

2026 Commonwealth Games Statistics – Women's 5000m (3000m from 1978 to 1998)

By K Ken Nakamura

Summary Page

All time performance list at the Commonwealth Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	14:31.42	Paula Radcliffe	ENG	1	Manchester	2002
2	2	14:38.21	Beatrice Chebet	KEN	1	Birmingham	2022
3	3	14:42.14	Eilish McColgan	SCO	2	Birmingham	2022
4	4	14:48.24	Selah Busienei	KEN	3	Birmingham	2022
5	5	14:53.76	Edith Masai	KEN	2	Manchester	2002
6	6	14:56.60	Amy-Eloise Markovc	ENG	4	Birmingham	2022
7	7	14:57.84	Isabella Ochichi	KEN	1	Melbourne	2006
8	8	14:59.08	Jo Pavey	ENG	2	Melbourne	2006
9	9	15:00.20	Lucy Wangui	KEN	3	Melbourne	2006
10	10	15:00.69	Eloise Wellings	AUS	4	Melbourne	2006

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	22.34	14:31.42	Paula Radcliffe	ENG	Manchester	2002
Min	0.49	15:55.12	Vivian Cheruiyot	KEN	Delhi	2010
	1.24	14:57.84	Isabella Ochichi	KEN	Melbourne	2006

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	14:31.42	Paula Radcliffe	ENG	Manchester	2002
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4	14:56.60	Amy-Eloise Markovc	ENG	Birmingham	2022
	15:00.69	Eloise Wellings	AUS	Melbourne	2006
5	15:02.90	Sarah Jamieson	AUS	Melbourne	2006
6	15:07.79	Sarah Chelangat	UGA	Birmingham	2022
	15:12.34	Ines Chenonge	KEN	Melbourne	2006

Multiple Medalists:

Jo Pavey (ENG): 2006 Silver; 2014 Bronze

Innes Chenonge (KEN): 2002 Bronze; 2010 Bronze

Last seven Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Beatrice Chebet	KEN	14:38.21	Eilish McColgan	SC	14:42.14	Selah Busienei	KEN	14:48.24
2018	Hellen Obiri	KEN	15:13.11	Margaret Kipkemboi	KEN	15:15.28	Laura Weightman	ENG	15:25.84
2014	Mercy Cheronono	KEN	15:07.21	Janet Kisa	KEN	15:08.90	Jo Pavey	ENG	15:08.96
2010	Vivian Cheruiyot	KEN	15:55.12	Sylvia Kibet	KEN	15:55.61	Ines Chenonge	KEN	16:02.47
2006	Isabella Ochichi	KEN	14:57.84	Jo Pavey	ENG	14:59.08	Lucy Wangui	KEN	15:00.20
2002	Paula Radcliffe	ENG	14:31.42	Edith Masai	KEN	14:53.76	Ines Chenonge	KEN	15:06.06
1998	Kate Anderson	AUS	15:52.74	Andrea Whitcombe	ENG	15:56.85	Samukeliso Moyo	ZIM	15:57.57

