

2026 Commonwealth Games Statistics—Men's 5000m (3 mi before 1970) by K Ken Nakamura

Summary Page

All time performance list at the Commonwealth Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	12:56.41	Augustine Choge	KEN	1	Melbourne	2006
2	2	12:58.19	Craig Mottram	AUS	2	Melbourne	2006
3	3	13:05.30	Benjamin Limo	KEN	3	Melbourne	2006
4	4	13:05.89	Joseph Ebuya	KEN	4	Melbourne	2006
5	5	13:08.08	Jacob Kiplimo	UGA	1	Birmingham	2022
6	6	13:08.19	Nicholas Kipkorir Kimeli	KEN	2	Birmingham	2022
7	7	13:08.48	Jacob Krop	KEN	3	Birmingham	2022
8	8	13:12.07	Caleb Mwangangi Ndiku	KEN	1	Glasgow	2014
9	9	13:12.76	Fabian Joseph	TAN	5	Melbourne	2006
10	10	13:13.51	Sammy Kipketer	KEN	1	Manchester	2002
11		13:13.57	Benjamin Limo		2	Manchester	2002
12	11	13:14.06	Isiah Koech	KEN	2	Glasgow	2014
13	12	13:14.3	Ben Jipcho	KEN	1	Christchurch	1974
14	13	13:14.6	Brendan Foster	GBR	2	Christchurch	1974

Margin of Victory ('y' refers to 3Mile time (before 1970))

	Difference	Winning Time	Name	Nat	Venue	Year
Max	6.88	13:23.04	Henry Rono	KEN	Edmonton	1978
	9.41y	13:14.96y	Murray Halberg	NZL	Cardiff	1958
Min	0.06	13:13.51	Sammy Kipketer	KEN	Manchester	2002
	0.07	13:31.25	Moses Kipsiro	UGA	Delhi	2010

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	12:56.41	Augustine Choge	KEN	Melbourne	2006
2	12:58.19	Craig Mottram	AUS	Melbourne	2006
	13:13.57	Benjamin Limo	KEN	Manchester	2002
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4	13:05.89	Joseph Ebuya	KEN	Melbourne	2006
5	13:12.76	Fabian Joseph	TAN	Melbourne	2006
6	13:21.71	George Beamish	NZL	Birmingham	2022

Multiple Gold Medalists:

Murray Halberg (NZL): 1958, 1962

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Jacob Kiplimo	UGA	13:08.08	Nicholas Kipkorir	KEN	13:08.19	Jacob Krop	KEN	13:08.48
2018	Joshua Cheptegei	UGA	13:50.83	Mohammed Ahmed	CAN	13:52.78	Edward Zakayo	KEN	13:54.06
2014	Caleb Ndiku	KEN	13:12.07	Isiah Koech	KEN	13:14.06	Zan Robertson	NZL	13:16.52
2010	Moses Kipsiro	UGA	13:31.25	Eliud Kipchoge	KEN	13:31.32	Mark Kiptoo	KEN	13:32.58
2006	Augustine Choge	KEN	12:56.41	Craig Mottram	AUS	12:58.19	Benjamin Limo	KEN	13:05.30
2002	Sammy Kipketer	KEN	13:13.51	Benjamin Limo	KEN	13:13.57	William Kirui	KEN	13:18.02
1998	Daniel Komen	KEN	13:22.57	Tom Nyariki	KEN	13:28.09	Richard Limo	KEN	13:37.42
1994	Rob Denmark	ENG	13:23.00	Phillimon Hanneck	ZIM	13:23.20	John Nuttall	ENG	13:23.54
1990	Andrew Lloyd	AUS	13:24.86	John Ngugi	KEN	13:24.94	Ian Hamer	WAL	13:25.63
1986	Steve Ovett	ENG	13:24.11	Jack Buckner	ENG	13:25.87	Tim Hutchings	ENG	13:26.84

