

# 2026 World Indoor Championships Statistics – Women's 3000m - by K Ken Nakamura

## Summary Page:

### All time performance list at the World Indoor Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	8:20.87	Elle St Pierre	USA	1	Glasgow	2024
2	2	8:21.13	Gudaf Tsegay	ETH	2	Glasgow	2024
3	3	8:22.68	Beatrice Chepkoech	KEN	3	Glasgow	2024
4	4	8:24.39	Jessica Hull	AUS	4	Glasgow	2024
5	5	8:29.76	Laura Muir	GBR	5	Glasgow	2024
6	6	8:30.36	Lemlem Hailu	ETH	6	Glasgow	2024
7	7	8:33.82	Elly van Hulst	NED	1	Budapest	1989

**Slowest winning time:** 9:11.22 by Meseret Defar (ETH) in 2004 is the slowest winning time

### Margin of Victory

	Difference	Time	Name	Nat	Venue	Year
Max	12.34	8:50.55	Yvonne Murray	GBR	Toronto	1993
Min	0.21	9:11.22	Meseret Defar	ETH	Budapest	2004

### Fastest time in each round

Round	Time	Name	Nat	Heat/Semi	Venue	Year
Final	8:20.87	Elle St Pierre	USA	1	Glasgow	2024
	8:21.13	Gudaf Tsegay	ETH	2	Glasgow	2024
First round	8:46.32	Meselech Melkamu	ETH	1h2	Valencia	2008

### Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
8:54.08	9h2	Ancuta Bobocel	ROU	Doha	2010

### Best Marks for Places in the World Indoor Championships

Pos	Time	Name	Nat	Venue	Year
1	8:20.87	Elle St Pierre	USA	Glasgow	2024
	8:33.82	Elly van Hulst	NED	Budapest	1989
2	8:21.13	Gudaf Tsegay	ETH	Glasgow	2024
	8:34.80	Liz McColgan	GBR	Budapest	1989
3	8:22.68	Beatrice Chepkoech	KEN	Glasgow	2024

### Multiple Gold Medalists:

Genzebe Dibaba (ETH): 2014, 2016, 2018  
 Meseret Defar (ETH): 2004, 2006, 2008, 2010  
 Gabriela Szabo (ROU): 1995, 1997, 1999  
 Freweyni Hailu (ETH) 2024 (1500m), 2025 (3000m)

### Fastest Performances in March (only indoor performances are listed)

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	8:20.87	Elle St Pierre	USA	1	Glasgow-WIC	2 Mar 2024
2	2	8:21.13	Gudaf Tsegay		2	Glasgow-WIC	2 Mar 2024
3	3	8:22.68	Beatrice Chepkoech	KEN	3	Glasgow-WIC	2 Mar 2024
4	4	8:24.39	Jessica Hull	AUS	4	Glasgow-WIC	2 Mar 2024

### World Indoor Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Freweyni Hailu	ETH	8:37.21	Shelby Houlihan	USA	8:38.26	Jessica Hull	AUS	8:38.28
2024	Elle St Pierre	USA	8:20.87	Gudaf Tsegay	ETH	8:21.13	Beatrice Chepkoech	KEN	8:22.68
2022	Lemlem Hailu	ETH	8:41.82	Elinor Purrier St Pierre	USA	8:42.04	Ejagayehu 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