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5	5	14:53.76	Edith Masai	KEN	2	Manchester	2002
6	6	14:56.60	Amy-Eloise Markovc	ENG	4	Birmingham	2022
7	7	14:57.84	Isabella Ochichi	KEN	1	Melbourne	2006
8	8	14:59.08	Jo Pavey	ENG	2	Melbourne	2006
9	9	15:00.20	Lucy Wangui	KEN	3	Melbourne	2006
10	10	15:00.69	Eloise Wellings	AUS	4	Melbourne	2006
11	11	15:02.90	Sarah Jamieson	AUS	5	Melbourne	2006
12	12	15:06.06	Ines Chenonge	KEN	3	Manchester	2002
13	13	15:07.21	Mercy Cherono	KEN	1	Glasgow	2014
14	14	15:07.50	Dominique Scott	RSA	5	Birmingham	2022
15	15	15:07.79	Sarah Chelangat	UGA	6	Birmingham	2022
16	16	15:08.36	Sarah Inglis	SCO	7	Birmingham	2022
17	17	15:08.80	Janet Kisa	KEN	2	Glasgow	2014
18		15:08.96	Jo Pavey		3	Glasgow	2014
19	18	15:10.38	Margaret Muriuki	KEN	4	Glasgow	2014
20		15:12.34	Ines Chenonge		6	Melbourne	2006
21	19	15:13.11	Hellen Obiri	KEN	1	Gold Coast	2018
22	20	15:13.53	Isobel Batt-Doyle	AUS	8	Birmingham	2022
23		15:14.99	Eloise Wellings		5	Glasgow	2014
24	21	15:15.28	Margaret Chelimo Kipkemboi	KEN	2	Gold Coast	2018
25	22	15:18.01	Dorcus Inzikuru	UGA	4	Manchester	2002
26	23	15:19.01	Stella Chesang	UGA	9	Birmingham	2022
27		15:19.91	Jo Pavey	ENG	5	Manchester	2002
28	24	15:24.82	Calli Thackery	ENG	10	Birmingham	2022
29	25	15:25.84	Laura Weightman	ENG	3	Gold Coast	2018
30	26	15:26.55	Benita Johnson	AUS	6	Manchester	2002
31	27	15:26.76	Roisin Flanagan	NIR	11	Birmingham	2022
32	28	15:30.17	Juliet Chekwel	UGA	4	Gold Coast	2018
33	29	15:33.07	Restituta Joseph	TAN	7	Manchester	2002
34	30	15:33.72	Laura Whittle	SCO	6	Glasgow	2014
35	31	15:34.73	Celia Sullohern	AUS	5	Gold Coast	2018
36		15:34.88	Eilish McColgan		6	Gold Coast	2018
37	32	15:34.98	Jennifer Nesbitt	WAL	12	Birmingham	2022
38	33	15:36.10	Eva Cherono	KEN	7	Gold Coast	2018
39	34	15:37.47	Beth Kidger	WAL	13	Birmingham	2022
40	35	15:37.87	Emeline Imanizabayo	RWA	14	Birmingham	2022
41		15:39.02	Eloise Wellings		8	Gold Coast	2018
42	36	15:39.23	Julie-Anne Staehli	CAN	15	Birmingham	2022
43	37	15:39.54	Sarah Astin	IOM	16	Birmingham	2022
44	38	15:39.96	Emily Brichacek	AUS	7	Glasgow	2014
45	39	15:40.03	Emelia Gorecka	ENG	8	Glasgow	2014
46	40	15:41.23	Rose Davies	AUS	17	Birmingham	2022
47	41	15:42.83	Courtney Babcock	CAN	8	Manchester	2002
48	42	15:43.92	Anna Thompson	AUS	9	Manchester	2002
49		15:44.22	Courtney Babcock		7	Melbourne	2006
50	43	15:44.38	Beth Potter	SCO	9	Glasgow	2014
51	44	15:44.87	Catherine Berry	ENG	10	Manchester	2002

Margin of Victory

	Difference	Winning Time	Name	Nat	Venue	Year
Max	22.34	14:31.42	Paula Radcliffe	ENG	Manchester	2002
Min	0.49	15:55.12	Vivian Cheruiyot	KEN	Delhi	2010
	1.24	14:57.84	Isabella Ochichi	KEN	Melbourne	2006

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

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	11.95	15:06.06	Iness Chenonge	KEN	Manchester	2002
Min	0.49	15:00.20	Lucy Wangui	KEN	Melbourne	2006

Best Marks for Places in the Commonwealth Games

Pos	Time	Name	Nat	Venue	Year
1	14:31.42	Paula Radcliffe	ENG	Manchester	2002
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	15:33.07	Restituta Joseph	TAN	Manchester	2002
8	15:13.53	Isobel Batt-Doyle	AUS	Birmingham	2022
	15:39.02	Eloise Wellings	AUS	Gold Coast	2018
	15:40.03	Emelia Gorecka	ENG	Glasgow	2014
	15:42.83	Courtney Babcock	CAN	Manchester	2002

Multiple Medalists:

