

2022 Commonwealth Games Statistics – Women's 5000m (3000m from 1978 to 1998)

By K Ken Nakamura

Summary Page

All time performance list at the Commonwealth Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	14:31.42	Paula Radcliffe	ENG	1	Manchester	2002
2	2	14:53.76	Edith Masai	KEN	2	Manchester	2002
3	3	14:57.84	Isabella Ochichi	KEN	1	Melbourne	2006
4	4	14:59.08	Jo Pavey	ENG	2	Melbourne	2006
5	5	15:00.20	Lucy Wangui	KEN	3	Melbourne	2006
6	6	15:00.69	Eloise Wellings	AUS	4	Melbourne	2006
7	7	15:02.90	Sarah Jamieson	AUS	5	Melbourne	2006
8	8	15:06.06	Ines Chenonge	KEN	3	Manchester	2002
9	9	15:07.21	Mercy Cherono	KEN	1	Glasgow	2014
10	10	15:08.80	Janet Kisa	KEN	2	Glasgow	2014

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	22.34	14:31.42	Paula Radcliffe	ENG	Manchester	2002
Min	0.49	15:55.12	Vivian Cheruiyot	KEN	Delhi	2010
	1.24	14:57.84	Isabella Ochichi	KEN	Melbourne	2006

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	14:31.42	Paula Radcliffe	ENG	Manchester	2002
2	14:53.76	Edith Masai	KEN	Manchester	2002
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4	15:00.69	Eloise Wellings	AUS	Melbourne	2006
5	15:02.90	Sarah Jamieson	AUS	Melbourne	2006
6	15:12.34	Ines Chenonge	KEN	Melbourne	2006

Multiple Medalists:

Jo Pavey (ENG): 2006 Silver; 2014 Bronze

Innes Chenonge (KEN): 2002 Bronze; 2010 Bronze

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
KEN	2018	Hellen Obiri	Margaret Kipkemboi	
KEN	2014	Mercy Cherono	Janet Kisa	
KEN	2010	Vivian Cheruiyot	Sylvia Kibet	Ines Chenonge
KEN	2006	Isabella Ochichi		Lucy Wangui
KEN	2002		Edith Masai	Innes Chenonge

Man & Woman from the same team winning the corresponding event

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

All time performance list at the Commonwealth Games

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1	1	14:31.42	Paula Radcliffe	ENG	1	Manchester	2002
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6	6	15:00.69	Eloise Wellings	AUS	4	Melbourne	2006
7	7	15:02.90	Sarah Jamieson	AUS	5	Melbourne	2006
8	8	15:06.06	Ines Chenonge	KEN	3	Manchester	2002
9	9	15:07.21	Mercy Cherono	KEN	1	Glasgow	2014
10	10	15:08.80	Janet Kisa	KEN	2	Glasgow	2014
11		15:08.96	Jo Pavey		3	Glasgow	2014
12	11	15:10.38	Margaret Muriuki	KEN	4	Glasgow	2014
13		15:12.34	Ines Chenonge		6	Melbourne	2006
14	12	15:13.11	Hellen Obiri	KEN	1	Gold Coast	2018
15		15:14.99	Eloise Wellings		5	Glasgow	2014
16	13	15:15.28	Margaret Chelimo Kipkemboi	KEN	2	Gold Coast	2018
17	14	15:18.01	Dorcus Inzikuru	UGA	4	Manchester	2002
18		15:19.91	Jo Pavey	ENG	5	Manchester	2002
19	15	15:25.84	Laura Weightman	ENG	3	Gold Coast	2018
20	16	15:26.55	Benita Johnson	AUS	6	Manchester	2002
21	17	15:30.17	Juliet Chekwel	UGA	4	Gold Coast	2018
22	18	15:33.07	Restituta Joseph	TAN	7	Manchester	2002
23	19	15:33.72	Laura Whittle	SCO	6	Glasgow	2014
24	20	15:34.73	Celia Sullohern	AUS	5	Gold Coast	2018
25	21	15:34.88	Eilish McColgan	SCO	6	Gold Coast	2018
26	22	15:36.10	Eva Cherono	KEN	7	Gold Coast	2018
27		15:39.02	Eloise Wellings		8	Gold Coast	2018
28	23	15:39.96	Emily Brichacek	AUS	7	Glasgow	2014
29	24	15:40.03	Emelia Gorecka	ENG	8	Glasgow	2014
30	25	15:42.83	Courtney Babcock	CAN	8	Manchester	2002
31	26	15:43.92	Anna Thompson	AUS	9	Manchester	2002
32		15:44.22	Courtney Babcock		7	Melbourne	2006
33	27	15:44.38	Beth Potter	SCO	9	Glasgow	2014
34	28	15:44.87	Catherine Berry	ENG	10	Manchester	2002
35	29	15:45.33	Jessica O'Connell	CAN	10	Glasgow	2014
36	30	15:46.60	Melissa Courtney	WAL	9	Gold Coast	2018
37	31	15:46.92	Madeline Hills	AUS	10	Gold Coast	2018
38	32	15:47.10	Haley McGregor	AUS	11	Manchester	2002
39	33	15:48.42	Hawa Hussein	TAN	12	Manchester	2002
40	34	15:50.01	Mercyline Chelangat	UGA	11	Gold Coast	2018
41	35	15:50.87	Zakia Mrisho	TAN	8	Melbourne	2006
42	36	15:51.94	Natalie Harvey	ENG	9	Melbourne	2006
43	37	15:52.74	Kate Anderson	AUS	1	Kuala Lumpur	1998
44	38	15:55.00	Helen Clitheroe	ENG	11	Glasgow	2014
45	39	15:55.12	Vivian Cheruiyot	KEN	1	Delhi	2010
46	40	15:55.45	Camille Buscomb	NZL	12	Gold Coast	2018
47	41	15:55.61	Sylvia Kibet	KEN	2	Delhi	2010
48	42	15:56.71	Catherine Chikwakwa	MAW	13	Manchester	2002
49	43	15:56.85	Andrea Whitcombe	ENG	2	Kuala Lumpur	1998
50	44	15:57.57	Samukeliso Moyo	ZIM	3	Kuala Lumpur	1998
51	45	15:57.67	Elinor Kirk	WAL	12	Glasgow	2014

