

2022 Commonwealth Games Statistics – Women's 10000m (contested from 1986)

By K Ken Nakamura

Summary Page

All time performance list at the Commonwealth Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	31:27.83	Salina Kosgei	KEN	1	Manchester	2002
2	2	31:29.66	Lucy Wangui	KEN	1	Melbourne	2006
3	3	31:30.86	Evelyne Wambui	KEN	2	Melbourne	2006
4	4	31:32.04	Susan Chepkemei	KEN	2	Manchester	2002
5	5	31:32.20	Susie Power	AUS	3	Manchester	2002
6	6	31:41.42	Liz Lynch McColgan	SCO	1	Edinburgh	1986
7	7	31:45.30	Stella Chesang	UGA	1	Gold Coast	2018
8	8	31:46.36	Stacy Ndiwa	KEN	2	Gold Coast	2018
9	9	31:48.41	Mercyline Chelangat	UGA	3	Gold Coast	2018
10	10	31:49.40	Mara Yamauchi	ENG	3	Melbourne	2006

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	11.89	31:41.42	Liz Lynch McColgan	SCO	Edinburgh	1986
Min	0.13	32:09.35	Joyce Chepkurui	KEN	Glasgow	2014
	1.06	31:45.30	Stella Chesang	UGA	Gold Coast	2018
	1.20	31:29.66	Lucy Wangui	KEN	Melbourne	2006

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	31:27.83	Salina Kosgei	KEN	Manchester	2002
2	31:30.86	Evelyne Wambui	KEN	Melbourne	2006
3	31:32.20	Susie Power	AUS	Manchester	2002
4	31:49.81	Beatrice Mutai	KEN	Gold Coast	2018
5	31:50.18	Natasha Wodak	CAN	Gold Coast	2018
6	31:50.75	Celia Sullohern	AUS	Gold Coast	2018

Multiple Gold Medalists:

Liz Lynch McColgan (SCO): 1986, 1990

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
UGA	2018	Stella Chesang		Mercyline Chelangat
KEN	2014	Joyce Chepkurui	Florence Kiplagat	Emily Chebet
KEN	2010	Grace Momanyi	Doris Changeywo	
KEN	2006	Lucy Wangui	Evelyne Wambui	
KEN	2002	Salina Kosgei	Susan Chepkemei	
AUS	1998		Kylie Risk	Clair Fearnley

Man & Woman from the same team winning the corresponding event

Nation	Men	Women	Venue	Year
KEN	Simon Maina	Esther Wanjiru	Kuala Lumpur	1998
KEN	Wilberforce Talel	Salina Kosgei	Manchester	2002
UGA	Joshua Cheptegei	Stella Chesang	Gold Coast	2018

