

AFRICA
BOTSWANA



Capital: Gabarone

Area: 581,730 sq km

Population: 1,479,039

Time Zone: GMT +02:00

Languages: English, Setswana

Currency: Pula (P)

Games attended: Seven - 1974, 1982, 1986, 1990 to 2002. Botswana has won medals in three sports - Boxing, Athletics and Lawn Bowls.

Medals won



Total
5

Botswana is a landlocked state in Southern Africa bordering Namibia, Zimbabwe, South Africa and Zambia. Most people live near the Eastern border. The economy was once dependent on cattle rearing. Beef is still an important export, but the economy is now based on mining and industry.

CAMEROON



Capital: Yaounde

Area: 5,442 sq km

Population: 15,891,531

Time Zone: GMT +01:00

Languages: English, French, 24 other African languages

Currency: Communauté Financière Africaine (CFA) Franc

Games attended: Two - 1998 and 2002. Cameroon has won medals in four sports - Weightlifting; Athletics; Boxing and Judo.

Medals won



Total
18

Located in West Africa, the majority of Cameroon's citizens are farmers. Cocoa, coffee and cotton are the country's main crops while over half the country's export earnings come from crude oil, sawn wood and logs.

THE GAMBIA



Capital: Banjul

Area: 11,295 sq km

Population: 1,381,496

Time Zone: GMT +00:00

Languages: English, Mandinka, Wolof, Fula

Currency: Dalasi (D)

Games attended: Eight - 1970, 1974, 1978, 1982, 1990 to 2002. The Gambia won a medal in Boxing at its first Games in 1970.

Medals won



Total
1

Located in Western Africa, The Gambia has a tropical climate and relies on tourism as a source of income. Over 70 per cent of Gambians are farmers while fishing is also important.

GHANA



Capital: Accra

Area: 238,500 sq km

Population: 19,271,744

Time Zone: GMT +00:00

Languages: English, Akan, Mole-Dagbani, Ewe, Ga-Adangbe

Currency: New Cedi (C)

Games attended: Twelve - from 1954 to 2002, except 1986. Ghana has won all its medals in two sports - Boxing and Athletics.

Medals won



Total
46

Tropical Ghana is a major producer of cocoa while timber is also a significant commodity. Bauxite, gold, diamonds and manganese ore are mined.

KENYA



Capital: Nairobi

Area: 592,747 sq km

Population: 28,809,000

Time Zone: GMT +03:00

Languages: English, Swahili

Currency: Kenya Shilling (Ksh)

Games attended: Twelve - 1954 to 2002 except 1986. Kenya has won medals in every Commonwealth Games that they have competed in. Most have been in Athletics and some in Boxing.

Medals won


53


42


49

Total
144

Located in eastern Africa, half of the Kenya's export earnings come from its agricultural products – mainly tea and coffee. Tourism is the main source of foreign exchange.

LESOTHO



Capital: Maseru

Area: 30,355 sq km

Population: 2,129,000

Time Zone: GMT +02:00

Languages: English, Sesotho, Zulu, Xhosa

Currency: Loti (L)

Games attended: Seven - 1974, 1978, 1986 to 2002. Lesotho has won medals in Athletics and Boxing.

Medals won


1


0


1

Total
2

A landlocked state surrounded by South Africa, Lesotho's chief exports includes livestock, vegetables, wool and mohair. Its economy is heavily dependent on South Africa for employment and transport links.

MALAWI



Capital: Lilongwe

Area: 118,484 sq km

Population: 10,154,299

Time Zone: GMT +02:00

Languages: English, Chichewa, Bantu Languages

Currency: Malawian Kwacha (MK)

Games attended: Nine - 1970 to 2002. Malawi's athletes have won medals at two Games, all in the sport of Boxing.

Medals won



Total

3

Malawi is located in Central Africa. Its economy depends on agriculture – tobacco, tea and sugar are the main exports.

MAURITIUS



Capital: Port Louis

Area: 2,040 sq km

Population: 1,172,000

Time Zone: GMT +04:00

Languages: English, Creole, French, Hindi, Urdu, Hakka, Bojpoori

Currency: Mauritian Rupee (MauR)

Games attended: Ten - 1958 to 2002, except 1962 and 1986. Mauritius has won medals in three sports - Athletics; Boxing and Judo.

Medals won



Total

5

Mauritius is warm and humid. Most of its citizens live on the west side of the island. Sugar production and tourism are its major industries.

NAMIBIA



Capital: Windhoek

Area: 824,292 sq km

Population: 1,648,000

Time Zone: GMT +01:00

Languages: English, Afrikaans, German, indigenous languages

Currency: Namibian dollar (N\$)

Games attended: Three - 1994, 1998 and 2002. Namibia has won medals in three sports - Athletics; Lawn Bowls and Shooting.

Medals won


2


2


6

Total
10

Namibia is located on the Atlantic coast of southern Africa. Its economy is dependent on agriculture as well as diamond and uranium mining, while fishing is also important.