52	46	15:58.43	Lucy Oliver	NZL	13	Glasgow	2014
53		15:59.15	Restituta Joseph		4	Kuala Lumpur	1998
54	47	15:59.79	Sarah Young	ENG	5	Kuala Lumpur	1998

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	22.34	14:31.42	Paula Radcliffe	ENG	Manchester	2002
Min	0.49	15:55.12	Vivian Cheruiyot	KEN	Delhi	2010
	1.24	14:57.84	Isabella Ochichi	KEN	Melbourne	2006

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

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	11.95	15:06.06	Iness Chenonge	KEN	Manchester	2002
Min	0.49	15:00.20	Lucy Wangui	KEN	Melbourne	2006

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	14:31.42	Paula Radcliffe	ENG	Manchester	2002
2	14:53.76	Edith Masai	KEN	Manchester	2002
3	15:00.20	Lucy Wangui	KEN	Melbourne	2006
4	15:00.69	Eloise Wellings	AUS	Melbourne	2006
5	15:02.90	Sarah Jamieson	AUS	Melbourne	2006
6	15:12.34	Ines Chenonge	KEN	Melbourne	2006
7	15:33.07	Restituta Joseph	TAN	Manchester	2002
8	15:39.02	Eloise Wellings	AUS	Gold Coast	2018
	15:40.03	Emelia Gorecka	ENG	Glasgow	2014
	15:42.83	Courtney Babcock	CAN	Manchester	2002

Multiple Medalists:

Jo Pavey (ENG): 2006 Silver; 2014 Bronze

Innes Chenonge (KEN): 2002 Bronze; 2010 Bronze

Medals by Countries

Nation	Gold	Silver	Bronze
KEN	4	4	3
ENG	1	2	2
AUS	1		
ZIM			1

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
KEN	2018	Hellen Obiri	Margaret Kipkemboi	
KEN	2014	Mercy Cheron	Janet Kisa	
KEN	2010	Vivian Cheruiyot	Sylvia Kibet	Ines Chenonge
KEN	2006	Isabella Ochichi		Lucy Wangui
KEN	2002		Edith Masai	Ines Chenonge

1500m – 5000m (3000m before 1998) double medalist in the same Championships

Name	Nation	1500m	3000m/5000m	Venue	Year
Lorraine Moller	NZL	Bronze	Bronze	Brisbane	1982
Debbie Bowker	CAN	Silver	Silver	Edinburgh	1986
Lynn Williams	CAN	Bronze	Gold	Edinburgh	1986
Angela Chalmer	CAN	Gold	Gold	Auckland	1990

5000m – 10000m double medalist in the same Championships

Name	Nation	5000m/3000m	10000m	Venue	Year
Lucy Wangui	KEN	Bronze	Gold	Melbourne	2006
Liz Lynch McColgan	SCO	Bronze	Gold	Auckland	1990

Man & Woman from the same team winning the corresponding event

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

World Champion with Commonwealth Games gold medal

Name	Nat	World Championships	Commonwealth Games
Vivian Cheruiyot	KEN	2009, 2011	2010
Hellen Obiri	KEN	2017, 2019	2018

