

2026 Commonwealth Games Statistics – Women's 10000m (contested from 1986)

By K Ken Nakamura

Summary Page

All time performance list at the Commonwealth Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	30:48.60	Eilish McColgan	SCO	1	Birmingham	2022
2	2	30:49.52	Irine Chepet Cheptai	KEN	2	Birmingham	2022
3	3	31:09.46	Sheila Chepkirui Kiprotich	KEN	3	Birmingham	2022
4	4	31:14.14	Stella Chesang	UGA	4	Birmingham	2022
5	5	31:18.47	Jessica Judd	ENG	5	Birmingham	2022
6	6	31:21.53	Samantha Harrison	ENG	6	Birmingham	2022
7	7	31:25.18	Dominique Scott	RSA	7	Birmingham	2022
8	8	31:27.83	Salina Kosgei	KEN	1	Manchester	2002
9	9	31:29.66	Lucy Wangui	KEN	1	Melbourne	2006
10	10	31:30.86	Evelyne Wambui	KEN	2	Melbourne	2006

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	11.89	31:41.42	Liz Lynch McColgan	SCO	Edinburgh	1986
Min	0.13	32:09.35	Joyce Chepkurui	KEN	Glasgow	2014
	0.92	30:48.60	Eilish McColgan	SCO	Birmingham	2022

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	30:48.60	Eilish McColgan	SCO	Birmingham	2022
	31:27.83	Salina Kosgei	KEN	Manchester	2002
2	30:49.52	Irine Chepet Cheptai	KEN	Birmingham	2022
	31:30.86	Evelyne Wambui	KEN	Melbourne	2006
3	31:09.48	Shile Chepkirui Kiprotich	KEN	Birmingham	2022
	31:32.20	Susie Power	AUS	Manchester	2002
4	31:14.14	Stella Chesang	UGA	Birmingham	2022
	31:49.81	Beatrice Mutai	KEN	Gold Coast	2018
	31:58.08	Benita Johnson	AUS	Melbourne	2006
5	31:18.47	Jessica Judd	ENG	Birmingham	2022
	31:50.18	Natasha Wodak	CAN	Gold Coast	2018
6	31:21.53	Samantha Harrison	ENG	Birmingham	2022

Multiple Gold Medalists:

Liz Lynch McColgan (SCO): 1986, 1990

Last nine Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Eilish McColgan	SCO	30:48.80	Irine Chepet Cheptai	KEN	30:49.52	Sheila Chepkirui	KEN	31:09.48
2018	Stella Chesang	UGA	31:45.30	Stacy Ndiwa	KEN	31:46.36	Mercyline Chelangat	UGA	31:48.41
2014	Joyce Chepkurui	KEN	32:09.35	Florence Kiplagat	KEN	32:09.48	Emily Chebet	KEN	32:10.82
2010	Grace Momanyi	KEN	32:34.11	Doris Changeiywo	KEN	32:36.97	Kavita Raut	IND	33:05.28
2006	Lucy Wangui	KEN	31:29.66	Evelyn Wambui	KEN	31:30.86	Mara Yamauchi	ENG	31:49.40
2002	Salina Kosgei	KEN	31:27.83	Susan Chepkemei	KEN	31:32.04	Susie Powers	AUS	31:32.20
1998	Esther Wanjiru	KEN	33:40.13	Kylie Risk	AUS	33:42.11	Clare Fernley	AUS	33:52.13
1994	Yvonne Murray	SCO	31:56.97	Elana Meyer	RSA	32:06.02	Jane Omoro	KEN	32:13.01
1990	Liz McColgan	SCO	32:23.56	Jill Hunter	ENG	32:33.21	Barbara Moore	NZL	32:44.73
1986	Liz Lynch	SCO	31:41.42	Anne Audain	NZL	31:53.31	Angela Tooby	WAL	32:25.38

