

Athletic season 2023

Jakob Ingebrigtsen has been this way before, of course: heading into the heat of major championship battle as the seemingly invincible favourite for the 1500m. Twice in the course of 2022, the princely Norwegian came unstuck in pursuit of a first world title at the distance. At the World Athletics Indoor Championships in Belgrade, he was beaten by the finishing speed of Samuel Tefera and the effects of Covid. Then, at the outdoor World Championships in Oregon, he was undone by Jake Wightman's inspired tactical masterclass. Could the Ingebrigtsen armour be pierced for a third time in Budapest? The prospects would appear to be remote.

For one thing, he is a year older and race-wiser, at 22. For another, he happens to be quicker, having improved his European record to 3:27.95 in the Oslo Diamond League in June and then to 3:27.14 in Chorzow on 16 July.

The 2023 Ingebrigtsen appears to be even more of a class apart from his rivals. In Oslo he finished 0.94 ahead of his closest pursuer, Mohamed Katir, the Spaniard who took the bronze medal behind him in Eugene last year and who, like him, will also be contesting the 5000m in Budapest.

In Silesia he crossed the line a massive 1.97 clear of runner-up Abel Kipsang, the Kenyan who finished third in last year's world indoor final clocking a lifetime best of 3:29.11.

Ingebrigtsen looked imperious in Poland, as indeed he had in setting a world two mile best of 7:54.10 in Paris in June. And, in Budapest, he will be fuelled by the desire to finally claim a world title in what he still considers to be his number one event.

He struck Olympic 1500m gold in Tokyo, of course, and bounced back from his 1500m defeat in Oregon last year to claim the world 5000m title, but his 1500m record at world championships reads: world U20 second place, 2018; world outdoor fourth place, 2019; world indoor second place, 2022; world outdoor second place, 2022.

"With the 1500m being my main event, I wasn't satisfied with the two silver medals in 2022," Ingebrigtsen confessed. "I would love to become a world champion in my event."

In terms of possible threats, Wightman will be absent because of injury, Katir, second on the 2023 world list, has beaten Ingebrigtsen before at 1500m. That was at the 2021 Monaco Diamond League meeting, when the Spaniard finished second and the Norwegian third behind the victorious Timothy Cheruiyot, the 2019 world champion and Tokyo Olympic silver medalist.

Cheruiyot has shown flashes of form this year, winning the Kenyan trials in a sprint finish from Kipsang and finishing fourth in Oslo behind Ingebrigtsen, Katir and US champion Yared Nuguse for fourth place on the 2023 world list, with 3:29.08.

Nuguse, who clocked a US record of 3:29.02 in Oslo, has no international experience but showed another glimpse of his talent with a fine tactical victory at the London Diamond League.

Ingebrigtsen's compatriot and training partner Narve Gilje Nordas finished runner-up in London in 3:29.47, while Spain's Mario Garcia (3:29.18), the emerging Frenchman Azeddine Habz (3:29.26) and Britain's Olympic bronze medalist Josh Kerr (3:29.64) have all ducked under 3:30 this season.

Other possible podium contenders include Kenya's world U20 champion Reynold Cheruiyot, who finished third in Silesia, plus 2017 European indoor 3000m champion Adel Mechaal, who got the better of Katir to win an epic battle for the Spanish title, new Irish record-holder Andrew Coscoran and the fast-finishing Brit Neil Gourley, runner-up to Ingebrigtsen at the European Indoor Championships in March.

MS: 3:34.20 (3:36.50)

OH: 3:33.50 (mile 3:50.40)

