | 2017 |
| 15          | 13        | 14:43.15 | Zahra Ouaziz               | MAR | 2    | Sevilla  | 1999 |
| 16          | 14        | 14:43.47 | Meselech Melkamu           | ETH | 4    | Helsinki | 2005 |
| 17          | 15        | 14:43.64 | Xing Huina                 | CHN | 5    | Helsinki | 2005 |
| 18          | 16        | 14:43.87 | Zakia Mrisho               | TAN | 6    | Helsinki | 2005 |
| 19          | 17        | 14:44.00 | Priscah Jepleting          | KEN | 7    | Helsinki | 2005 |
| 20          | 18        | 14:44.07 | Senbera Teferi             | ETH | 2    | Beijing  | 2015 |
| 21          | 19        | 14:44.14 | Genzebe Dibaba             | ETH | 3    | Beijing  | 2015 |
| 22          | 20        | 14:44.22 | Ayelech Worku              | ETH | 3    | Sevilla  | 1999 |
| 23          | 21        | 14:44.57 | Laura Weightman            | GBR | 7    | Doha     | 2019 |
| 24          | 22        | 14:44.92 | Hawi Feysa                 | ETH | 8    | Doha     | 2019 |
| 25          | 23        | 14:45.14 | Isabella Ochichi           | KEN | 8    | Helsinki | 2005 |
| 26          |           | 14:45.18 | Karissa Schweizer          | USA | 9    | Doha     | 2019 |
| 27          | 24        | 14:45.35 | Edith Masai                | KEN | 1h1  | Paris    | 2003 |
| 28          |           | 14:45.96 | Tirunesh Dibaba            |     | 2h1  | Paris    | 2003 |
| 29          | 25        | 14:46.16 | Viola Kibiwot              | KEN | 4    | Beijing  | 2015 |
| 30          | 26        | 14:46.17 | Eilish McColgan            | GBR | 10   | Doha     | 2019 |
| 31          | 27        | 14:46.47 | Sonia O'Sullivan           | IRL | 1    | Göteborg | 1995 |
| 32          | 28        | 14:46.73 | Sun Yingjie                | CHN | 3h1  | Paris    | 2003 |
| 33          | 29        | 14:47.07 | Liliya Shobkhova           | RUS | 9    | Helsinki | 2005 |
| 34          |           | 14:47.45 | Senbere Teferi             |     | 4    | London   | 2017 |
| 35          | 30        | 14:47.75 | Olga Kravtsova             | BLR | 10   | Helsinki | 2005 |
| 36          | 31        | 14:48.33 | Marta Dominguez            | ESP | 4h1  | Paris    | 2003 |
| 37          | 32        | 14:48.54 | Fernanda Ribeiro           | POR | 2    | Göteborg | 1995 |
| 38          | 33        | 14:48.74 | Margaret Kipkemboi         |     | 5    | London   | 2017 |
| 39          | 34        | 14:50.17 | Irina Mikitenko            | GER | 4    | Sevilla  | 1999 |
| 40          |           | 14:50.19 | Meseret Defar              |     | 1    | Moskva   | 2013 |
| 41          |           | 14:50.98 | Tirunesh Dibaba            |     | 1h1  | Helsinki | 2005 |
| 42          |           | 14:51.19 | Sun Yingjie                |     | 11   | Helsinki | 2005 |
| 43          | 35        | 14:51.22 | Mercy Cheronu              | KEN | 2    | Moskva   | 2013 |
| 44          | 36        | 14:51.33 | Almaz Ayana                | ETH | 3    | Moskva   | 2013 |
| 45          |           | 14:51.49 | Meselech Melkamu           |     | 2h1  | Helsinki | 2005 |
| 46          | 37        | 14:51.69 | Ebru Kavaklioglu           | TUR | 5    | Sevilla  | 1999 |
| 47          |           | 14:51.72 | Tirunesh Dibaba            |     | 1    | Paris    | 2003 |
| 48          | 38        | 14:52.07 | Laura Muir                 | GBR | 6    | London   | 2017 |
| 49          |           | 14:52.13 | Hellen Obiri               |     | 1sf1 | Doha     | 2019 |
| 50          |           | 14:52.26 | Marta Dominguez            |     | 2    | Paris    | 2003 |
| 51          |           | 14:52.30 | Edith Masai                |     | 3    | Paris    | 2003 |
| 52          | 39        | 14:52.36 | Yelena Zadorozhnaya        | RUS | 4    | Paris    | 2003 |

|    |    |          |                            |     |      |          |      |
|----|----|----------|----------------------------|-----|------|----------|------|
| 53 |    | 14:52.41 | Karissa Schweizer          | USA | 2sf1 | Doha     | 2019 |
| 54 |    | 14:52.66 | Zhara Ouaziz               |     | 5h1  | Paris    | 2003 |
| 55 | 40 | 14:53.56 | Elvan Abeylegesse          | TUR | 5    | Paris    | 2003 |
| 56 |    | 14:53.77 | Zahra Ouaziz               |     | 3    | Göteborg | 1995 |
| 57 | 41 | 14:53.82 | Jo Pavey                   | GBR | 3h1  | Helsinki | 2005 |
| 58 |    | 14:53.85 | Hawi Feysa                 |     | 3sf1 | Doha     | 2019 |
| 59 | 42 | 14:54.05 | Sheila Chepkirui Kiprotich | KEN | 7    | London   | 2017 |
| 60 |    | 14:54.08 | Isabella Ochichi           |     | 6    | Paris    | 2003 |
| 61 | 43 | 14:54.38 | Gulnara Samitova           | RUS | 7    | Paris    | 2003 |
| 62 |    | 14:54.50 | Priscah Jepleting          |     | 4h1  | Helsinki | 2005 |
| 63 |    | 14:54.95 | Elvan Abeylegesse          |     | 1h2  | Paris    | 2003 |
| 64 | 44 | 14:54.98 | Courtney Babcock           | CAN | 8    | Paris    | 2003 |

**Slowest winning time:** 15:03.39 by Olga Yegorova (RUS) in 2001

### Margin of Victory

|     | Difference    | Name             | Nat | Venue    | Year |
|-----|---------------|------------------|-----|----------|------|
| Max | 17.24 seconds | Almaz Ayana      | ETH | Beijing  | 2015 |
|     | 5.49 seconds  | Hellen Obiri     | KEN | London   | 2017 |
|     | 3.20 seconds  | Olga Yegorova    | RUS | Edmonton | 2001 |
|     | 2.07 seconds  | Sonia O'Sullivan | IRL | Göteborg | 1995 |
| Min | 0.36 second   | Vivian Cheruiyot | KEN | Berlin   | 2009 |
|     | 0.54 second   | Tirunesh Dibaba  | ETH | Paris    | 2003 |