### All time performance list at the World Indoor Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	8:20.87	Elle St Pierre	USA	1	Glasgow	2024
2	2	8:21.13	Gudaf Tsegay	ETH	2	Glasgow	2024
3	3	8:22.68	Beatrice Chepkoech	KEN	3	Glasgow	2024
4	4	8:24.39	Jessica Hull	AUS	4	Glasgow	2024
5	5	8:29.76	Laura Muir	GBR	5	Glasgow	2024
6	6	8:30.36	Lemlem Hailu	ETH	6	Glasgow	2024
7	7	8:33.82	Elly van Hulst	NED	1	Budapest	1989
8	8	8:34.61	Hirut Meshesha	ETH	7	Glasgow	2024
9	9	8:34.80	Liz McColgan	GBR	2	Budapest	1989
10	10	8:36.03	Nozomi Tanaka	JPN	8	Glasgow	2024
11	11	8:36.42	Gabriela Szabo	ROU	1	Maebashi	1999
12	12	8:37.16	Hellen Obiri	KEN	1	Istanbul	2012
13	13	8:37.21	Freweyni Hailu	ETH	1	Nanjing	2025
14	14	8:37.48	Olga Yegorova	RUS	1	Lisboa	2001
15	15	8:38.26	Meseret Defar	ETH	2	Istanbul	2012
16	16	8:38.26	Shelby Houlihan	USA	2	Nanjing	2025
17		8:38.28	Jessica Hull		3	Nanjing	2025
18	17	8:38.43	Zahra Ouaziz	MAR	2	Maebashi	1999
19		8:38.79	Meseret Defar		1	Valencia	2008
20		8:38.80	Meseret Defar		1	Moskva	2006
21	18	8:38.96	Teresiah Muthoni Gateri	KEN	9	Glasgow	2024
22	19	8:39.14	Regina Jacobs	USA	3	Maebashi	1999
23	20	8:39.18	Whitti Morgan	USA	4	Nanjing	2025
24	21	8:39.28	Birke Haylom	ETH	5	Nanjing	2025
25		8:39.65	Gabriela Szabo		2	Lisboa	2001
26	22	8:40.00	Sarah Healy	IRL	6	Nanjing	2025
27	23	8:40.15	Yelena Zadorozhnaya	RUS	3	Lisboa	2001
28	24	8:40.18	Gelete Burka	ETH	3	Istanbul	2012
29	25	8:40.25	Berhane Adere	ETH	1	Birmingham	2003
30	26	8:40.34	Marta Garcia	ESP	10	Glasgow	2024
31	27	8:40.50	Sylvia Jebiwott Kibet	KEN	4	Istanbul	2012
31		8:40.80	Marta Garcia	ESP	7	Nanjing	2025
33	28	8:40.98	Marta Dominguez	ESP	4	Lisboa	2001
34	29	8:41.34	Dong Yanmei	CHN	5	Lisboa	2001
35	30	8:41.50	Meselech Melkamu	ETH	2	Valencia	2008
36	31	8:41.63	Yamna Belkacem	FRA	4	Maebashi	1999
37	32	8:41.66	Mariam Alaoui Selsouli	MAR	3	Valencia	2008
38		8:41.82	Sylvia Kibet		4	Valencia	2008
39		8:41.82	Lemlem Hailu		1	Beograd	2022
40	33	8:41.93	Josette Andrews	USA	11	Glasgow	2024
41		8:42.04	Elinor Purrier St Pierre		2	Beograd	2022
42		8:42.17	Marta Dominguez		2	Birmingham	2003
43	34	8:42.18	Liliya Shobukhova	RUS	2	Moskva	2006
44	35	8:42.23	Ejgayehu Taye	ETH	3	Beograd	2022
45		8:42.58	Meseret Defar		3	Birmingham	2003
46	36	8:42.59	Lidia Chojecka	POL	3	Moskva	2006
47	37	8:42.75	Benita Johnson	AUS	6	Lisboa	2001
48	38	8:42.89	Gabriela Debues-Stafford	CAN	4	Beograd	2022
49	39	8:43.38	Sentayehu Ejigu	ETH	4	Moskva	2006
50	40	8:44.10	Olesya Syreva	RUS	5	Moskva	2006
51	41	8:44.37	Sonia O'Sullivan	IRL	7	Lisboa	2001
52	42	8:44.55	Dawit Seyaum	ETH	5	Beograd	2022
53	43	8:44.56	Purity Kajuju Gitonga	KEN	8	Nanjing	2025
54	44	8:44.57	Olga Komyagina	RUS	5	Valencia	2008
55		8:44.97	Jessica Hull		6	Beograd	2022
56	45	8:44.99	Linden Hall	AUS	9	Nanjing	2025
57	46	8:45.05	Genzebe Dibaba	ETH	1	Birmingham	2018
58	47	8:45.36	Hayley Tullett	GBR	8	Lisboa	2001
59	48	8:45.68	Sifan Hassan	NED	2	Birmingham	2018
60		8:45.75	Gabriela Szabo		1	Paris	1997

61		8:45.78	Laura Muir		3	Birmingham	2018
62		8:46.19	Sonia O'Sullivan		2	Paris	1997
63		8:46.32	Meselech Melkamu		1h2	Valencia	2008
64	49	8:46.39	Alicia Monson	USA	7	Beograd	2022
65	50	8:46.52	Tatyana Samolenko	URS	1	Indianapolis	1987

**Slowest winning time:** 9:11.22 by Meseret Defar (ETH) in 2004 is the slowest winning time, while second slowest winning time was 9:04.99 in 1985 World Indoor Games.