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8	8	31:27.83	Salina Kosgei	KEN	1	Manchester	2002
9	9	31:29.66	Lucy Wangui	KEN	1	Melbourne	2006
10	10	31:30.86	Evelyne Wambui	KEN	2	Melbourne	2006
11	11	31:32.04	Susan Chepkemei	KEN	2	Manchester	2002
12	12	31:32.20	Susie Power	AUS	3	Manchester	2002
13	13	31:41.42	Liz Lynch McColgan	SCO	1	Edinburgh	1986
14		31:45.30	Stella Chesang		1	Gold Coast	2018
15	14	31:46.36	Stacy Ndiwa	KEN	2	Gold Coast	2018
16	15	31:48.41	Mercyline Chelangat	UGA	3	Gold Coast	2018
17	16	31:49.40	Mara Yamauchi	ENG	3	Melbourne	2006
18	17	31:49.81	Beatrice Mutai	KEN	4	Gold Coast	2018
19	18	31:50.18	Natasha Wodak	CAN	5	Gold Coast	2018
20	19	31:50.75	Celia Sullohern	AUS	6	Gold Coast	2018
21	20	31:53.31	Anne Audain	NZL	2	Edinburgh	1986
22	21	31:56.97	Yvonne Murray	SCO	1	Victoria	1994
23	22	31:57.97	Juliet Chekwel	UGA	7	Gold Coast	2018
24	23	31:58.08	Benita Johnson	AUS	4	Melbourne	2006
25	24	31:58.39	Liz Yelling	ENG	4	Manchester	2002
26	25	32:01.04	Madeline Hills	AUS	8	Gold Coast	2018
27	26	32:04.52	Isobel Batt-Doyle	AUS	8	Birmingham	2022
28	27	32:04.74	Sarah Inglis	SCO	9	Birmingham	2022
29	28	32:06.02	Elana Meyer	RSA	2	Victoria	1994
30	29	32:09.35	Joyce Chepkurui	KEN	1	Glasgow	2014
31	30	32:09.48	Florence Kiplagat	KEN	2	Glasgow	2014
32	31	32:10.82	Emily Chebet	KEN	3	Glasgow	2014
33	32	32:11.11	Rachel Cliff	CAN	9	Gold Coast	2018
34	33	32:11.92	Sandrafelis Chebet Tuei	KEN	10	Gold Coast	2018
35	34	32:13.01	Jane Omoro	KEN	3	Victoria	1994
36	35	32:13.74	Salome Nyirarukundo	RWA	11	Gold Coast	2018
37	36	32:22.09	Failuna Matanga	TAN	12	Gold Coast	2018
38		32:23.56	Liz Lynch McColgan		1	Auckland	1990
39	37	32:23.56	Loganathan Suriya	IND	13	Gold Coast	2018
40	38	32:23.91	Camille Buscomb	NZL	14	Gold Coast	2018
41	39	32:25.38	Angela Tooby	WAL	3	Edinburgh	1986
42	40	32:27.74	Anna Thompson	AUS	5	Melbourne	2006
43	41	32:29.73	Hayley Yelling	ENG	5	Manchester	2002
44	42	32:30.71	Nancy Rooks-Tinari	CAN	4	Edinburgh	1986
45	43	32:30.75	Susan Lee	CAN	5	Edinburgh	1986
46	44	32:30.95	Rachael Zena Chebet	UGA	10	Birmingham	2022
47		32:32.38	Hayley Yelling		6	Melbourne	2006
48	45	32:33.21	Jill Hunter	ENG	2	Auckland	1990
49	46	32:33.35	Kate Avery	ENG	4	Glasgow	2014
50	47	32:33.36	Beth Potter	SCO	5	Glasgow	2014
51	48	32:34.11	Grace Momanyi	KEN	1	Delhi	2010