### Difference between first and third

|     | Diff  | Winning time | 3 <sup>rd</sup> place time | Winner's Name    | Nat | Venue    | Year |
|-----|-------|--------------|----------------------------|------------------|-----|----------|------|
| Max | 17.31 | 14:26.83     | 14:44.14                   | Almaz Ayana      | ETH | Beijing  | 2015 |
|     | 7.87  | 14:34.86     | 14:42.73                   | Hellen Obiri     | KEN | London   | 2017 |
|     | 7.30  | 14:46.47     | 14:53.77                   | Sonia O'Sullivan | IRL | Göteborg | 1995 |
| Min | 0.44  | 14:57.97     | 14:58.41                   | Vivian Cheruiyot | KEN | Berlin   | 2009 |

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

|     | Difference | 3 <sup>rd</sup> place time | Name            | Nat | Venue   | Year |
|-----|------------|----------------------------|-----------------|-----|---------|------|
| Max | 11.48      | 14:51.33                   | Almaz Ayana     | ETH | Moskva  | 2013 |
|     | 5.95       | 14:44.22                   | Ayelech Worku   | ETH | Sevilla | 1999 |
| Min | 0.05       | 14:59.21                   | Priscah Cherono | KEN | Osaka   | 2007 |

### Fastest time in each round

| Round       | Time     | Name                       | Nat | Venue   | Year |
|-------------|----------|----------------------------|-----|---------|------|
| Final       | 14:26.72 | Hellen Obiri               | KEN | Doha    | 2019 |
|             | 14:26.83 | Almaz Ayana                | ETH | Beijing | 2015 |
|             | 14:27.49 | Margaret Chelimo Kipkemboi | KEN | Doha    | 2019 |
| First round | 14:45.35 | Edith Masai                | KEN | Paris   | 2003 |

### Fastest non-qualifier for the final

| Time     | Position | Name         | Nat | Venue | Year |
|----------|----------|--------------|-----|-------|------|
| 15:04.00 | 8h1      | Jane Gakunyi | KEN | Paris | 2003 |

### Average from last ten (21<sup>st</sup> century) World Championships

|                       | Average  | 2019     | 2017     | 2015     | 2013     | 2011     | 2009     | 2007     | 2005     | 2003     | 2001     |
|-----------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| Winning Time          | 14:46.35 | 14:26.72 | 14:34.86 | 14:26.83 | 14:50.19 | 14:55.36 | 14:57.97 | 14:57.91 | 14:38.59 | 14:51.72 | 15:03.39 |
| Winning Medal         | 14:50.61 | 14:28.43 | 14:42.73 | 14:44.14 | 14:51.33 | 14:56.94 | 14:58.41 | 14:59.21 | 14:42.47 | 14:52.30 | 15:10.17 |
| 8 <sup>th</sup> place | 15:03.00 | 14:44.92 | 14:58.33 | 15:08.00 | 15:14.70 | 15:09.35 | 15:11.12 | 15:03.86 | 14:45.14 | 14:54.98 | 15:19.55 |

### 5000m – 10000m double gold medalists

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

**1500m-5000m double gold medalists:** None (1500m-3000m double by Samolenko in 1987)

### Best Marks for Places in the World Championships

| Pos | Time     | Name                       | Nat | Venue    | Year |
|-----|----------|----------------------------|-----|----------|------|
| 1   | 14:26.72 | Hellen Obiri               | KEN | Doha     | 2019 |
|     | 14:26.83 | Almaz Ayana                | ETH | Beijing  | 2015 |
|     | 14:34.86 | Hellen Obiri               | KEN | London   | 2017 |
|     | 14:38.59 | Tirunesh Dibaba            | ETH | Helsinki | 2005 |
| 2   | 14:27.49 | Margaret Chelimo Kipkemboi | KEN | Doha     | 2019 |
|     | 14:39.54 | Meseret Defar              | ETH | Helsinki | 2005 |
| 3   | 14:28.43 | Konstanze Klosterhalfen    | GER | Doha     | 2019 |
|     | 14:42.47 | Ejegayehu Dibaba           | ETH | Helsinki | 2005 |
| 4   | 14:29.60 | Tsehay Gemechu             | ETH | Doha     | 2019 |
|     | 14:43.47 | Meselech Melkamu           | ETH | Helsinki | 2005 |
| 5   | 14:36.05 | Lilian Kasait Rengeruk     | KEN | Doha     | 2019 |
|     | 14:43.64 | Xing Huina                 | CHN | Helsinki | 2005 |
| 6   | 14:40.47 | Fantu Worku                | ETH | Doha     | 2019 |
|     | 14:43.87 | Zakia Mrisho               | TAN | Helsinki | 2005 |
| 7   | 14:44.00 | Priscah Jepleting          | KEN | Helsinki | 2005 |
| 8   | 14:44.92 | Hawi Feysa                 | ETH | Doha     | 2019 |
|     | 14:45.14 | Isabella Ochichi           | KEN | Helsinki | 2005 |

### Best Marks for Places – all competitions

| Pos | Time     | Name               | Nat | Venue             | Day Month Year |
|-----|----------|--------------------|-----|-------------------|----------------|
| 1   | 14:06.62 | Letesenbet Gidey   | ETH | Valencia          | 7 Oct 2020     |
|     | 14:11.15 | Tirunesh Dibaba    | ETH | Oslo              | 6 June 2008    |
|     | 14:12.59 | Almaz Ayana        | ETH | Roma              | 2 June 2016    |
| 2   | 14:14.09 | Ejegayehu Taye     | ETH | Hengelo           | 8 June 2021    |
|     | 14:20.68 | Agnes Tirop        | KEN | London            | 21 July 2019   |
|     | 14:21.97 | Almaz Ayana        | ETH | Paris Saint Denis | 4 July 2015    |
|     | 14:22.34 | Sifan Hassan       | NED | Rabat             | 13 July 2018   |
|     | 14:22.51 | Vivian Cheruiyot   | KEN | Oslo              | 15 June 2007   |
| 3   | 14:15.24 | Senbere Teferi     | ETH | Hengelo           | 8 June 2021    |
|     | 14:22.12 | Sifan Hassan       | NED | London            | 21 July 2019   |
|     | 14:23.14 | Letesenbet Gidey   | ETH | Rabat             | 13 July 2018   |
|     | 14:26.23 | Helen Obiri        | KEN | Bruxelles         | 3 Sept 2021    |
| 4   | 14:23.33 | Senbere Teferi     | ETH | Rabat             | 13 July 2018   |
|     | 14:27.12 | Margaret Kipkemboi | KEN | Bruxelles         | 3 Sept 2021    |
|     | 14:28.55 | Eilish McColgan    | GBR | Oslo              | 1 July 2021    |
|     | 14:29.60 | Tsehay Gemechu     | ETH | Doha              | 5 Oct 2019     |

