

2026 Commonwealth Games Statistics – Women's 3000mSC (since 2006)

By K Ken Nakamura

Summary Page

All time performance list at the Commonwealth Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	9:15.68	Jackline Chepkoech	KEN	1	Birmingham	2022
2	2	9:17.79	Elizabeth Bird	ENG	2	Birmingham	2022
3	3	9:19.51	Dorcus Inzikuru	UGA	1	Melbourne	2006
4	4	9:21.00	Aisha Praught	JAM	1	Gold Coast	2018
5	5	9:22.61	Celliphine Chepteek Chespol	KEN	2	Gold Coast	2018
6	6	9:23.24	Peruth Chemutai	UGA	3	Birmingham	2022
7	7	9:24.29	Melissa Rollison	AUS	2	Melbourne	2006
8	8	9:25.05	Donna Macfarlane	AUS	3	Melbourne	2006
9	9	9:25.74	Purity Cherotich Kirui	KEN	3	Gold Coast	2018
10	10	9:27.41	Aimee Pratt	ENG	4	Birmingham	2022

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	4.78	9:19.51	Dorcus Inzikuru	UGA	Melbourne	2006
Min	0.34	9:30.96	Purity Kirui	KEN	Glasgow	2014
	0.58	9:40.96	Milcah Chemos Cheywa	KEN	Delhi	2010

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	9:15.68	Jackline Chepkoech	KEN	Birmingham	2022
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3	9:23.24	Peruth Chemutai	UGA	Birmingham	2022
	9:25.05	Donna Macfarlane	AUS	Melbourne	2006
4	9:27.41	Aimee Pratt	ENG	Birmingham	2022
	9:34.01	Madeline Heiner	AUS	Glasgow	2014
	9:34.24	Victoria Mitchell	AUS	Melbourne	2006
5	9:35.63	Amy Cashin	AUS	Birmingham	2022
	9:35.70	Kate McIlroy	NZL	Melbourne	2006
6	9:44.65	Eilish McColgan	SCO	Glasgow	2014
	9:46.27	Fancy Cherono	KEN	Gold Coast	2018
	9:49.09	Jeruto Kiptum	KEN	Melbourne	2006

Last five Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Jackline Chepkoech	KEN	9:15.68	Elizabeth Bird	ENG	9:17.79	Peruth Chemutai	UGA	9:23.24
2018	Aisha Praught	JAM	9:21.00	Celliphine Chespol	KEN	9:22.61	Purity Kirui	KEN	9:25.74
2014	Purity Kirui	KEN	9:30.96	Milcah Chemos	KEN	9:31.30	Joan Rotich	KEN	9:33.34
2010	Milcah Chemos Cheywa	KEN	9:40.96	Mercy Njoroge	KEN	9:41.54	Gladys Kipkemboi	KEN	9:52.51
2006	Dorcus Inzikuru	UGA	9:19.51	Melissa Rollison	AUS	9:24.29	Donna Macfarlane	AUS	9:25.05

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8	8	9:25.05	Donna MacFarlane	AUS	3	Melbourne	2006
9	9	9:25.74	Purity Cherotich Kirui	KEN	3	Gold Coast	2018
10	10	9:27.41	Aimee Pratt	ENG	4	Birmingham	2022
11		9:30.96	Purity Kirui		1	Glasgow	2014
12	11	9:31.30	Milcah Chemos Cheywa	KEN	2	Glasgow	2014
13	12	9:33.34	Joan Kipkemoi Rotich	KEN	3	Glasgow	2014
14	13	9:34.01	Madeline Heiner	AUS	4	Glasgow	2014
15	14	9:34.24	Victoria Mitchell	AUS	4	Melbourne	2006
16	15	9:35.63	Amy Cashin	AUS	5	Birmingham	2022
17	16	9:35.70	Kate McLroy	NZL	5	Melbourne	2006
18	17	9:36.29	Rosie Clarke	ENG	4	Gold Coast	2018
19	18	9:37.04	Genevieve LaCaze	AUS	5	Glasgow	2014
20		9:40.96	Milcah Chemos Cheywa		1	Delhi	2010
21	19	9:41.54	Mercy Wanjiru Njoroge	KEN	2	Delhi	2010
22		9:42.69	Genevieve Lacaze		5	Gold Coast	2018
23	20	9:44.65	Eilish McColgan	SCO	6	Glasgow	2014
24	21	9:45.51	Rachael Bamford	ENG	7	Glasgow	2014
25	22	9:46.27	Fancy Cheron	KEN	6	Gold Coast	2018
26	23	9:46.68	Genevieve Lalonde	CAN	7	Gold Coast	2018
27	24	9:47.97	Philippa Woolven	ENG	8	Glasgow	2014
28		9:49.05	Victoria Mitchell		9	Glasgow	2014
29	25	9:49.09	Jeruto Kiptum	KEN	6	Melbourne	2006
30	26	9:51.93	Lennie Waite	SCO	10	Glasgow	2014
31	27	9:52.51	Gladys Jerotich Kipkemoi	KEN	3	Delhi	2010
32	28	9:53.12	Joanna Ankier	ENG	7	Melbourne	2006
33	29	9:55.94	Kerry O'Flaherty	NIR	11	Glasgow	2014
34	30	9:56.37	Helen Clitheroe	ENG	4	Delhi	2010
35	31	9:57.18	Eilish Flanagan	NIR	6	Birmingham	2022
36	32	9:57.63	Sudha Singh	IND	5	Delhi	2010
37	33	9:58.92	Iona Lake	ENG	8	Gold Coast	2018
38	34	10:00.34	Nilani Rathnayaka	SRI	7	Birmingham	2022
39		10:02.12	Lennie Waite		6	Delhi	2010
40	35	10:09.14	Tina Brown	ENG	8	Melbourne	2006

