

Athletic season 2023

The men's 5000m at the World Athletics Championships Budapest 23 will see an intense struggle for supremacy. Norway's Olympic 1500m champion Jakob Ingebrigtsen, who earned a first world title at this distance in Oregon last year after suffering the shock of being beaten to gold in the metric mile by Britain's Jake Wightman, is in ominously good form as he plans his defence but he is up against some strong challengers.

After marking his recovery from a viral illness by winning the European indoor 1500m and 3000m titles in Istanbul, Ingebrigtsen has been an unstoppable force over 1500m this year, improving his European record to 3:27.14 at last month's Silesia Diamond League meeting.

While Ingebrigtsen has not run a 5000m this season, he looks ready to improve on the European record of 12:48.45 he set in Florence two years ago. Despite his relative youth, he is already a seasoned championship runner at the distance, having also won two European titles.

Uganda's Olympic champion Joshua Cheptegei, who set the world record of 12:35:36 in Monaco three years ago, represents the most monumental of challengers, albeit that he could only finish ninth in Oregon last year.

Cheptegei, who retained his world title over 10,000m at Hayward Field, is currently second fastest in the world this season with 12:41.61 set at the Lausanne Diamond League meeting.

But a more imminent threat to the 22-year-old Norwegian could be Ethiopia's 22-year-old Berihu Aregawi, who beat Cheptegei into second place in Switzerland with a time of 12:40.45. That's the fastest performance in the world this year and a mark that puts Aregawi fifth on the world all-time list.

Or indeed Yomif Kejelcha of Ethiopia, who beat Uganda's Jakob Kiplimo after an extraordinary finish in the Oslo Diamond League meeting, where both athletes were given the same time of 12:41.73. Kiplimo would also have been a contender, but he has withdrawn through injury.

Two other Ethiopian talents will be part of the reckoning. Hagos Gebrhiwet and Telahun Bekele have run 12:42.18 and 12:42.70 respectively this year.

Also in the medal mix will be Spain's Mohamed Katir, who has run 12:45.01 this year and will stalk Ingebrigtsen both at this distance and over 1500m.

MS: 13:07.00 (13:30.00)

