

2026 Commonwealth Games Statistics – Men's 10000m (6 miles before 1970)

K Ken Nakamura

Summary Page

All time performance list at the Commonwealth Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	27:09.19	Jacob Kiplimo	UGA	1	Birmingham	2022
2	2	27:11.26	Daniel Simiu Ebenyo	KEN	2	Birmingham	2022
3	3	27:19.62	Joshua Cheptegei	UGA	1	Gold Coast	2018
4	4	27:20.34	Kibiwott Kandie	KEN	3	Birmingham	2022
5	5	27:20.56	Mohammed Ahmed	CAN	2	Gold Coast	2018
6	6	27:28.66	Rodgers Kwemoi	KEN	3	Gold Coast	2018
7		27:30.25	Jacob Kiplimo	UGA	4	Gold Coast	2018
8	7	27:30.90	Jake Robertson	NZL	5	Gold Coast	2018
9	8	27:39.03	Edward Zakayo Pingua	KEN	4	Birmingham	2022
10	9	27:41.03	Adriaan Wildschutt	RSA	5	Birmingham	2022
11	10	27:44.33	Ky Robinson	AUS	6	Birmingham	2022

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	51.68	28:10.00	Simon Maina	KEN	Kuala Lumpur	1998
Min	0.03	27:56.11	Moses Kipsiro	KEN	Glasgow	2014
	0.07	27:45.39	Wilberforce Talel	KEN	Manchester	2002

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	27:09.19	Jacob Kiplimo	UGA	Birmingham	2022
	27:19.62	Joshua Cheptegei	UGA	Gold Coast	2018
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	27:20.56	Mohammed Ahmed	CAN	Gold Coast	2018
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	27:28.66	Rodgers Kwemoi	KEN	Gold Coast	2018
4	27:30.25	Jacob Kiplimo	UGA	Gold Coast	2018
	27:39.03	Edward Zakayo Pingua	KEN	Birmingham	2022
5	27:30.90	Jake Robertson	NZL	Gold Coast	2018
	27:41.04	Adriaan Wildschutt	RSA	Birmingham	2022
6	27:44.33	Ky Robinson	AUS	Birmingham	2022

Multiple Gold Medalists:

Moses Kipsiro (UGA): 2010; 2014

Last ten Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Jacob Kiplimo	UGA	27:09.19	Daniel Simiu Ebenyo	KEN	27:11.28	Kibiwott Kandie	KEN	27:20.34
2018	Joshua Cheptegei	UGA	27:19.62	Mohammed Ahmed	CAN	27:20.56	Rodgers Kwemoi	KEN	27:28.66
2014	Moses Kipsiro	UGA	27:56.11	Josphat Bett	KEN	27:56.14	Cam Levins	CA	27:56.23
2010	Moses Kipsiro	UGA	27:57.39	Daniel Salel	KEN	27:57.57	Joseph Birech	KEN	27:58.58
2006	Boniface Kiprop	UGA	27:50.99	Geoffrey Kipngeno	KEN	27:51.16	Fabiano Joseph	TAN	27:51.99
2002	Wilberforce Talel	KEN	27:45.39	Paul Kosgei	KEN	27:45.46	John Yuda	TAN	27:45.78
1998	Simon Maina	KEN	28:10.00	William Kalya	KEN	29:01.68	Steve Moneghetti	AUS	29:02.76
1994	Lameck Aguta	KEN	28:38.22	Tedai Chimusasa	ZIM	28:47.72	Fackson Ndandu	ZAM	28:51.72
1990	Eamonn Martin	ENG	28:08.57	Moses Tanui	KEN	28:11.56	Paul Williams	CAN	28:12.71
1986	Jon Solly	ENG	27:57.42	Steve Binns	ENG	27:58.01	Steve Jones	WAL	28:02.48

