

2025 World Championships Statistics - Women's 3000mSC by K Ken Nakamura

The records to look for in Tokyo:

- 1) Can Yavi become first to win this event twice at the World Championships?
- 2) Can ETH win first gold in this event?

Summary:

All time Performance List at the World Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	8:53.02	Norah Jeruto	KAZ	1	Eugene	2022
2	2	8:54.29	Winfred Mutile Yavi	BRN	1	Budapest	2023
3	3	8:54.61	Wekuha Getachew	ETH	2	Eugene	2022
4	4	8:56.08	Mekides Abebe	ETH	3	Eugene	2022
5	5	8:57.84	Beatrice Chepkoech	KEN	1	Doha	2019
6		8:58.98	Beatrice Chepkoech		2	Budapest	2023
7	6	9:00.69	Faith Cherotich	KEN	3	Budapest	2023
8		9:01.31	Winfred Mutile Yavi		4	Eugene	2022
9		9:01.54	Nora Jeruto	KAZ	1h1	Eugene	2022
10	7	9:02.35	Emma Coburn	USA	2	Doha	2019

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	4.94 seconds	9:07.03	Yuliya Zaripova	RUS	Daegu	2011
	4.69 seconds	8:54.29	Winfred Mutile Yavi	BRN	Budapest	2023
Min	0.13 seconds	9:19.11	Hyvin Jepkemoi	KEN	Beijing	2015
	0.18 seconds	9:08.39	Yuliya Zarudneva	RUS	Berlin	2009

Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
9:21.10	5h3	Sembo Almayew	ETH	Eugene	2022

Best Marks for Places in the World Championships

Pos	Time	Name	Nat	Venue	Year
1	8:53.02	Norah Jeruto	KAZ	Eugene	2022
	8:54.29	Winfred Mutile Yavi	BRN	Budapest	2023
2	8:54.61	Wekuha Getachew	ETH	Eugene	2022
	8:58.98	Beatrice Chepkoech	KEN	Budapest	2023
3	8:56.08	Mekides Abebe	ETH	Eugene	2022
	9:00.69	Faith Cherotich	KEN	Budapest	2023
4	9:01.31	Winfred Mutile Yavi	BRN	Eugene	2022
5	9:06.37	Marusa Mismas Zrimsek	SLO	Budapest	2023
6	9:10.26	Peruth Chemutai	UGA	Budapest	2023

World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Winfred Yavi	BRN	8:54.29	Beatrice Chepkoech	KEN	8:58.98	Faith Cherotich	KEN	9:00.69
2022	Norah Jeruto	KAZ	8:53.02	Wekuha Getachew	ETH	8:54.61	Mekides Abebe	ETH	8:56.08
2019	Beatrice Chepkoech	KEN	8:57.84	Emma Coburn	USA	9:02.35	Gesa Felicitas Krause	GER	9:03.30
2017	Emma Coburn	USA	9:02.58	Courtney Frerichs	USA	9:03.77	Hyvin Kiyeng Jepkemoi	KEN	9:04.03
2015	Hyvin Jepkemoi	KEN	9:19.11	Habiba Ghribi	TUN	9:19.24	Gesa Felicitas Krause	GER	9:19.25
2013	Milcah Chemos	KEN	9:11.65	Lidya Chepkurui	KEN	9:12.55	Sofia Assefa	ETH	9:12.84
2011	Habiba Ghribi	TUN	9:11.97	Milcah Chemos	KEN	9:17.16	Mercy Njoroge	KEN	9:17.88