Jo Pavey (ENG): 2006 Silver; 2014 Bronze
Innes Chenonge (KEN): 2002 Bronze; 2010 Bronze

Medals by Countries

Nation	Gold	Silver	Bronze
KEN	5	4	4
ENG	1	2	2
AUS	1		
SCO		1	
ZIM			1

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
KEN	2022	Beatrice Chebet		Selah Busienei
KEN	2018	Hellen Obiri	Margaret Kipkemboi	
KEN	2014	Mercy Cherono	Janet Kisa	
KEN	2010	Vivian Cheruiyot	Sylvia Kibet	Ines Chenonge
KEN	2006	Isabella Ochichi		Lucy Wangui

KEN	2002		Edith Masai	Iness Chenonge
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1500m – 5000m (3000m before 1998) double medalist in the same Championships

Name	Nation	1500m	3000m/5000m	Venue	Year
Lorraine Moller	NZL	Bronze	Bronze	Brisbane	1982
Debbie Bowker	CAN	Silver	Silver	Edinburgh	1986
Lynn Williams	CAN	Bronze	Gold	Edinburgh	1986
Angela Chalmer	CAN	Gold	Gold	Auckland	1990

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

Man & Woman from the same team winning the corresponding event

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

World Champion with Commonwealth Games gold medal

Name	Nat	World Championships	Commonwealth Games
Beatrice Chebet	KEN	2025	2022
Vivian Cheruiyot	KEN	2009, 2011	2010
Hellen Obiri	KEN	2017, 2019	2018

Olympic medalist with Commonwealth Games Gold medal

Name	Nat	Olympics	Year	Commonwealth Games
Beatrice Chebet	KEN	Gold	2024	2022
Isabella Ochichi	KEN	Silver	2004	2006
Vivian Cheruiyot	KEN	Silver, Gold	2012, 2016	2010
Hellen Obiri	KEN	Slver	2016, 2020	2018

Last seven Commonwealth Games:

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2022	Beatrice Chebet	KEN	14:38.21	Eilish McColgan	SC	14:42.14	Selah Busienei	KEN	14:48.24
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2002	Paula Radcliffe	ENG	14:31.42	Edith Masai	KEN	14:53.76	Ines Chenonge	KEN	15:06.06
1998	Kate Anderson	AUS	15:52.74	Andrea Whitcombe	ENG	15:56.85	Samukeliso Moyo	ZIM	15:57.57

Last thirteen World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Beatrice Chebet	KEN	14:54.36	Faith Kipyegon	KEN	14:55.07	Nadia Battocletti	ITA	14:55.42
2023	Faith Kipyegon	KEN	14:53.88	Sifan Hassan	NED	14:54.11	Beatrice Chebet	KEN	14:54.33
2022	Gudaf Tsegay	ETH	14:46.29	Beatrice Chebet	KEN	14:46.75	Dawit Seyaum	ETH	14:47.36
2019	Hellen Obiri	KEN	14:26.72	Margaret Kipkemboi	KEN	14:27.49	Konstanze Klosterhalfen	GER	14:28.43
2017	Hellen Obiri	KEN	14:34.86	Almaz Ayana	ETH	14:40.35	Sifan Hassan	NED	14:42.73

2015	Almaz Ayana	ETH	14:26.83	Senbera Teferi	ETH	14:44.07	Genzebe Dibaba	ETH	14:44.14
2013	Meseret Defar	ETH	14:50.19	Mercy Cherono	KEN	14:51.22	Almaz Ayana	ETH	14:51.33
2011	Vivian Cheruiyot	KEN	14:55.36	Sylvia Kibet	KEN	14:56.21	Meseret Defar	ETH	14:56.94
2009	Vivian Cheruiyot	KEN	14:57.97	Sylvia Kibet	KEN	14:58.33	Meseret Defar	ETH	14:58.41
2007	Meseret Defar	ETH	14:57.91	Vivian Cheruiyot	KEN	14:58.50	Priscah Cherono	KEN	14:59.21
2005	Tirunesh Dibaba	ETH	14:38.59	Meseret Defar	ETH	14:39.54	Ejagayeou Dibaba	ETH	14:42.47
2003	Tirunesh Dibaba	ETH	14:51.72	Marta Dominguez	ESP	14:52.26	Edith Masai	KEN	14:52.30
2001	Olga Yegorova	RUS	15:03.39	Marta Dominguez	ESP	15:06.59	Ayelech Worku	ETH	15:10.17