All time performance list at the Commonwealth Games

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5	5	31:32.20	Susie Power	AUS	3	Manchester	2002
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7	7	31:45.30	Stella Chesang	UGA	1	Gold Coast	2018
8	8	31:46.36	Stacy Ndiwa	KEN	2	Gold Coast	2018
9	9	31:48.41	Mercyline Chelangat	UGA	3	Gold Coast	2018
10	10	31:49.40	Mara Yamauchi	ENG	3	Melbourne	2006
11	11	31:49.81	Beatrice Mutai	KEN	4	Gold Coast	2018
12	12	31:50.18	Natasha Wodak	CAN	5	Gold Coast	2018
13	13	31:50.75	Celia Sullohern	AUS	6	Gold Coast	2018
14	14	31:53.31	Anne Audain	NZL	2	Edinburgh	1986
15	15	31:56.97	Yvonne Murray	SCO	1	Victoria	1994
16	16	31:57.97	Juliet Chekwel	UGA	7	Gold Coast	2018
17	17	31:58.08	Benita Johnson	AUS	4	Melbourne	2006
18	18	31:58.39	Liz Yelling	ENG	4	Manchester	2002
19	19	32:01.04	Madeline Hills	AUS	8	Gold Coast	2018
20	20	32:06.02	Elana Meyer	RSA	2	Victoria	1994
21	21	32:09.35	Joyce Chepkurui	KEN	1	Glasgow	2014
22	22	32:09.48	Florence Kiplagat	KEN	2	Glasgow	2014
23	23	32:10.82	Emily Chebet	KEN	3	Glasgow	2014
24	24	32:11.11	Rachel Cliff	CAN	9	Gold Coast	2018
25	25	32:11.92	Sandrafelis Chebet Tuei	KEN	10	Gold Coast	2018
26	26	32:13.01	Jane Omoro	KEN	3	Victoria	1994
27	27	32:13.74	Salome Nyirarukundo	RWA	11	Gold Coast	2018
28	28	32:22.09	Failuna Matanga	TAN	12	Gold Coast	2018
29		32:23.56	Liz Lynch McColgan		1	Auckland	1990
30	29	32:23.56	Loganathan Suriya	IND	13	Gold Coast	2018
31	30	32:23.91	Camille Buscomb	NZL	14	Gold Coast	2018
32	31	32:25.38	Angela Tooby	WAL	3	Edinburgh	1986
33	32	32:27.74	Anna Thompson	AUS	5	Melbourne	2006
34	33	32:29.73	Hayley Yelling	ENG	5	Manchester	2002
35	34	32:30.71	Nancy Rooks-Tinari	CAN	4	Edinburgh	1986
36	35	32:30.75	Susan Lee	CAN	5	Edinburgh	1986
37		32:32.38	Hayley Yelling		6	Melbourne	2006
38	36	32:33.21	Jill Hunter	ENG	2	Auckland	1990
39	37	32:33.35	Kate Avery	ENG	4	Glasgow	2014
40	38	32:33.36	Beth Potter	SCO	5	Glasgow	2014
41	39	32:34.11	Grace Momanyi	KEN	1	Delhi	2010
42	40	32:36.97	Doris Changeywo	KEN	2	Delhi	2010
43	41	32:41.95	Toroitich Chebet	UGA	6	Glasgow	2014
44	42	32:44.29	Kathy Butler	SCO	7	Melbourne	2006
45	43	32:44.73	Barbara Moore	NZL	3	Auckland	1990
46	44	32:49.36	Carole Rouillard	CAN	4	Auckland	1990
47	45	32:49.91	Emma Mitchell	NIR	15	Gold Coast	2018
48	46	32:51.47	Eloise Wellings	AUS	16	Gold Coast	2018
49	47	32:54.20	Jane Ngotho	KEN	5	Auckland	1990
50	48	32:54.92	Susan Hobson	AUS	6	Auckland	1990
51	49	32:56.78	Susan Tooby	WAL	6	Edinburgh	1986

52	50	32:57.96	Sonia Samuels	ENG	7	Glasgow	2014
53	51	32:58.14	Jennifer-Louise Nesbitt	WAL	17	Gold Coast	2018
54	52	32:58.68	Jenny Lund	AUS	7	Auckland	1990
55	53	32:59.42	Jane Shields	ENG	8	Auckland	1990
56	54	33:01.40	Suzanne Rigg	ENG	4	Victoria	1994
57	55	33:02.74	Vikki McPherson	SCO	5	Victoria	1994
58	56	33:05.28	Kavita Raut	IND	3	Delhi	2010
59	57	33:10.94	Marina Samy	ENG	7	Edinburgh	1986
60	58	33:11.98	Vanis Chemutai	UGA	8	Glasgow	2014
61	59	33:13.02	Charlotte Purdue	ENG	4	Delhi	2010
62	60	33:15.50	Tara Quinn	CAN	8	Melbourne	2006
63	61	33:16.29	Ulla Marquette	SCO	6	Victoria	1994
64	62	33:16.65	Lizanne Bussieres	CAN	9	Auckland	1990
65	63	33:19.01	Michelle Dillon	AUS	7	Victoria	1994
66	64	33:19.66	Anne Hare	NZL	8	Victoria	1994
67		33:22.31	Carole Rouillard		8	Edinburgh	1986
68	65	33:22.40	Elinor Kirk	WAL	9	Glasgow	2014

