| Country | Capital | Population 1984 | National Day | Year of Joining |
| :---: | :---: | :---: | :---: | :---: |
| Antigua and Barbuda (M) | St. John's | 100,000 | November 1 | 1981 |
| Australia (M) | Canberra | 14,900,000 | January 26 | 1931 |
| The Bahamas (R) | Nassau | 200,000 | July 10 | 1973 |
| Bangladesh (R) | Dhaka | 90,700,000 | March 26 | 1972 |
| Barbados (M) | Bridgetown | 300,000 | November 30 | 1966 |
| Belize (M) | Belmopan | 100,000 | September 21 | 1981 |
| Botswana (R) | Gaborone | 900,000 | September 30 | 1966 |
| Britain (M) | London | 56,000,000 | June 16 | - |
| Brunei (M) | Bandar Seri Begawan | 180,000 | February 23 | 1984 |
| Canada (M) | Ottawa | 24,200,000 | July 1 | 1931 |
| Cyprus (R) | Nicosia | 600,000 | October 1 | 1961 |
| Dominica (R) | Roseau | 100,000 | November 3 | 1978 |
| The Gambia (R) | Banjul | 600,000 | February 18 | 1965 |
| Ghana (R) | Accra | 11,800,000 | March 6 | 1957 |
| Grenada (M) | St. George's | 100,000 | February 7 | 1974 |
| Guyana (R) | Georgetown | 800,000 | February 23 | 1976 |
| India (R) | New Delhi | 690,200,000 | January 26 | 1947 |
| Jamaica (M) | Kingston | 2,200,000 | August 6 | 1962 |
| Kenya (R) | Nairobi | 17,400,000 | December 12 | 1963 |
| Kiribati (R) | Tarawa | 60,000 | July 12 | 1979 |
| Lesotho (M) | Maseru | 1,400,000 | October 4 | 1966 |
| Malawi (K) | Lilongwe | 6,200,000 | July 6 | 1964 |
| Malaysia (M) | Kuala Lumpur | 14,200,000 | January 31 | 1957 |
| Maldives (R)* | Male | 200,000 | July 9 | 1982 |
| Malta (R) | Valetta | 400,000 | December 13 | 1964 |
| Mauritius (M) | Port Louis | 900,000 | March 12 | 1968 |
| Nauru (R)* | Nauru | 8,000 | January 31 | 1968 |
| New Zealand (M) | Wellington | 3,300,000 | February 6 | 1931 |
| Nigeria (R) | Lagos | 87,600,000 | October 1 | 1960 |
| Papua New-Guinea (M) | Port Moresby | 3,100,000 | September 16 | 1975 |
| St. Christopher-Nevis (M) | Basseterre | 50,000 | September 19 | 1983 |
| St. Lucia (M) | Castries | 100,000 | February 22 | 1979 |
| St. Vincent (M) | Kingstown | 100,000 | October 27 | 1979 |
| Seychelles (R) | Victoria | 100,000 | June 5 | 1976 |
| Sierra Leone (R) | Freetown | 3,600,000 | April 19 | 1961 |
| Singapore (R) | Singapore | 2,400,000 | August 9 | 1965 |
| Solomon Islands (M) | Honiara | 200,000 | July 8 | 1978 |
| Sri Lanka (R) | Colombo | 15,000,000 | February 4 | 1948 |
| Swaziland (M) | Mbabane | 600,000 | September 6 | 1968 |
| Tanzania (R) | Dar es Salaam | 19,100,000 | December 9 | 1961 |
| Tonga (M) | Nuku'alofa | 100,000 | June 4 | 1970 |
| Trinidad and Tobago (R) | Port of Spain | 1,200,000 | September 24 | 1962 |
| Tuvalu (M)* | Funufati | 8,000 | October 1 | 1978 |
| Uganda (R) | Kampala | 13,000,000 | October 9 | 1962 |
| Vanuatu (R) | Port Vila | 100,000 | July 30 | 1980 |
| Western Samoa (R) | Apia | 200,000 | July 12 | 1979 |
| Zambia (R) | Lusaka | 5,800,000 | October 24 | 1964 |
| Zimbabwe (R) | Harare | 7,200,000 | April 18 | 1980 |