Medal winners			Relevant records						
2012 Olympic			WR	3:26.00	Hicham El Guerrouj	MAR	Roma	4/7/98	
1	Taoufik MAKHLOUFI	ALG	3:34.08	WJR	3:30.10	Ronald Kwemai	KEN	Monaco	18 Jul 2014
2	Leonel MANZANO	USA	3:34.79	Eur	3:27.95	Jakob Ingebrigtsen	NOR	Oslo	15 Jun 2023
3	Abdalaati IGUIDER	MAR	3:35.13	Afr	3:26.00	Hicham El Guerrouj	MAR	Roma	4/7/98
2013 Europe indoor			Ame	3:29.30	Bernard Lagat	USA	Rieti	28 08 2005	
1	Mahiedine Mekhissi-Benabbad	FRA	3:37.17	CZE	3:32.49	Jakub Holuša	CZE	Monaco	20 Jul 2018
2	İlham Tanui Özbilen	TUR	3:37.22	WIR	3:30.60	Jakob Ingebrigtsen	NOR	Lievin	17 Feb 2022
3	Simon Denissel	FRA	3:37.70	pace 400m 53.6 - 800m 1:50.5 - 1000m 2:18.5 - 1100m 2:32.8 - 1200m 2:46.4					
2013 World			All-time list						
1	Asbel KIPROP	KEN	3:36.28	1	3:26.00	Hicham El Guerrouj	MAR	Roma	14 Jul 1998
2	Matthew CENTROWITZ	USA	3:36.78	2	3:26.34	Bernard Lagat	KEN	Bruxelles	24 Aug 2001
3	Johan CRONJE	RSA	3:36.83	3	3:26.69	Asbel Kiprop	KEN	Monaco	17 Jul 2015
2014 World indoor			4	3:27.37	Noureddine Morceli	ALG	Nice	12 Jul 1995	
1	Ayanleh SOULEIMAN	DJI	3:37.52	5	3:27.64	Silas Kiplagat	KEN	Monaco	18 Jul 2014
2	Aman WOTE	ETH	3:38.08	6	3:27.95	Jakob Ingebrigtsen	NOR	Oslo	15 Jun 2023
3	Abdalaati IGUIDER	MAR	3:38.21	7	3:28.12	Noah Ngeny	KEN	Zürich	11 Aug 2000
2014 Europe			8	3:28.28	Timothy Cheruiyot	KEN	Monaco	9 Jul 2021	
1	Mahiedine Mekhissi-Benabbad	FRA	3:45.60	9	3:28.75	Taoufik Makhloufi	ALG	Monaco	17 Jul 2015
2	Henrik Ingebrigtsen	NOR	3:46.10	10	3:28.76	Mohamed Katir	ESP	Monaco	9 Jul 2021
3	Chris O'Hare	GBR	3:46.18	11	3:28.79	Abdelaati Iguider	MAR	Monaco	17 Jul 2015
2015 Europe indoor			World season list						
1	Jakub Holuša	CZE	3:37.68	1	3:27.14	Jakob Ingebrigtsen	NOR	Chorzów	16 Jul
2	İlham Tanui Özbilen	TUR	3:37.74	2	3:28.89	Mohamed Katir	ESP	Oslo	15 Jun
3	Chris O'Hare	GBR	3:38.96	3	3:29.02	Yared Nuguse	USA	Oslo	15 Jun
2015 World			4	3:29.08	Timothy Cheruiyot	KEN	Oslo	15 Jun	
1	Asbel KIPROP	KEN	3:34.40	5	3:29.11	Abel Kipsang	KEN	Chorzów	16 Jul
2	Elijah Motenoi MANANGOI	KEN	3:34.63	6	3:29.18	Mario García	ESP	Oslo	15 Jun
3	Abdalaati IGUIDER	MAR	3:34.67	7	3:29.26	Azeddine Habz	FRA	Oslo	15 Jun
2016 World indoor			8	3:29.41	Olli Hoare	AUS	Oslo	15 Jun	
1	Matthew CENTROWITZ	USA	3:44.22	9	3:29.47	Narve Gilje Nordås	NOR	Oslo	15 Jun
2	Jakub HOLUŠA	CZE	3:44.30	10	3:29.51	Lamecha Girma	ETH	Lausanne	30 Jun
3	Nicholas WILLIS	NZL	3:44.37	11	3:29.64	Josh Kerr	GBR	Lausanne	30 Jun
2016 Europe			World mile list						
1	Filip Ingebrigtsen	NOR	3:46.65	1	3:52.24	Olli Hoare	AUS	Melbourne	23 Feb
2	David Bustos	ESP	3:46.90	2	3:53.83	Samuel Tanner	NZL	Melbourne	23 Feb
3	Henrik Ingebrigtsen	NOR	3:47.18	3	3:54.48	Ryan Mphahlele	RSA	Dublin	14 Jul
2016 Olympic			4	3:55.12	Adam Spencer	AUS	Dublin	14 Jul	
1	Matthew Centrowitz	USA	3:50.00	5	3:55.44	Cameron Myers	AUS	Melbourne	23 Feb
2	Taoufik Makhloufi	ALG	3:50.11	6	3:55.48	Callum Davies	AUS	Melbourne	23 Feb
3	Nick Willis	NZL	3:50.24	7	3:55.70	Adam Fogg	GBR	Manchester	27 May