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2	2	8:54.29	Winfred Mutile Yavi	BRN	1	Budapest	2023
3	3	8:54.61	Wekuha Getachew	ETH	2	Eugene	2022
4	4	8:56.08	Mekides Abebe	ETH	3	Eugene	2022
5	5	8:57.84	Beatrice Chepkoech	KEN	1	Doha	2019
6		8:58.98	Beatrice Chepkoech		2	Budapest	2023
7	6	9:00.69	Faith Cherotich	KEN	3	Budapest	2023
8		9:01.31	Winfred Mutile Yavi		4	Eugene	2022
9		9:01.54	Nora Jeruto	KAZ	1h1	Eugene	2022
10	7	9:02.35	Emma Coburn	USA	2	Doha	2019
11		9:02.58	Emma Coburn		1	London	2017
12	8	9:03.30	Gesa Felicitas Krause	GER	3	Doha	2019
13	9	9:03.77	Courtney Frerichs	USA	2	London	2017
14	10	9:04.03	Hyvin Kiyeng Jepkemoi	KEN	3	London	2017
15		9:05.68	Winfred Mutile Yavi		4	Doha	2019
16	11	9:06.15	Alice Finot	FRA	4	Budapest	2023
17	12	9:06.37	Marusa Mismas Zrimsek	SLO	5	Budapest	2023
18	13	9:06.57	Yekaterina Volkova	RUS	1	Osaka	2007
19	14	9:07.03	Yuliya Zaripova	RUS	1	Daegu	2011
20	15	9:07.32	Marta Dominguez	ESP	1	Berlin	2009
21		9:08.39	Yuliya Zarudneva		2	Berlin	2009
22	16	9:08.57	Milcah Chemos Cheywa	KEN	3	Berlin	2009
23	17	9:09.19	Tatyana Petrova	RUS	2	Osaka	2007
24	18	9:10.04	Luiza Gega	ALB	5	Eugene	2022
25	19	9:10.26	Peruth Chemutai	UGA	6	Budapest	2023
26		9:10.27	Luiza Gega		7	Budapest	2023
27		9:10.45	Beatrice Chepkoech	KEN	4	London	2017
28		9:10.59	Courtney Frerichs		6	Eugene	2022
29		9:11.08	Peruth Chemutai		5	Doha	2019
30	20	9:11.09	Gulnara Galkina	RUS	4	Berlin	2009
31		9:11.25	Wekuha Getachew		2h1	Eugene	2022
32		9:11.27	Courtney Frerichs		6	Doha	2019
33		9:11.65	Milcah Chemos Cheywa		1	Moskva	2013
34	21	9:11.97	Habiba Ghribi	TUN	2	Daegu	2011
35	22	9:12.14	Marwa Bouzayani	TUN	3h1	Eugene	2022
36	23	9:12.50	Jennifer Barringer	USA	5	Berlin	2009
37		9:12.52	Habiba Ghribi		6	Berlin	2009
38	24	9:12.55	Lidya Chepkurui	KEN	2	Moskva	2013
39	25	9:12.84	Sofia Assefa	ETH	3	Moskva	2013
40	26	9:13.16	Ruth Bisibori Nyangau	KEN	7	Berlin	2009
41	27	9:13.46	Anna Emilie Moller	DEN	7	Doha	2019
42		9:13.53	Hyvinn Kiyeng		8	Doha	2019
43	28	9:13.96	Ruth Jebet	BRN	5	London	2017
44		9:14.34	Alice Finot		1h2	Eugene	2022
45	29	9:14.62	Gladys Jerotich Kipkemoi	KEN	8	Berlin	2009
46	30	9:14.72	Jackline Chepkoech	KEN	8	Budapest	2023
47		9:14.83	Mekides Abebe		2h2	Eugene	2022
48		9:14.91	Luiza Gega		3h2	Eugene	2022
49	31	9:14.95	Courtney Wayment	USA	4h2	Eugene	2022
50	32	9:15.04	Celliphine Chespol	KEN	6	London	2017
51		9:15.07	Marwa Bouzayani		9	Budapest	2023
52		9:15.19	Emma Coburn	USA	4h1	Eugene	2022
53	33	9:15.25	Hiwot Ayalew	ETH	4	Moskva	2013

54	34	9:15.31	Parul Chaudhary	ETH	11	Budapest	2023
55	35	9:15.36	Lomi Muleta	ETH	11	Budapest	2023
56	36	9:15.64	Aimee Pratt	GBR	7	Eugene	2022
57		9:16.41	Jackline Chepkoech		1h3	Budapest	2023
58		9:16.49	Emma Coburn		8	Eugene	2022
59		9:16.66	Peruth Chemutai		5h2	Eugene	2022
60		9:16.78	Celliphine Chepteek Chespol		1h3	Eugene	2022
61	37	9:16.97	Etenesh Diro	ETH	5	Moskva	2013
62		9:17.14	Marusa Mismas Zrimsek		2h3	Eugene	2022
63		9:17.16	Milcah Chemos Cheywa		3	Daegu	2011
64		9:17.32	Winfred Mutile Yavi		3h3	Eugene	2022

Slowest winning time: 9:19.11 by Hyvin Jepkemoi (KEN) in 2015

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	4.94 seconds	9:07.03	Yuliya Zaripova	RUS	Daegu	2011
	4.69 seconds	8:54.29	Winfred Mutile Yavi	BRN	Budapest	2023
	4.51 seconds	8:57.84	Beatrice Chepkoech	KEN	Doha	2019
	2.62 seconds	9:06.57	Yekaterina Volkova	RUS	Osaka	2007
	0.13 seconds	9:19.11	Hyvin Jepkemoi	KEN	Beijing	2015
Min	0.18 seconds	9:08.39	Yuliya Zarudneva	RUS	Berlin	2009
	0.90 seconds	9:11.65	Milcah Chemos Cheywa	KEN	Moskva	2013