### Margin of Victory

	Difference	Time	Name	Nat	Venue	Year
Max	12.34	8:50.55	Yvonne Murray	GBR	Toronto	1993
	6.83	8:47.43	Genzebe Dibaba	ETH	Portland	2016
	4.67	9:04.99	Debbie Scott	CAN	Paris	1985**
Min	0.21	9:11.22	Meseret Defar	ETH	Budapest	2004
	0.22	8:41.82	Lemlem Hailu	ETH	Beograd	2022
	0.26	8:20.87	Elle St Pierre	USA	Glasgow	2024
	0.44	8:45.75	Gabriela Szabo	ROU	Paris	1997

\*\* 1985 World Indoor Games

### Difference between first and third

	Diff	Winning time	3 <sup>rd</sup> place time	Winner's Name	Nat	Venue	Year
Max	14.88	8:33.82	8:48.70	Elly van Hulst	NED	Budapest	1989
	13.23	8:50.55	9:03.78	Yvonne Murray	GBR	Toronto	1993
Min	0.41	8:41.82	8:42.23	Lemlem Hailu	ETH	Beograd	2022
	0.73	8:45.05	8:45.78	Genzebe Dibaba	ETH	Birmingham	2018
	0.91	8:51.17	8:52.08	Meseret Defar	ETH	Doha	2010
	0.93	9:11.22	9:12.15	Meseret Defar	ETH	Budapest	2004

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

	Difference	3 <sup>rd</sup> place time	Name	Nat	Venue	Year
Max	5.92	8:42.58	Meseret Defar	ETH	Birmingham	2003
	3.88	8:45.78	Laura Muir	GBR	Birmingham	2018
	3.55	8:51.90	Lyubov Kremylova	URS	Sevilla	1991
Min	0.08	8:52.08	Sentayehu Ejigu	ETH	Doha	2010
	0.13	8:56.08	Joan Nesbit	USA	Barcelona	1995

### Fastest time in each round

Round	Time	Name	Nat	Heat/Semi	Venue	Year
Final	8:20.87	Elle St Pierre	USA	1	Glasgow	2024
	8:21.13	Gudaf Tsegay	ETH	2	Glasgow	2024
First round	8:46.32	Meselech Melkamu	ETH	1h2	Valencia	2008
	8:46.64	Olga Komyagina	RUS	2h2	Valencia	2008

### Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
8:54.08	9h2	Ancuta Bobocel	ROU	Doha	2010
8:58.01	6h1	Elena Antoci	ROU	Valencia	2008

### Average of last thirteen (21<sup>st</sup> century) World Indoor Championships

	Average	2025	2024	2022	2018	2016	2014	2012	2010	2008	2006	2004	2003	2001
Winning Time	8:43.25	8:37.21	8:20.87	8:41.82	8:45.05	8:47.43	8:55.04	8:37.16	8:51.17	8:38.79	8:38.80	9:11.22	8:40.25	8:37.48
Winning Medal	8:45.77	8:38.28	8:22.68	8:42.23	8:45.78	8:55.55	8:59.16	8:40.18	8:52.08	8:41.66	8:42.59	9:12.15	8:42.58	8:40.15
8 <sup>th</sup> place	8:55.74	8:44.56	8:36.03	8:46.53	8:56.62	9:03.30	9:07.82	8:59.95	9:01.71	8:49.78	8:59.99	9:14.34	8:58.65	8:45.36