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	11.89	31:41.42	Liz Lynch McColgan	SCO	Edinburgh	1986
Min	0.13	32:09.35	Joyce Chepkurui	KEN	Glasgow	2014
	1.06	31:45.30	Stella Chesang	UGA	Gold Coast	2018
	1.20	31:29.66	Lucy Wangui	KEN	Melbourne	2006

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

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	48.39	32:13.01	Jane Omoro	KEN	Victoria	1994
Min	1.40	31:48.41	Mercyline Chelangat	UGA	Gold Coast	2018
	4.63	32:44.73	Barbara Moore	NZL	Auckland	1990

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	31:27.83	Salina Kosgei	KEN	Manchester	2002
2	31:30.86	Evelyne Wambui	KEN	Melbourne	2006
3	31:32.20	Susie Power	AUS	Manchester	2002
4	31:49.81	Beatrice Mutai	KEN	Gold Coast	2018
	31:58.08	Benita Johnson	AUS	Melbourne	2006
5	31:50.18	Natasha Wodak	CAN	Gold Coast	2018
	32:27.74	Anna Thompson	AUS	Melbourne	2006
6	31:50.75	Celia Sullohern	AUS	Gold Coast	2018
	32:32.38	Hayley Yelling	ENG	Melbourne	2006
7	31:57.97	Juliet Chekwel	UGA	Gold Coast	2018
	32:44.29	Kathy Butler	SCO	Melbourne	2006
8	32:01.04	Madeline Hills	AUS	Gold Coast	2018
	32:59.42	Jane Shields	ENG	Auckland	1990

Multiple Gold Medalists:

Liz Lynch McColgan (SCO): 1986, 1990

Multiple Medalists:

Liz Lynch McColgan (SCO): 1986 Gold; 1990 Gold

Medals by Countries

Nation	Gold	Silver	Bronze
KEN	5	5	2
SCO	3		
UGA	1		1
AUS		1	2
ENG		1	1
NZL		1	1
RSA		1	
WAL			1
IND			1

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
UGA	2018	Stella Chesang		Mercyline Chelangat
KEN	2014	Joyce Chepkurui	Florence Kiplagat	Emily Chebet
KEN	2010	Grace Momanyi	Doris Changeywo	
KEN	2006	Lucy Wangui	Evelyne Wambui	
KEN	2002	Salina Kosgei	Susan Chepkemei	
AUS	1998		Kylie Risk	Clair Fearnley

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

3000m/5000m–10000m double medalist in the different championships

Name	Nat	3000m	Venue	Year	10000m	Venue	Year
Yvonne Murray	SCO	Bronze	Edinburgh	1986	Gold	Victoria	1994
		Silver	Auckland	1990			

Man & Woman from the same team winning the corresponding event

Nation	Men	Women	Venue	Year
KEN	Simon Maina	Esther Wanjiru	Kuala Lumpur	1998
KEN	Wilberforce Talel	Salina Kosgei	Manchester	2002
UGA	Joshua Cheptegei	Stella Chesang	Gold Coast	2018

World Champion with Commonwealth Games gold medal

Name	Nat	World Championships	Commonwealth Games
Liz McColgan	SCO	1991	1986, 1990

Olympic medalist with Commonwealth Games medal

Name	Nat	Olympics	Year	Commonwealth Games	Year
Liz McColgan (Lynch)	GBR	Silver	1988	Gold	1986, 1990