NIGERIA



Capital: Abuja

Area: 923,768 sq km

Population: 113,829,000

Time Zone: GMT +01:00

Languages: English, Hausa, Yoruba, Igbo

Currency: Naira (N)

Games attended: Eleven - 1950 to 2002 except 1962, 1986 and 1998. Medals have been won in six sports with Athletics and Boxing their strongest sports. More recently Nigeria has also won medals in Judo, Wrestling, Weightlifting and Table Tennis.

Medals won


35


41


50

Total
126

Nigeria is located in west Africa and has the largest population on the African continent. About half its workforce is engaged in agriculture while the economy relies on vast oil resources.

SEYCHELLES



Capital: Victoria

Area: 454 sq km

Population: 79,672

Time Zone: GMT +04:00

Languages: English, French, Creole

Currency: Seychelles Rupee (SRe)

Games attended: Four - 1990, 1994, 1998 and 2002. All the medals won by Seychelles have been in Boxing.

Medals won



0



2



1

Total

3

The Seychelles consists of an archipelago of 115 granite and coral islands and is located in the Indian Ocean. About 90 per cent of the country's citizens live on Mahe, the main island. Its economy is based on tourism, transit trade and light manufacturing.

SIERRA LEONE



Capital: Freetown

Area: 71,740 sq km

Population: 5,509,263

Time Zone: GMT +00:00

Languages: English, Mende, Temne, Krio

Currency: Leone (Le)

Games attended: Eight - 1958, 1966, 1970, 1978, 1990 to 2002. Sierra Leone has competed in Athletics, Boxing and Weightlifting.

Medals won



0



0



0

Total

0

Lying on the Atlantic coast of west Africa, Sierra Leone's climate is tropical and rainfall is heavy. Most of the workforce is involved in subsistence farming (cocoa and coffee are the main cash crops). Rutile (titanium ore), bauxite and diamonds are the chief exports.

SOUTH AFRICA



Capital: Pretoria/Cape Town

Area: 1,221,037 sq km

Population: 42,579,000

Time Zone: GMT +02:00

Languages: Afrikaans, English, Ndebele, Pedi, Sotho, Swazi, Tsonga, Tswana, Venda, Xhosa, Zulu

Currency: Rand (R)

Games attended: Nine - 1930, 1934, 1938, 1950, 1954, 1958, 1994, 1998 and 2002. South Africa has won medals in sixteen sports.

Medals won


80


79


83

Total
242

South Africa has Africa's largest and most developed economy. Agriculture comprises one-third of its exports, and it is the world's largest producer of gold, which accounts for another third of export earnings. Coral, diamonds, platinum, uranium and other minerals are also mined.

SWAZILAND



Capital: Mbabane

Area: 17,364 sq km

Population: 985,000

Time Zone: GMT +02:00

Languages: English, Swazi

Currency: Lilangeni (E)

Games attended: Nine - 1970 to 2002. Swaziland has won medals in Boxing and Athletics. They have also competed in Lawn Bowls, Swimming and Weightlifting.

Medals won


0


1


2

Total
3

Landlocked Swaziland is located in southern Africa between Mozambique and South Africa. The climate is tropical. Subsistence farming is the dominant industry

COMMONWEALTH COUNTRIES

while coal and diamonds are mined. Exports include sugar, fruit and wood pulp. Tourism is also important.

UNITED REPUBLIC OF TANZANIA



Capital: Dar es Salaam

Area: 945,087 sq km

Population: 31,271,000

Time Zone: GMT +03:00

Languages: Swahili, English

Currency: Tanzanian Shilling (TSh)

Games attended: Ten - 1962 to 2002 except 1986. In 1962 they competed as Tanganyika. Tanzania has achieved medal success at every Games they have attended since 1970, mainly in Boxing and Athletics.

Medals won



Total

19

Tanzania is located on the east coast of Africa and includes Zanzibar in the Indian Ocean. Mount Kilimanjaro and Serengeti National park are found in the north of the mainland. The economy is based on agriculture while tourism is also growing.

UGANDA



Capital: Kampala

Area: 241,038 sq km

Population: 23,451,687

Time Zone: GMT +03:00

Languages: English, Luganda

Currency: Ugandan Shilling (USh)

Games attended: Ten - 1954 to 2002, except 1966, 1978 and 1986. They have won most of their medals in Athletics and Boxing.

Medals won



Total

39

COMMONWEALTH COUNTRIES

Uganda is a landlocked country in east Africa and includes part of Lake Victoria from which The Nile flows northward to Sudan. Most people live in the southern half of the country. The economy is based on agriculture with coffee, tea and cotton its main exports.

ZAMBIA



Capital: Lusaka

Area: 752,614 sq km

Population: 9,872,007

Time Zone: GMT +02:00

Languages: English, indigenous languages

Currency: Zambian Kwacha (K)

Games attended: Nine - 1954, 1970 to 2002 except 1986. Zambia has won most of its medals in Boxing, although some have been won in Lawn Bowls and Athletics.