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1	1	27:09.19	Jacob Kiplimo	UGA	1	Birmingham	2022
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8	7	27:30.90	Jake Robertson	NZL	5	Gold Coast	2018
9	8	27:39.03	Edward Zakayo Pingua	KEN	4	Birmingham	2022
10	9	27:41.03	Adriaan Wlidschutt	RSA	5	Birmingham	2022
11	10	27:44.33	Ky Robinson	AUS	6	Birmingham	2022
12	11	27:44.58	Stephen Mokoka	RSA	6	Gold Coast	2018
13	12	27:45.39	Wilberforce Talel	KEN	1	Manchester	2002
14	13	27:45.46	Paul Kosgei	KEN	2	Manchester	2002
15	14	27:45.78	John Yuda	TAN	3	Manchester	2002
16	15	27:45.83	John Cheruiyot Korir	KEN	4	Manchester	2002
17	16	27:46.40	Dick Taylor	NZL	1	Christchurch	1974
18	17	27:47.35	Timothy Toroitich	UGA	7	Gold Coast	2018
19	18	27:48.49	Dave Black	ENG	2	Christchurch	1974
20	19	27:50.99	Boniface Kiprop	UGA	1	Melbourne	2006
21	20	27:51.16	Geoffrey Kipngeno	KEN	2	Melbourne	2006
22	21	27:51.99	Fabiano Joseph	TAN	3	Melbourne	2006
23	22	27:52.36	Paul Langat	KEN	4	Melbourne	2006
24	23	27:53.57	Andrew Butchart	SCO	7	Birmingham	2022
25	24	27:56.11	Moses Kipsiro	UGA	1	Glasgow	2014
25	25	27:56.14	Josphat Bett	KEN	2	Glasgow	2014
27	26	27:56.23	Cam Levins	CAN	3	Glasgow	2014
28	27	27:56.24	Jonathan Ndiku	KEN	8	Gold Coast	2018
29	28	27:56.96	Richard Juma	KEN	3	Christchurch	1974
30		27:57.39	Moses Kipsiro		1	Delhi	2010
31	29	27:57.42	Jon Solly	ENG	1	Edinburgh	1986
32	30	27:57.57	Daniel Salel	KEN	2	Delhi	2010
33	31	27:58.01	Steve Binns	ENG	2	Edinburgh	1986
34	32	27:58.24	Peter Kirui	KEN	4	Glasgow	2014
35	33	27:58.58	Joseph Birech	KEN	3	Delhi	2010
36	34	27:59.91	Charles Cheruiyot	KEN	5	Glasgow	2014
37	35	28:02.48	Steve Jones	WAL	3	Edinburgh	1986
38		28:02.96	Mohammed Ahmed		6	Glasgow	2014
39	36	28:03.10	Titus Mbishei	KEN	4	Delhi	2010
40		28:03.70	Jake Robertson		7	Glasgow	2014
41		28:03.79	Timothy Toroitich		8	Glasgow	2014
42	37	28:03.88	Eric Sebahire	RWA	9	Glasgow	2014
43	38	28:08.57	Eamonn Martin	ENG	1	Auckland	1990
44	39	28:10.00	Simon Maina Munyi	KEN	1	Kuala Lumpur	1998
45	40	28:10.15	Gidamis Shahanga	TAN	1	Brisbane	1982
46	41	28:10.55	Zakaria Barie	TAN	2	Brisbane	1982
47	42	28:11.56	Moses Tanui	KEN	2	Auckland	1990
48	43	28:11.72	Lachie Stewart	SCO	1	Edinburgh	1970
49	44	28:12.71	Paul Williams	CAN	3	Auckland	1990
50	45	28:13.45	Ron Clarke	AUS	2	Edinburgh	1970
51	46	28:13.62	Gary Staines	ENG	4	Auckland	1990
52	47	28:13.65	Brendan Foster	ENG	1	Edmonton	1978
53	48	28:13.87	Joseph Tiophil Panga	TAN	8	Birmingham	2022
54	49	28:14.67	Dave Bedford	ENG	4	Christchurch	1974

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	51.68	28:10.00	Simon Maina	KEN	Kuala Lumpur	1998
Min	0.03 0.07	27:56.11 27:45.39	Moses Kipsiro Wilberforce Talel	KEN KEN	Glasgow Manchester	2014 2002

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

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	26.63	28:02.48	Steve Jones	WAL	Edinburgh	1986
Min	0.05	27:45.78	John Yuda	TAN	Manchester	2002

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	27:09.19 27:19.62	Jacob Kiplimo Joshua Cheptegei	UGA UGA	Birmingham Gold Coast	2022 2018
2	27:11.26 27:20.56	Daniel Simiu Ekenyo Mohammed Ahmed	KEN CAN	Birmingham Gold Coast	2022 2018
3	27:20.34 27:28.66	Kibiwott Kandie Rodgers Kwemoi	KEN KEN	Birmingham Gold Coast	2022 2018
4	27:30.25 27:39.03	Jacob Kiplimo Edward Zakayo Pingua	UGA KEN	Gold Coast Birmingham	2018 2022
5	27:30.90 27:41.04	Jake Robertson Adriaan Wildschutt	NZL RSA	Gold Coast Birmingham	2018 2022
6	27:44.33 27:44.58	Ky Robinson Stephen Mokoka	AUS RSA	Birmingham Gold Coast	2022 2018
7	27:47.35 27:53.47	Timothy Toroitich Andrew Butchart	UGA SCO	Gold Coast Birmingham	2018 2022
8	27:56.24 28:03.79	Jonathan Ndiku Timothy Toroitich	KEN UGA	Gold Coast Glasgow	2018 2014
9	28:03.88 28:17.11	Eric Sebahire Andrew Vernon	RWA ENG	Glasgow Gold Coast	2014 2018

