

2026 Commonwealth Games Statistics – Men's 3000mSC (contested from 1962)

By K Ken Nakamura

Summary Page

All time performance list at the Commonwealth Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	8:10.08	Conseslus Kipruto	KEN	1	Gold Coast	2018
2	2	8:10.44	Jonathan Ndiku	KEN	1	Glasgow	2014
3	3	8:10.62	Abraham Kibiwot	KEN	2	Gold Coast	2018
4		8:11.15	Abraham Kibiwot		1	Birmingham	2022
5	4	8:11.20	Avinash Mukund Sable	IND	2	Birmingham	2022
6	5	8:12.24	Amos Kirui	KEN	3	Gold Coast	2018
7	6	8:12.33	Matthew Hughes	CAN	4	Gold Coast	2018
8	7	8:12.68	Jairus Birech	KEN	2	Glasgow	2014
9	8	8:14.72	Johnstone Kipkoech	KEN	1	Victoria	1994
10	9	8:15.25	Gideon Chirchir	KEN	2	Victoria	1994

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	5.67	8:26.54	Henry Rono	KEN	Edmonton	1978
Min	0.03	8:15.34	John Kosgei	KEN	Kuala Lumpur	1998

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	8:10.08	Conseslus Kipruto	KEN	Gold Coast	2018
	8:10.44	Jonathan Ndiku	KEN	Glasgow	2014
	8:11.15	Abraham Kibiwot	KEN	Birmingham	2022
2	8:10.62	Abraham Kibiwott	KEN	Gold Coast	2018
	8:11.20	Avinash Mukund Sable	IND	Birmingham	2022
3	8:12.24	Amos Kirui	KEN	Gold Coast	2018
	8:16.83	Amos Serem	KEN	Birmingham	2022
4	8:12.33	Matthew Hughes	CAN	Gold Coast	2018
	8:21.88	Matt Hughes	CAN	Glasgow	2014
5	8:19.89	Albert Chemutai	UGA	Gold Coast	2018
	8:24.98	James Wilkinson	ENG	Glasgow	2014
6	8:29.83	Chris Winter	CAN	Glasgow	2014

Multiple Medalists:

Abraham Kibiwot (KEN): 2018 Silver, 2022 Gold
 Ezekiel Kemboi (KEN): 2002 Silver; 2006 Gold; 2010 Silver, 2014 Bronze
 Graeme Fell (CAN): 1982 Silver; 1986 Gold; 1994 Bronze
 Ben Jipcho (KEN): 1970 Silver; 1974 Gold
 George Bailey (ENG): 1930 Gold; 1934 Bronze

Last ten Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Abraham Kibiwot	KEN	8:11.15	Avinash M Sable	IND	8:11.20	Amos Serem	KEN	8:16.83
2018	Conseslus Kipruto	KEN	8:10.08	Abraham Kibiwott	KEN	8:10.62	Amos Kirui	KEN	8:12.24
2014	Jonathan Ndiku	KEN	8:10.44	Jairus Birech	KEN	8:12.68	Ezekiel Kemboi	KEN	8:19.73
2010	Richard Mateelong	KEN	8:16.39	Ezekiel Kemboi	KEN	8:18.47	Brimin Kipruto	KEN	8:19.65
2006	Ezekiel Kemboi	KEN	8:18.17	Wesley Kiprotich	KEN	8:19.38	Reuben Kosgei	KEN	8:19.82
2002	Stephen Cherono	KEN	8:19.41	Ezekiel Kemboi	KEN	8:19.78	Abraham Cherono	KEN	8:19.85
1998	John Kosgei	KEN	8:15.34	Bernard Barmasai	KEN	8:15.37	Kipkurui Misoi	KEN	8:18.24
1994	Johnstone Kipkoech	KEN	8:14.72	Gideon Chirchir	KEN	8:15.25	Graeme Fell	CAN	8:23.28
1990	Julius Kariuki	KEN	8:20.64	Joshua Kipkemboi	KEN	8:24.26	Colin Walker	ENG	8:26.50
1986	Graeme Fell	CAN	8:24.49	Roger Hackney	WAL	8:25.15	Colin Reitz	ENG	8:26.14