Medals won


3


8


17

Total
28

Zambia is a landlocked country in Central Africa and borders seven other countries. The climate is tropical with a rainy season from November to May. Subsistence agriculture engages 70 per cent of the workforce. Copper is the most important export as well as zinc, cobalt and tobacco.

 More information from the [Commonwealth Games Federation](http://www.cmgf.org).

THE AMERICAS

BELIZE



Capital: Belmopan

Area: 22,965 sq km

Population: 241,546

Time Zone: GMT -06:00

Languages: English, Spanish, Maya, Garifuna

Currency: Belizean Dollar (BZ\$)

Games attended: Six - 1962 and 1966 as the British Honduras; 1978, 1994, 1998 and 2002. Belize has competed in Athletics, Boxing, Cycling, Shooting and Weightlifting.

Medals won



Total
0

Jungle comprises about half the area of tropical Belize. Its economy depends on agriculture, fishing and forestry while its main exports include sugar, clothing, bananas and lobsters

BERMUDA



Capital : Hamilton

Population: 62,912

Time Zone: GMT -04:00

Languages: English, Portuguese

Currency: Bermudian Dollar (Bd\$)

Games attended: Thirteen - Since 1930, Bermuda has missed four Games in 1950, 1958, 1962 and 1986. Bermuda was one of the original eleven Countries to attend the first Games. They have won five medals mostly in Athletics.

Medals won



Total
5

Warm and humid, Bermuda is a cluster of small islands in the Atlantic Ocean, to the east of the USA. Its economy relies on tourism, insurance, shipping and foreign investment.

CANADA



Capital: Ottawa

Area: 9,970,610 sq km

Population: 31,330,255

Time Zone: GMT -05:00

Languages: English, French

Currency: Canadian Dollar (C\$)

Games attended: Seventeen - Canada is one of six countries that has attended all of the Commonwealth Games since 1930, the first of which, was hosted by the city of Hamilton. Canada have won 1 232 medals across all sports on the Games program.

Medals won



388



415



429

Total

1 232

The world's second largest country, Canada has minerals, energy resources, forests and rich coastal waters. Canada is among the world's leading exporters of wheat, wood and seafood as well as iron ore, uranium and other minerals.

FALKLAND ISLANDS



Capital: Stanley

Area: 12,173 sq km

Population: 2,826

Time Zone: GMT -04:00

Languages: English

Currency: Falkland Pound £F

Games attended: Six - 1982, 1986, 1990, 1994, 1998 and 2002. They have competed in Athletics at the Games.

Medals won



0



0



0

Total

0

Most of the country's population live in one of the two main islands – West Falkland and East Falkland. Sheep farming and the sale of fishing licenses are its main economic activities, while oil has been discovered offshore.

GUYANA



Capital: Georgetown

Area: 214,969 sq km

Population: 703,399

Time Zone: GMT -04:00

Languages: English, Amerindian dialects

Currency: Guyana Dollar (G\$)

Games attended: Thirteen - 1930, 1934, 1938, 1954 to 1970, 1978, 1982, 1990 to 2002. They were one of the eleven countries to attend the first Games in Hamilton. Guyana has won medals in Athletics, Boxing, Rowing, Swimming and Weightlifting.

Medals won



3



5



6

Total

14

Guyana 's climate is generally hot, humid and wet. Its economy relies on agriculture, mining, forestry and fishing. Sugar, bauxite, gold and rice are its main exports.

ST. HELENA & DEPENDENCIES



Capital: Jamestown

Area: 308 sq km

Population: 7000

Time Zone: GMT +0

Languages: English

Currency: Pound (£S)

Games attended: Three - 1982, 1998 and 2002. St Helena has competed in Athletics.

Medals won



0



0



0

Total

0

St. Helena and its dependencies, Tristan da Cunha and Ascension lie in the south Atlantic Ocean. Napoleon was exiled to St. Helena.



More information from the [Commonwealth Games Federation](http://www.commonwealthgames.org)

ASIA
BANGLADESH



Capital: Dhaka
Area: 147,570 sq km
Population: 129,146,695
Time Zone: GMT +06:00
Languages: Bangla, Urdu, English
Currency: Taka (Tk)
Games attended: Five - 1978, 1990 to 2002. All their medals have been won in Shooting.

Medals won



Total
3

Bangladesh's chief industries produce fertilisers, paper, glass, timber and iron and steel. Two-thirds of the country's workforce is engaged in its agricultural industry.

BRUNEI DARUSSALAM



Capital: Bandar Seri Begawan
Area: 5,765 sq km
Population: 330,689
Time Zone: GMT +08:00
Languages: Malay, English, Chinese
Currency: Bruneian Dollar (B\$)
Games attended: Four - 1990, 1994, 1998 and 2002. Brunei has competed in Athletics and Boxing.

Medals won



Total
0

Surrounded by Malaysia, two-thirds of Brunei is covered by tropical rainforests. The country's economy is based on the production of oil and gas.