Difference between first and third

	Diff	Winning time	3 rd place time	Winner's Name	Nat	Venue	Year
Max	13.52sec	9:06.57	9:20.09	Yekaterina Volkova	RUS	Osaka	2007
Min	0.14 sec	9:19.11	9:19.25	Hyvin Jepkemoi	KEN	Beijing	2015
	1.19 sec	9:11.65	9:12.84	Milcah Chemos Cheywa	KEN	Moskva	2013

Difference between third and fourth (medal versus no medal)

	Difference	3 rd place time	Name	Nat	Venue	Year
Max	6.42sec	9:04.03	Hyvin Kiyeng Jepkemoi	KEN	London	2017
	6.35sec	9:26.95	Jeruto Kiptum	KEN	Helsinki	2005
Min	0.72sec	9:17.16	Milka Chemos Cheywa	KEN	Daegu	2011
	0.76sec	9:19.25	Gesa Felicitas Krause	GER	Beijing	2015
	1.41sec	9:11.09	Gulnara Galkina	RUS	Berlin	2009
	2.38sec	9:03.30	Gesa Felicitas Krause	GER	Doha	2019
	2.41sec	9:12.84	Sofia Assefa	ETH	Moskva	2013
	2.52sec	9:08.57	Milka Chemos Cheywa	KEN	Berlin	2009

Fastest time in each round

Round	Time	Name	Nat	Venue	Year
Final	8:53.02	Norah Jeruto	KAZ	Eugene	2022
	8:54.29	Winfred Mutile Yavi	BRN	Budapest	2023
	8:54.61	Werkuha Getache	ETH	Eugene	2022
	8:56.08	Mekides Abebe	ETH	Eugene	2022
	8:57.84	Beatrice Chepkoech	KEN	Doha	2019
First round	9:01.54	Norah Jeruto	KAZ	Eugene	2022

Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
9:21.10	5h3	Sembo Almayew	ETH	Eugene	2022
9:21.46	8h2	Amy Cashin	AUS	Eugene	2022

Average from last ten (21st century) World Championships

	Average	2023	2022	2019	2017	2015	2013	2011	2009	2007	2005
Winning Time	9:05.8	8:54.29	8:53.02	8:57.84	9:02.58	9:19.11	9:11.65	9:07.03	9:07.32	9:06.57	9:18.24
Winning Medal	9:10.9	9:00.69	8:56.08	9:03.30	9:04.03	9:19.25	9:12.84	9:17.16	9:08.57	9:20.09	9:26.95
8 th place	9:24.8	9:14.72	9:16.49	9:13.53	9:22.67	9:29.64	9:34.06	9:25.96	9:14.62	9:36.84	9:39.66

Best Marks for Places in the World Championships

Pos	Time	Name	Nat	Venue	Year
1	8:53.02	Norah Jeruto	KAZ	Eugene	2022
	8:54.29	Winfred Mutile Yavi	BRN	Budapest	2023
	8:57.84	Beatrice Chepkoech	KEN	Doha	2019
	9:01.54	Norah Jeruto (heat)	KAZ	Eugene	2022
	9:02.58	Emma Coburn	USA	London	2017
	9:06.57	Yekaterina Volkova	RUS	Osaka	2007
2	8:54.61	Werkuha Getachew	ETH	Eugene	2022
	8:58.98	Beatrice Chepkoech	KEN	Budapest	2023
	9:02.35	Emma Coburn	USA	Doha	2019
	9:03.77	Courtney Frerichs	USA	London	2017
	9:08.57	Milcah Chemos Cheywa	KEN	Berlin	2009
3	8:56.08	Mekides Abebe	ETH	Eugene	2022
	9:00.69	Faith Cherotich	KEN	Budapest	2023
	9:03.30	Gesa Flicitas Krause	GER	Doha	2019
	9:04.03	Hyvin Kiyeng Jepkemoi	KEN	London	2017
	9:11.09	Gulnara Galkina	RUS	Berlin	2009
4	9:01.31	Winfred Mutile Yavi	BRN	Eugene	2022
	9:05.68	Winfred Yavi	BRN	Doha	2019
	9:06.15	Alice Finot	FRA	Budapest	2023
	9:10.45	Beatrice Chepkoech	KEN	London	2017
	9:12.50	Jennifer Barringer	USA	Berlin	2009
5	9:06.37	Marusa Mismas Zrimsek	SLO	Budapest	2023
	9:10.04	Luiza Gega	ALB	Eugene	2022
	9:11.08	Peruth Chemutai	UGA	Doha	2019
	9:12.52	Habiba Ghribi	TUN	Berlin	2009
6	9:10.26	Peruth Chemutai	UGA	Budapest	2023
	9:10.59	Courtney Frerichs	USA	Eugene	2022
	9:11.27	Courtney Frerichs	USA	Doha	2019
	9:13.16	Ruth Bisibori Nyangau	KEN	Berlin	2009
7	9:10.27	Luiza Gega	ALB	Budapest	2023
	9:13.46	Anna Emillie Moller	DEN	Doha	2019
	9:14.62	Gladys Jerotich Kipkemo	KEN	Berlin	2009
8	9:13.53	Hyvin Kiyeng	KEN	Doha	2019
	9:14.72	Jackline Chepkoech	KEN	Budapest	2023
	9:16.49	Emma Coburn	USA	Eugene	2022
	9:18.54	Antje Moldner	GER	Berlin	2009