All time performance list at the Commonwealth Games

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1	1	8:10.08	Conseslus Kipruto	KEN	1	Gold Coast	2018
2	2	8:10.44	Jonathan Ndiku	KEN	1	Glasgow	2014
3	3	8:10.62	Abraham Kibiwot	KEN	2	Gold Coast	2018
4		8:11.15	Abraham Kibiwot		1	Birmingham	2022
5	4	8:11.20	Avinash Mukund Sable	IND	2	Birmingham	2022
6	5	8:12.24	Amos Kirui	KEN	3	Gold Coast	2018
7	6	8:12.33	Matthew Hughes	CAN	4	Gold Coast	2018
8	7	8:12.68	Jairus Birech	KEN	2	Glasgow	2014
9	8	8:14.72	Johnstone Kipkoech	KEN	1	Victoria	1994
10	9	8:15.25	Gideon Chirchir	KEN	2	Victoria	1994
11	10	8:15.34	John Kosgei	KEN	1	Kuala Lumpur	1998
12	11	8:15.37	Bernard Barmasai	KEN	2	Kuala Lumpur	1998
13	12	8:16.39	Richard Mateelong	KEN	1	Delhi	2010
14	13	8:16.47	Ezekiel Kemboi	KEN	2	Delhi	2010
15	14	8:16.83	Amos Serem	KEN	3	Birmingham	2022
16		8:18.17	Ezekiel Kemboi		1	Melbourne	2006
17	15	8:18.24	Kipkirui Miso	KEN	3	Kuala Lumpur	1998
18	16	8:19.38	Wesley Kiprotich	KEN	2	Melbourne	2006
19	17	8:19.41	Stephen Cherono	KEN	1	Manchester	2002
20	18	8:19.65	Brimin Kipruto	KEN	3	Delhi	2010
21		8:19.73	Ezekiel Kemboi		3	Glasgow	2014
22		8:19.78	Ezekiel Kemboi		2	Manchester	2002
23	19	8:19.82	Reuben Kosgei	KEN	3	Melbourne	2006
24	20	8:19.85	Abraham Cherono	KEN	3	Manchester	2002
25	21	8:19.89	Albert Chemutai	UGA	5	Gold Coast	2018
26	22	8:20.64	Julius Kariuki	KEN	1	Auckland	1990
27	23	8:20.67	Ben Jipcho	KEN	1	Christchurch	1974
28	24	8:21.88	Matt Hughes	CAN	4	Glasgow	2014
29	25	8:23.28	Graeme Fell	CAN	3	Victoria	1994
30	26	8:23.94	Julius Korir	KEN	1	Brisbane	1982
31	27	8:24.15	Benjamin Kiplagat	UGA	4	Delhi	2010
32	28	8:24.26	Joshua Kipkemboi	KEN	2	Auckland	1990
33		8:24.49	Graeme Fell	CAN	1	Edinburgh	1986
34	29	8:24.8	John Davies	WAL	2	Christchurch	1974
35	30	8:24.98	James Wilkinson	ENG	5	Glasgow	2014
36	31	8:25.15	Roger Hackney	WAL	2	Edinburgh	1986
37	32	8:26.14	Colin Reitz	ENG	3	Edinburgh	1986
38	33	8:26.2	Tony Manning	AUS	1	Edinburgh	1970
39	34	8:26.25	Henry Rono	KEN	1h2	Edmonton	1978
40	35	8:26.45	Stuart Stokes	ENG	4	Manchester	2002
41	36	8:26.50	Colin Walker	ENG	3	Auckland	1990
42		8:26.54	Henry Rono		1	Edmonton	1978
43		8:26.64	Graeme Fell	ENG	2	Brisbane	1982
44	37	8:27.12	Peter Renner	NZL	4	Edinburgh	1986
45		8:27.64	Graeme Fell		4	Auckland	1990
46		8:27.78	Colin Walker		4	Victoria	1994
47	38	8:28.51	Evans Mogaka	KEN	3	Christchurch	1974
48	39	8:28.98	Martin Dent	AUS	4	Melbourne	2006
48	40	8:29.14	Greg Duhaime	CAN	3	Brisbane	1982
50	41	8:29.44	Peter Welsh	NZL	1	Kingston	1966
51		8:29.6	Ben Jipcho	KEN	2	Edinburgh	1970

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	5.67	8:26.54	Henry Rono	KEN	Edmonton	1978
Min	0.03	8:15.34	John Kosgei	KEN	Kuala Lumpur	1998

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

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	16.26	8:18.24	Kipkurui Misoi	KEN	Kuala Lumpur	1998
Min	0.09	8:12.24	Amos Kirui	KEN	Gold Coast	2018
	0.38	8:32.81	Ben Kogo	KEN	Kingston	1966