INDIA



Capital: New Delhi

Area: 3,287,591 sq km

Population: 986,611,000

Time Zone: GMT +05:30

Languages: Hindi, 14 official languages, English

Currency: Indian Rupee (Re)

Games attended: Thirteen - they missed 1930, 1950, 1962 and 1986. India have won many medals in Boxing, Badminton, Wrestling and Weightlifting. More recently they have also won medals in Shooting, Athletics, Hockey, Judo and Table Tennis.

Medals won


80


79


63

Total
222

India is a major producer of tea, sugar, jute, cotton, tobacco, chemical products and steel. Agriculture, forestry and fishing account for one-third of the country's output and two-thirds of employment.

MALAYSIA



Capital: Kuala Lumpur

Area: 329,758 sq km

Population: 21,820,143

Time Zone: GMT +08:00

Languages: Malay, English, Chinese

Currency: Ringgit Malaysia (RM)

Games attended: Nine - 1966 to 2002 except for 1986. Malaysia has won medals in twelve sports - Badminton; Athletics; Boxing; Cycling; Gymnastics; Hockey; Lawn Bowls; Shooting; Tenpin Bowling; Weightlifting; Squash and Swimming.

Medals won


27


33


39

Total
99

Malaysia is the world's largest producer of tin, palm oil, pepper and tropical hardwoods. Manufacturing is responsible for recent economic growth while tourism is also an important industry

MALDIVES



Capital: Male

Area: 298 sq km

Population: 278,000

Time Zone: GMT +05:00

Languages: Maldivian Divehi, English

Currency: Rufiyaa (Rf)

Games attended: Five - 1986 to 2002. Athletes from the Maldives have competed in Athletics and Badminton.

Medals won



Total
0

The Maldives is an archipelago consisting of 1,190 coral atolls situated in the Indian Ocean. It relies on fishing, fish processing and tourism.

PAKISTAN



Capital: Islamabad

Area: 796,095 sq km

Population: 146,488,000

Time Zone: GMT +05:00

Languages: Urdu, English, Punjabi, Sindhi

Currency: Pakistani Rupee (PRe)

Games attended: Nine - 1954 to 1970, 1990 to 2002. Pakistan has won most of its medals medals in Wrestling. They have also won medals in Athletics, Boxing, Weightlifting, Hockey and Shooting.

Medals won



Total
56

Agriculture is Pakistan's main industry, engaging about half the workforce while being responsible for over two-thirds of export earnings.

SINGAPORE



Capital: Singapore

Area: 648 sq km

Population: 3,999,000

Time Zone: GMT +08:00

Languages: Chinese, Malay, Tamil, English

Currency: Singapore Dollar (S\$)

Games attended: Eleven - 1958 to 2002. Over half of Singapore's medals were won in Manchester 2002. Early success for Singapore came in the sports of Weightlifting and Boxing, but more recently, Badminton and Table Tennis have produced good results.

Medals won



Total
22

Singapore 's economy is based on manufacturing industries and services. Some of the main industries include electronics, oil refining, chemicals and ship building. Singapore is also a major financial centre and has one of the world's busiest ports.

SRI LANKA



Capital: Colombo

Area: 65,610 sq km

Population: 19,003,000

Time Zone: GMT +06:00

Languages: Sinhalese, Tamil, English

Currency: Sri Lankan Rupee (SLRe)

Games attended: Eleven - 1930, 1950, 1958, 1962, 1966, 1970, 1978, 1990 to 2002. Sri Lanka have won medals in Boxing, Weightlifting, Shooting and Athletics.

Medals won



Total
10

Sri Lanka 's climate is hot and monsoonal. It manufactures mainly textiles and clothing, and exports tea, rubber, copra and gems.



MELBOURNE 2006
COMMONWEALTH GAMES
EDUCATION PROGRAM

COMMONWEALTH COUNTRIES



More information from the [Commonwealth Games Federation](#).

CARRIBEAN ANGUILLA



Capital: The Valley
Area: 96 sq km
Population: 11,875
Time Zone: GMT -04:00
Languages: English
Currency: East Caribbean Dollar (EC\$)

Games attended: Two - 1998 and 2002. Anguilla has sent competitors in Athletics to the Games.

Medals won

			Total
0	0	0	0

Anguilla is situated in the northern Caribbean Sea. The economy is based on tourism and fishing

ANTIGUA & BARBUDA



Capital: St John's
Area: 442 sq km
Population 64,461
Time Zone: GMT -04:00
Languages: English, local dialects
Currency: East Caribbean Dollar (EC\$)
Games attended: Six - 1996, 1970, 1978, 1994, 1998 and 2002. Antigua & Barbuda has sent competitors in Athletics to the Games.

Medals won

			Total
0	0	0	0

The state is made up of three eastern Caribbean Islands, Antigua, Barbuda and Redonda. The largest island, Antigua, is mainly hilly scrubland, with many beaches and a warm, dry climate. Tourism is the main economic activity.