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	11.89	31:41.42	Liz Lynch McColgan	SCO	Edinburgh	1986
Min	0.13	32:09.35	Joyce Chepkurui	KEN	Glasgow	2014
	0.92	30:48.60	McColgan	SCO	Birmingham	2022
	1.06	31:45.30	Stella Chesang	UGA	Gold Coast	2018
	1.20	31:29.66	Lucy Wangui	KEN	Melbourne	2006

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

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	48.39	32:13.01	Jane Omoro	KEN	Victoria	1994
Min	1.40	31:48.41	Mercyline Chelangat	UGA	Gold Coast	2018
	4.63	32:44.73	Barbara Moore	NZL	Auckland	1990

Best Marks for Places in the Commonwealth Games

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4	31:14.14	Stella Chesang	UGA	Birmingham	2022
	31:49.81	Beatrice Mutai	KEN	Gold Coast	2018
	31:58.08	Benita Johnson	AUS	Melbourne	2006
5	31:18.47	Jessica Judd	ENG	Birmingham	2022
	31:50.18	Natasha Wodak	CAN	Gold Coast	2018
	32:27.74	Anna Thompson	AUS	Melbourne	2006
6	31:21.53	Samantha Harrison	ENG	Birmingham	2022
	31:50.75	Celia Sullohern	AUS	Gold Coast	2018
	32:32.38	Hayley Yelling	ENG	Melbourne	2006
7	31:25.18	Dominique Scott	RSA	Birmingham	2022
	31:57.97	Juliet Chekwel	UGA	Gold Coast	2018
	32:44.29	Kathy Butler	SCO	Melbourne	2006
8	32:01.04	Madeline Hills	AUS	Gold Coast	2018
	32:04.52	Isobel Batt-Doyle	AUS	Birmingham	2022
	32:59.42	Jane Shields	ENG	Auckland	1990

Multiple Gold Medalists:

Liz Lynch McColgan (SCO): 1986, 1990

Multiple Medalists:

Liz Lynch McColgan (SCO): 1986 Gold; 1990 Gold

Medals by Countries

Nation	Gold	Silver	Bronze
KEN	5	6	3
SCO	4		
UGA	1		1
AUS		1	2
ENG		1	1

NZL		1	1
RSA		1	
WAL			1
IND			1

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
KEN	2022		Irine Chepet Cheptai	Sheila Chepkirui Kiprotich
UGA	2018	Stella Chesang		Mercyline Chelangat
KEN	2014	Joyce Chepkurui	Florence Kiplagat	Emily Chebet
KEN	2010	Grace Momanyi	Doris Changeywo	
KEN	2006	Lucy Wangui	Evelyn Wambui	
KEN	2002	Salina Kosgei	Susan Chepkemei	
AUS	1998		Kylie Risk	Clair Fearnley

5000m – 10000m double medalist in the same Championships

Name	Nation	5000m/3000m	10000m	Venue	Year
Lucy Wangui	KEN	Bronze	Gold	Melbourne	2006
Liz Lynch McColgan	SCO	Bronze	Gold	Auckland	1990

3000m/5000m–10000m double medalist in the different championships

Name	Nat	3000m	Venue	Year	10000m	Venue	Year
Yvonne Murray	SCO	Bronze Silver	Edinburgh Auckland	1986 1990	Gold	Victoria	1994

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
UGA	Joshua Cheptegei	Stella Chesang	Gold Coast	2018

World Champion with Commonwealth Games gold medal

Name	Nat	World Championships	Commonwealth Games
Liz McColgan	SCO	1991	1986, 1990

Olympic medalist with Commonwealth Games medal

Name	Nat	Olympics	Year	Commonwealth Games	Year
Liz McColgan (Lynch)	GBR	Silver	1988	Gold	1986, 1990
Elana Meyer	RSA	Silver	1992	Silver	1994