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	8:10.08	Conseslus Kipruto	KEN	Gold Coast	2018
	8:10.44	Jonathan Ndiku	KEN	Glasgow	2014
	8:11.15	Abraham Kibiwot	KEN	Birmingham	2022
	8:14.72	Johnstone Kipkoech	KEN	Victoria	1994
2	8:10.62	Abraham Kibiwott	KEN	Gold Coast	2018
	8:11.20	Avinash Mukund Sable	IND	Birmingham	2022
	8:12.68	Jairus Birech	KEN	Glasgow	2014
	8:15.25	Gideon Chirchir	KEN	Victoria	1994
3	8:12.24	Amos Kirui	KEN	Gold Coast	2018
	8:16.83	Amos Serem	KEN	Birmingham	2022
	8:18.24	Kipkirui Misoi	KEN	Kuala Lumpur	1998
4	8:12.33	Matthew Hughes	CAN	Gold Coast	2018
	8:21.88	Matt Hughes	CAN	Glasgow	2014
	8:24.15	Benjamin Kiplagat	UGA	Delhi	2010
	8:26.45	Stuart Stokes	ENG	Manchester	2002
5	8:19.89	Albert Chemutai	UGA	Gold Coast	2018
	8:24.98	James Wilkinson	ENG	Glasgow	2014
	8:29.84	Tom Buckner	ENG	Victoria	1994
6	8:29.83	Chris Winter	CAN	Glasgow	2014
	8:30.59	Peter Nowill	AUS	Melbourne	2006
7	8:32.20	Justin Chaston	WAL	Victoria	1994
8	8:35.31	Paul Chemase	KEN	Victoria	1994

Fastest time in each round

Round	Time	Name	Nat	Venue	Year
Final	8:10.08	Conseslus Kipruto	KEN	Gold Coast	2018
	8:10.44	Jonathan Ndiku	KEN	Glasgow	2014
	8:10.62	Abraham Kibiwott	KEN	Gold Coast	2018
	8:11.15	Abraham Kibiwot	KEN	Birmingham	2022
	8:12.24	Amos Kirui	KEN	Gold Coast	2018
	8:12.33	Matthew Hughes	CAN	Gold Coast	2018
	8:12.68	Jairus Birech	KEN	Glasgow	2014
First round	8:26.25	Henry Rono	KEN	Edmonton	1978

Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
8:59.6	6h1	Chris Perry	ENG	Edinburgh	1970

Multiple Gold Medalists: None**Multiple Medalists:**

Abraham Kibiwot (KEN) 2018 Silver, 2022 Gold
 Ezekiel Kemboi (KEN): 2002 Silver; 2006 Gold; 2010 Silver, 2014 Bronze
 Graeme Fell (CAN): 1982 Silver; 1986 Gold; 1994 Bronze

Ben Jipcho (KEN): 1970 Silver; 1974 Gold
George Bailey (ENG): 1930 Gold; 1934 Bronze

Medals by Countries (2 Miles SC in 1930 & 1934) medal count in {}:

Nation	Gold	Silver	Bronze
KEN	12	10	11
AUS	2	1 {1}	1
CAN	1		2
NZL	1		
ENG	{2}	2 {1}	2 {2}
WAL		2	
IND		1	

Multiple Medals by athletes from a single nation (2 Mile SC in 1930 & 1934)

Nation	Year	Gold	Silver	Bronze
ENG	1930	George Bailey		Vernon Morgan
ENG	1934	Stanley Scarsbrook	Tom Evenson	Goerge Bailey
AUS	1962	Trevor Vincent		Ron Blackney
KEN	1970		Ben Jipcho	Amos Biwott
KEN	1974	Ben Jipcho		Evans Mogaka
KEN	1978	Henry Rono	James Munyala	Kip Rono
KEN	1990	Julius Kariuki	Joshua Kipkemboi	
KEN	1994	Johnston Kipkoech	Gideon Chirchir	
KEN	1998	John Kosgei	Bernard Barmasai	Kipkurui Misoi
KEN	2002	Stephen Cherono	Ezekiel Kemboi	Abraham Cherono
KEN	2006	Ezekiel Kemboi	Wesley Kiprotich	Reuben Kosgei
KEN	2010	Richard Mateelong	Ezekiel Kemboi	Brimin Kipruto
KEN	2014	Jonathan Ndiku	Jairus Birech	Ezekiel Kemboi
KEN	2018	Consesus Kipruto	Abraham Kibiwott	Amos Kirui
KEN	2022	Abraham Kibiwot	Avinash Mukund Sable	Amos Serem