Olympic medalist with Commonwealth Games Gold medal

Name	Nat	Olympics	Year	Commonwealth Games
Isabella Ochichi	KEN	Silver	2004	2006
Vivian Cheruiyot	KEN	Silver, Gold	2012, 2016	2010
Hellen Obiri	KEN	Slver	2016, 2020	2018

Last six 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 Cheronno	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
1998	Kate Anderson	AUS	15:52.74	Andrea Whitcombe	ENG	15:56.85	Samukeliso Moyo	ZIM	15:57.57

Last eleven World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Gudaf Tsegay	ETH	14:46.29	Beatrice Chebet	KEN	14:46.75	Dawit Seyaum	ETH	14:47.36
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	Senbera Teferi	ETH	14:44.07	Genzebe Dibaba	ETH	14:44.14
2013	Meseret Defar	ETH	14:50.19	Mercy Cheronno	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 Cheronno	KEN	14:59.21
2005	Tirunesh Dibaba	ETH	14:38.59	Meseret Defar	ETH	14:39.54	Ejagayeou 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

Last eight 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
1996	Wang Junxia	CHN	14:59.88	Pauline Konga	KEN	15:03.49	Roberta Brunet	ITA	15:07.52
1992	Yelena Romanova	EUN	8:46.04	Tatyana	EU	8:46.85	Angela Chalmers	CA	8:47.22

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

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	14:18.37	Hellen Obiri	KEN	1	Roma	8 June 2017
2		14:20.36	Hellen Obiri		1	London	21 July 2019
3	2	14:20.68	Agnes Tirop	KEN	2	London	21 July 2019
4	3	14:20.87	Vivian Cheruiyot	KEN	1	Stockholm	29 July 2011
5		14:21.75	Hellen Obiri		1	Rabat	13 July 2018
6		14:22.12	Hellen Obiri		1	Monaco	14 Aug 2020
7		14:22.47	Hellen Obiri		1	Shanghai	13 May 2017
8		14:22.51	Vivian Cheruiyot		2	Oslo	15 June 2007
9		14:24.24	Agnes Tirop		5	Rabat	13 July 2018
10		14:25.43	Vivian Cheruiyot		1	Bruxelles	5 Sept 2008
11		14:25.78	Hellen Obiri		2	Bruxelles	9 Sept 2016
12		14:25.88	Hellen Obiri		1	Bruxelles	1 Sept 2017
13		14:26.17	Vivian Cheruiyot		1	Rio de Janeiro	18 Aug 2016

Fastest Performances in August

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	14:22.12	Hellen Obiri	KEN	1	Monaco	14 Aug 2020
2	2	14:26.18	Vivian Cheruiyot	KEN	1	Rio de Janeiro	19 Aug 2016
3	3	14:26.57	Letesenbet Gidey	ETH	2	Monaco	14 Aug 2020

Fastest Performances in GBR

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	14:20.36	Hellen Obiri	KEN	1	London	21 July 2019
2	2	14:20.68	Agnes Tirop	KEN	2	London	21 July 2019
3	3	14:22.12	Sifan Hassan	NED	3	London	21 July 2019

Fastest Performances in Birmingham

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	15:05.48	Paula Radcliffe	GBR	1	13 Aug 2000
2	2	15:05.66e	Meseret Defar	ETH	1	11 July 2009
3	3	15:12.55	Joanne Pavey	GBR	1	13 July 2008

Combined 2021 & 2022 Commonwealth List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	14:26.23	Hellen Obiri	KEN	3	Bruxelles	3 Sept 2021
2		14:26.38	Hellen Obiri		1	Oslo	1 July 2021
3	2	14:27.12	Margaret Kipkemboi	KEN	4	Bruxelles	3 Sept 2021
4		14:28.24	Margaret Kipkemboi		3	Oslo	1 July 2021

5	3	14:28.55	Eilish McColgan	GBR	4	Oslo	July 2021
6	4	14:30.32	Lilian Rengeruk	KEN	5	Bruxelles	3 Sept 2021
7	5	14:30.77	Eva Cheronno	KEN	6	Bruxelles	3 Sept 2021
8		14:31.26	Eilish McColgan		7	Bruxelles	3 Sept 2021
9	6	14:34.55	Beatrice Chebet	KEN	5	Oslo	1 July 2021
10		14:38.36	Hellen Obiri		2	Tokyo – OG	2 Aug 2021
11	7	14:39.62	Agnes Tirop	KEN	4	Tokyo – OG	2 Aug 2021
12	8	14:43.65	Loice Chemnung	KEN	4	Eugene	20 Aug 2021
13	9	14:44.89	Teresia Gateri	KEN	5	Eugene	27 May 2022

Please send corrections to KKenNakamura@gmail.com