Best Marks for Places – all competitions

Pos	Time	Name	Nat	Venue	Day Month Year
1	8:44.32	Beatrice Chepkoech	KEN	Monaco	20 July 2018
	8:44.39	Winfred Yavi	BRN	Roma	30 Aug 2024
	8:45.25	Winfred Yavi	BRN	Eugene	5 July 2025
2	8:48.03	Peruth Chemutai	UGA	Roma	30 Aug 2024
	8:48.71	Faith Cherotich	KEN	Eugene	5 July 2025
	8:51.67	Beatrice Chepkoech	KEN	Eugene	16 Sept 2023
3	8:51.77	Peruth Chemutai	UGA	Eugene	5 July 2025
	8:55.15	Faith Cherotich	KEN	Paris - OG	6 Aug 2024
	8:56.08	Mekides Abebe	ETH	Eugene	20 July 2022
4	8:58.67	Alice Finot	FRA	Paris – OG	6 Aug 2024
	8:59.46	Norah Jeruto Tanui	KAZ	Eugene	5 July 2025

	9:01.18 9:01.31	Jackline Chepkoech Winfred Yavi	KEN BRN	Eugene Eugene	16 Sept 2023 20 July 2022
5	8:59.90 9:00.83 9:04.93 9:06.37	Sembo Almayew Sembo Almayew Marwa Bouzayani Marusa Mismas-Zrimsek	ETH ETH TUN SLO	Eugene Paris – OG Roma Budapest	5 July 2025 6 Aug 2024 30 Aug 2024 27 Aug 2023
6	9:04.24 9:06.61 9:07.07	Beatrice Chepkoech Gabrielle Jennings Courtney Frerichs	KEN USA USA	Paris - OG Eugene Bruxelles	6 Aug 2024 5 July 202 31 Aug 2018
7	9:04.35 9:06.88 9:08.23 9:10.27	Elizabeth Bird Alemnet Wale Roseline Chepngetich Luiza Gega	GBR ETH KEN ALB	Paris – OG Eugene Monaco Budapest	6 Aug 2024 5 July 2025 20 July 2018 27 Aug 2023
8	9:06.07 9:08.66	Lomi Muleta Kaylee Mitchell	ETH USA	Paris – OG Eugene	6 Aug 2024 5 July 2025
9	9:08.97 9:09.47 9:10.74	Norah Jeruto Tanui Lexy Halladay Winfred Yavi	KEN USA BRN	Paris – OG Eugene Monaco	6 Aug 2024 5 July 2025 20 July 2018
10	9:09.59 9:09.84	Lea Meyer Alice Finot	GER FRA	Paris - OG Eugene	6 Aug 2024 5 July 2025

Multiple Gold Medalists: None

Multiple Medalists:

Beatrice Chepkoech (KEN) 2019 Gold, 2023 Silver
 Emma Coburn (USA): 2017 Gold, 2019 Silver
 Gesa Felicitas Krause (GER) 2015 Bronze, 2019 Bronze
 Hyvin Kiyeng Jepkemoi (KEN): 2015 Gold; 2017 Bronze
 Habiba Ghribi (TUN) 2011 Gold; 2015 Silver
 Milcah Chemos Cheywa (KEN): 2009 Bronze, 2011 Bronze, 2013 Gold
 Yekaterina Volkova (RUS): 2005 Silver, 2007 Gold

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
KEN	2023		Beatrice Chepkoech	Faith Chrotich
ETH	2022		Werkuha Getachew	Mekides Abebe
USA	2017	Emma Coburn	Courtney Frerichs	
KEN	2013	Milcah Chemos Cheywa	Lidya Chepkurui	
RUS	2007	Yekaterina Volkova	Tatyana Petrova	

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

Medals by Countries:

Nation	Gold	Silver	Bronze
KEN	3	4	5
RUS	2	2	1
USA	1	2	
TUN	1	1	
UGA	1		
KAZ	1		
BRN	1		
GER			2
ETH		1	2

Comparison of 1000m splits/laps in the World Championships 3000mSC

Fastest splits/laps are indicated in **Bold**,

	1000m	2000m	3000m
2023	2:58.90	5:57.75	8:54.29
2022	2:57.72	5:58.29	8:53.02
2019	2:52.95	5:55.28	8:57.84
2017	3:02.74	6:03.60	9:02.58
2015	3:09.96	6:22.27	9:19.11
2013	3:01.72	6:11.36	9:11.65
2011	3:00.70	6:04.36	9:07.03
2009	3:01.26	6:06.45	9:07.32
2007	3:00.35	6:05.46	9:06.57
2005	2:57.98	6:05.20	9:18.24