|    |          |                           |     |                     |              |
|----|----------|---------------------------|-----|---------------------|--------------|
| 5  | 14:24.24 | Agnes Tirop               | KEN | Rabat               | 13 July 2018 |
|    | 14:30.32 | Lilian Rengeruk           | KEN | Bruxelles           | 3 Sept 2021  |
|    | 14:36.10 | Caroline Kipkirui         | KEN | London              | 21 July 2019 |
|    | 14:36.44 | Senbere Teferi            | ETH | Paris – Saint Denis | 4 July 2015  |
|    | 14:36.48 | Margaret Kipkemboi        | KEN | Bruxelles           | 6 Sept 2019  |
|    | 14:37.07 | Jessica Augusto           | POR | Paris – Saint Denis | 16 July 2010 |
|    | 14:37.17 | Mercy Cheronno            | KEN | Shanghai            | 15 May 2011  |
| 6  | 14:30.77 | Eva Cheronno              | KEN | Bruxelles           | 3 Sept 2021  |
|    | 14:37.32 | Agnes Tirop               | KEN | Bruxelles           | 6 Sept 2019  |
|    | 14:37.61 | Yasemin Can               | TUR | Roma                | 2 June 2016  |
|    | 14:38.76 | Tsehay Gemechu            | ETH | Oslo                | 1 July 2021  |
|    | 14:38.97 | Meselech Melkamu          | ETH | Roma                | 8 July 2005  |
| 7  | 14:31.26 | Eilish McColgan           | GBR | Bruxelles           | 3 Sept 2021  |
|    | 14:40.71 | Joanne Pavey              | GBR | Roma                | 8 July 2005  |
|    | 14:41.28 | Pauline Korikwiang        | KEN | Shanghai            | 15 May 2011  |
| 8  | 14:35.88 | Konstanze Klosterhalfen   | GER | Bruxelles           | 3 Sept 2021  |
|    | 14:42.06 | Ejegayehu Dibaba          | ETH | Oslo                | 3 July 2009  |
|    | 14:42.84 | Dera Dida                 | ETH | Roma                | 2 June 2016  |
| 9  | 14:42.56 | Alicia Monson             | USA | Bruxelles           | 3 Sept 2021  |
|    | 14:44.26 | Beylanesh Fikadue         | ETH | Oslo                | 3 July 2009  |
|    | 14:44.76 | Molly Huddle              | ETH | Bruxelles           | 27 Aug 2010  |
| 10 | 14:43.26 | Karoline Bjerkeli Grovdal | NOR | Bruxelles           | 3 Sept 2021  |
|    | 14:46.17 | Eilish McColgan           | GBR | Doha                | 5 Oct 2019   |
|    | 14:47.04 | Caroline Kipkirui         | KEN | Bruxelles           | 6 Sept 2019  |

### Multiple Gold Medalists:

|                         |            |
|-------------------------|------------|
| Hellen Obiri            | 2017, 2019 |
| Meseret Defar (ETH):    | 2007, 2013 |
| Vivian Cheruiyot (KEN): | 2009, 2011 |
| Tirunesh Dibaba (ETH):  | 2003, 2005 |
| Gabriela Szabo (ROU):   | 1997, 1999 |

### Multiple Medalists:

|                         |   |
|-------------------------|---|
| Hellen Obiri            | 2017 Gold, 2019 Gold  |
| Almaz Ayana (ETH):      | 2013 Bronze; 2015 Gold, 2017 Silver;                        |
| Sylvia Kibet (KEN):     | 2009 Silver, 2011 Silver                                    |
| Vivian Cheruiyot (KEN): | 2007 Silver, 2009 Gold, 2011 Gold                           |
| Meseret Defar (ETH):    | 2005 Silver, 2007 Gold, 2009 Bronze, 2011 Bronze, 2013 Gold |
| Tirunesh Dibaba (ETH):  | 2003 Gold, 2005 Gold  |
| Marta Dominguez (ESP):  | 2001 Silver, 2003 Silver                                    |
| Ayelech Worku (ETH):    | 1999 Bronze, 2001 Bronze                                    |
| Gabriela Szabo (ROU):   | 1997 Gold, 1999 Gold  |
| Zahra Ouaziz (MAR):     | 1995 Bronze, 1999 Silver                                    |
| Fernanda Ribeiro (POR): | 1995 Silver, 1997 Bronze                                    |

Ayana & Meseret Defar has a complete set of medals

### Multiple Medals by athletes from a single nation

| Nation | Year | Gold | Silver | Bronze |
|--------|------|------|--------|--------|
|--------|------|------|--------|--------|

|     |      |                  |                    |                 |
|-----|------|------------------|--------------------|-----------------|
| KEN | 2019 | Hellen Obiri     | Margaret Kipkemboi |                 |
| ETH | 2015 | Almaz Ayana      | Senbere Teferi     | Genzebe Dibaba  |
| ETH | 2013 | Meseret Defar    |                    | Almaz Ayana     |
| KEN | 2011 | Vivian Cheruiyot | Sylvia Kibet       |                 |
| KEN | 2009 | Vivian Cheruiyot | Sylvia Kibet       |                 |
| KEN | 2007 |                  | Vivian Cheruiyot   | Priscah Cherono |
| ETH | 2005 | Tirunesh Dibaba  | Meseret Defar      | Ejagayou Dibaba |

**Man & Woman from the same team winning the corresponding event:** None

#### Medals by Countries:

| Nation | Gold | Silver | Bronze |
|--------|------|--------|--------|
| ETH    | 5    | 3      | 7      |
| KEN    | 4    | 5      | 2 {1}  |
| ROU    | 2    | {1}    |        |
| URS    | {2}  | {1}    | {1}    |
| CHN    | {1}  | {1}    | {1}    |
| IRL    | 1    |        |        |
| RUS    | 1    |        |        |
| USA    | {1}  |        |        |
| ESP    |      | 2      |        |
| POR    |      | 1      | 1      |
| MAR    |      | 1      | 1      |
| ITA    |      | 1      |        |
| FRG    |      | {1}    |        |
| GDR    |      |        | {1}    |
| NED    |      |        | 1      |
| GER    |      |        | 1      |