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11		13:13.57	Benjamin Limo		2	Manchester	2002
12	11	13:14.06	Isiah Koech	KEN	2	Glasgow	2014
13	12	13:14.3	Ben Jipcho	KEN	1	Christchurch	1974
14	13	13:14.6	Brendan Foster	GBR	2	Christchurch	1974
15	14	13:16.52	Zane Robertson	NZL	3	Glasgow	2014
16	15	13:17.49	Joseph Kiplimo Kitur	KEN	4	Glasgow	2014
17	16	13:18.02	Willy Kiptoo Kirui	KEN	3	Manchester	2002
18	17	13:18.88	Mohammed Ahmed	CAN	5	Glasgow	2014
19	18	13:19.43	John Mayock	ENG	4	Manchester	2002
20	19	13:19.45	Sam Haughian	ENG	5	Manchester	2002
21	20	13:19.64	Marc Scott	ENG	4	Birmingham	2022
22	21	13:20.20	Yves Nimubona	RWA	5	Birmingham	2022
23	22	13:21.71	George Beamish	NZL	6	Birmingham	2022
24	23	13:22.10	Patrick Dever	ENG	7	Birmingham	2022
25	24	13:22.32	Andy Vernon	ENG	6	Glasgow	2014
26	25	13:22.57	Daniel Komen	KEN	1	Kuala Lumpur	1998
27	26	13:22.85	Ian Stewart	SCO	1	Edinburgh	1970
27	27	13:23.00	Rob Denmark	ENG	1	Victoria	1994
29	28	13:23.04	Henry Rono	KEN	1	Edmonton	1978
30	29	13:23.20	Phillimon Hanneck	ZIM	2	Victoria	1994
31	30	13:23.34	Ian McCafferty	SCO	2	Edinburgh	1970
32	31	13:23.52	Dave Black	ENG	3	Christchurch	1974
33	32	13:23.54	John Nuttall	ENG	3	Victoria	1994
34	33	13:23.96	Jon Brown	ENG	4	Victoria	1994
34	33	13:23.96	Thomas Farrell	ENG	7	Glasgow	2014
36	35	13:24.03	Damian Chopa	TAN	6	Melbourne	2006
37	36	13:24.07	Philip Mosima	KEN	5	Victoria	1994
38	37	13:24.11	Steve Ovet	ENG	1	Edinburgh	1986
39	38	13:24.86	Andrew Lloyd	AUS	1	Auckland	1990
40	39	13:24.90	Jack Rayner	AUS	8	Birmingham	2022
41	40	13:24.94	John Ngugi	KEN	2	Auckland	1990
42	41	13:25.06	Moses Kipsiro	UGA	7	Melbourne	2006
43		13:25.21	Craig Mottram		6	Manchester	2002
44	42	13:25.63	Ian Hamer	WAL	3	Auckland	1990
45	43	13:25.87	Jack Buckner	ENG	2	Edinburgh	1986
46	44	13:26.28	Sean Kaley	CAN	7	Manchester	2002
47	45	13:26.43	Dickson Marwa	TAN	8	Melbourne	2006
48	46	13:26.79	Kerry Rodger	NZL	4	Auckland	1990
49	47	13:26.84	Tim Hutchings	ENG	3	Edinburgh	1986
50	48	13:27.6	Kip Keino	KEN	3	Edinburgh	1970
51	49	13:28.09	Tom Nyariki	KEN	2	Kuala Lumpur	1998
52		13:28.23	Moses Kipsiro		8	Glasgow	2014
53	50	13:28.31	Moses Tanui	KEN	5	Auckland	1990
54	51	13:28.51	Paul Williams	CAN	4	Edinburgh	1986

Margin of Victory ('y' refers to 3Mile time (before 1970))

	Difference	Winning Time	Name	Nat	Venue	Year
Max	6.88	13:23.04	Henry Rono	KEN	Edmonton	1978
	9.41y	13:14.96y	Murray Halberg	NZL	Cardiff	1958
Min	0.06	13:13.51	Sammy Kipketer	KEN	Manchester	2002
	0.07	13:31.25	Moses Kipsiro	UGA	Delhi	2010

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

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	11.16	13:08.48	Jacob Krop	KEN	Birmingham	2022
	4.44	13:32.58	Mark Kiptoo	KEN	New Delhi	2010
	6.4y	13:37.4y	Frank Sando	ENG	Vancouver	1954
Min	0.42	13:23.54	John Nuttall	ENG	Victoria	1994

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	12:56.41	Augustine Choge	KEN	Melbourne	2006
2	12:58.19	Craig Mottram	AUS	Melbourne	2006
	13:13.57	Benjamin Limo	KEN	Manchester	2002
3	13:05.30	Ben Limo	KEN	Melbourne	2006
4	13:05.89	Joseph Ebuya	KEN	Melbourne	2006
5	13:12.76	Fabian Joseph	TAN	Melbourne	2006
6	13:21.71	George Beamish	NZL	Birmingham	2022
	13:22.32	Andy Vernon	ENG	Glasgow	2014
	13:24.03	Damian Chopra	TAN	Melbourne	2006
7	13:22.10	Patrick Dever	ENG	Birmingham	2022
	13:23.96	Thomas Farrell	ENG	Glasgow	2014
	13:25.06	Moses Kipsiro	UGA	Melbourne	2006
8	13:24.90	Jack Rayner	AUS	Birmingham	2022
	13:26.43	Dickson Marwa	TAN	Melbourne	2006