### 1500m – 3000m double medalists:

Name	Nation	Venue	Year
Gabriela Szabo	ROU	Maebashi	1999

### Best Marks for Places in the World Indoor Championships

Pos	Time	Name	Nat	Venue	Year
1	8:20.87	Elle St Pierre	USA	Glasgow	2024
	8:33.82	Elly van Hulst	NED	Budapest	1989
2	8:21.13	Gudaf Tsegay	ETH	Glasgow	2024
	8:34.80	Liz McColgan	GBR	Budapest	1989
	8:38.26	Meseret Defar	ETH	Istanbul	2012
	8:38.26	Shelby Houlihan	USA	Nanjing	2025
	8:38.43	Zahra Ouaziz	MAR	Maebashi	1999
3	8:22.68	Beatrice Chepkoech	KEN	Glasgow	2024
	8:38.28	Jessica Hull	AUS	Nanjing	2025
	8:39.14	Regina Jacobs	USA	Maebashi	1999
4	8:24.39	Jessica Hull	AUS	Glasgow	2024
	8:39.18	Whitni Morgan	USA	Nanjing	2025
	8:40.50	Sylvia Jebiwott Kibet	KEN	Istanbul	2012
	8:40.98	Marta Dominguez	ESP	Lisboa	2001
5	8:29.76	Laura Muir	GBR	Glasgow	2024
	8:39.28	Birke Haylom	ETH	Nanjing	2025
	8:41.34	Dong Yanmei	CHN	Lisboa	2001
6	8:30.36	Lemlem Hailu	ETH	Glasgow	2024
	8:40.00	Sarah Healy	IRL	Nanjing	2025
	8:42.75	Benita Johnson	AUS	Lisboa	2001
7	8:34.61	Hirut Meshesha	ETH	Glasgow	2024
	8:40.80	Marta Garcia	ESP	Nanjing	2025
	8:44.37	Sonia O'Sullivan	IRL	Lisboa	2001
8	8:36.03	Nozomi Tanaka	JPN	Glasgow	2024
	8:44.56	Purity Kajuju Gitonga	KEN	Nanjing	2025
	8:45.36	Hayley Tullett	GBR	Lisboa	2001

### Best Marks for Places – all competitions

Pos	Time	Name	Nat	Venue	Day Month Year
1	8:16.60	Genzebe Dibaba	ETH	Stockholm	6 Feb 2014
	8:16.69	Gudaf Tsegay	ETH	Birmingham	25 Feb 2023
2	8:21.13	Gudaf Tsegay	ETH	Glasgow – WIC	2 Mar 2024
	8:23.74	Meselech Melkamu	ETH	Stuttgart	3 Feb 2007
	8:25.12	Gudaf Tsegay	ETH	Lievin	13 Feb 2025
3	8:22.68	Beatrice Chepkoech	KEN	Glasgow - WIC	2 Mar 2024
	8:25.37	Birke Haylom	ETH	Lievin	13 Feb 2025
4	8:24.39	Jessica Hull	AUS	Glasgow - WIC	2 Mar 2024
	8:30.82	Nadia Battocletti	ITA	Lievin	13 Feb 2025
5	8:29.76	Laura Muir	GBR	Glasgow- WIC	2 Mar 2024
	8:32.49	Senayet Getachew	ETH	Brighton	4 Feb 2024
6	8:30.36	Lemlem Hailu	ETH	Glasgow- WIC	2 Mar 2024
	8:33.01	Aynadis Mebratu	ETH	Brighton	4 Feb 2024
7	8:34.61	Hirut Meshesha	ETH	Glasgow - WIC	2 Mar 2024
	8:37.37	Olivia Markezich	USA	New York	8 Feb 2025

#### Multiple Gold Medalists:

Genzebe Dibaba (ETH): 2014, 2016, 2018  
Meseret Defar (ETH): 2004, 2006, 2008, 2010  
Gabriela Szabo (ROU): 1995, 1997, 1999  
Frewyni Hailu (ETH): 2024 (1500m), 2025 (3000m)

#### Multiple Medalists:

Genzebe Dibaba (ETH): 2014 Gold, 2016 Gold, 2018 Gold  
Hellen Obiri (KEN): 2012 Gold, 2014 Silver  
Meseret Defar (ETH): 2003 Bronze, 2004 Gold, 2006 Gold, 2008 Gold, 2010 Gold, 2012 Silver, 2016 Silver  
Berhane Adere (ETH): 2003 Gold, 2004 Silver