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	4.78	9:19.51	Dorcus Inzikuru	UGA	Melbourne	2006
Min	0.34	9:30.96	Purity Kirui	KEN	Glasgow	2014
	0.58	9:40.96	Milcah Chemos Cheywa	KEN	Delhi	2010

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

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	10.55	9:25.74	Purity Cherotich Kirui	KEN	Gold Coast	2018

	9.19	9:25.05	Donna MaCfarlane	AUS	Melbourne	2006
Min	0.67	9:33.34	Joan Kipkemoi Rotich	KEN	Glasgow	2014
	3.86	9:52.51	Gladys Jerotich Kipkemoi	KEN	Delhi	2010

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	9:15.68 9:19.51	Jackline Chepkoech Dorcus Inzikuru	KEN UGA	Birmingham Melbourne	2022 2006
2	9:17.79 9:22.61 9:24.29	Elizzabeth Bird Celliphine Chepteek Chespol Melissa Rollison	ENG KEN AUS	Birmingham Gold Coast Melbourne	2022 2018 2006
3	9:23.24 9:25.05	Peruth Chemutai Donna MaCfarlane	UGA AUS	Birmingham Melbourne	2022 2006
4	9:27.41 9:34.01 9:34.24	Aimee Pratt Madeline Heiner Victoria Mitchell	ENG AUS AUS	Birmingham Glasgow Melbourne	2022 2014 2006
5	9:35.63 9:35.70	Amy Cashin Kate McIlroy	AUS NZL	Birmingham Melbourne	2022 2006
6	9:44.65 9:46.27 9:49.09	Eilish McColgan Fancy Cherono Jeruto Kiptum	SCO KEN KEN	Glasgow Gold Coast Melbourne	2014 2018 2006
7	9:45.51 9:46.68 9:53.12	Rachael Bamford Genevieve Lalonde Joanna Ankier	ENG CAN ENG	Glasgow Gold Coast Melbourne	2014 2018 2006
8	9:47.97 9:58.92 10:09.14	Philippa Woolven Iona Lake Tina Brown	ENG ENG ENG	Glasgow Gold Coast Melbourne	2014 2018 2006

Medals by Countries

Nation	Gold	Silver	Bronze
KEN	3	3	3
UGA	1		1
JAM	1		
AUS		1	1
ENG		1	

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
KEN	2018		Celliphine Chespol	Purity Kirui
KEN	2014	Purity Kirui	Milcah Chemos	Joan Kipkemoi Rotich
KEN	2010	Milcah Chemos	Mercy Wanjiru	Gladys Jerotich
AUS	2006		Melissa Rollison	Donna MacFarlane

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

World Champion with Commonwealth Games Gold medal

Name	Nat	World Championships	Commonwealth Games
Dorcus Inzikuru	UGA	2005	2006
Milcah Chemos	KEN	2013	2010

Olympic medalist with Commonwealth Games medal: None

Last five Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Jackline Chepkoech	KEN	9:15.68	Elizabeth Bird	EN	9:17.79	Peruth Chemutai	UG	9:23.24
2018	Aisha Praught	JAM	9:21.00	Celliphine	KEN	9:22.61	Purity Kirui	KEN	9:25.74
2014	Purity Kirui	KEN	9:30.96	Milcah Chemos	KEN	9:31.30	Joan Rotich	KEN	9:33.34
2010	Milcah Chemos Cheywa	KEN	9:40.96	Mercy Njoroge	KEN	9:41.54	Gladys Kipkemboi	KEN	9:52.51
2006	Dorcus Inzikuru	UGA	9:19.51	Melissa Rollison	AUS	9:24.29	Donna Macfarlane	AUS	9:25.05