Number of 3000m Medals in {}

#### Lap times in the World Championships

Fastest splits/laps are indicated in **Bold**; slowest in *italics*

| Year | 400m        | 1000m          | 2000m          | 3000m          | 4000m          | 5000m          | Last 400m    | Final 200m  | Winning time |
|------|-------------|----------------|----------------|----------------|----------------|----------------|--------------|-------------|--------------|
| 1995 | <b>65.3</b> | <b>2:51.95</b> | 3:01.53        | 3:04.72        | 3:02.87        | 2:45.40        | 61.5         | 28.8        | 14:46.47     |
| 1997 | <u>77.2</u> | <u>3:11.74</u> | 2:58.66        | 2:58.22        | 3:02.21        | 2:46.85        | <u>61.9</u>  | 29.5        | 14:57.68     |
| 1999 |             | 3:00.43        | 2:55.47        | 2:56.83        | 2:59.68        | <u>2:49.41</u> | 61.4         | 29.4        | 14:41.82     |
| 2001 | 75.82       | 3:10.06        | 3:03.47        | 3:03.72        | <u>3:04.43</u> | 2:41.71        | 60.4         | 29.0        | 15:03.39     |
| 2003 | 70.3        | 3:04.25        | <u>3:05.63</u> | 2:59.0         | 2:57.57        | 2:45.27        | 60.1         | <u>29.7</u> | 14:51.72     |
| 2005 | 71.7        | 3:02.53        | 2:51.32        | 2:58.77        | 3:01.78        | 2:44.19        | <b>58.19</b> | <b>28.1</b> | 14:38.59     |
| 2007 |             | 2:59.22        | 3:05.47        | <u>3:07.30</u> | 3:01.06        | 2:44.86        | 58.58        | 28.13       | 14:57.91     |
| 2009 |             | 3:06.02        | 3:05.02        | 3:04.01        | 3:00.74        | 2:42.18        | 58.62        | 28.8        | 14:57.97     |
| 2011 |             | 3:02.10        | 3:05.00        | 3:03.87        | 3:02.63        | 2:41.76        | 58.68        |             | 14:55.36     |
| 2013 |             | 3:10:78        | 3:03.24        | 3:04.33        | 2:50.66        | <b>2:40.90</b> | 59.82        | 29.31       | 14:50.19     |
| 2015 |             | 3:02.16        | 3:04.76        | <b>2:48.71</b> | <b>2:43.62</b> | 2:47.58        |              |             | 14:26.83     |
| 2017 |             | 3:18.62        | <b>2:48.79</b> | 2:50.64        | 2:51.90        | 2:44.91        | 60.6         |             | 14:34.86     |
| 2019 |             | 2:56.90        | 2:55.58        | 2:51.89        | 3:00.69        | 2:41.66        |              |             | 14:26.72     |

## Splits

|      | 1000 m         | 2000 m         | 3000 m         | 4000 m          | 5000 m          |
|------|----------------|----------------|----------------|-----------------|-----------------|
| 2019 | 2:56.90        | 5:52.48        | 8:44.37        | 11:45.06        | 14:26.72        |
| 2017 | 3:18.62        | 6:07.41        | 8:58.05        | 11:49.95        | 14:34.86        |
| 2015 | 3:02.16        | 6:06.92        | 8:55.63        | 11:39.25        | 14:26.83        |
| 2013 | 3:10.78        | 6:14.02        | 9:18.35        | 12:09.01        | 14:50.19        |
| 2011 | 3:02.10        | 6:07.10        | 9:10.97        | 12:13.60        | 14:55.36        |
| 2009 | 3:06.02        | 6:11.04        | 9:15.05        | 12:15.79        | 14:57.97        |
| 2007 | 2:59.22        | 6:04.69        | 9:11.9         | 12:13.05        | 14:57.91        |
| 2005 | 3:02.53        | 5:53.85        | 8:52.62        | 11:54.40        | 14:38.59        |
| 2003 | 3:04.25        | 6:09.88        | 9:08.88        | 12:06.45        | 14:51.72        |
| 2001 | 3:10.06        | <u>6:13.53</u> | <u>9:17.25</u> | <u>12:21.68</u> | <u>15:03.39</u> |
| 1999 | 3:00.43        | 5:55.90        | <b>8:52.73</b> | <b>11:52.41</b> | <b>14:41.82</b> |
| 1997 | <u>3:11.74</u> | 6:10.40        | 9:08.62        | 12:10.83        | 14:57.68        |
| 1995 | <b>2:51.95</b> | <b>5:53.48</b> | 8:58.20        | 12:01.07        | 14:46.47        |

## Comparison of World Record Splits

| Name               | Day Mon Year | Venue        | 1000m   | 2000m   | 3000m   | 4000m    | 5000m    |
|--------------------|--------------|--------------|---------|---------|---------|----------|----------|
| Letesenbet Gidey   | 7/10/2020    | Valencia     | 2:51.10 | 5:42.73 | 8:31.85 | 11:19.17 | 14:06.65 |
| Tirunesh Dibaba    | 6/6/2008     | Oslo         | 2:48.08 | 5:43.64 | 8:38.83 | 11:28.44 | 14:11.15 |
| Meseret Defar      | 15/6/2007    | Oslo         | 2:50.74 | 5:42.60 | 8:35.76 | 11:29.44 | 14:16.63 |
| Meseret Defar      | 3/6/2006     | New York     | 2:52.9  | 5:47.9  | 8:42.8  | 11:39.1  | 14:24.53 |
| Elvan Abeylegesse  | 11/6/2004    | Bergen       | 2:49.56 | 5:47.36 | 8:37.84 | 11:30.43 | 14:24.68 |
| Jiang Bo           | 23/10/1997   | Shanghai     | 2:53.4  | 5:45.95 | 8:41.09 | 11:40.6  | 14:28.09 |
| Dong Yanmei        | 21/10/1997   | Shanghai     | 2:55    | 5:43    | 8:43    | 11:45    | 14:31.27 |
| Fernanda Ribeiro   | 22/7/1995    | Hechtel      | 2:57    | 5:51    | 8:50    | 11:46    | 14:36.45 |
| Ingrid Kristiansen | 5/8/1986     | Stockholm    | 2:52.9  | 5:48.0  | 8:48.5  | 11:43.9  | 14:37.33 |
| Zola Budd          | 26/8/1985    | London       | 2:53.7  | 5:49.0  | 8:50.5  | 11:52.2  | 14:48.07 |
| Ingrid Kristiansen | 28/6/1984    | Oslo         | 3:02.0  | 5:59.6  | 8:59.8  | 12:00.8  | 14:58.89 |
| Zola Budd          | 5/1/1984     | Stellenbosch | 2:58.5  |         | 8:55.9  |          | 15:01.83 |