BAHAMAS



Capital: Nassau

Area: 13,939 sq km

Population: 301,000

Time Zone: GMT -05:00

Languages: English, Creole

Currency: Bahamian Dollar (B\$)

Games attended: Bahamas have attended eight Commonwealth Games since their first appearance at the 1954 event in Vancouver Canada, missing only 1974 and 1986. Most of their medals have been won in Athletics.

Medals won



Total
23

The Bahamas is a group of about 700 islands in the northern Caribbean. The economy depends on tourism as well as banking, insurance and ship registration.

BARBADOS



Capital: Bridgetown

Area: 430 sq km

Population: 269,000

Time Zone: GMT -04:00

Languages: English

Currency: Bds \$

Games attended: Eleven - all games between 1954 and 2002 except 1966 and 1986. They have won medals in four sports - Weightlifting; Athletics; Cycling and Boxing.

Medals won



Total
10

Barbados is the easternmost Caribbean island. Its economy relies on its tourism industry as well as financial services and sugar production.

BRITISH VIRGIN ISLANDS



Capital: Road Town

Area: 153 sq km

Population: 19,610

Time Zone: GMT -04:00

Languages: English

Currency: United States Dollar (US\$)

Games attended: Four - 1990, 1994, 1998 and 2002. They have competed in Athletics at the Games.

Medals won



0



0



0

Total

0

The British Virgin Islands are located between the Caribbean Sea and the North Atlantic Ocean, east of Puerto Rico. There are four main islands and 36 islets. The climate is sub-tropical. Tourism is the main industry.

CAYMAN ISLANDS



Capital: George Town

Area: 259 sq km

Population: 41,011

Time Zone: GMT -05:00

Languages: English

Currency: Caymanian Dollar (CI\$)

Games attended: Seven - 1978 to 2002. They won their first ever medal at the 2002 Games in the men's long jump event.

Medals won



0



0



1

Total

1

Situated northwest of Jamaica in the Caribbean, there are three main islands in the Caymans. While tourism is important, the Islands are one of the world's most important offshore financial centres.

DOMINICA



Capital: Roseau

Area: 750 sq km

Population: 63,944

Time Zone: GMT -04:00

Languages: English, French Patois

Currency: East Caribbean Dollar (EC\$)

Games attended: Six - 1958, 1962, 1970, 1994, 1998 and 2002. Dominica has competed in Athletics, Fencing and Weightlifting.

Medals won



0



0



0

Total

0

With a hot, tropical climate, half of the citizens live in the capital. Dominica's main cash crops are sugar, coffee and cocoa while Nickel is the country's main export. Tourism is the main earner of foreign exchange.

GRENADA



Capital: St George's

Area: 344 sq km

Population: 97,913

Time Zone: GMT -04:00

Languages: English, French Patois

Currency: East Caribbean Dollar (EC\$)

Games attended: Five - 1970, 1974, 1978, 1998 and 2002. Grenada has only competed in Athletics at the Games.

Medals won



0



0



0

Total

0

With a warm climate and good rainfall, agriculture is Grenada's main activity. Bananas, nutmeg and cocoa are the main exports. Tourism and manufacturing are also important.

JAMAICA



Capital: Kingston

Area: 10,991 sq km

Population: 2,621,000

Time Zone: GMT -05:00

Languages: English, Creole

Currency: Jamaican Dollar (J\$)

Games attended: Thirteen - 1934, 1954 to 1982, 1990 to 2002. Jamaican athletes have won medals at every Games that they have competed in. Overall, Jamaica has won medals in seven sports - Athletics; Swimming; Boxing; Cycling; Netball; Shooting and Weightlifting.

Medals won



30



26



27

Total

83

The third largest Caribbean island, Jamaica is tropical while cooler and wetter on high ground. Its economy is dependent on tourism, agriculture and mining. Bauxite, alumina, sugar and bananas are its main exports.

MONTSERRAT



Capital: Plymouth

Area: 102 sq km

Population: 12,875

Time Zone: GMT -04:00

Languages: English

Currency: East Caribbean Dollar (EC\$)

Games attended: Three - 1994, 1998 and 2002. Athletes from Montserrat have only competed in the Men's 100m and 200m sprints in Athletics.

Medals won



0



0



0

Total

0

ST. KITTS & NEVIS



Capital: Basseterre

Area: 261 sq km

Population: 39,000

Time Zone: GMT -04:00

Languages: English

Currency: East Caribbean Dollar (EC\$)

Games attended: Five - 1978, 1990 to 2002. St Kitts & Nevis won its first medal in Manchester in Athletics. They also have competed in Cycling.

Medals won



Total
0

St. Kitts and Nevis are volcanic islands with sandy beaches and a warm, wet climate. About 75 per cent of the population lives on St. Kitts. Agriculture is the main activity, while tourism and manufacturing are also important.

ST. LUCIA



Capital: Castries

Area: 617 sq km

Population: 154,000

Time Zone: GMT -04:00

Languages: English, French patois

Currency: East Caribbean Dollar (EC\$)

Games attended: Six - 1962, 1970, 1978, 1994, 1998 and 2002. St. Lucia won its first medal in 2002 in Athletics. This is the only Sport they have competed in.