Gabriela Szabo (ROU): 1995 Gold, 1997 Gold, 1999 Gold, 2001 Silver  
 Lynn Jennings (USA): 1993 Bronze, 1995 Silver  
 Margareta Keszeg (ROU): 1989 Bronze, 1991 Silver, 1993 Silver  
 Freweyni Hailu (ETH) 2022 Silver (800), 2024 Gold (1500), 2025 Gold (3000)

**Multiple Medals by athletes from a single nation:**

Nation	Year	Gold	Silver	Bronze
ETH	2022	Lemlem Hailu		Ejagayehu Taye
ETH	2016	Genzebe Dibaba	Meseret Defar	
ETH	2012		Meseret Defar	Gelete Burka
ETH	2010	Meseret Defar		Sentayehu Ejigu
ETH	2008	Meseret Defar	Meselech Melkamu	
ETH	2004	Meseret Defar	Berhane Adere	
ETH	2003	Berhane Adere		Meseret Defar
RUS	2001	Olga Yegorova		Yelena Zadorozhnaya
USA	1995		Lynn Jennings	Joan Nesbit
URS	1987	Tatyana Samolenko	Olga Bondarenko	

**Man & Woman from the same team winning the corresponding event:**

Nation	Men	Women	Venue	Year
ETH	Selemon Barega	Lemlem Hailu	Beograd	2022
ETH	Yomif Kejelcha	Genzebe Dibaba	Portland Birmingham	2016, 2018
ETH	Tariku Bekele	Meseret Defar	Valencia	2008
ETH	Kenenisa Bekele	Meseret Defar	Moskva	2006
ETH	Haile Gebrselassie	Berhane Adere	Birmingham	2003

**Medals by Countries:**

Nation	Gold	Silver	Bronze
ETH	10	5	4
ROU	3	3	2
URS	1	1	1
RUS	1	1	1
GBR	1	1	1
KEN	1	2	1
NED	1	1	
FRA	1		
CAN	1**		
USA	1	3	5+1**
MAR		1	1
IRL		1	
ESP		1	
ITA		1**	
POR			1
POL			1
BRN			1
AUS			1

\*\* 1985 World Indoor Games

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

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

	1000m	2000m	3000m
2025	<b>2:53.80</b>	5:54.49	8:37.21
2024	<b>2:48.83</b>	5:35.78	8:20.87
2022	<b>3:03.31</b>	5:59.09	8:41.82
2018	<b>3:14.67</b>	6:07.62	8:45.05

2016	3:15.73	6:02.83	8:47.43
2014	3:24.50	6:16.10	8:55.04
2012	3:01.60	5:56.31	8:37.16
2010	3:11.83	6:03.73	8:51.17
2008	2:59.33	5:55.50	8:38.79
2006	<b>2:51.73</b>	5:50.86	8:38.80
2004	<u>3:21.10</u>	<u>6:27.56</u>	<u>9:11.22</u>
2003	2:59.16	5:57.03	8:40.25
2001	2:52.32	5:50.83	8:37.48
1999	2:54.72	5:48.97	8:36.42
1997	2:56.67	5:55.76	8:45.75
1995	2:58.72	6:00.09	8:54.50
1993			8:50.55
1991	3:02:46	6:04.52	8:50.69
1989	2:52.13	<b>5:46.29</b>	<b>8:33.82</b>
1987		5:53.98	8:46.52

	1000m	2000m	3000m
2025	2:53.80	3:00.69	2:42.72
2024	2:48.83	2:46.95	2:45.09
2022	3:03.31	2:55.78	2:42.73
2018	3:14.67	2:52.95	<b>2:37.43</b>
2016	3:15.73	2:47.10	2:44.60
2014	3:24.50	<b>2:51.60</b>	2:38.94
2021	3:01.60	2:54.71	2:40.85
2010	3:11.83	2:51.90	2:47.44
2008	2:59.33	2:56.17	2:43:29
2006	<b>2:51.73</b>	2:59.13	2:47.94
2004	<u>3:21.10</u>	<u>3:06.46</u>	2:43.66
2003	2:59.16	2:57.87	2:43.22
2001	2:52.32	2:58.51	2:46.65
1999	2:54.72	2:54.25	2:47.45
1997	2:56.67	2:59.09	2:49.99
1995	2:58.72	3:01.37	<u>2:54.41</u>
1993			
1991	3:02.46	3:02.06	2:46.17
1989	2:52.13	2:54.16	2:47.53
1987			2:52.54