Elana Meyer	RSA	Silver	1992	Silver	1994
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Last nine Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Stella Chesang	UGA	31:45.30	Stacy Ndiwa	KEN	31:46.36	Mercyline Chelangat	UGA	31:48.41
2014	Joyce Chepkurui	KEN	32:09.35	Florence Kiplagat	KEN	32:09.48	Emily Chebet	KEN	32:10.82
2010	Grace Momanyi	KEN	32:34.11	Doris Changeiywo	KEN	32:36.97	Kavita Raut	IND	33:05.28
2006	Lucy Wangui	KEN	31:29.66	Evelyn Wambui	KEN	31:30.86	Mara Yamauchi	ENG	31:49.40
2002	Salina Kosgei	KEN	31:27.83	Susan Chepkemei	KEN	31:32.04	Susie Powers	AUS	31:32.20
1998	Esther Wanjiru	KEN	33:40.13	Kylie Risk	AUS	33:42.11	Clare Fernley	AUS	33:52.13
1994	Yvonne Murray	SCO	31:56.97	Elana Meyer	RSA	32:06.02	Jane Omoro	KEN	32:13.01
1990	Liz McColgan	SCO	32:23.56	Jill Hunter	ENG	32:33.21	Barbara Moore	NZL	32:44.73
1986	Liz Lynch	SCO	31:41.42	Anne Audain	NZL	31:53.31	Angela Tooby	WAL	32:25.38

Last eleven World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Letesenbet Gidey	ETH	30:09.94	Hellen Obiri	KEN	30:10.02	Margaret Kipkemboi	KEN	30:10.07
2019	Sifan Hassan	NE	30:17.62	Letesenbet Gidey	ETH	30:21.23	Agnes Jebet Tirop	KEN	30:25.20
2017	Almaz Ayana	ETH	30:16.32	Tirunesh Dibaba	ETH	31:02.69	Agnes Tirop	KEN	31:03.50
2015	Vivian Cheruiyot	KEN	31:41.31	Gelete Burka	ETH	31:41.77	Emily Infeld	USA	31:43.49
2013	Tirunesh Dibaba	ETH	30:43.35	Gladys Cherono	KEN	30:45.17	Belaynesh Oljira	ETH	30:46.98
2011	Vivian Cheruiyot	KEN	30:48.98	Sally Kipyego	KEN	30:50.04	Linet Masai	KEN	30:53.59
2009	Linet Masai	KEN	30:51.24	Meselech Melkamu	ETH	30:51.34	Wude Ayalew	ETH	30:51.95
2007	Tirunesh Dibaba	ETH	31:55.41	Elvan Abeylegesse	TUR	31:59.40	Kara Goucher	USA	32:02.05
2005	Tirunesh Dibaba	ETH	30:24.02	Berhane Adere	ETH	30:25.41	Ejagayehu Dibaba	ETH	30:26.00
2003	Berhane Adere	ETH	30:04.18	Worknesh Kidane	ETH	30:07.15	Sun Yingjie	CHN	30:07.20
2001	Derartu Tulu	ETH	31:48.81	Berhane Adere	ETH	31:48.85	Gete Wami	ETH	31:49.98

Last nine Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2020	Sifan Hassan	NED	29:55.32	Kalkidan Gezahegne	BRN	29:56.18	Letesenbet Gidey	ETH	30:01.72
2016	Almaz Ayana	ETH	29:17.45	Vivian Cheruiyot	KEN	29:32.53	Tirunesh Dibaba	ETH	29:42.56
2012	Tirunesh Dibaba	ETH	30:20.75	Sally Kipyego	KEN	30:26.37	Vivian Cheruiyot	KEN	30:30.44
2008	Tirunesh Dibaba	ETH	29:54.66	Elvan Abeylegesse	TUR	29:56.34	Shalane Flanagan	USA	30:22.22
2004	Xing Huina	CHN	30:24.36	Ejagayehu Dibaba	ETH	30:24.98	Derartu Tulu	ETH	30:26.42
2000	Derartu Tulu	ETH	30:17.49	Gete Wami	ETH	30:22.48	Fernanda Ribeiro	POR	30:22.88
1996	Fernanda Ribeiro	POR	31:01.63	Wang Junxia	CHN	31:02.58	Gete Wami	ETH	31:06.65
1992	Derartu Tulu	ETH	31:06.02	Elana Meyer	RSA	31:11.75	Lynn Jennings	USA	31:19.89
1988	Olga Bondarenko	URS	31:05.21	Liz McColgan	GBR	31:08.44	Yelana Zhupiyova	URS	31:19.82