Fastest time in each round

Round	Time	Name	Nat	Venue	Year
Final	12:56.41	Augustine Choge	KEN	Melbourne	2006
First round	13:29.37	Philip Mosima	KEN	Victoria	1994

Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
14:01.96	8h2	Phil Clode	NZL	Auckland	1990

Multiple Gold Medalists:

Murray Halberg (NZL): 1958, 1962

Multiple Medalists:

Benjamin Limo (KEN): 2002 Silver; 2006 Bronze

Brendan Foster (ENG): 1974 Silver; 1978 Bronze

Kip Keino (KEN): 1966 Gold; 1970 Bronze

Ron Clarke (AUS): 1962 Silver; 1966 Silver

Murray Halberg (NZL): 1958 Gold; 1962 Gold

Medals by Countries (3 mile (until 1966) medal count in {}):

Nation	Gold	Silver	Bronze
KEN	6 {1}	7	8
ENG	3 {4}	3 {3}	4 {5}
UGA	3		
AUS	1	1 {4}	
SCO	1	1	
ZIM		1	
WAL			1
NZL	{3}	{1}	1 {1}
CAN		1	{2}

Multiple Medals by athletes from a single nation (3 mile from 1930 to 1966)

Nation	Year	Gold	Silver	Bronze
KEN	2022		Nicholas Kipkorir Kimeli	Jacob Krop
KEN	2014	Caleb Ndiku	Isiah Koech	
KEN	2010		Eliud Kipchoge	Mark Kiptoo
KEN	2006	Augustine Choge		Benjamin Limo
KEN	2002	Sammy Kipketer	Benjamin Limo	Willy Kiptoo Kirui
KEN	1998	Daniel Komen	Tom Nyariki	Richard Limo
ENG	1994	Rob Denmark		John Nutall
ENG	1986	Steve Ovett	Jack Buckner	Tim Hutchings
ENG	1982	Dave Moorcroft	Nick Rose	
KEN	1978	Henry Rono	Mike Musyoki	
ENG	1974		Brendan Foster	Dave Black
SCO	1970	Ian Stewart	Ian McCafferty	
NZL	1958	Murray Halberg		Neville Scott
ENG	1954	Chris Chataway	Frederick Green	Frank Sando
ENG	1950	Len Eyre		Tony Chivers
ENG	1934	Walter Beavers	Cyril Allen	Alec Burns
ENG	1930	Stan Tomlin		Jack Winfried

1500m – 5000m (1-3mile before 1970) double medalist in the same Championships

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

Name	Nation	1500m	5000m	Venue	Year
Ben Jipcho	KEN	Bronze	Gold	Christchurch	1974
Kip Keino	KEN	Gold	Bronze	Edinburgh	1970
Kip Keino #	KEN	Gold	Gold	Kingston	1966
Albie Thomas	AUS	Bronze	Silver	Cardiff	1958
Len Eyre	ENG	Silver	Gold	Auckland	1950

1500m–5000m (1-3 Mile) double medalist in the different championships

Name	Nat	1500m	Venue	Year	5000m	Venue	Year
Brendan Foster	ENG	Bronze	Edinburgh	1970	Silver	Christchurch	1974
					Bronze	Edmonton	1978

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 Cheptegei #	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

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

Average from last ten Commonwealth Games

	Average	2022	2018	2014	2010	2006	2002	1998	1994	1990	1986
Winning Time	13:20.7	13:08.08	13:50.83	13:12.07	13:31.25	12:56.41	13:13.51	13:22.57	13:23.00	13:24.86	13:24.11
Winning Medal (3 rd)	13:24.8	13:08.48	13:54.06	13:16.52	13:32.58	13:05.30	13:18.02	13:37.42	13:23.54	13:25.63	13:26.84
Missing Medal (4 th)	13:27.4	13:19.64	13:54.78	13:17.49	13:37.02	13:05.89	13:19.43	13:40.24	13:23.96	13:26.79	13:28.51