OH: 13:05.00

Medal winners			Relevant records				
<b>2012 Olympic</b>			WR	12:35.36	Joshua Cheptegei	UGA Monaco 14 Aug 2020	
1	Mohamed FARAH	GBR	13:41.66	WJR	12:43.02	Selemo Barega	ETH Bruxelles 31 Aug 2018
2	Dejen GEBREMESKEL	ETH	13:41.98	Eur	12:45.01	Mohamed Katir	ESP Monaco 21 Jul 2023
3	Thomas Pkemei LONGOSIWA	KEN	13:42.36	Afr	12:35.36	Joshua Cheptegei	UGA Monaco 14 Aug 2020
<b>2013 Europe indoor</b>			CZE	13:24.99	Jiří Šýkora	Moskva 1 Aug 1980	
1	Hayle Ibrahimov	AZE	7:49.74	Ame	12:46.96	Grant Fisher	USA Bruxelles 2 Sep 2022
2	Juan Carlos Higuero	ESP	7:50.26	WIR	7:23.81	Lamecha Girma	ETH Lievin 15 Feb 2023
3	Ciarán Ó Lionáird	IRL	7:50.40	WR pace 1000m - 2:31.87 2000m - 5:03.77 3000m - 7:35.14 4000m - 10:05.46 paced by Roy Hoornweg, Stephen Kissa, and Matthew Ramsden			
<b>2013 World</b>			<b>All-time list</b>				
1	Mohamed FARAH	GBR	13:26.98	1	12:35.36	Joshua Cheptegei	UGA Monaco 14 Aug 2020
2	Hagos GEBRHIWET	ETH	13:27.26	2	12:37.35	Kenenisa Bekele	ETH Hengelo 31 May 2004
3	Isiah Kiplangat KOECH	KEN	13:27.26	3	12:39.36	Haile Gebrselassie	ETH Helsinki 13 Jun 1998
<b>2014 World indoor</b>			4	12:39.74	Daniel Komen	KEN Bruxelles 22 Aug 1997	
1	Caleb Mwangangi NDIKU	KEN	7:54.94	5	12:40.45	Berihu Aregawi	ETH Lausanne 30 Jun 2023
2	Bernard LAGAT	USA	7:55.22	6	12:41.73	Yomif Kejelcha	ETH Oslo 15 Jun 2023
3	Dejen GEBREMESKEL	ETH	7:55.39	6	12:41.73	Jacob Kiplimo	UGA Oslo 15 Jun 2023
<b>2014 Europe</b>			8	12:42.18	Hagos Gebrhiwet	ETH Monaco 21 Jul 2023	
1	Mohamed Farah	GBR	14:05.82	9	12:42.70	Telahun Haile	ETH Monaco 21 Jul 2023
2	Hayle Ibrahimov	AZE	14:08.32	10	12:43.02	Selemo Barega	ETH Bruxelles 31 Aug 2018
3	Andy Vernon	GBR	14:09.48	11	12:45.01	Mohamed Katir	ESP Monaco 21 Jul 2023
<b>2015 Europe indoor</b>			<b>World season list</b>				
1	Ali Kaya	TUR	7:38.42	1	12:40.45	Berihu Aregawi	ETH Lausanne 30 Jun
2	Lee Emanuel	GBR	7:44.48	2	12:41.61	Joshua Cheptegei	UGA Lausanne 30 Jun
3	Henrik Ingebrigtsen	NOR	7:45.54	3	12:41.73	Yomif Kejelcha	ETH Oslo 15 Jun
<b>2015 World</b>			3	12:41.73	Jacob Kiplimo	UGA Oslo 15 Jun	
1	Mohamed FARAH	GBR	13:50.38	5	12:42.18	Hagos Gebrhiwet	ETH Monaco 21 Jul
2	Caleb Mwangangi NDIKU	KEN	13:51.75	6	12:42.70	Telahun Haile	ETH Monaco 21 Jul
3	Hagos GEBRHIWET	ETH	13:51.86	7	12:45.01	Mohamed Katir	ESP Monaco 21 Jul
<b>2016 World indoor</b>			8	12:46.02	Jacob Krop	KEN Monaco 21 Jul	
1	Yomif KEJELCHA	ETH	7:57.21	9	12:52.97	Luis Grijalva	GUA Firenze 2 Jun
2	Ryan HILL	USA	7:57.39	10	12:54.40	Woody Kincaid	USA Firenze 2 Jun
3	Augustine Kiprono CHOGE	KEN	7:57.43	11	12:55.16	Joe Klecker	USA Firenze 2 Jun
<b>2016 Europe</b>			<b>Europe</b>				
1	Ilias Fifi	ESP	13:40.85	1	12:45.01	Mohamed Katir	ESP Monaco 21 Jul
2	Adel Mechaal	ESP	13:40.85	2	12:55.47	Thierry Ndikumwenayo	ESP Monaco 21 Jul
3	Richard Ringer	GER	13:40.85	3	12:56.09	Jimmy Gressier	FRA Monaco 21 Jul
<b>2016 Olympic</b>			4	13:01.40	Brian Fay	IRL Heusden 15 Jul	
1	Mo Farah	GBR	13:03.30	5	13:02.62	Hugo Hay	FRA Heusden 15 Jul
2	Paul Chelimo	USA	13:03.90	6	13:05.38	Narve Gilje Nordås	NOR Heusden 15 Jul
3	Hagos Gebrhiwet	ETH	13:04.35	7	13:05.66	Mike Foppen	NED Heusden 15 Jul
<b>2017 Europe indoor</b>			8	13:06.42	Ouassim Ourmaiz	ESP Heusden 15 Jul	
1	Adel Mechaal	ESP	8:00.60	9	13:09.44	Magnus Tuv Myhre	NOR Oslo 15 Jun
2	Henrik Ingebrigtsen	NOR	8:00.93	10	13:11.44	Neil Gourley	GBR Westwood CA 26 May
3	Richard Ringer	GER	8:01.01	10	13:11.44	Yann Schrub	FRA Oordegem 27 May
<b>2017 World</b>			<b>Czech</b>				
1	Muktar Edris	ETH	13:32.79	1	13:58.25	Martin Zajíc	CZE Oordegem 27 May
2	Mo Farah	GBR	13:33.22	2	14:10.93	Matěj Hřebečka	CZE Nijmegen 17 Jun
3	Paul Chelimo	USA	13:33.30	14:15.57	Martin Zajíc	Chorzów 25 Jun	
<b>2018 World indoor</b>			3	14:16.38	Vladimír Marčík	CZE Nijmegen 17 Jun	
1	Yomif Kejelcha	ETH	8:14.41	4	14:17.19	David Šlapák	CZE Oordegem 27 May
2	Selemo Barega	ETH	8:15.59	5	14:18.40	Jáchym Kovář	CZE Opava 10 May
3	Bethwel Birgen	KEN	8:15.70	14:21.08	Matěj Hřebečka	Plzeň 27 May	
<b>2018 Europe</b>			14:21.17	David Šlapák	Wien 17 Jun		
1	Jakob Ingebrigtsen	NOR	13:17.06	14:23.27	Martin Zajíc	Wien 17 Jun	
2	Henrik Ingebrigtsen	NOR	13:18.75	14:23.72	Vladimír Marčík	Heusden 15 Jul	
3	Morhad Amdouni	FRA	13:19.14	14:25.30	Martin Zajíc	Tábor 29 Jul	
<b>2019 Europe indoor</b>							
1	Jakob Ingebrigtsen	NOR	7:56.15				
2	Chris O'Hare	GBR	7:57.19				
3	Henrik Ingebrigtsen	NOR	7:57.19				
<b>2019 World</b>							
1	Muktar Edris	ETH	12:58.85				
2	Selemo Barega	ETH	12:59.70				
3	Mohammed Ahmed	CAN	13:01.11				
<b>2021 Europe indoor</b>							
1	Jakob Ingebrigtsen	NOR	7:48.20				
2	Isaac Kimeli	BEL	7:49.41				
3	Adel Mechaal	ESP	7:49.47				
<b>2021 Olympic</b>							
1	Joshua Cheptegei	UGA	12:58.15				
2	Mohammed Ahmed	CAN	12:58.61				
3	Paul Chelimo	USA	12:59.05				
<b>2022 World indoor</b>							
1	Selemo Barega	ETH	7:41.38				
2	Lamecha Girma	ETH	7:41.63				
3	Marc Scott	GBR	7:42.02				
<b>2022 World</b>							
1	Jakob Ingebrigtsen	NOR	13:09.24				
2	Jacob Krop	KEN	13:09.98				
3	Oscar Chelimo	UGA	13:10.20				
<b>2022 Europe</b>							
1	Jakob Ingebrigtsen	NOR	13:21.13				
2	Mohamed Katir	ESP	13:22.98				
3	Yemaneberhan Crippa	ITA	13:24.83				
<b>2023 Europe indoor</b>							
1	Jakob Ingebrigtsen	NOR	7:40.32				
2	Adel Mechaal	ESP	7:41.75				
3	Elzan Bibić	SRB	7:44.03				