## Laps

| Name               | 1000m   | 2000m   | 3000m   | 4000m   | 5000m   |
|--------------------|---------|---------|---------|---------|---------|
| Letesenbet Gidey   | 2:51.10 | 2:51.63 | 2:49.12 | 2:47.32 | 2:47.48 |
| Tirunesh Dibaba    | 2:48.08 | 2:55.56 | 2:55.19 | 2:49.61 | 2:42.71 |
| Meseret Defar      | 2:50.74 | 2:51.86 | 2:53.16 | 2:53.68 | 2:47.19 |
| Meseret Defar      | 2:52.9  | 2:55.0  | 2:54.9  | 2:56.3  | 2:45.4  |
| Abeylegesse        | 2:49.56 | 2:57.80 | 2:50.48 | 2:52.59 | 2:54.25 |
| Jiang Bo           | 2:53.4  | 2:52.55 | 2:55.14 | 2:59.41 | 2:47.49 |
| Dong Yanmei        | 2:55    | 2:48    | 3:00    | 3:02    | 2:46.27 |
| Fernanda Ribeiro   | 2:57    | 2:54    | 2:59    | 2:56    | 2:50.45 |
| Ingrid Kristiansen | 2:52.9  | 2:55.1  | 2:57.5  | 2:58.4  | 2:43.5  |
| Zola Budd          | 2:53.7  | 2:55.3  | 3:01.5  | 3:01.7  | 2:55.87 |

|                    |        |        |        |        |         |
|--------------------|--------|--------|--------|--------|---------|
| Ingrid Kristiansen | 3:02.0 | 2:57.6 | 3:00.2 | 3:01.0 | 2:58.09 |
| Zola Budd          | 2:58.5 |        |        |        |         |

### World Champion with Olympic gold medal

| Name            | Nat | World Championships | Olympics   |
|-----------------|-----|---------------------|------------|
| Tirunesh Dibaba | ETH | 2003, 2005          | 2008       |
| Meseret Defar   | ETH | 2007, 2013          | 2004, 2012 |
| Gabriela Szabo  | ROU | 1997, 1999          | 2000       |

### World Champion with World Indoor Championships (3000m) gold medal

| Name           | Nat | World Championships | World Indoor Championships |
|----------------|-----|---------------------|----------------------------|
| Hellen Obiri   | KEN | 2017, 2019          | 2012                       |
| Meseret Defar  | ETH | 2007, 2013          | 2004, 2006, 2008, 2010     |
| Olga Yegorova  | RUS | 2001                | 2001                       |
| Gabriela Szabo | ROU | 1997, 1999          | 1995, 1997, 1999           |

### World Champion who previously won World Junior gold medal

| Name          | Nat | World Championships | World Junior Championships |
|---------------|-----|---------------------|----------------------------|
| Meseret Defar | ETH | 2007, 2013          | 2002                       |

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

| Name             | Nat | World Championships | Year       | World Youth Championships | Year |
|------------------|-----|---------------------|------------|---------------------------|------|
| Vivian Cheruiyot | KEN | Gold                | 2009, 2011 | Bronze                    | 1999 |
| Meseret Defar    | ETH | Gold                | 2007, 2013 | Silver                    | 1999 |

### World Champion with European Championships gold medal

| Name             | Nat | World Championships | European Championships |
|------------------|-----|---------------------|------------------------|
| Sonia O'Sullivan | IRL | 1995                | 1994, 1998             |

### World Championships medalists with Asian Games medal: None

Best finish by Asian runner in the World Championships is fourth by Dong Yanmei in 2001

### World Champion with All Africa Games gold medal

| Name          | Nat | World Championships | All Africa Games |
|---------------|-----|---------------------|------------------|
| Meseret Defar | ETH | 2007, 2013          | 2003, 2007       |

### World Champion with African Championships gold medal

| Name             | Nat | World Championships | African Championships |
|------------------|-----|---------------------|-----------------------|
| Hellen Obiri     | KEN | 2017, 2019          | 2018                  |
| Vivian Cheruiyot | KEN | 2009, 2011          | 2010                  |
| Meseret Defar    | ETH | 2007, 2013          | 2006                  |

### World Champion with Pan American Games gold medalist: None

### World Champion with Commonwealth Games gold medal

| Name | Nat | World Championships | Commonwealth Games |
|------|-----|---------------------|--------------------|
|------|-----|---------------------|--------------------|



|                  |     |            |      |
|------------------|-----|------------|------|
| Hellen Obiri     | KEN | 2017, 2019 | 2018 |
| Vivian Cheruiyot | KEN | 2009, 2011 | 2010 |

### World Championships: (3000m before 1995)

| Year | Gold               | Nat | Time     | Silver             | Nat | Time     | Bronze                  | Nat | Time     |
|------|--------------------|-----|----------|--------------------|-----|----------|-------------------------|-----|----------|
| 2019 | Hellen Obiri       | KEN | 14:26.72 | Margaret Kipkemboi | KEN | 14:27.49 | Konstanze Klosterhalfen | GER | 14:28.43 |
| 2017 | Hellen Obiri       | KEN | 14:34.86 | Almaz Ayana        | ETH | 14:40.35 | Sifan Hassan            | NED | 14:42.73 |
| 2015 | Almaz Ayana        | ETH | 14:26.83 | Senbere Teferi     | ETH | 14:44.07 | Genzebe Dibaba          | ETH | 14:44.14 |
| 2013 | Meseret Defar      | ETH | 14:50.19 | Mercy Cheronro     | KEN | 14:51.22 | Almaz Ayana             | ETH | 14:51.33 |
| 2011 | Vivian Cheruiyot   | KEN | 14:55.36 | Sylvia Kibet       | KEN | 14:56.21 | Meseret Defar           | ETH | 14:56.94 |
| 2009 | Vivian Cheruiyot   | KEN | 14:57.97 | Sylvia Kibet       | KEN | 14:58.33 | Meseret Defar           | ETH | 14:58.41 |
| 2007 | Meseret Defar      | ETH | 14:57.91 | Vivian Cheruiyot   | KEN | 14:58.50 | Priscah Cheronro        | KEN | 14:59.21 |
| 2005 | Tirunesh Dibaba    | ETH | 14:38.59 | Meseret Defar      | ETH | 14:39.54 | Ejagayehu Dibaba        | ETH | 14:42.47 |
| 2003 | Tirunesh Dibaba    | ETH | 14:51.72 | Marta Dominguez    | ESP | 14:52.26 | Edith Masai             | KEN | 14:52.30 |
| 2001 | Olga Yegorova      | RUS | 15:03.39 | Marta Dominguez    | ESP | 15:06.59 | Ayelech Worku           | ETH | 15:10.17 |
| 1999 | Gabriela Szabo     | ROU | 14:41.82 | Zahra Ouaziz       | MAR | 14:43.15 | Ayelech Worku           | ETH | 14:44.22 |
| 1997 | Gabriela Szabo     | ROU | 14:57.68 | Roberta Brunet     | ITA | 14:58.29 | Fernanda Ribeiro        | POR | 14:58.85 |
| 1995 | Sonia O'Sullivan   | IRL | 14:46.47 | Fernanda Ribeiro   | POR | 14:48.54 | Zahra Ouaziz            | MAR | 14:53.77 |
| 1993 | Qu Yunxia          | CHN | 8:28.71  | Zhang Linli        | CHN | 8:29.25  | Zhang Lirong            | CHN | 8:31.95  |
| 1991 | Tatyana Dorovskikh | URS | 8:35.82  | Yelena Romanova    | URS | 8:36.06  | Susan Sirma             | KEN | 8:39.41  |
| 1987 | Tatyana Samolenko  | URS | 8:38.72  | Maricica Puica     | ROU | 8:39.45  | Ulrike Bruns            | GDR | 8:40.30  |
| 1983 | Mary Decker        | USA | 8:34.62  | Brigitte Kraus     | FRG | 8:35.11  | Tatyana Kazankina       | URS | 8:35.13  |