Medals won



Total
1

St. Lucia is mountainous with a tropical climate. It has a wet season from January to April and a dry season from May to August. Its economy relies on banana production while tourism is also important.

ST. VINCENT & THE GRENADINES



Capital: Kingstown

Area: 389 sq km

Population: 121,188

Time Zone: GMT -04:00

Languages: English, French patois

Currency: East Caribbean Dollar (EC\$)

Games attended: Eight - 1958, 1966, 1970, 1974, 1978, 1994, 1998 and 2002. St Vincent & the Grenadines has won medals in Weightlifting and in Boxing. They have also completed in Athletics.

Medals won



Total
2

Mountainous and forested, St. Vincent has an active volcano and a wet, tropical climate. The economy relies on agriculture and tourism while bananas account for half of export earnings.

TRINIDAD & TOBAGO



Capital: Port-of-Spain

Area: 5,128 sq km

Population: 1,086,908

Time Zone: GMT -04:00

Languages: English, Hindi, French, Spanish

Currency: Trinidad & Tobagan Dollar (TT\$)

Games attended: Fourteen - 1934, 1938, 1954 to 2002 except 1986. Trinidad and Tobago has won most of their medals in Athletics and Weightlifting. They have also been successful in Shooting, Cycling and Boxing.

Medals won



Total
35

Trinidad is the southernmost Caribbean island and is located off the coast of Venezuela while Tobago lies to the northeast. The economy is based on oil and

COMMONWEALTH COUNTRIES

petrochemicals while sugar, fruit and cocoa are also produced. Tourism is also important on Tobago.

TURKS & CAICOS ISLANDS



Capital: Cockburn Town

Area: 430 sq km

Population: 17,502

Time Zone: GMT -04:00

Languages: English

Currency: US\$

Games attended: Three - 1978, 1998 and 2002. They have competed in Shooting and Athletics.

Medals won


0


0


0

Total
0

Turks and Caicos Islands comprise about 40 low-lying islands in the northern Caribbean. Of these, only eight islands are inhabited. The islands rely on fishing, tourism and offshore banking.



More information from the [Commonwealth Games Federation](http://www.commonwealthgames.org).

EUROPE CYPRUS



Capital: Nicosia

Area: 9,251 sq km

Population: 759,048

Time Zone: GMT +02:00

Languages: Greek, Turkish, English

Currency: Cypriot Pound

Games attended: Seven - 1978, 1982, 1990 to 2002. Cyprus has won medals in six sports - Shooting; Athletics; Boxing; Gymnastics; Judo; and Wrestling.

Medals won



6



4



4

Total

14

With a typically Mediterranean climate, Cyprus experiences hot summers and mild winters. Agriculture and tourism are the country's main economic activities, while shipping and offshore banking are also important.

ENGLAND



Capital: London

Area: 130,410 sq km

Population: 49,495,000 (1998)

Time Zone: GMT

Languages: English

Currency: Pound

Games attended: Seventeen - England have appeared in all of the Commonwealth Games ever held. England is second to Australia on the all time medal winners list.

Medals won



542



513



529

Total

1 584

While having few mineral deposits, the UK has some significant energy resources. Agriculture involves mainly cattle and sheep raising as well as dairy farming. Food and drink, motor vehicles and electric and electronic products are the country's main manufactures. Its economy is dependent on service industries such as banking, insurance and financial services.

COMMONWEALTH COUNTRIES

GIBRALTER



Capital: Gibraltar

Area: 6.5 sq km

Population: 29,272

Time Zone: GMT +01:00

Languages: English, Spanish, Italian, Portuguese, Russian

Currency: Gibraltar Pound

Games attended: Twelve - 1958 to 2002. Gibraltar has competed in Athletics, Badminton, Boxing, Cycling, Shooting and Swimming at the Games.

Medals won



0



0



0

Total

0

Lying on the South coast of Spain, Gibraltar's economy relies on tourism, offshore banking and trade.

GUERNSEY



Capital: Saint Peter Port

Area: 194 sq km

Population: 64,080

Time Zone: GMT +00:00

Languages: English

Currency: Guernsey pound

Games attended: Nine - 1970 to 2002. Guernsey's athletes have won medals mostly in Shooting and also in Lawn Bowls.

Medals won



1



3



2

Total

6

Guernsey is one of the Channel Islands located off the west coast of the Cherbourg Peninsula in northern France.

ISLE OF MAN



Capital: Douglas

Area: 572 sq km

Population: 73,117

Time Zone: GMT +00:00

Languages: English, Manx Gaelic

Currency: Manx Pound

Games attended: Twelve - 1954 to 2002. Isle of Man has won medals in three sports- Cycling; Swimming and Shooting.

Medals won



2



1



3

Total

6

The Isle of Man has cool summers, mild winters and a humid climate. Its chief industries are offshore banking, manufacturing and tourism.