#### World Indoor Champion with World Championships Gold medal

Name	Nat	World Indoor Championships	World Championships
Genzebe Dibaba	ETH	2014, 2016, 2018	2015 (1500m)
Meseret Defar	ETH	2004, 2006, 2008, 2010	2007
Olga Yegorova	RUS	2001	2001
Gabriela Szabo	ROU	1995, 1997, 1999	1997, 1999
Tatyana Samolenko	URS	1987	1987, 1991

#### World Indoor Champion with Olympic gold medal

Name	Nat	World Indoor Championships	Olympics
Meseret Defar	ETH	2004, 2006, 2008, 2010	2004
Gabriela Szabo	ROU	1995, 1997, 1999	2000
Tatyana Samolenko	URS	1987	1988

#### World Indoor Champion who previously won World Junior Championships

Name	Nat	World Indoor Championships	World Junior Championships
Genzebe Dibaba	ETH	2014, 2016, 2018	2010 at 5000m
Meseret Defar	ETH	2004, 2006, 2008, 2010	2002, also won 5000m
Gabriela Szabo	ROU	1995, 1997, 1999	1994

#### World Indoor Championships medalist who previously won World Youth medal:

Name	Nat	World Indoor Championships	Year	World Youth medal	Year
Lemlem Hailu	ETH	Gold	2022	Gold	2017
Meseret Defar	ETH	Gold	2004-2010	Silver	1999

#### World Indoor Champion with European Championships Gold medal

Name	Nat	World Indoor Championships	European Championships
Yvonne Murray	GBR	1993	1990

**World Indoor Championships medalists with Asian Games/Asian Championships medal:** None  
Highest finish by Asian in the World Indoor Championships is fifth by Dong Yanmei in 2001

#### World Indoor Champion with African Championships/All Africa Games gold medal

Name	Nat	World Indoor Championships	African Championships	All Africa Games
Genzebe Dibaba	ETH	2014, 2016, 2018	2009 at 5000m (junior champ)	
Meseret Defar	ETH	2004, 2006, 2008, 2010	2006	2003, 2007
Berhane Adere	ETH	2003	1998, 2002	

**World Indoor Championships medalist with Pan American Games' medal:** None

#### World Indoor Championships medalists with Commonwealth Games medal

Name	Nat	World Indoor Championships	Year	Commonwealth Games	Year
Liz McColgan	GBR	Silver	1989	Gold at 10000m	1986, 1990
Yvonne Murray	GBR	Gold	1993	Silver Gold at 10000m	1990 1994

Note: Murray won Silver at 3000m in 1990, Gold at 10000m in 1994

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

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Freweyni Hailu	ETH	8:37.21	Shelby Houlihan	USA	8:38.26	Jessica Hull	AUS	8:38.28
2024	Elle St Pierre	USA	8:20.87	Gudaf Tsegay	ETH	8:21.13	Beatrice Chepkoech	KEN	8:22.68
2022	Lemlem Hailu	ETH	8:41.82	Elinor Purrier St Pierre	USA	8:42.04	Ejagayehu 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	8:41.66
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
2001	Olga Yegorova	RUS	8:37.48	Gabriela Szabo	ROU	8:39.65	Yelena Zadorozhnaya	RUS	8:40.15

#### Last ten World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Beatrice Chebet	KEN	14:54.36	Faith Kipyegon	KEN	14:55.07	Nadia Battocletti	ITA	14:55.42
2023	Faith Kipyegon	KEN	14:53.88	Sifan Hassan	NED	14:54.11	Beatrice Chebet	KEN	14:54.33
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 Klosterhalfer	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 Cherono	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 Cheronono	KEN	14:59.21
2005	Tirunesh Dibaba	ETH	14:38.59	Meseret Defar	ETH	14:39.54	Ejagayou 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
2024	Beatrice Chebet	KEN	14:28.56	Faith Kipyegon	KEN	14:29.60	Sifan Hassan	NE	14:30.61
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	Gabrieiela 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 Dorovskikh	EU	8:46.85	Angela Chalmers	CAN	8:47.22