	1000m	2000m	3000m
2023	2:58.90	2:59.85	2:56.54
2022	2:57.72	3:00.57	2:54.73
2019	2:52.95	3:02.33	3:02.56
2017	3:02.74	3:00.86	2:58.98
2015	3:09.96	3:12.31	2:56.84
2013	3:01.72	3:09.64	3:00.29
2011	3:00.70	3:03.66	3:02.67
2009	3:01.26	3:05.19	3:00.87
2007	3:00.35	3:05.11	3:01.11
2005	2:57.98	3:07.22	3:13.04

World Championships medalist with Olympic medal

Name	Nat	World Championships	Year	Olympics	Year
Faith Cherotich	KEN	Bronze	2023	Bronze	2024
Wilfred Yavi	BRN	Gold	2023	Gold	2024
Courtney Frerichs	USA	Silver	2017	Silver	2020
Emma Coburn	USA	Gold Silver	2017 2019	Bronze	2016
Hyvin Jepkemoi	KEN	Gold	2015	Silver	2016
Habiba Ghribi	TUN	Gold	2011	Gold	2012
Eunice Jepkorir	KEN	Bronze	2007	Silver	2008
Yekaterina Volkova	RUS	Gold	2007	Bronze	2008

World Championships medalist who previously won World Junior medal: None

World Champion who previously won World Youth gold medal:

Name	Nat	World Championships	World Youth Championships
Norah Jeruto	KAZ	2022	2011

World Championships medalist with European Championships medal

Name	Nat	World Championships	Year	European Championships	Year
Yuliya Zaripova (Zarudneva)	RUS	Gold	2009	Gold	2010

Tatyana Petrova	RUS	Silver	2007	Silver	2006
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World Champion with Asian Champion Gold medal:

Name	Nat	World Championships	Asian Championships
Wilfred Yavi	BRN	2023	2019

World Champion with Asian Games Gold medal:

Name	Nat	World Championships	Asian Games
Wilfred Yavi	BRN	2023	2018, 2023

World Championships medalists with All Africa Games medal:

Name	Nat	World Championships	All Africa Games
Hyvin Jepkemoi	KEN	2015	2011

World Champion with Africa Championships gold medal:

Name	Nat	World Championships	African Championships
Milcah Chemos	KEN	2013	2010
Beatrice Chepkoech	KEN	2019	2018
Norah Jeruto	KAZ	2022	2016

World Champion with Pan American Games gold medalist: None

World Champion with Commonwealth Games Gold medal

Name	Nat	World Championships	Commonwealth Games
Milcah Chemos	KEN	2013	2010
Dorcus Inzikuru	UGA	2005	2006

World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Winfred Yavi	BRN	8:54.29	Beatrice Chepkoech	KEN	8:58.98	Faith Cherotich	KEN	9:00.69
2022	Norah Jeruto	KAZ	8:53.02	Werkuha Getachew	ETH	8:54.61	Mekides Abebe	ETH	8:56.08
2019	Beatrice Chepkoech	KEN	8:57.84	Emma Coburn	USA	9:02.35	Gesa Felicitas Krause	GER	9:03.30
2017	Emma Coburn	USA	9:02.58	Courtney Frerichs	USA	9:03.77	Hyvin Kiyeng Jepkemoi	KEN	9:04.03
2015	Hyvin Jepkemoi	KEN	9:19.11	Habiba Ghribi	TUN	9:19.24	Gesa Felicitas Krause	GER	9:19.25
2013	Milcah Chemos	KEN	9:11.65	Lidya Chepkurui	KEN	9:12.55	Sofia Assefa	ETH	9:12.84
2011	Habiba Ghribi	TUN	9:11.97	Milcah Chemos	KEN	9:17.16	Mercy Njoroge	KEN	9:17.88
2009	Yuliya Zarudneva	RUS	9:08.39	Milcah Chemos	KEN	9:08.57	Gulnara Galkina	RUS	9:11.09
2007	Yekaterina	RUS	9:06.57	Tatyana Petrova	RUS	9:09.19	Eunice Jepkorir	KEN	9:20.09
2005	Dorcus Inzikuru	UGA	9:18.24	Yekaterina Volkova	RUS	9:20.49	Jeruto Kiptum	KEN	9:26.95