Man & Woman from the same team winning the corresponding event

Nation	Men	Women	Venue	Year
KEN	Abraham Kibiwott	Jackline Chepkoech	Birmingham	2022
KEN	Jonathan Ndiku	Purity Kirui	Glasgow	2014
KEN	Richard Mateelong	Milcah Chemos Cheywa	Dehli	2010

3000mSC – 5000m (3 miles before 1970) double medalist in the same Championships

Name	Nation	3000mSC	5000m	Venue	Year
Alex Hillhouse	AUS	Silver	Silver	Hamilton	1930
Ben Jipcho	KEN	Gold	Gold	Christchurch	1974
Henry Rono	KEN	Gold	Gold	Edmonton	1978

World Champion with Commonwealth Games gold medal

Name	Nat	World Championships	Commonwealth Games
Consesus Kipruto	KEN	2017	2018
Ezekiel Kemboi	KEN	2009, 2011	2006
Stephen Cherono (Shaheen)	KEN	2003, 2005	2002

Olympic Champion with Commonwealth Games Gold medal

Name	Nat	Olympics	Commonwealth Games
Consesus Kipruto	KEN	2016	2018
Ezekiel Kemboi	KEN	2004	2006
Julius Kariuki	KEN	1988	1990
Julius Korir	KEN	1984	1982

Last ten Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Abraham Kibiwot	KEN	8:11.15	Avinash M Sable	IND	8:11.20	Amos Serem	KEN	8:16.83
2018	Conseslus Kipruto	KEN	8:10.08	Abraham Kibiwott	KEN	8:10.62	Amos Kirui	KEN	8:12.24
2014	Jonathan Ndiku	KEN	8:10.44	Jairus Birech	KEN	8:12.68	Ezekiel Kemboi	KEN	8:19.73
2010	Richard Mateelong	KEN	8:16.39	Ezekiel Kemboi	KEN	8:18.47	Brimin Kipruto	KEN	8:19.65
2006	Ezekiel Kemboi	KEN	8:18.17	Wesley Kiprotich	KEN	8:19.38	Reuben Kosgei	KEN	8:19.82
2002	Stephen Cherono	KEN	8:19.41	Ezekiel Kemboi	KEN	8:19.78	Abraham Cherono	KEN	8:19.85
1998	John Kosgei	KEN	8:15.34	Bernard Barmasai	KEN	8:15.37	Kipkurui Misoi	KEN	8:18.24
1994	Johnstone Kipkoech	KEN	8:14.72	Gideon Chirchir	KEN	8:15.25	Graeme Fell	CAN	8:23.28
1990	Julius Kariuki	KEN	8:20.64	Joshua Kipkemboi	KEN	8:24.26	Colin Walker	ENG	8:26.50
1986	Graeme Fell	CAN	8:24.49	Roger Hackney	WAL	8:25.15	Colin Reitz	ENG	8:26.14

Last eleven World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Geordie Beamish	NZL	8:33.88	Soufian El Bakkali	MAR	8:33.95	Edmund Serem	KEN	8:34.56
2023	Soufiane El Bakkali	MA	8:03.53	Lamecha Girma	ETH	8:05.44	Abraham Kibiwott	KEN	8:11.98
2022	Soufiane El Bakkali	MA	8:25.13	Lamecha Girma	ETH	8:26.01	Conseslus Kipruto	KEN	8:27.92
2019	Conseslus Kipruto	KEN	8:01.35	Lamecha Girma	ETH	8:01.36	Soufiane El Bakkali	MA	8:03.76
2017	Conseslus Kipruto	KEN	8:14.12	Soufiane El Bakkali	MAR	8:14.49	Evan Jager	USA	8:15.53
2015	Ezejeuk Kemboi	KEN	8:11.28	Conseslus Kipruto	KEN	8:12.38	Brimin Kipruto	KEN	8:12.54
2013	Ezekiel Kemboi	KEN	8:06.01	Conseslus Kipruto	KEN	8:06.37	Mahiedine Mekhissi	FRA	8:07.86
2011	Ezekiel Kemboi	KEN	8:14.85	Brimin Kipruto	KEN	8:16.05	Mahiedine Mekhissi	FRA	8:16.05
2009	Ezekiel Kemboi	KEN	8:00.43	Richard Mateelong	KEN	8:00.89	Bouabdellah Tahri	FRA	8:01.18
2007	Brimin Kipruto	KEN	8:13.82	Ezekiel Kemboi	KEN	8:16.94	Richard Mateelong	KEN	8:17.59
2005	Saif Saaeed Shaheen	QAT	8:13.31	Ezekiel Kemboi	KEN	8:14.95	Brimin Kipruto	KEN	8:15.30
2003	Saif Saaeed Shahan	QAT	8:04.39	Ezekiel Kemboi	KEN	8:05.11	Eliseo Martin	ESP	8:09.09
2001	Reuben Kosgei	KEN	8:15.16	Ali Ezzine	MAR	8:16.21	Bernard Barmasai	KEN	8:16.59