Last ten Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Eilish McColgan	SCO	30:48.80	Irine Chepet Cheptai	KEN	30:49.52	Sheila Chepkirui	KEN	31:09.48
2018	Stella Chesang	UGA	31:45.30	Stacy Ndiwa	KEN	31:46.36	Mercyline Chelangat	UGA	31:48.41
2014	Joyce Chepkurui	KEN	32:09.35	Florence Kiplagat	KEN	32:09.48	Emily Chebet	KEN	32:10.82
2010	Grace Momanyi	KEN	32:34.11	Doris Changeiywo	KEN	32:36.97	Kavita Raut	IND	33:05.28
2006	Lucy Wangui	KEN	31:29.66	Evelyn Wambui	KEN	31:30.86	Mara Yamauchi	ENG	31:49.40
2002	Salina Kosgei	KEN	31:27.83	Susan Chepkemei	KEN	31:32.04	Susie Powers	AUS	31:32.20

1998	Esther Wanjiru	KEN	33:40.13	Kylie Risk	AUS	33:42.11	Clare Fernley	AUS	33:52.13
1994	Yvonne Murray	SCO	31:56.97	Elana Meyer	RSA	32:06.02	Jane Omoro	KEN	32:13.01
1990	Liz McColgan	SCO	32:23.56	Jill Hunter	ENG	32:33.21	Barbara Moore	NZL	32:44.73
1986	Liz Lynch	SCO	31:41.42	Anne Audain	NZL	31:53.31	Angela Tooby	WAL	32:25.38

Last eleven World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Beatrice Chebet	KEN	30:37.61	Nadia Battocletti	ITA	30:38.23	Gudaf Tsegay	ETH	30:39.65
2023	Gudaf Tsegay	ETH	31:27.18	Letesenbet Gidey	ETH	31:28.16	Ejgayehu Taye	ETH	31:28.31
2022	Letesenbet Gidey	ETH	30:09.94	Hellen Obiri	KEN	30:10.02	Margaret Kipkemboi	KEN	30:10.07
2019	Sifan Hassan	NE	30:17.62	Letesenbet Gidey	ETH	30:21.23	Agnes Jebet Tirop	KEN	30:25.20
2017	Almaz Ayana	ETH	30:16.32	Tirunesh Dibaba	ETH	31:02.69	Agnes Tirop	KEN	31:03.50
2015	Vivian Cheruiyot	KEN	31:41.31	Gelete Burka	ETH	31:41.77	Emily Infeld	USA	31:43.49
2013	Tirunesh Dibaba	ETH	30:43.35	Gladys Cherono	KEN	30:45.17	Belaynesh Oljira	ETH	30:46.98
2011	Vivian Cheruiyot	KEN	30:48.98	Sally Kipyego	KEN	30:50.04	Linet Masai	KEN	30:53.59
2009	Linet Masai	KEN	30:51.24	Meselech Melkamu	ETH	30:51.34	Wude Ayalew	ETH	30:51.95
2007	Tirunesh Dibaba	ETH	31:55.41	Elvan Abeylegesse	TUR	31:59.40	Kara Goucher	USA	32:02.05
2005	Tirunesh Dibaba	ETH	30:24.02	Berhane Adere	ETH	30:25.41	Ejgayehu Dibaba	ETH	30:26.00
2003	Berhane Adere	ETH	30:04.18	Worknesh Kidane	ETH	30:07.15	Sun Yingjie	CHN	30:07.20
2001	Derartu Tulu	ETH	31:48.81	Berhane Adere	ETH	31:48.85	Gete Wami	ETH	31:49.98