Last five Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Winfred Mutile Yavi	BRN	8:52.76	Peruth Chemutai	UGA	8:53.34	Faith Cherotich	KEN	8:55.15
2021	Peruth Chemutai	UGA	9:01.45	Courtney Frerichs	USA	9:04.79	Hyvin Kiyeng Jepkemoi	KEN	9:05.39
2016	Ruth Jebet	BRN	8:59.75	Hyvin Jepkemoi	KEN	9:07.12	Emma Coburn	USA	9:07.63
2012	Habiba Ghribi	TUN	9:08.37	Sofia Assefa	ETH	9:09.84	Milcah Chemos	KEN	9:09.88
2008	Gulnara Samitova-Galkina	RUS	8:58.81	Eunice Jepkorir	KEN	9:07.41	Yekaterina Volkova	RUS	9:07.64

Last eleven World Junior Championships:

Yea	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Sembo Almayew	ETH	9:12.71	Loice Chekwemioi	UGA	9:18.84	Diana Chepkemoi	KEN	9:29.84
2022	Faith Cherotich	KEN	9:16.14	Sembo Almayew	ETH	9:30.41	Meseret Yeshaneh	ETH	9:42.02

2020	Jackline Chepkoech	KEN	9:27.40	Zerfe Wondemagegn	ETH	9:35.22	Faith Cherotich	KEN	9:44.76
2018	Celliphine Chespol	KEN	9:12.78	Peruth Chemutai	UGA	9:18.87	Winfred Mutile Yavi	BRN	9:23.47
2016	Celliphine Chespol	KEN	9:25.15	Tigist Mekonen	BRN	9:34.08	Agrie Belachew	ETH	9:37.17
2014	Ruth Chebet	BRN	9:36.74	Rseflie Chepngetich	KEN	9:40.28	Daisy Jepkemei	KEN	9:47.65
2012	Daisy Chepkemei	KEN	9:47.22	Tejinesh Gebisa	ETH	9:50.51	Stella Rutto	KEN	9:50.58
2010	Purity Cherotich Kirui	KEN	9:36.34	Birtukan Adamu	ETH	9:43.23	Lucia Kamene	KEN	9:43.71
2008	Christine Muyanga	KEN	9:31.35	Elizabeth Mueni	KEN	9:36.50	Korahubish Itaa	ETH	9:37.81
2006	Caroline Chepkurui	KEN	9:40.95	Ancuta Bobocel	ROU	9:46.19	Mekdes Bekele	ETH	9:48.67
2004	Gladys Kipkemboi	KEN	9:47.26	Ancuta Bobocel	ROU	9:49.03	Catalina Oprea	ROU	9:50.04

World Youth Championships (2000mSC)

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2017	Caren Chebet	KEN	6:24.80	Mercy Chepkurui	KEN	6:26.10	Etalemabu Sintayehu	ETH	6:35.79
2015	Celliphine Chepteek	KEN	6:17.15	Sandrafelis Chebet	KEN	6:19.61	Agrie Belachew	ETH	6:34.68
2013	Roseflie Chepngetich	KEN	6:14.60	Daisy Jepkemei	KEN	6:15.12	Woynshet Ansa	ETH	6:30.05
2011	Norah Jeruto Tanui	KEN	6:16.41	Fadwa Sidi Madane	MA	6:20.98	Lilian Jepkorir Chemweno	KEN	6:21.85
2009	Karahubsh Itaa	ETH	6:11.83	Lucia Kamene Muangi	KEN	6:11.90	Halima Hassen	ETH	6:16.83
2007	Caroline Chepkurui	KEN	6:22.30	Christine Mayanga	KEN	6:22.49	Karoline Bjerkeli Grøvdal	NOR	6:25.30

Last eight European Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Alice Finot	FRA	9:16.22	Gesa-Felicitas Krause	GER	9:18.06	Elizabeth Bird	GBR	9:18.39
2022	Luiza Gega	ALB	9:11.31	Lea Meyer	GER	9:15.35	Elizabeth Bird	GBR	9:23.18
2018	Gesa-Felicitas Krause	GER	9:19.90	Fabienne Schlumpf	SUI	9:22.29	Karoline Bjerkeli Grovdal	NOR	9:24.46
2016	Gesa Felicitas Krause	GER	9:18.85	Luiza Gega	ALB	9:28.52	Özlem Kaya	TUR	9:35.05
2014	Antje Mölder-Schmidt	GER	9:29.43	Carlotta Fougberg	SWE	9:30.16	Diana Martin	ESP	9:30.70
2012	Gulcan Mingir	TUR	9:32.96	Svitlana Shmidt	UKR	9:33.03	Antje Möldner-Schmidt	GER	9:36.37
2010	Yuliya Zarudneva	RUS	9:17.57	Lyubov Kharalamova	RUS	9:29.82	Hatti Archer	GBR	9:30.19
2006	Alesya Turova	BLR	9:26.05	Tatyana Petrova	RUS	9:28.05	Wioletta Janowska	POL	9:31.62