Multiple Gold Medalists:

Moses Kipsiro (UGA): 2010; 2014

Multiple Medalists:

Moses Kipsiro (UGA): 2010 Gold; 2014 Gold
 Dick Taylor (NZL): 1970 Bronze; 1974 Gold
 Ron Clarke (AUS): 1966 Silver; 1970 Silver
 Dave Powers (AUS): 1958 Gold; 1962 Silver
 John Merriman (WAL): 1958 Silver; 1962 Bronze
 Robert Rankine (CAN): 1934 Silver; 1938 Silver

Medals by Countries (6 miles (until 1966) medal count in {}):

Nation	Gold	Silver	Bronze
KEN	3 {1}	8	4 {1}
ENG	3 {2}	2 {2}	3 {3}
UGA	5		
TAN	1	1	2
NZL	1 {3}		{1}
SCO	1	{1}	{1}
AUS	{1}	1 {2}	1
ZIM		1	
ZAM			1
CAN	{1}	1 {2}	2
WAL		{1}	1 {1}
RSA			{1}

Multiple Medals by athletes from a single nation (6 miles from 1930 to 1966)

Nation	Year	Gold	Silver	Bronze
KEN	2022		Daniel Ebenyo	Kibiwott Kandie
KEN	2010		Daniel Salel	Joseph Birech
KEN	2002	Wilberforce Talel	Paul Kosgei	
KEN	1998	Simon Maina	Willaim Kalya	
ENG	1986	Jon Solly	Steve Binn	
TAN	1982	Gidemis Shahanga	Zakaria Barie	
ENG	1978	Brendan Foster		Mike McLeod
ENG	1954	Peter Driver	Frank Sando	Jim Peters
NZL	1950	Harry Nelson		Noel Taylor
ENG	1934	Arthur Penny		Arthur Furze
ENG	1930		Ernie Harper	Tom Evenson

5000m – 10000m (3-6mile before 1970) double medalist in the same Championships

(double gold medalists are indicated with # and in **bold**)

Name	Nation	5000m	10000m	Venue	Year
Jacob Kiplimo	UGA	Gold	Gold	Birmingham	2022
Joshua Cheptagei	UGA	Gold	Gold	Gold Coast	2018
Moses Kipsiro	UGA	Gold	Gold	Delhi	2010
Brendan Foster	ENG	Bronze	Gold	Edmonton	1978
Mike Musyoki	KEN	Silver	Silver	Edmonton	1978
Dave Black	ENG	Bronze	Silver	Christchurch	1974
Ron Clarke	AUS	Silver	Silver	Kingston	1966
Bruce Kidd	CAN	Bronze	Gold	Perth	1962
Frank Sando	ENG	Bronze	Silver	Vancouver	1954
Harry Nelson	NZL	Silver	Gold	Auckland	1950
Cecil Matthews #	NZL	Gold	Gold	Sydney	1938
Robert Randine	CAN	Bronze	Silver	Sydney	1938

Note: Foster also won silver at 5000m in 1974; Randine also won silver at 6 miles in 1934

1500m–10000m (1-6 Mile) double medalist in the different championships

Name	Nat	1500m	Venue	Year	10000m	Venue	Year
Brendan Foster	ENG	Bronze	Edinburgh	1970	Gold	Edmonton	1978

10000m – marathon (6mile-marathon before 1970) double medalist in the same Championships

(double gold medalists are indicated with # and in **bold**)

Name	Nation	10000m	marathon	Venue	Year
Jim Alder	SCO	Bronze	Gold	Kingston	1966
Dave Power	AUS	Silver	Silver	Perth	1962
Dave Power #	AUS	Gold	Gold	Cardiff	1958

10000m–marathon (6 Mile-marathon before 1970) double medalist in the different championships

Name	Nat	10000m	Venue	Year	marathon	Venue	Year
Steve Moneghetti	AUS	Bronze	Kuala Lumpur	1998	Gold Silver Bronze	Victoria Auckland Edinburgh	1994 1990 1986
Gidemis Shahanga	TAN	Gold	Brisbane	1982	Gold	Edmonton	1978
Jim Alder	SCO	Bronze	Kingston	1966	Silver	Edinburgh	1970