### Last five Olympics:

| Year | Gold             | Nat | Time     | Silver            | Nat | Time     | Bronze          | Nat | Time     |
|------|------------------|-----|----------|-------------------|-----|----------|-----------------|-----|----------|
| 2020 | Sifan Hassan     | NED | 14:36.79 | Hellen Obiri      | KEN | 14:38.38 | Gudaf Tsegay    | ETH | 14:38.87 |
| 2016 | Vivian Cheruiyot | KEN | 14:26.17 | Hellen Obiri      | KEN | 14:29.77 | Almaz Ayana     | ETH | 14:33.59 |
| 2012 | Meseret Defar    | ETH | 15:04.25 | Vivian Cheruiyot  | KEN | 15:04.73 | Tirunesh Dibaba | ETH | 15:05.15 |
| 2008 | Tirunesh Dibaba  | ETH | 15:41.40 | Elvan Abeylegesse | TUR | 15:42.74 | Meseret Defar   | ETH | 15:44.12 |
| 2004 | Meseret Defar    | ETH | 14:45.65 | Isabella Ochichi  | KEN | 14:48.19 | Tirunesh Dibaba | ETH | 14:51.83 |
| 2000 | Gabreila Szabo   | ROU | 14:40.79 | Sonia O'Sullivan  | IRL | 14:41.02 | Gete Wami       | ETH | 14:42.23 |

### Last nine World Indoor Championships: (3000m)

| Year | Gold           | Nat | Time    | Silver                   | Nat | Time    | Bronze                  | Nat | Time    |
|------|----------------|-----|---------|--------------------------|-----|---------|-------------------------|-----|---------|
| 2020 | Lemlem Hailu   | ETH | 8:41.82 | Elinor Purrier St Pierre | USA | 8:42.04 | Ejgayehu Taye           | ETH | 8:42.23 |
| 2018 | Genzebe Dibaba | ETH | 8:45.05 | Sifan Hassan             | NED | 8:45.68 | Laura Muir              | GBR | 8:45.78 |
| 2016 | Genzebe Dibaba | ETH | 8:47.43 | Meseret Defar            | ETH | 8:54.26 | Shannon Rowbury         | USA | 8:55.55 |
| 2014 | Genzebe Dibaba | ETH | 8:55.04 | Hellen Obiri             | KEN | 8:57.72 | Maryam Yusuf Jamal      | BRN | 8:59.16 |
| 2012 | Hellen Obiri   | KEN | 8:37.16 | Meseret Defar            | ETH | 8:38.26 | Gelete Burka            | ETH | 8:40.18 |
| 2010 | Meseret Defar  | ETH | 8:51.17 | Vivian Cheruiyot         | KEN | 8:51.85 | Sentayehu Ejigu         | ETH | 8:52.08 |
| 2008 | Meseret Defar  | ETH | 8:38.79 | Meselech Melkamu         | ETH | 8:41.50 | Marieam Alaoui Selsouli | MAR | 8:41.06 |
| 2006 | Meseret Defar  | ETH | 8:38.80 | Liliya Shobukhova        | RUS | 8:42.18 | Lidia Chojecka          | POL | 8:42.59 |
| 2004 | Meseret Defar  | ETH | 9:11.22 | Berhane Adere            | ETH | 9:11.43 | Shayne Culpepper        | USA | 9:12.15 |
| 2003 | Berhane Adere  | ETH | 8:40.25 | Marta Dominguez          | ESP | 8:42.17 | Meseret Defar           | ETH | 8:42.58 |

### Last ten World Junior Championships:

| Year | Gold            | Nat | Time     | Silver              | Nat | Time     | Bronze              | Nat | Time     |
|------|-----------------|-----|----------|---------------------|-----|----------|---------------------|-----|----------|
| 2020 | Mizan Alem      | ETH | 16:05.61 | Melknat Wudu        | ETH | 16:13.16 | Prisca Chesang      | UGA | 16:21.78 |
| 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 Cheron        | 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 | Emmulate 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 | 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 Cheron        | 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 | Sifan Hassan    | NED | 14:46.12 | Eilish McColgan    | GB  | 14:53.05 | Yasemin Can         | TUR | 14:57.63 |
| 2016 | Yasemin Can     | TUR | 15:18.15 | Meraf Bahta        | SWE | 15:20.54 | Stephanie Twell     | GBR | 15:20.70 |
| 2014 | Meraf Bahta     | SWE | 15:31.39 | Sifan Hassan       | NE  | 15:31.79 | Susan Kuijken       | NED | 15:32.82 |
| 2012 | Olga Golovkina  | RUS | 15:11.70 | Lyudmyla Kovalenko | UKR | 15:12.03 | Sara Moreira        | POR | 15:12.05 |
| 2010 | Alemitu Bekele  | TUR | 14:52.20 | Elvan Abeylegesse  | TUR | 14:54.44 | Sara Moreira        | POR | 14:54.71 |
| 2006 | Marta Dominguez | ESP | 14:56.18 | Liliya Shobukhova  | RUS | 14:56.57 | Elvan Abeylegesse   | TUR | 14:59.29 |
| 2002 | Marta Dominguez | ESP | 15:14.76 | Sonia O'Sullivan   | IRL | 15:14.85 | Yelena Zadorozhnaya | RUS | 15:15.22 |