Last four Asian Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Winfred Yavi	BR	9:18.28	Parul Chaudhary	IND	9:27.63	Preeti Lamba	IND	9:43.32
2018	Winfred Yavi	BR	9:36.52	Sudha Singh	IND	9:40.03	Nguyen Thi Qanh	VIE	9:43.83
2014	Ruth Chebet	BR	9:31.36	Li Zhenzhu	CHN	9:35.23	Lalita Babar	IND	9:35.37
2010	Sudha Singh	IND	9:55.67	Jin Yuan	CHN	9:55.71	Minori Hayakari	JPN	10:01.25

Last eight Asian Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Parul Chaudhary	IND	9:38.76	Xu Shuangshuang	CHN	9:44.54	Reimi Yoshimura	JPN	9:48.48
2019	Winfred Yavi	BRN	9:46.18	Xu Shuangshuang	CHN	9:51.76	Tigist Mekonen	BRN	9:53.96
2017	Sudha Singh	IND	9:59.47	Hyo Gyong	PRK	10:13.94	Nana Sato	JPN	10:18.11
2015	Lalita Babar	IND	9:34.13	Li Zhenzhu	CHN	9:41.43	Zhang Yinyan	CHN	9:46.82
2013	Ruth Chebet	BRN	9:40.84	Sudha Singh	IND	9:56.27	Pak Kum-Hyang	PRK	10:09.80
2011	Minori Hayakari	JPN	9:52.42	Sudha Singh	IND	10:08.52	Thi Phuong Nguyen	VIE	10:14.94
2009	Yoshika Tatsumi	JPN	10:05.94	Sudha Singh	IND	10:10.77	Kiran Tiwari	IND	10:34.55
2007	Zhao Yanni	CHN	10:48.18	Leila Ebrahimi	IRI	12:12.40	Imane Al-Jallad	SYR	13:07.39

Last five All Africa Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Beatrice Chepkoech	KEN	9:15.61	Peruth	UG	9:16.07	Lomi Muleta	ETH	9:26.63
2019	Mekides Abebe	ETH	9:35.18	Mercy Wanjiru	KEN	9:37.53	Weynshet Ansa	ETH	9:38.56

2015	Sofia Assefa	ETH	9:51.30	Hiwot Ayalew	ETH	9:51.94	Purity Kirui	KEN	9:52.54
2011	Hyvin Kiyeng Jepkemoi	KEN	10:00.50	Hiwot Ayalew	ETH	10:00.57	Birtukan Adamu	ETH	10:02.22
2007	Ruth Bosibori	KEN	9:31.99	Mekdes Bekele	ETH	9:49.95	Netsanet Achamo	ETH	9:51.63

Last ten African Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Loice Chekwemai	UGA	9:24.47	Alemnet Wale	ETH	9:35.19	Leah Kibet	KEN	9:36.33
2022	Werkwuha Getachew	ETH	9:36.81	Zerfe Wondemagegn	ETH	9:41.37	Caren Chebet	KEN	9:43.64
2018	Beatrice Chepkoech	KEN	8:59.88	Celliphine Chespol	KEN	9:09.61	Fancy Cherono	KEN	9:23.92
2016	Norah Tanui	KEN	9:25.07	Agnes Chesang	KEN	9:27.22	Woyshet Ansa	ETH	9:39.89
2014	Hiwot Ayalew	ETH	9:29.54	Sofia Assefa	ETH	9:30.20	Salima El Ouali Alami	MAR	9:33.02
2012	Mercy Njorege	KEN	9:43.26	Birtukan Adamu	ETH	9:45.41	Hyvin Jepkemoi	KEN	9:45.95
2010	Milcah Chemos	KEN	9:32.18	Sofia Assefa	ETH	9:32.58	Lydia Rotich	KEN	9:37.32
2008	Zemzem Ahmed	ETH	9:44.58	Mekdes Bekele	ETH	9:59.52	Ruth Bisibori	KEN	10:00.18
2006	Cheruto Kiptum	KEN	10:00.02	Habiba Ghribi	TUN	10:10.93	Bouchra Chaabi	MAR	10:11.52
2004	Bouchra Chaabi	MAR	9:53.46	Nawal Baibi	MAR	10:11.42	Tebogo Masehla	RSA	10:34.40

Last five Pan American Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Belen Casetta	AR	9:39.47	Alycia Butterworth	CAN	9:40.86	Tatiane da Silva	BRA	9:41.29
2019	Genevieve Lalonde	CA	9:41.45	Marisa Howard	USA	9:43.78	Belen Casetta	ARG	9:44.46
2015	Ashley Higginson	USA	9:48.12	Shalaya Kipp	USA	9:49.96	Genevieve Lalonde	CAN	9:53.03
2011	Sara Hall	USA	10:03.16	Angela Figueroa	COL	10:10.14	Sabine Heitling	BRA	10:10.98
2007	Sabine Heitling	BRA	9:51.13	Talis Apud	MEX	9:55.43	Zenaide Vieira	BRA	9:55.71