JERSEY



Capital: Saint Helier

Area: 116 sq km

Population: 88,915

Time Zone: GMT +00:00

Languages: English, French, Norman-French dialect

Currency: Jersey Pound

Games attended: Eleven - 1958 to 1978, 1986 to 2002. Jersey has won medals in two sports - Boxing and Shooting.

Medals won



1



0



3

Total

4

Jersey is one of the Channel Islands located off the west coast of the Cherbourg Peninsula in northern France.

MALTA



Capital: Valletta

Area: 316 sq km

Population: 380,000

Time Zone: GMT +01:00

Languages: Maltese, English

Currency: Maltese Lira (LM)

Games attended: Nine - 1958, 1962, 1970, 1982 to 2002. Malta has won two medals, one in Judo and one in Shooting.

Medals won



0



0



2

Total

2

The islands have hot, dry summers and mild winters. Its chief industries are tourism, ship building and repair and export manufacturing (mainly clothing).

NORTHERN IRELAND



Note: This flag is only used for International Sports events

Capital: Belfast

Area: 244,110 sq km

Population: 1,663,000

Time Zone: GMT +00:00

Languages: English, Irish Gaelic

Currency: Pound Sterling (£)

Games attended: Sixteen - 1930 to 2002 except 1950. Northern Ireland has won most medals in Athletics, Boxing, Lawn Bowls, Shooting and Judo. They have also won medals in Cycling, archery and Wrestling.

Medals won



24



25



41

Total

90

Northern Ireland has mild winters and cool summers. Its economy relies mainly on exports in addition to consumer spending, construction and business investments.

COMMONWEALTH COUNTRIES

SCOTLAND



Capital: Edinburgh

Area: 244,110 sq km

Population: 5,120,000

Time Zone: GMT +00:00

Languages: English, Gaelic

Currency: Pound Sterling (£)

Games attended: Seventeen - Scotland has attended all the Games held. Scotland has won medals in 17 sports.

Medals won

			Total
71	87	143	301

Scotland comprises central lowlands, southern uplands, the highlands (including the UK's highest peak) and numerous islands.

WALES



Capital: Cardiff

Area: 20,760 sq km

Population: 2,921,000


Time Zone: GMT

Languages: English, Welsh

Currency: British Pound

Games attended: Seventeen - Wales is one of the six countries that have attended all the Games. Wales has won medals in 17 sports.

Medals won

			Total
46	64	85	195

Wales is surrounded by the sea on three sides and has a cold and wet climate with heavy rainfall all year round. Banking and finance, steel, transport, gas and tourism are the main economic activities.

 More information from the [Commonwealth Games Federation](http://www.commonwealthgames.org).

OCEANIA AUSTRALIA



Capital: Canberra

Area: 7,682,300 sq km

Population: 18,981,000

Time Zone: GMT +10:00

Languages: English

Currency: Australian Dollar (A\$)

Games attended: Australia is one of only six Countries to have attended all seventeen (17) Commonwealth Games. After Manchester in 2002, Australia's total medal tally at all Games was more than any other Commonwealth country.

Medals won



646



550



487

Total

1 683

Australia is the world's largest wool producer. Minerals earn more export income than agricultural produce. The main mineral exports are iron ore, bauxite, nickel, uranium, gold, zinc, coal, petroleum and natural gas. Tourism is also a major industry.

COOK ISLANDS



Capital: Avarua

Area: 237 sq km

Population: 20,407

Time Zone: GMT -10:00

Languages: English, Maori

Currency: New Zealand Dollar (NZ \$)

Games attended: Seven - 1974, 1978, 1986 to 2002. Despite not winning any Games medals the Cook Islanders are well known for their ability in Netball and Rugby.

Medals won



0



0



0

Total

0

The Cook islands are a group of volcanic islands and coral atolls lying in the Southwest Pacific Ocean. Rarotonga is the country's main island. Tourism is important to its economy.

FIJI



Capital: Suva

Area: 18,376 sq km

Population: 823,376

Time Zone: GMT +12:00

Languages: English, Fijian, Hindustani

Currency: Fiji Dollar (F\$)

Games attended: Thirteen - 1930, 1950 - 1986, 1998 and 2002. Fiji have won medals in Athletics, Rugby Sevens, Boxing, Lawn Bowls and Judo.

Medals won



Total

13

Tropical Fiji comprises two main islands and 300 smaller ones and is located in the South Pacific Ocean. Its economy is dependent on agriculture (sugar is the chief export), sugar, fishing and tourism.

KIRIBATI



Capital: Tarawa

Area: 811 sq km

Population: 87,025

Time Zone: GMT +12:00

Languages: English, Gilbertese

Currency: Australian Dollar (\$A)

The People: Micronesian, Tuvaluan minority

Games attended: Two - 1998 and 2002. Kiribati athletes have competed in four sports - Athletics, Weightlifting, Triathlon and TableTennis.

Medals won



Total

0

Lying on the equator in the Pacific Ocean, Kiribati comprises 32 islands. Its climate is hot and wetter in the north.