Last nine World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Faith Cherotich	KEN	8:51.59	Winfred Yavi	BRN	8:56.46	Sembo Almayew	ETH	8:58.86
2023	Winfred Yavi	BRN	8:54.29	Beatrice Chepkoech	KEN	8:58.98	Faith Cherotich	KEN	9:00.69
2022	Norah Jeruto Tanui	KAZ	8:53.02	Werkwuha Getachew	ETH	8:54.61	Mekides Abebe	ETH	8:56.08
2019	Beatrice Chepkoech	KEN	8:57.84	Emma Coburn	USA	9:02.35	Gesa Felicitas	GER	9:03.30
2017	Emma Coburn	USA	9:02.58	Courtney Frerichs	USA	9:03.77	Hyvin Jepkemoi	KEN	9:04.03
2015	Hyvin Jepkemoi	KEN	9:19.11	Habiba Ghribi	TUN	9:19.24	Gesa FelicitasKrause	GER	9:19.25
2013	Milcah Chemos	KEN	9:11.65	Lydia Chepkurui	KEN	9:12.55	Sofia Assefa	ETH	9:12.84
2011	Yuliya Zaripova	RUS	9:07.03	Habiba Ghribi	TUN	9:11.97	Milcah Chemos	KEN	9:17.16
2009	Marta Dominguez	ESP	9:07.32	Yuliya Zarudneva	RUS	9:08.39	Milcah Chemos	KEN	9:08.57
2007	Yekaterina Volkova	RUS	9:06.57	Tatyana Petrova	RUS	9:09.19	Eunice Jepkorir	KEN	9:20.09
2005	Dorcus Inzikuru	UGA	9:18.24	Yekaterina Volkova	RUS	9:20.49	Jeruto Kiptum	KEN	9:26.95

Last four Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Winfred Yavi	BRN	8:52.76	Peruth Chemutai	UG	8:53.34	Faith Cherotich	KEN	8:55.15
2020	Peruth Chemutai	UGA	9:01.45	Courtney Frerichs	USA	9:04.79	Hyvin Kiyeng	KEN	9:05.39
2016	Ruth Jebet	BRN	8:59.75	Hyvin Jepkemoi	KEN	9:07.12	Emma Coburn	USA	9:07.63
2012	Yuliya Zaripova	RUS	9:06.72	Habiba Ghribi	TUN	9:08.37	Sofia Assefa	ETH	9:09.84
2008	Gulnara Samitova-Galkina	RUS	8:58.81	Eunice Jepkorir	KEN	9:07.41	Yekaterina Volkova	RUS	9:07.64

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

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	8:44.32	Beatrice Chepkoech	KEN	1	Monaco	20 July 2018
2	2	8:48.03	Peruth Chemutai	UGA	2	Roma	30 Aug 2024
3	3	8:48.71	Faith Cherotich	KEN	2	Eugene	5 July 2025
4		8:51.06	Peruth Chemutai		1	Xiamen	23 May 2026
5		8:51.47	Peruth Chemutai		1	Shaoxing	16 May 2026
6		8:51.48	Faith Cherotich		2	Shaoxing	16 May 2026
7		8:51.59	Faith Cherotich		1	Tokyo	17 Sept 2023
8		8:51.67	Beatrice Chepkoech		2	Eugene	16 Sept 2023
9		8:51.77	Peruth Chemutai		3	Eugene	5 July 2025
10		8:52.53	Faith Cherotich		3	Xiamen	23 May 2026
11		8:53.34	Peruth Chemutai		2	Paris	6 Aug 2024
12		8:53.37	Faith Cherotich		1	Paris	20 June 2025
13	4	8:53.65	Norah Jeruto Tanui	KEN	1	Eugene	21 Aug 2021

Fastest Performances in July

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	8:44.32	Beatrice Chepkoech	KEN	1	Monaco	20 July 2018
2	2	8:45.25	Winfred Yavi	BRN	1	Eugene	5 July 2025
3	3	8:48.71	Faith Cherotich	KEN	2	Eugene	5 July 2025
4		8:49.59	Winfred Yavi		1	Heusden	19 July 2025

Fastest Performances in GBR

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	8:57.35	Jackline Chepkoech	KEN	1	London	23 July 2023
2	2	9:02.58	Emma Coburn	USA	1	London	11 Aug 2017
3	3	9:03.77	Courtney Frerichs	USA	2	London	11 Aug 2017
4	4	9:04.03	Hyvin Kiyeng	KEN	3	London	11 Aug 2017

Combined 2025 & 2026 Commonwealth List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	8:48.71	Faith Cherotich	KEN	2	Eugene	5 July 2025
2	2	8:51.06	Peruth Chemutai	UGA	1	Xiamen	23 May 2026
3		8:51.47	Peruth Chemutai		1	Shaoxing	16 May 2026
4		8:51.48	Faith Cherotich		2	Shaoxing	16 May 2026
5		8:51.59	Faith Cherotich		1	Tokyo	17 Sept 2025
6		8:51.74	Faith Cherotich		1	Eugene	4 July 2026
7		8:51.77	Peruth Chemutai		3	Eugene	5 July 2025
8	3	8:52.53	Faith Cherotich		3	Xiamen	23 May 2026
9		8:53.37	Faith Cherotich		1	Paris	20 June 2025
10		8:54.41	Peruth Chemutai		2	Paris	20 June 2025

Please send corrections to KKenNakamura@gmail.com