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

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	29:32.53	Vivian Cheruiyot	KEN	2	Rio de Janeiro	12 Aug 2016
2	2	29:53.51	Alice Nawowuna	KEN	4	Rio de Janeiro	12 Aug 2016
3	3	30:01.09	Paula Radcliffe	GBR	1	München	6 Aug 2002
4	4	30:07.78	Betsy Saina	KEN	5	Rio de Janeiro	12 Aug 2016
5	5	30:10.02	Hellen Obiri	KEN	2	Eugene – WC	16 July 2022
6	6	30:10.07	Margaret Kipkemboi	KEN	3	Eugene – WC	16 July 2022
7	7	30:11.53	Florence Kiplagat	KEN	2	Utrecht	14 June 2009
8		30:17.15	Paula Radcliffe		1	Gateshead	27 June 2004

Fastest Performances in August

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	29:17.45	Almaz Ayana	ETH	1	Rio de Janeiro	12 Aug 2016
2	2	29:32.53	Vivian Cheruiyot	KEN	2	Rio de Janeiro	12 Aug 2016
3	3	29:42.56	Tirunesh Dibaba	ETH	3	Rio de Janeiro	12 Aug 2016

Fastest Performances in GBR

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	29:59.20	Meseret Defar	ETH	1	Birmingham	11 July 2009
2	2	30:16.32	Almaz Ayana	ETH	1	London	5 Aug 2017
3	3	30:17.15	Paula Radcliffe	GBR	1	Gateshead	27 June 2004

Fastest Performances in Birmingham

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	29:59.20	Meseret Defar	ETH	1	11 July 2009
2	2	31:08.92	Werknesh Kidane	ETH	1	30 July 2011
3	3	31:19.35	Eilish McColgan	GBR	1	5 June 2021

Combined 2021 & 2022 Commonwealth List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	30:10.02	Hellen Obiri	KEN	2	Eugene – WC	16 July 2022
2	2	30:10.07	Margaret Kipkemboi	KEN	3	Eugene – WC	16 July 2022
3	3	30:19.02	Eilish McColgan	GBR	1	Hengelo	6 June 2022
4	4	30:24.27	Hellen Obiri	KEN	4	Tokyo – OG	7 Aug 2021
5		30:34.60	Eilish McColgan		10	Eugene – WC	16 July 2022
6	5	30:35.93	Jessica Judd	GBR	11	Eugene – WC	16 July 2022
7	6	30:37.24	Irene Kimais	KEN	2	Hengelo	6 June 2021
8	7	30:37.31	Daisy Cherotich	KEN	3	Hengelo	6 June 2021
9	8	30:44.00	Irene Cheptai	KEN	6	Tokyo – OG	7 Aug 2021
10		30:45.00	Margaret Kipkemboi		4	Hengelo	6 June 2022
11	9	30:45.81	Sheila Kiprotich	KEN	1	Stockholm	4 May 2021
12	10	30:46.51	Joan Chelimo	KEN	2	Stockholm	4 May 2021
13	11	30:49.23	Eva Cherono	KEN	3	Stockholm	4 May 2021
14		30:51.39	Irene Cheptai		4	Stockholm	4 May 2021
15		30:53.60	Hellen Obiri		1	Nairobi	19 June 2021
16		30:54.46	Daisy Cherotich		5	Stockholm	4 May 2021
17	12	30:55.90	Dorcas Kimeli	KEN	6	Stockholm	4 May 2021

Please send corrections to KKenNakamura@gmail.com