### Last twelve World Junior Championships: (3000m)

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Medina Eisa	ETH	14:39.71	Mekedes Alemeshete	ETH	14:57.4	Charity Cherop	UGA	15:25.0
2022	Medina Eisa	ETH	15:29.71	Melknat Wudu	ETH	15:30.0	Prisca Chesang	UGA	15:31.1
2020	Teresiah Muthoni Gateri	KEN	8:57.78	Zenah Jemutai Yego	KEN	8:59.59	Melknat Wudu	ETH	9:00.12
2018	Nozomi Tanaka	JPN	8:54.01	Meselu Berhe	ETH	8:56.39	Tsifie Gebreselama	ETH	8:59.20
2016	Beyeu Degefa	ETH	8:41.76	Dalila Abdulkadir	BRN	8:46.42	Konstanze Klosterhalfen	GER	8:46.74
2014	Mary Cain	USA	8:58.48	Lilian Rengeruk	KEN	9:00.53	Valentine Mateiko	KEN	9:00.79
2012	Mercy Chebwogen	KEN	9:08.88	Hiwot Gebrekidan	ETH	9:09.27	Emelia Gorecka	GBR	9:09.43
2010	Mercy Cheronono	KEN	8:55.07	Emebet Anteneh	ETH	8:55.24	Layes Abdullayeva	AZE	8:55.33
2008	Mercy Cheronono	KEN	8:58.07	Bizunesh Urgesa	ETH	8:58.90	Frehiwat Goshu	ETH	9:03.76
2006	Veronica Wanjiru	KEN	9:02.90	Pauline Korikwang	KEN	9:05.21	Song Liwei	CHN	9:06.35
2004	Jebichi Yator	KEN	8:59.80	Safa Issaoui	TUN	9:02.47	Siham Hilali	MAR	9:03.16
2002	Meseret Defar	ETH	9:12.61	Mariam Alaoui Selsouli	MAR	9:16.28	Olesya Syreva	RUS	9:16.58
2000	Beatrice Jepchumba	KEN	9:08.80	Jane Chepkoech	KEN	9:10.05	Etalemahu Kidane	ETH	9:11.55
1998	Yin Lili	CHN	8:57.09	Yimenashu Taye	ETH	9:01.70	Edna Kiplagat	KEN	9:05.46

### Last twelve World Junior Championships: (5000m)

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Medina Eisa	ETH	15:29.71	Melknat Wudu	ETH	15:30.06	Prisca Chesang	UGA	15:31.17
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 Cheronono	KEN	15:09.19	Alice A 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
1998	Yin Lili	CHN	15:29.65	Faith Jemutai	KEN	15:34.48	Meryma Hashim	ETH	15:39.57

### Last ten World Youth Championships (3000m):

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2017	Abersh Minsewo	ETH	9:24.62	Emmculate	KEN	9:24.69	Yitayish Mekonene	ETH	9:28.46

2015	Shuru Bulu	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	Gotytom 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 eight European Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Nadia Battocletti	ITA	14:35.29	Karoline Bjerkeli	NO	14:38.62	Marta Garcia	ESP	14:44.04
2022	Konstanze	GE	14:50.47	Yasemin Can	TUR	14:56.91	Eilish McColgan	GBR	14:59.34
2018	Sifan Hassan	NE	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	SW	15:31.39	Sifan Hassan	NE	15:31.79	Susan Kuijken	NED	15:32.82
2012	Olga Golovkina	RU	15:11.70	Lyudmyla	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
1998	Sonia O'Sullivan	IRL	15:06.50	Gabriela Szabo	ROU	15:08.31	Marta Dominguez	ESP	15:10.54

#### Last six Asian Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Parul Chaudhary	IND	15:14.75	Ririka Hironaka	JPN	15:15.34	Caroline Kipkirui	KAZ	15:23.12
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
1998	Supriati Sutono	INA	15:54.45	Sunitas Rani	IND	15:54.47	Michiko Shimizu	JPN	15:55.36