Last nine Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Soufiane E Bakkali	MAR	8:06.05	Kenneth Rooks	USA	8:06.41	Abraham Kibiwott	KEN	8:06.47
2020	Soufiane El Bakkali	MAR	8:08.90	Lamecha Girma	ETH	8:10.38	Benjamin Kigen	KE	8:11.45
2016	Conseslus Kipruto	KEN	8:03.28	Evan Jager	USA	8:04.28	M Mekhissi-Benabbad	FRA	8:11.52
2012	Ezekiel Kemboi	KEN	8:18.56	Mahiedine Mekhissi-Benabbad	FRA		Abel Mutai	KEN	8:19.73
2008	Brimin Kipruto	KEN	8:10.34	Mahiedine Mekhissi-Benabbad	FRA	8:10.49	Richard Mateelong	KEN	8:11.01
2004	Ezekiel Kemboi	KEN	8:05.81	Brimin Kipruto	KEN	8:06.11	Paul Kipsiele Koech	KEN	8:06.64
2000	Reuben Kosgei	KEN	8:21.43	Wilson Boit Kipketer	KEN	8:21.77	Ali Ezzine	MAR	8:22.15
1996	Joseph Keter	KEN	8:07.12	Moses Kiptanui	KEN	8:08.33	A Lambruschini	ITA	8:11.28
1992	Matthew Birir	KEN	8:08.84	Patrick Sang	KEN	8:09.55	William Mutwol	KEN	8:10.74
1988	Julius Kariuki	KEN	8:05.51	Peter Koech	KEN	8:06.79	Mark Rowland	GBR	8:07.96

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

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:53.64	Brimin Kipruto	KEN	1	Monaco	22 July 2011
2	2	7:54.31	Paul Kipsiele Koech	KEN	1	Roma	31 May 2012
3	3	7:55.72	Bernard Barmasai	KEN	1	Köln	24 Aug 1997
4	4	7:55.76	Ezekiel Kemboi	KEN	2	Monaco	22 July 2011
5	5	7:56.16	Moses Kiptanui	KEN	2	Köln	24 Aug 1997
6		7:56.37	Paul Kipsiele Koech		2	Roma	8 July 2005

Fastest Performances in July

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:53.64	Brimin Kipruto	KEN	1	Monaco	22 July 2011
2	2	7:55.76	Ezekiel Kemboi	KEN	2	Monaco	22 July 2011

3	3	7:56.32	Saif Saeed Shaheen	QAT	1	Athina	3 July 2006
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Fastest Performances in GBR

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	8:00.12	Conseslus Kipruto	KEN	1	Birmingham	5 June 2016
2	2	8:06.86	Brimin Kipruto	KEN	1	London	27 July 2013
3	3	8:06.96	Gilbert Kirui	KEN	2	London	27 July 2013

Combined 2025 & 2026 Commonwealth List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:59.44	Simon Koech	KEN	3	Rabat	31 May 2026
2	2	8:01.61	Edmund Serem	KEN	4	Rabat	31 May 2026
3		8:03.35	Simon Koech		1	Monaco	10 July 2026
4		8:04.00	Edmund Serem		3	Monaco	11 July 2025
5		8:07.12	Simon Koech		3	Xiamen	26 Apr 2025
6		8:07.47	Edmund Serem		3	Rabat	25 May 2025
7	3	8:08.10	Geoffrey Kirwa	KEN	1	Azusa	16 Apr 2026
8		8:08.50	Edmund Serem		4	Xiamen	26 Apr 2025
9		8:08.54	Edmund Serem		3	Paris	28 June 2026
10		8:08.68	Edmund Serem		2	Shaoxing	3 May 2025
11		8:09.05	Simon Koech		3	Shaoxing	3 May 2025
12		8:09.96	Edmund Serem		2	Zurich	28 Aug 2025
13	4	8:10.13	Abraham Kibiwott	KEN	7	Xiamen	26 Apr 2025

Please send corrections to KKenNakamura@gmail.com