Last nine Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Beatrice Chebet	KEN	30:43.25	Nadia Battocletti	ITA	30:43.35	Sifan Hassan	NED	30:44.12
2020	Sifan Hassan	NED	29:55.32	Kalkidan Gezahegne	BRN	29:56.18	Letesenbet Gidey	ETH	30:01.72
2016	Almaz Ayana	ETH	29:17.45	Vivian Cheruiyot	KEN	29:32.53	Tirunesh Dibaba	ETH	29:42.56
2012	Tirunesh Dibaba	ETH	30:20.75	Sally Kipyego	KEN	30:26.37	Vivian Cheruiyot	KEN	30:30.44
2008	Tirunesh Dibaba	ETH	29:54.66	Elvan Abeylegesse	TUR	29:56.34	Shalane Flanagan	USA	30:22.22
2004	Xing Huina	CHN	30:24.36	Ejgayehu Dibaba	ETH	30:24.98	Derartu Tulu	ETH	30:26.42
2000	Derartu Tulu	ETH	30:17.49	Gete Wami	ETH	30:22.48	Fernanda Ribeiro	POR	30:22.88
1996	Fernanda Ribeiro	POR	31:01.63	Wang Junxia	CHN	31:02.58	Gete Wami	ETH	31:06.65
1992	Derartu Tulu	ETH	31:06.02	Elana Meyer	RSA	31:11.75	Lynn Jennings	USA	31:19.89
1988	Olga Bondarenko	URS	31:05.21	Liz McColgan	GBR	31:08.44	Yelana Zhupiyova	URS	31:19.82

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

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	28:54.14	Beatrice Chebet	KEN	1	Eugene	25 May 2024
2	2	29:26.89	Lilian Rengeruk	KEN	3	Eugene	25 May 2024
3	3	29:27.59	Margaret Kipkemboi	KNE	4	Eugene	25 May 2024
4	4	29:32.53	Vivian Cheruiyot	KEN	2	Rio de Janeiro	12 Aug 2016
5	5	29:47.42	Grace Nawowuna	KEN	2	Hengelo	3 June 2023
6	6	29:53.51	Alice Nawowuna	KEN	4	Rio de Janeiro	12 Aug 2016
7	7	30:00.86	Eilish McColgan	GBR	1	San Juan Cap	4 Mar 2023
8	8	30:01.09	Paula Radcliffe	GBR	1	München	6 Aug 2002

Fastest Performances in July

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	29:59.20	Meseret Defar	ETH	1	Birmingham	11 July 2009
2	2	30:09.94	Letesenbet Gidey	ETH	1	Eugene	16 July 2022
3	3	30:10.02	Hellen Obiri	KEN	2	Eugene	16 July 2022

Fastest Performances in GBR

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	29:59.03	Mizan Alem	ETH	1	London	20 May 2023
2	2	29:59.20	Meseret Defar	ETH	1	Birmingham	11 July 2009
3	3	30:16.32	Almaz Ayana	ETH	1	London	5 Aug 2017
4	4	30:17.15	Paula Radcliffe	GBR	1	Gateshead	27 June 2004

Combined 2025 & 2026 Commonwealth List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	30:27.02	Janeth Chepngetich	KEN	1	Nairobi	22 July 2025
2	2	30:27.38	Agnes Ngetich	KEN	2	Nairobi	22 July 2025
3	3	30:27.52	Beatrice Chebet	KEN	3	Nairobi	22 July 2025
4	4	30:29.16	Nyiva Mutungi	KEN	1	Chitose	5 July 2026
5	5	30:31.39	Caroline Kariba	KEN	2	Chitose	5 July 2026
6	6	30:32.90	Miriam Chebet	KEN	2	Oslo	11 June 2025
7	7	30:34.11	Rose Davies	AUS	4	Oslo	11 June 2025
8	8	30:34.96	Dolphine Omare	KEN	3	Chitose	5 July 2026
9		30:37.61	Beatrice Chebet		1	Tokyo	13 Sept 2025
10	9	30:41.95	Joy Cheptoyek	UGA	4	Nairobi	22 July 2025
11		30:42.66	Agnes Ngetich		4	Tokyo	13 Sept 2025
12	10	30:43.42	Caroline Kariba	KEN	1	Osaka	6 Dec 2025
13	11	30:49.87	Tabitha Kamau	KEN	4	Chitose	5 July 2026
14	12	30:49.99	Pamela Kosgei	KEN	2	Palo Alto	3 Apr 2026

Please send corrections to KKenNakamura@gmail.com