#### Last eleven Asian Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Yuma Yamamoto	JPN	15:51.16	Parul Chaudhary	IND	15:52.35	Ankita Dhiyani	IND	16:03.33
2019	Winfred Yavi	BRN	15:28.87	Bontu Edao Rebitu	BR	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	UAE	15:28.74	Daria Maslova	KGZ	15:42.82
2013	Bethlem Desalegn	UAE	15:12.84	Shitaye Eshete	BR	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	Hiroshi 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
2000	Wu Qingdong	CHN	15:58.83	Naomi Sakashita	JPN	16:01.53	Supriati Sutono	INA	16:03.85

#### Last six All Africa Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Medina Eisa	ETH	15:04.32	Birtukan Molla	ETH	15:05.32	Melknat Wudu	ETH	15:07.04
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
2010	Sule Utura	ETH	15:38.70	Emebet Anteneh	ETH	15:40.13	Pauline Korikwang	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
2024	Fantaye Belayneh	ETH	15:30.10	Kassie Wubrist	ETH	15:30.25	Samia Hassan Nour	DJI	15:42.63
2022	Beatrice Chebet	KEN	15:00.82	Fantaye	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 Cherono	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
2000	Asmae Leghzaoui	MAR	15:43.46	Meseret Defar	ETH	15:49.86	Merima Denboba	ETH	15:53.68

### Last six Pan American Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Joselyn Daniely Brea	VEN	16:04.12	Taylor Werner	USA	16:06.48	Julie-Anne Staehli	CAN	16:06.75
2019	Laura Galvan	MEX	15:35.47	Jessica O'Connell	CAN	15:36.08	Kim Conley	USA	15:36.95
2015	Juliana Paula dos	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
1999	Adriana Fernandez	MEX	15:56.57	Bertha Sanchez	COL	15:59.04	Blake Phillips	USA	15:59.77

### Last six Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Beatrice Chebet	KEN	14:38.21	Eilish McColgan	SCO	14:42.14	Selah Busienei	KEN	14:48.24
2018	Hellen Obiri	KEN	15:13.11	Margaret Kipkemboi	KEN	15:15.28	Laura Weightman	ENG	15:25.84
2014	Mercy Cherono	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

### Fastest Performances in March (only indoor performances are listed)

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	8:20.87	Elle St Pierre	USA	1	Glasgow-WIC	2 Mar 2024
2	2	8:21.13	Gudaf Tsegay		2	Glasgow-WIC	2 Mar 2024
3	3	8:22.68	Beatrice Chepkoech	KEN	3	Glasgow-WIC	2 Mar 2024
4	4	8:24.39	Jessica Hull	AUS	4	Glasgow-WIC	2 Mar 2024
5	5	8:29.76	Laura Muir	GBR	5	Glasgow-WIC	2 Mar 2024
6	6	8:30.36	Lemlem Hailu	ETH	6	Glasgow-WIC	2 Mar 2024
7		8:30.61	Laura Muir	GBR	1	Glasgow-EIC	1 Mar 2019
8	7	8:33.82	Elly van Hulst	NED	1	Budapest – WIC	4 Mar 1989
9	8	8:34.06	Konstanze Klosterhalfen	GER	2	Glasgow-EIC	1 Mar 2019

### Combined 2025 & 2026 World Indoor List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	8:19.98	Freweyni Hailu	ETH	1	Lievin	13 Feb 2025
2		8:24.17	Freweyni Hailu		1	Ostrava	4 Feb 2025
3		8:24.59	Freweyni Hailu		1	Lievin	19 Feb 2026
4	2	8:25.12	Gudaf Tsegay	ETH	2	Lievin	13 Feb 2025

5	3	8:25.37	Birke Haylom	ETH	3	Lievin	13 Feb 2025
6	4	8:26.29	Aleshign Baweke	ETH	2	Lievin	19 Feb 2026
7	5	8:26.44	Nadia Battocletti	ITA	3	Lievin	19 Feb 2026
8	6	8:26.54	Elle St Pierre	USA	1	Brighton	24 Jan 2026
9	7	8:27.03	Linden Hall	AUS	2	Brighton	24 Jan 2026
10	8	8:28.03	Whittni Morgan	USA	1	New York	8 Feb 2025
11	9	8:28.69	Melissa Courtney-Bryant	GBR	1	Brighton	2 Feb 2025

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