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

Olympic medalist with Commonwealth Games Gold medal

Name	Nat	Olympics	Year	Commonwealth Games
Jacob Kiplimo	UGA	Bronze	2020	2022
Joshua Cheptegei	UGA	Silver	2020	2018
Brendan Foster	GBR	Bronze	1976	1978
Dave Powers	AUS	Bronze	1960	1958

World Champion with Commonwealth Games medal

Name	Nat	World Championships	Year	Commonwealth Games	Year
Joshua Cheptegei	UGA	Gold	2019	Gold	2018
Moses Tanui	KEN	Gold	1991	Silver	1990

Last ten Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Jacob Kiplimo	UGA	27:09.19	Daniel Simiu Ekenyo	KEN	27:11.28	Kibiwott Kandie	KEN	27:20.34
2018	Joshua Cheptegei	UGA	27:19.62	Mohammed Ahmed	CAN	27:20.56	Rodgers Kwemoi	KEN	27:28.66
2014	Moses Kipsiro	UGA	27:56.11	Josphat Bett	KEN	27:56.14	Cam Levins	CA	27:56.23
2010	Moses Kipsiro	UGA	27:57.39	Daniel Salel	KEN	27:57.57	Joseph Birech	KEN	27:58.58
2006	Boniface Kiprop	UGA	27:50.99	Geoffrey Kipngeno	KEN	27:51.16	Fabiano Joseph	TAN	27:51.99
2002	Wilberforce Talel	KEN	27:45.39	Paul Kosgei	KEN	27:45.46	John Yuda	TAN	27:45.78
1998	Simon Maina	KEN	28:10.00	William Kalya	KEN	29:01.68	Steve Moneghetti	AUS	29:02.76
1994	Lameck Aguta	KEN	28:38.22	Tedai Chimusasa	ZIM	28:47.72	Fackson Ndandu	ZAM	28:51.72
1990	Eamonn Martin	ENG	28:08.57	Moses Tanui	KEN	28:11.56	Paul Williams	CAN	28:12.71
1986	Jon Solly	ENG	27:57.42	Steve Binns	ENG	27:58.01	Steve Jones	WAL	28:02.48

World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Jimmy Gressier	FRA	28:55.77	Yomif Kejelcha	ETH	28:55.83	Andreas Almgren	SW	28:56.02
2023	Joshua Cheptegei	UG	27:51.42	Daniel Simiyu	KEN	27:52.60	Selemon Barega	ETH	27:52.72
2022	Joshua Cheptegei	UGA	27:27.43	Stanley Waithaka	KEN	27:27.90	Jacob Kiplimo	UGA	27:27.97
2019	Joshua Cheptegei	UGA	26:48.36	Yomif Kejelcha	ETH	26:49.34	Rhonex Kipruto	KEN	26:50.32
2017	Mo Farah	GBR	26:49.51	Joshua Cheptegei	UGA	26:49.94	Paul Tanui	KEN	26:50.60
2015	Mo Farah	GBR	27:01.13	Geoffrey Kamworor	KEN	27:01.76	Paul Tanui	KEN	27:02.83
2013	Mo Farah	GBR	27:21.71	Ibrahim Jeylan	ETH	27:22.23	Paul Tanui	KEN	27:22.61
2011	Ibrahim Jeilan	ETH	27:13.81	Mohamed Farah	GBR	27:14.07	Imane Merga	ETH	27:19.14
2009	Kenenisa Bekele	ETH	26:46.31	Zersenay Tadesse	ERI	26:50.12	Moses Masai	KEN	26:57.39
2007	Kenenisa Bekele	ETH	27:05.90	Sileshi Sihine	ETH	27:09.03	Martin Mathathi	KEN	27:12.17
2005	Kenenisa Bekele	ETH	27:08.33	Sileshi Sihine	ETH	27:08.87	Moses Mosop	KEN	27:08.96
2003	Kenenisa Bekele	ETH	26:49.57	Haile Gebrselassie	ETH	26:50.77	Sileshi Sihine	ETH	27:01.44
2001	Charles Kamathi	KEN	27:53.25	Assefa Mezegebu	ETH	27:53.97	Haile Gebrselassie	ETH	27:54.41
1999	Haile Gebrselassie	ETH	27:57.27	Paul Tergat	KEN	27:58.56	Assefa Mezegebu	ETH	27:59.15
1997	Haile Gebrselassie	ETH	27:24.58	Paul Tergat	KEN	27:25.62	Salah Hissou	MAR	27:28.67
1995	Haile Gebrselassie	ETH	27:12.95	Khalid Skah	MAR	27:14.53	Paul Tergat	KEN	27:14.70
1993	Haile Gebrselassie	ETH	27:46.02	Moses Tanui	KEN	27:46.54	Richard Chelimo	KEN	28:06.02
1991	Moses Tanui	KEN	27:38.74	Richard Chelimo	KEN	27:39.41	Khalid Skah	MAR	27:41.74
1987	Paul Kipkoech	KEN	27:38.63	Francesco Panetta	ITA	27:48.98	Hans Kunze	GDR	27:50.37
1983	Alberto Cova	ITA	28:01.04	Werner Schildhauer	GDR	28:01.18	Hans Kunze	GDR	28:01.26