Man & Woman from the same team winning the corresponding event

Nation	Men	Women	Venue	Year
KEN	Caleb Ndiku	Mercy Cherono	Glasgow	2014
KEN	Augustine Choge	Isabella Ochichi	Melbourne	2006

World Champion with Commonwealth Games gold medal

Name	Nat	World Championships	Commonwealth Games
Daniel Komen	KEN	1997	1998

Olympic Champion with Commonwealth Games Gold medal

Name	Nat	Olympics	Commonwealth Games
Joshua Cheptegei	UGA	2020 (2021)	2018
Murray Halberg	NZL	1960	1958, 1962

Last nine Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Jacob Kiplimo	UGA	13:08.08	Nicholas Kipkorir	KEN	13:08.19	Jacob Krop	KEN	13:08.48

2018	Joshua Cheptegei	UGA	13:50.83	Mohammed Ahmed	CAN	13:52.78	Edward Zakayo	KEN	13:54.06
2014	Caleb Ndiku	KEN	13:12.07	Isiah Koech	KEN	13:14.06	Zan Robertson	NZL	13:16.52
2010	Moses Kipsiro	UGA	13:31.25	Eliud Kipchoge	KEN	13:31.32	Mark Kiptoo	KEN	13:32.58
2006	Augustine Choge	KEN	12:56.41	Craig Mottram	AUS	12:58.19	Benjamin Limo	KEN	13:05.30
2002	Sammy Kipketer	KEN	13:13.51	Benjamin Limo	KEN	13:13.57	William Kirui	KEN	13:18.02
1998	Daniel Komen	KEN	13:22.57	Tom Nyariki	KEN	13:28.09	Richard Limo	KEN	13:37.42
1994	Rob Denmark	ENG	13:23.00	Phillimon Hanneck	ZIM	13:23.20	John Nuttall	ENG	13:23.54
1990	Andrew Lloyd	AUS	13:24.86	John Ngugi	KEN	13:24.94	Ian Hamer	WAL	13:25.63
1986	Steve Ovett	ENG	13:24.11	Jack Buckner	ENG	13:25.87	Tim Hutchings	ENG	13:26.84

Last thirteen World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Cole Hocker	USA	12:58.30	Isaac Kimeli	BEL	12:58.78	Jimmy Gressier	FRA	12:59.33
2023	Jakob Ingebrigtsen	NO	13:11.30	Mohamed Kedir	ESP	13:11.44	Jacob Krop	KEN	13:12.28
2022	Jakob Ingebrigtsen	NO	13:09.24	Jacob Kiplimo	KEN	13:09.98	Oscar Chelimo	UG	13:10.20
2019	Muktar Edris	ETH	12:58.85	Selemon Barega	ETH	12:59.70	Mohammed Ahmed	CA	13:01.11
2017	Muktar Edris	ETH	13:32.79	Mo Farah	GBR	13:33.22	Paul Chelimo	USA	13:33.30
2015	Mo Farah	GB	13:50.38	Caleb Ndiku	KEN	13:51.75	Hagos Gebrihiwet	ETH	13:51.86
2013	Mo Farah	GBR	13:26.98	Hagos Gebrihiwet	ETH	13:27.26	Isiah Koech	KEN	13:27.26
2011	Mo Farah	GBR	13:23.36	Bernard Lagat	USA	13:23.64	Dejene Gebremeskel	ETH	13:23.92
2009	Kenenisa Bekele	ETH	13:17.09	Bernard Lagat	USA	13:17.33	James Kwalia C'Kurui	QAT	13:17.78
2007	Bernard Lagat	USA	13:45.87	Eliud Kipchoge	KEN	13:46.00	Moses Kipsiro	UGA	13:46.75
2005	Benjamin Limo	KEN	13:32.55	Sileshi Sihine	ETH	13:32.81	Craig Mottram	AUS	13:32.96
2003	Eliud Kipchoge	KEN	12:52.79	Hicham El Guerrouj	MAR	12:52.83	Kenenisa Bekele	ETH	13:53.12
2001	Richard Limo	KEN	13:00.77	Million Wolde	ETH	13:03.47	John Kibowen	KEN	13:05.20