2017 Europe indoor			8	3:55.73	Nicholas Griggs	IRL	Dublin	14 Jul	
1	Marcin Lewandowski	POL	3:44.82	9	3:55.90	Matthew Ramsden	AUS	Melbourne	23 Feb
2	Kalle Berglund	SWE	3:45.56	10	3:56.05	Cathal Doyle	IRL	Dublin	14 Jul
3	Filip Sasínek	CZE	3:45.89	11	3:56.06	Thomas Keen	GBR	Dublin	14 Jul
2017 World			European season list						
1	Elijah Manangoi	KEN	3:33.61	1	3:27.14	Jakob Ingebrigtsen	NOR	Chorzów	16 Jul
2	Timothy Cheruiyot	KEN	3:33.99	2	3:28.89	Mohamed Katir	ESP	Oslo	15 Jun
3	Filip Ingebrigtsen	NOR	3:34.53	3	3:29.18	Mario García	ESP	Oslo	15 Jun
2018 World indoor			4	3:29.26	Azeddine Habz	FRA	Oslo	15 Jun	
1	Samuel Tefera	ETH	3:58.19	5	3:29.47	Narve Gilje Nordås	NOR	Oslo	15 Jun
2	Marcin Lewandowski	POL	3:58.39	6	3:29.64	Josh Kerr	GBR	Lausanne	30 Jun
3	Abdelaati Iguider	MAR	3:58.43	7	3:30.42	Andrew Coscoran	IRL	Chorzów	16 Jul
2018 Europe			8	3:30.60	Neil Gourley	GBR	London	23 Jul	
1	Jakob Ingebrigtsen	NOR	3:38.10	9	3:30.92	Elliot Giles	GBR	London	23 Jul
2	Marcin Lewandowski	POL	3:38.14	10	3:31.30	Matthew Stonier	GBR	London	23 Jul
3	Jake Wightman	GBR	3:38.25	11	3:31.43	Adel Mechaal	ESP	London	23 Jul
2019 Europa indoor			Czech season list						
1	Marcin Lewandowski	POL	3:42.85	1	3:38.06	Filip Sasínek	CZE	Poznań	18 Jun
2	Jakob Ingebrigtsen	NOR	3:43.23	2	3:38.18	Jakub Davidík	CZE	Poznań	18 Jun
3	Jesús Gómez	ESP	3:44.39		3:38.71	Filip Sasínek		Tábor	30 Jul
2019 World					3:39.84	Jakub Davidík		Praha	5 Jun
1	Timothy Cheruiyot	KEN	3:29.26	3	3:39.90	Jan Friš	CZE	Dessau-Roßlau	17 Jun
2	Taoufik Makhloufi	ALG	3:31.38		3:40.19	Jan Friš		Tábor	30 Jul
3	Marcin Lewandowski	POL	3:31.46		3:40.26	Jan Friš		København	7 Jun
2021 Europe indoor					3:40.54	Filip Sasínek		Trieste	22 Jul
1	Jakob Ingebrigtsen	NOR	3:37.56		3:40.60	Jan Friš		Praha	5 Jun
2	Marcin Lewandowski	POL	3:38.06		3:40.76	Jakub Davidík		Chorzów	24 Jun
3	Jesús Gómez	ESP	3:38.47		3:41.13	Filip Sasínek		Sollentuna	11 Jun
2021 Olympic			Europen mile						
1	Jakob Ingebrigtsen	NOR	3:28.32	1	3:55.70	Adam Fogg	GBR	Manchester	27 May
2	Timothy Cheruiyot	KEN	3:29.01	2	3:55.73	Nicholas Griggs	IRL	Dublin	14 Jul
3	Josh Kerr	GBR	3:29.05	3	3:56.05	Cathal Doyle	IRL	Dublin	14 Jul
2022 World indoor			4	3:56.06	Thomas Keen	GBR	Dublin	14 Jul	
1	Samuel Tefera	ETH	3:32.77	5	3:58.46	Piers Copeland	GBR	Manchester	27 May
2	Jakob Ingebrigtsen	NOR	3:33.02	6	3:58.49	Will Battershill	GBR	Manchester	27 May
3	Abel Kipsang	KEN	3:33.36	7	3:59.28	Jeremy Dempsey	GBR	St. Ives	14 Jun
2022 World			8	3:59.36	Kane Elliott	GBR	Manchester	27 May	
1	Jake Wightman	GBR	3:29.23	9	4:00.01	Callum Elson	GBR	Manchester	27 May
2	Jakob Ingebrigtsen	NOR	3:29.47	10	4:00.52	Charlie O'Donovan	IRL	Dublin	14 Jul
3	Mohamed Katir	ESP	3:29.90	11	4:00.69	Max Wharton	GBR	Manchester	27 May
2022 Europe									
1	Jakob Ingebrigtsen	NOR	3:32.76						
2	Jake Heyward	GBR	3:34.44						
3	Mario García	ESP	3:34.88						
2023 Europe indoor									
1	Jakob Ingebrigtsen	NOR	3:33.95						
2	Neil Gourley	GBR	3:34.23						
3	Azeddine Habz	FRA	3:35.39						