Last ten Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Joshua Cheptegei	UGA	26:43.14	Berihu Aregawi	ETH	26:43.44	Grant Fisher	USA	26:43.46
2020	Selemon Barega	ETH	27:43.22	Joshua Cheptegei	UGA	27:43.63	Jacob Kiplimo	UGA	27:43.88
2016	Mo Farah	GBR	27:05.17	Paul Tanui	KEN	27:05.64	Tamirat Tola	ETH	27:06.26
2012	Mo Farah	GBR	27:30.42	Galen Rupp	USA	27:30.90	Tarikuu Bekele	ETH	27:31.43
2008	Kenenisa Bekele	ETH	27:01.17	Sileshi Sihine	ETH	27:02.77	Micah Kogo	KEN	27:04.11

2004	Kenenisa Bekele	ETH	27:05.10	Sileshi Sihine	ETH	27:09.39	Zersenay Tadese	ERI	27:22.57
2000	Haile Gebrselassie	ETH	27:18.20	Paul Tergat	KEN	27:18.29	Assefa Mezgebu	ETH	27:19.75
1996	Haile Gebrselassie	ETH	27:07.34	Paul Tergat	KEN	27:08.17	Salah Hissou	MAR	27:24.67
1992	Khalid Skah	MAR	27:46.70	Richard Chelimo	KEN	27:47.72	Addis Abebe	ETH	28:00.07
1988	Brahim Boutayeb	MAR	27:21.46	Salvatore Antibo	ITA	27:23.55	Kipkemboi Kimeli	KEN	27:25.16
1984	Alberto Cova	ITA	27:47.54	Mike McLeod	GBR	28:06.22	Mike Musyoki	KEN	28:06.46

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

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	26:11.00	Joshua Cheptegei	UGA	1	Valencia	7 Oct 2020
2	2	26:27.85	Paul Tergat	KEN	1	Bruxelles	22 Aug 1997
3	3	26:30.03	Nicholas Kemboi	KEN	2	Bruxelles	5 Sept 2003
4	4	26:33.93	Jacob Kiplimo	UGA	1	Ostrava	19 May 2021
5	5	26:34.14	Mohammed Ahmed	CAN	2	San Juan Capistrano	6 Mar 2022
6	6	26:35.63	Micah Kogo	KEN	1	Bruxelles	25 Aug 2006
7	7	26:36.26	Paul Koech	KEN	2	Bruxelles	22 Aug 1997

Fastest Performances in July

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	26:31.32	Haile Gebrselassie	ETH	1	Olso	4 July 1997
2	2	26:43.82	Biniam Mehary	ETH	1	Eugene	5 July 2025
3	3	26:43.84	Berihu Aregawi	ETH	2	Eugene	5 July 2025
4	4	26:44.13	Selemon Barega	ETH	3	Eugene	5 July 2025

Fastest Performances in GBR

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	26:49.51	Mo Farah	GBR	1	London	4 Aug 2017
2	2	26:49.94	Joshua Cheptegei	UGA	2	London	4 Aug 2017
3	3	26:50.60	Paul Tanui	KEN	3	London	4 Aug 2017

Combined 2025 & 2026 Commonwealth List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	26:46.35	Edwin Kurgat	KEN	4	Eugene	5 July 2025
2	2	26:47.72	Ishmael Kipkurui	KEN	5	Eugene	5 July 2025
3	3	26:50.00	Benson Kiplangat	KEN	6	Eugene	5 July 2025
4		26:50.21	Ishmael Kipkurui		1	San Juan Capistrano	29 Mar 2025
5	4	26:51.27	Adriaan Wildschutt	RSA	3	San Juan Capistrano	29 Mar 2025
6	5	26:56.36	Stanley Waithaka	KEN	7	Eugene	5 July 2025
7	6	26:57.07	Ky Robinson	AUS	2	San Juan Capistrano	28 Mar 2026
8	7	27:00.22	Gulveer Singh	IND	6	San Juan Capistrano	29 Mar 2025

Please send corrections to KKenNakamura@gmail.com