Last nine Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Beatrice Chebet	KEN	14:28.56	Faith Kipyegon	KEN	14:29.60	Sifan Hassan	NE	14:30.61
2020	Sifan Hassan	NED	14:36.79	Hellen Obiri	KEN	14:38.38	Gudaf Tsegay	ETH	14:38.87
2016	Vivian Cheruiyot	KEN	14:26.17	Hellen Obiri	KEN	14:29.77	Almaz Ayana	ETH	14:33.59
2012	Meseret Defar	ETH	15:04.25	Vivian Cheruiyot	KEN	15:04.73	Tirunesh Dibaba	ETH	15:05.15
2008	Tirunesh Dibaba	ETH	15:41.40	Elvan Abeylegesse	TUR	15:42.74	Meseret Defar	ETH	15:44.12
2004	Meseret Defar	ETH	14:45.65	Isabella Ochichi	KEN	14:48.19	Tirunesh Dibaba	ETH	14:51.83
2000	Gabriele Szabo	ROU	14:40.79	Sonia O'Sullivan	IRL	14:41.02	Gete Wami	ETH	14:42.23
1996	Wang Junxia	CHN	14:59.88	Pauline Konga	KEN	15:03.49	Roberta Brunet	ITA	15:07.52
1992	Yelena Romanova	EUN	8:46.04	Tatyana	EU	8:46.85	Angela Chalmers	CA	8:47.22

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

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	13:58.06	Beatrice Chebet	KEN	1	Eugene	5 July 2025
2	2	14:01.29	Agnes Ngetich	KEN	2	Eugene	5 July 2025
3		14:03.69	Beatrice Chebet		1	Roma	6 June 2025
4	3	14:05.20	Faith Kipyegon	KEN	1	Paris	9 June 2023
5		14:05.92	Beatrice Chebet		2	Eugene	17 Sept 2023
6		14:09.52	Beatrice Chebet		1	Zurich	5 Sept 2024
7	4	14:18.37	Hellen Obiri	KEN	1	Roma	8 June 2017
8		14:20.36	Hellen Obiri		1	London	21 July 2019
9	5	14:20.68	Agnes Tirop	KEN	2	London	21 July 2019
10	6	14:20.87	Vivian Cheruiyot	KEN	1	Stockholm	29 July 2011

Fastest Performances in July

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	13:58.06	Beatrice Chebet	KEN	1	Eugene	5 July 2025
2	2	14:01.29	Agnes Ngetich	KEN	2	Eugene	5 July 2025
3	3	14:04.41	Gudaf Tsegay	ETH	3	Eugene	5 July 2025

Fastest Performances in GBR

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	14:12.29	Gudaf Tsegay	ETH	1	London	23 July 2023
2	2	14:12.92	Beatrice Chebet	KEN	2	London	23 July 2023
3	3	14:13.42	Sifan Hassan	NED	3	London	23 July 2023

Combined 2025 & 2026 Commonwealth List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	13:58.06	Beatrice Chebet	KEN	1	Eugene	5 July 2025
2	2	14:01.29	Agnes Ngetich	KEN	2	Eugene	5 July 2025
3		14:03.69	Beatrice Chebet		1	Roma	6 June 2025
4	3	14:24.14	Faith Kipyegon	KEN	1	Shaoxing	16 May 2026

5		14:24.99	Agnes Ngetich		1	Bruxelles	22 Aug 2025
6		14:25.80	Agnes Ngetich		1	Miramar	2 May 2025
7		14:27.12	Beatrice Chebet		1	Xiamen	26 Apr 2025
8	4	14:30.34	Margaret Akidor	KEN	4	Eugene	5 July 2025

Please send corrections to KKenNakamura@gmail.com