### Last five Asian Games:

| Year | Gold               | Nat | Time     | Silver            | Nat | Time     | Bronze            | Nat | Time     |
|------|--------------------|-----|----------|-------------------|-----|----------|-------------------|-----|----------|
| 2018 | Kalkidan Gezahegne | BRN | 15:08.08 | Darya Maslova     | KGZ | 15:30.57 | Bontu Edao        | BRN | 15:36.78 |
| 2014 | Maryam Jamal       | BRN | 14:59.69 | Mimi Belete       | BRN | 15:00.87 | Ding Changqin     | CHN | 15:12.51 |
| 2010 | Mimi Belete        | BRN | 15:15.59 | Preeja Sreedharan | IND | 15:15.89 | Kavita Raut       | IND | 15:16.54 |
| 2006 | Xue Fei            | CHN | 15:40.12 | Kayoko Sugihara   | JPN | 15:40.87 | Orchatteri Jaisha | IND | 15:41.91 |
| 2002 | Sun Yingjie        | CHN | 14:40.41 | Kayoko Fukushi    | JPN | 14:55.19 | Sunita Rani       | IND | 15:18.77 |

### Last ten Asian Championships:

| Year | Gold               | Nat | Time     | Silver             | Nat | Time     | Bronze           | Nat | Time     |
|------|--------------------|-----|----------|--------------------|-----|----------|------------------|-----|----------|
| 2019 | Winfred Yavi       | BRN | 15:28.87 | Bontu Edao Rebitu  | BRN | 15:29.60 | Parul Chaudary   | IND | 15:36.03 |
| 2017 | Daria Maslova      | KGZ | 15:57.95 | Alia Mohammed      | UAE | 15:59.95 | Sanjivani Jadhav | IND | 16:00.24 |
| 2015 | Bethlem Desalegn   | UAE | 15:25.15 | Alia Mohamed Saeed | UAE | 15:28.74 | Daria Maslova    | KGZ | 15:42.82 |
| 2013 | Bethlem Desalegn   | UAE | 15:12.84 | Shitaye Eshete     | BRN | 15:22.17 | Tijitu Daba      | BR  | 15:38.63 |
| 2011 | Tejitu Daba C      | BRN | 15:22.48 | Hitomi Niiya       | JPN | 15:34.19 | Yuriko Kobayashi | JPN | 15:42.59 |
| 2009 | Xue Fei            | CHN | 16:05.19 | Tejitu Daba        | BRN | 16:05.45 | Kavita Raut      | IND | 16:05.90 |
| 2007 | Karima SalehJassem | BRN | 16:40.87 | Preeja Sreedharan  | IND | 16:56.16 | Kim mi Gyong     | PRK | 18:21.32 |
| 2005 | Bai Xue            | CHN | 15:40.89 | Lee Eun-Jung       | KOR | 15:41.67 | Yumi Sato        | JPN | 15:47.14 |
| 2003 | Sun Yingjie        | CHN | 15:48.42 | Yuko Manabe        | JPN | 15:59.81 | Hiromi Fujii     | JPN | 16:31.18 |
| 2002 | Ham Bong-Sil       | PRK | 15:42.88 | Akiko Kawashima    | JPN | 15:44.08 | Mizuho Nasukawa  | JPN | 16:24.63 |

**Last six All Africa Games:**

| Year | Gold             | Nat | Time     | Silver           | Nat | Time     | Bronze             | Nat | Time     |
|------|------------------|-----|----------|------------------|-----|----------|--------------------|-----|----------|
| 2019 | Lilian Rengeruk  | KEN | 15:33.63 | Hawi Feysa       | ETH | 15:33.99 | Alemitu Tariku     | ETH | 15:37.15 |
| 2015 | Margaret Chelimo | KEN | 15:30.15 | Rosemary Wanjiru | KEN | 15:30.18 | Alice Aprot        | KEN | 15:31.82 |
| 2011 | Sule Utura       | ETH | 15:38.70 | Emebet Anteneh   | ETH | 15:40.13 | Pauline Korikwiang | KEN | 15:40.93 |
| 2007 | Meseret Defar    | ETH | 15:02.72 | Meselech Melkamu | ETH | 15:03.86 | Sylvia Kibet       | KEN | 15:06.39 |
| 2003 | Meseret Defar    | ETH | 16:42.0  | Dorcus Inzikuru  | UGA | 16:42.9  | Isabella Ochichi   | KEN | 16:43.4  |
| 1999 | Ayelech Worku    | ETH | 15:38.22 | Elana Meyer      | RSA | 15:42.76 | Vivian Cheruiyot   | KEN | 15:42.79 |

**Last ten African Championships:**

| Year | Gold             | Nat | Time     | Silver            | Nat | Time     | Bronze             | Nat | Time     |
|------|------------------|-----|----------|-------------------|-----|----------|--------------------|-----|----------|
| 2022 | Beatrice Chebet  | KEN | 15:00.82 | Fantaye Belayneh  | ETH | 15:01.89 | Caroline Nyaga     | KEN | 15:05.34 |
| 2018 | Hellen Obiri     | KEN | 15:47.18 | Senbere Teferi    | ETH | 15:54.48 | Meskerem Mamo      | ETH | 15:57.38 |
| 2016 | Sheila Chepkirui | KEN | 15:05.45 | M Chelimo         | KEN | 15:07.56 | D Dida             | ETH | 15:15.26 |
| 2014 | Almaz Ayana      | ETH | 15:32.72 | Genzebe Dibaba    | ETH | 15:42.16 | Janet Kisa         | KEN | 15:54.04 |
| 2012 | Gladys Cheronon  | KEN | 15:40.04 | Veronica Nyaruai  | KEN | 15:40.65 | Gotytom Gebreslase | ETH | 15:53.34 |
| 2010 | Vivian Cheruiyot | KEN | 16:18.72 | Meseret Defar     | ETH | 16:20.54 | Sentayehu Ejigu    | ETH | 16:22.32 |
| 2008 | Meselech Melkamu | ETH | 15:49.81 | Meseret Defar     | ETH | 15:50.19 | Grace Momanyi      | KEN | 15:50.19 |
| 2006 | Meseret Defar    | ETH | 15:56.00 | Tirunesh Dibaba   | ETH | 15:56.04 | Sylvia Kibet       | KEN | 15:57.14 |
| 2004 | Etalemahu Kidane | ETH | 16:25.83 | Priscah Jepleting | KEN | 16:26.15 | Angele Haronsimana | BDI | 16:55.99 |
| 2002 | Berhane Adere    | ETH | 15:51.08 | Dorcus Inzikuru   | UGA | 15:54.22 | Ejegayehu Dibaba   | ETH | 15:56.02 |