Last ten Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Jakob Ingebrigtsen	NO	13:13.66	Ronald Kwemoi	KEN	13:15.04	Grant Fisher	USA	13:15.13
2020	Joshua Cheptegei	UG	12:58.15	Mo Ahmed	CA	12:58.61	Paul Chelimo	USA	12:59.05
2016	Mo Farah	GB	13:03.30	Paul Chelimo	USA	13:03.90	Hagos Gebrihiwet	ETH	13:04.35
2012	Mo Farah	GBR	13:41.66	Dejen Gebremeskel	ETH	13:41.98	Thomas Longosiwa	KEN	13:42.36
2008	Kenenisa Bekele	ETH	12:57.82	Eliud Kipchoge	KEN	13:02.80	Edwin Soi	KEN	13:06.22
2004	Hicham El Guerrouj	MAR	13:14.39	Kenenisa Bekele	ETH	13:14.59	Eliud Kipchoge	KEN	13:15.10
2000	Million Wolde	ETH	13:35.49	Ali Saidi Sief	ALG	13:36.20	Brahim Lahlafi	MAR	13:36.47
1996	Venuste Niyongabo	BDI	13:07.96	Paul Bitok	KEN	13:08.16	Khalid Boulami	MAR	13:08.37
1992	Dieter Baumann	GER	13:12.52	Paul Bitok	KEN	13:12.71	Fita Bayissa	ETH	13:13.03
1988	John Ngugi	KEN	13:11.70	Dieter Baumann	FRG	13:15.52	Hansjorg Kunze	GDR	13:15.73
1984	Said Aouita	MAR	13:05.59	Markus Ryffel	SUI	13:07.54	Antonio Leitao	POR	13:09.20

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

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	12:35.36	Joshua Cheptegei	UGA	1	Monaco	14 Aug 2020
2	2	12:39.74	Daniel Komen	KEN	1	Bruxelles	22 Aug 1997
3	3	12:40.96	Jacob Kiplimo	UGA	1	Oslo	30 May 2024
4		12:41.61	Joshua Cheptegei		2	Lausanne	30 June 2023
5		12:41.73	Jacob Kiplimo		2	Oslo	15 June 2023
6		12:44.90	Daniel Komen		2	Zürich	13 Aug 1997
7		12:45.09	Daniel Komen		1	Zürich	14 Aug 1996
8	4	12:45.71	Jacob Krop	KEN	1	Bruxelles	2 Sept 2022
9		12:46.02	Jacob Krop		5	Monaco	21 July 2023
10	5	12:46.33	Nicholas Kipkorir	KEN	1	Roma	9 June 2022
11	6	12:46.53	Eliud Kipchoge	KEN	1	Roma	2 July 2004

12	7	12:46.59	George Mills	GBR	4	Oslo	12 June 2025
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Fastest Performances in August

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	12:35.36	Joshua Cheptegei	UGA	1	Monaco	14 Aug 2020
2	2	12:39.74	Daniel Komen	KEN	1	Bruxelles	22 Aug 1997
3	3	12:41.86	Haile Gebrselassie	ETH	1	Zurich	13 Aug 1997

Fastest Performances in GBR

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	12:55.51	Haile Gebrselassie	ETH	1	London	30 July 2004
2	2	12:55.55	Kenenisa Bekele	ETH	1	London	22 July 2005
3	3	12:55.76	Craig Mottram	AUS	2	London	30 July 2004

Combined 2025 & 2026 Commonwealth List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	12:46.59	George Mills	GBR	4	Oslo	12 June 2025
2	2	12:50.82	Ky Robinson	AUS	8	Oslo	10 June 2026
3	3	12:51.16	Jacob Krop	KEN	11	Oslo	12 June 2025
4		12:53.71	Jacob Krop		4	Monaco	10 July 2026
5		12:55.22	Jacob Krop		2	Paris	28 June 2026
6	4	12:56.02	Cornelious Kemboi	KEN	10	Oslo	10 June 2026
7	5	12:56.81	Nicholas Kipkorir	KEN	4	Shaoxing	3 May 2025
8	6	12:56.96	Ishmael Kipkurui	KEN	11	Oslo	10 June 2026
9		12:57.36	Cornelious Kemboi		5	Monaco	10 July 2026
10		12:57.80	Cornelious Kemboi		1	Oordegem	9 Aug 2025
11		12:58.10	Cornelious Kemboi		8	Paris	28 June 2026
12	7	12:58.13	Oscar Chelimo	UGA	2	Oordegem	9 Aug 2025
13	8`	12:58.20	Adriaan Wildschutt	RSA	3	Oordegem	9 Aug 2025
14		12:58.36	Ky Robinson		3	Stockholm	15 June 2025

Please send corrections to KKenNakamura@gmail.com