NAURU



Capital: Nauru

Area: 21 sq km

Population: 10,704

Time Zone: GMT +12:00

Languages: Nauruan, English

Currency: Australian Dollar (\$A)

Games attended: Four - 1990, 1994, 1998 and 2002. All of Nauru's medals have been won in Weightlifting.

Medals won



9



7



8

Total

24

Nauru is a coral island located in the South Pacific Ocean. It has a tropical climate and its economy is dependent on phosphate mining.

NEW ZEALAND



Capital: Wellington

Area: 269,057 sq km

Population: 3,817,000

Time Zone: GMT +12:00

Languages: English, Maori

Currency: New Zealand Dollar (NZ\$)

Games attended:

New Zealand is one of the six countries to have competed in all seventeen Commonwealth Games. They have won medals in 23 sports - Archery; Athletics; Badminton; Boxing; Cycling; Cricket; Diving; Fencing; Gymnastics; Hockey; Judo; Lawn Bowls; Netball; Rowing; Rugby Sevens; Shooting; Squash; Swimming; Table Tennis; Triathlon; Water Polo; Weightlifting and Wrestling.

Medals won



118



156



221

Total

495

New Zealand comprises two main islands separated by Cook Strait. Farming is the most important industry as the country is one of the world's leading producers of meat, wool and dairy products. Tourism is its largest source of foreign exchange.

NIUE



Capital: Alofi

Area: 258 sq km

Population: 2000

Time Zone: GMT -11:00

Languages: Niuean, English

Currency: New Zealand Dollar (NZ\$)

Games attended: One - Niue first attended the Games in 2002. Niue sent competitors in Rugby Sevens, Boxing, Athletics and Shooting.

Medals won



Total

0

Niue has a tropical climate and its economy is based around small factories which process passion fruit, lime oil, and honey.

NORFOLK ISLAND



Capital: Kingston

Area: 35 sq km

Population: 1,912

Time Zone: GMT +11:30

Languages: English & Ancient Tahitian

Currency: Australian Dollar A\$

Games attended: Five - 1986, 1990, 1994, 1998 and 2002.

Medals won



Total

1

The only medal win for Norfolk Island was in Lawn Bowls.

Tourism is Norfolk Island's chief industry. Its climate is sub-tropical.

PAPUA NEW GUINEA



Capital: Port Moresby

Area: 462,840 sq km

Population: 4,811,939

Time Zone: GMT +10:00

Languages: 715 indigenous languages

Currency: Kina (K)

Games attended: Ten - 1962 to 2002 except 1986. Papua New Guinea have won medals in Boxing, Lawn Bowls and Shooting.

Medals won



Total
6

Papua New Guinea has a tropical monsoon climate. Most of the country's workforce are farmers with timber, copra, coffee and cocoa the most important products. Minerals (mainly copper and gold) are its dominant exports.

SAMOA



Capital: Apia

Area: 2,831 sq km

Population: 235,302

Time Zone: GMT -11:00

Languages: Samoan, English

Currency: Tala (WS\$)

Games attended: Seven - 1974 to 2002 except 1986. Samoan athletes have won in Boxing and Weightlifting.

Medals won



Total
11

Samoa comprises two main islands and seven smaller islands and lies in the South Pacific Ocean. Agriculture is the country's chief economic activity while coconut products, timber, taro, cocoa and fruit are its leading exports.

TONGA



Capital: Nuku'alofa

Area: 750 sq km

Population: 109,959

Time Zone: GMT +13:00

Languages: Tongan, English

Currency: Pa'anga (T\$)

Games attended: Six - 1974, 1982, 1990 to 2002. Tonga's only medal was in Boxing, they also took part in Rugby Sevens, Athletics and Judo at Manchester.

Medals won



Total

1

Tonga is made up of some 170 islands in the South Pacific Ocean. Its climate is warm with good rainfall and the economy depends on agriculture. Exports include coconut products, bananas and vanilla, while tourism is increasingly important.

TUVALU



Capital: Funafuti

Area: 26 sq km

Population: 12,000

Time Zone: GMT +12:00

Languages: Tuvalu, English

Currency: Australian Dollar

Games attended: Two - 1998 and 2002. Tuvalu has competed in Weightlifting and Table Tennis.

Medals won



Total

0

Tuvalu consists of nine coral atolls in the South Pacific Ocean. One-third of its citizens live on Funafuti and most of the population depends on subsistence farming. They export copra, stamps and clothing.

COMMONWEALTH COUNTRIES

VANUATU



Capital: Port-Vila

Area: 12,190 sq km

Population: 192,848

Time Zone: GMT +11:00

Languages: English, French, Bislama

Currency: Vatu (VT)

Games attended: Six - 1982 to 2002. Vanuatu has competed in Athletics and Boxing.

Medals won



Total
0

Vanuatu comprises an archipelago of some 80 islands in Oceania. The majority of its citizens are farmers. Copra, beef, seashells, cocoa and timber are the chief exports, while tourism is growing.



More information from the [Commonwealth Games Federation](#).