**Last five Pan American Games:**

| Year | Gold                     | Nat | Time     | Silver           | Nat | Time     | Bronze           | Nat | Time     |
|------|--------------------------|-----|----------|------------------|-----|----------|------------------|-----|----------|
| 2019 | Laura Galvan             | MEX | 15:35.47 | Jessica O'Conell | CAN | 15:36.08 | Kim Conley       | USA | 15:36.95 |
| 2015 | Juliana Paula dos Santos | BRA | 15:45.97 | Brenda Flores    | MEX | 15:47.19 | Kellyn Taylor    | USA | 15:52.78 |
| 2011 | Marisol Romero           | MEX | 16:24.08 | Cruz da Silva    | BRA | 16:29.75 | Ines Melchior    | PER | 16:41.50 |
| 2007 | Megan Metcalfe           | CAN | 15:35.78 | Cack Ferrell     | USA | 15:42.01 | Nora Rocha       | MEX | 15:43.80 |
| 2003 | Adriana Fernandez        | MEX | 15:30.65 | Nora Rocha       | MEX | 15:40.98 | Nicole Jefferson | USA | 15:42.40 |

**Last five Commonwealth Games:**

| Year | Gold             | Nat | Time     | Silver             | Nat | Time     | Bronze          | Nat | Time     |
|------|------------------|-----|----------|--------------------|-----|----------|-----------------|-----|----------|
| 2018 | Hellen Obiri     | KEN | 15:13.11 | Margaret Kipkemboi | KEN | 15:15.28 | Laura Weightman | ENG | 15:25.84 |
| 2014 | Mercy Cheronon   | KEN | 15:07.21 | Janet Kisa         | KEN | 15:08.90 | Jo Pavey        | ENG | 15:08.96 |
| 2010 | Vivian Cheruiyot | KEN | 15:55.12 | Sylvia Kibet       | KEN | 15:55.61 | Ines Chenonge   | KEN | 16:02.47 |
| 2006 | Isabella Ochichi | KEN | 14:57.84 | Jo Pavey           | ENG | 14:59.08 | Lucy Wangui     | KEN | 15:00.20 |
| 2002 | Paula Radcliffe  | ENG | 14:31.42 | Edith Masai        | KEN | 14:53.76 | Ines Chenonge   | KEN | 15:06.06 |

**Fastest Performances on US Soil**

| Performance | Performer | Time     | Name            | Nat | Pos | Venue    | DMY          |
|-------------|-----------|----------|-----------------|-----|-----|----------|--------------|
| 1           | 1         | 14:12.98 | Ejgayehu Taye   | ETH | 1   | Eugene   | 27 May 2022  |
| 2           | 2         | 14:19.76 | Genzebe Dibaba  | ETH | 1   | Eugene   | 30 May 2015  |
| 3           | 3         | 14:23.92 | Shelby Houlihan | USA | 1   | Portland | 10 July 2020 |
| 4           | 4         | 14:24.53 | Meseret Defar   | ETH | 1   | New York | 3 June 2006  |

**Fastest Performances in Eugene:**

| Performance | Performer | Time     | Name             | Nat | Pos | DMY         |
|-------------|-----------|----------|------------------|-----|-----|-------------|
| 1           | 1         | 14:12.98 | Ejgayehu Taye    | ETH | 1   | 27 May 2022 |
| 2           | 2         | 14:19.76 | Genzebe Dibaba   | ETH | 1   | 30 May 2015 |
| 3           | 3         | 14:24.59 | Letesenbet Gidey | ETH | 2   | 27 May 2022 |
| 4           |           | 14:25.22 | Genzebe Dibaba   |     | 1   | 26 May 2017 |

|   |  |          |                |  |   |             |
|---|--|----------|----------------|--|---|-------------|
| 5 |  | 14:26.89 | Genzebe Dibaba |  | 1 | 26 May 2018 |
|---|--|----------|----------------|--|---|-------------|

### Fastest Performances in July

| Performance | Performer | Time     | Name           | Nat | Pos | Venue       | DMY          |
|-------------|-----------|----------|----------------|-----|-----|-------------|--------------|
| 1           | 1         | 14:12.88 | Meseret Defar  | ETH | 1   | Stockholm   | 22 July 2008 |
| 2           | 2         | 14:15.41 | Genzebe Dibaba | ETH | 1   | Saint-Denis | 4 July 2015  |
| 3           |           | 14:20.36 | Hellen Obiri   | KEN | 1   | London      | 21 Jult 2019 |

### Combined 2021 & 2022 World List

| Performance | Performer | Time     | Name               | Nat | Pos | Venue          | DMY                 |
|-------------|-----------|----------|--------------------|-----|-----|----------------|---------------------|
| 1           | 1         | 14:12.98 | Ejgayehu Taye      | ETH | 1   | Eugene         | 27 May <b>2022</b>  |
| 2           | 2         | 14:13.32 | Gudaf Tsegay       | ETH | 1   | Hengelo        | 8 June 2021         |
| 3           |           | 14:14.09 | Ejgayehu Taye      |     | 2   | Hengelo        | 8 June 2021         |
| 4           | 3         | 14:15.24 | Senbere Teferi     | ETH | 3   | Hengelo        | 8 June 2021         |
| 5           | 4         | 14:24.59 | Letesenbet Gidey   | ETH | 2   | Eugene         | 27 May <b>2022</b>  |
| 6           | 5         | 14:25.34 | Francine Niyonsaba | BDI | 1   | Bruxelles -VD  | 3 Sept 2021         |
| 7           |           | 14:25.63 | Ejgayehu Taye      |     | 2   | Bruxelles -VD  | 3 Sept 2021         |
| 8           | 6         | 14:25.84 | Dawit Seyaum       | ETH | 1   | Oslo           | 16 June <b>2022</b> |
| 9           | 7         | 14:26.23 | Hellen Obiri       | KEN | 3   | Bruxelles – VD | 3 Sept 2021         |
| 10          |           | 14:26.38 | Hellen Obiri       |     | 1   | Oslo – Bislett | 1 July 2021         |
| 11          |           | 14:26.69 | Gudaf Tsegay       |     | 2   | Oslo           | 16 June <b>2022</b> |
| 12          | 8         | 14:26.80 | Fantu Worku        | ETH | 2   | Oslo - Bislett | 1 July 2021         |
| 13          |           | 14:26.92 | Letesenbet Gidey   |     | 3   | Oslo           | 16 June <b>2022</b> |
| 14          | 9         | 14:27.12 | Margaret Kipkemboi | KEN | 4   | Bruxelles – VD | 3 Sept 2021         |
| 15          | 10        | 14:27.89 | Sifan Hassan       | NED | 1   | Eugene         | 20 Aug 2021         |

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

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