Last five Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Jackline Chepkoech	KEN	9:15.68	Elizabeth Bird	ENG	9:17.79	Peruth Chemutai	UGA	9:23.24
2018	Aisha Praught	JAM	9:21.00	Celliphine Chespol	KEN	9:22.61	Purity Kirui	KEN	9:25.74
2014	Purity Kirui	KEN	9:30.96	Milcah Chemos Cheywa	KEN	9:31.30	Joan Kipkemoi Rotich	KEN	9:33.34
2010	Milcah Chemos Cheywa	KEN	9:40.96	Mercy Njorege	KEN	9:41.54	Gladys Kipkemboi	KEN	9:52.51
2006	Dorcus Inzikuru	UGA	9:19.51	Melissa Rollison	AUS	9:24.29	Donna Macfarlane	AUS	9:25.05

Fastest Performances on Asian Soil

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	8:55.40	Beatrice Chepkoech	KEN	1	Xiamen	20 Apr 2024
2		8:57.84	Beatrice Chepkoech		1	Doha	30 Sept 2019
3	2	8:58.81	Gulnara Galkina	RUS	1	Beijing	17 Aug 2008

Fastest Performances in Tokyo:

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	9:01.45	Peruth Chemutai	UGA	1	4 Aug 2021
2	2	9:04.79	Courtney Frerichs	USA	2	4 Aug 2021
3	3	9:05.39	Hyvin Kiyeng	KEN	3	4 Aug 2021

Fastest performances in September

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	8:50.66	Winfred Yavi	BRN	1	Eugene	16 Sept 2023
2	2	8:51.67	Beatrice Chepkoech	KEN	2	Eugene	16 Sept 2023
3		8:57.84	Beatrice Chepkoech		1	Doha	30 Sept 2019

All-time World List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	8:44.32	Beatrice Chepkoech	KEN	1	Monaco	20 July 2018
2	2	8:44.39	Winfred Yavi	BRN	1	Roma	30 Aug 2024
3		8:45.25	Winfred Yavi		1	Eugene	5 July 2025
4	3	8:48.03	Peruth Chemutai	UGA	2	Roma	30 Aug 2024
5	4	8:48.71	Faith Cherotich	KEN	2	Eugene	5 July 2025
6		8:50.66	Winfred Yavi		1	Eugene	16 Sept 2023
7		8:51.67	Beatrice Chepkoech		2	Eugene	16 Sept 2023
8		8:51.77	Peruth Chemutai		3	Eugene	5 July 2025
9		8:52.76	Winfred Yavi		1	Paris -OG	6 Aug 2024
10	5	8:52.78	Ruth Jebet	BR	1	Paris	27 Aug 2016
11	6	8:53.02	Norah Jeruto	KAZ	1	Eugene – WC	20 July 2022
12		8:53.34	Peruth Chemutai		2	Paris – OG	6 Aug 2024
13		8:53.37	Faith Cherotich		1	Paris	20 June 2025
14		8:53.65	Norah Jeruto		1	Eugene	21 Aug 2021

Combined 2024 & 2025 World List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	8:44.39	Winfred Yavi	BRN	1	Roma	30 Aug 2024
2		8:45.25	Winfred Yavi		1	Eugene	5 July 2025
3	2	8:48.03	Peruth Chemutai	UGA	2	Roma	30 Aug 2024
4	3	8:48.71	Faith Cherotich	KEN	2	Eugene	5 July 2025
5		8:49.59	Winfred Yavi		1	Heusden	19 July 2025
6		8:51.77	Peruth Chemutai		3	Eugene	5 July 2025
7		8:52.76	Winfred Yavi		1	Paris – OG	6 Aug 2024
8		8:53.34	Peruth Chemutai		2	Paris – OG	6 Aug 2024
9		8:53.37	Faith Cherotich		1	Paris	20 June 2025
10		8:54.41	Peruth Chemutai		2	Paris	20 June 2025
11		8:55.09	Peruth Chemutai		1	Eugene	25 May 2024
12		8:55.15	Faith Cherotich		3	Paris – OG	6 Aug 2024
13	4	8:55.40	Beatrice Chepkoech	KEN	1	Xiamen	20 Apr 2024
14		8:56.51	Beatrice Chepkoech		2	Eugene	25 May 2024
15		8:57.24	Faith Cherotich		1	Zurich	28 Aug 2025
16		8:57.65	Faith Chepkoech		3	Roma	30 Aug 2024
17	5	8:58.15	Doris Lemngole	KEN	1	Eugene – NCAA	14 June 2025

Please send corrections to KKenNakamura@gmail.com

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