

DAY 1 RESULTS - WOMEN

103	6:00am	JAVELIN THROW WOMEN (600g)			W30				FINAL
		Kenneth Grace B. Ferrera			W30	Philippine Airforce	28.84m		PMAC 2023
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		114	Que-aguilar, Precious	33	W30	De La Salle Alumni Athletics	24.40m		GOLD
		117	Udaundo, Jahnzel	34	W30	Philippine Airforce	20.82m		SILVER
103	6:00am	JAVELIN THROW WOMEN (600g)			W35				FINAL
		Maricris Gammag			W35	Philippine National Police	25.68m		PMAC 2023
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		122	Bulan, Maricel	39	W35	First Sports - Northern Philippines Athletics	21.74m		GOLD
		143	Pangilinan, Irish	35	W35	Lion City Athletics Club, Inc.	18.74m		SILVER
		141	Ortega, Maria	37	W35	JD Training Performance Bulacan Masters	13.56m		BRONZE
		134	Lachica, Erica	35	W35	Pilipinas Obstacle Sports Federation	DNS		
103	6:00am	JAVELIN THROW WOMEN (600g)			W40				FINAL
		Rosie Villarito			W40	Philippine Army	38.66m		PMAC 2023
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		156	Gammag, Maricris	40	W40	Police	24.81m		GOLD
		166	Rima, Leda	43	W40	Philippine Airforce	DNS		
103	6:00am	JAVELIN THROW WOMEN (600g)			W45				FINAL
		Brenda Zinampan			W45	First Sports - Northern Philippines Athletics	18.44m		PMAC2 2024
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		182	Clukey, Mary Grace	47	W45	Unattached	26.53m		GOLD (NMR)
		185	Diongco, Honalhyne	45	W45	Lion City Athletics Club, Inc.	17.60m		SILVER
		181	Buncad, Rachelle	49	W45	First Sports - Northern Philippines Athletics	12.10m		BRONZE
		190	Karikitan, Marites	49	W45	Lion City Athletics Club, Inc.	10.20m		
111	7:15am	5000m Women			W75				FINAL
		Rosalinda Ogsimer			W75	Unattached	30:46.3		PMAC 2023
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		243	Ogsimer, Rosalinda	77	W75	Unattached	36:13.66		GOLD
112	7:15am	5000m Women			W65				FINAL
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		236	Patanao, Rustica	65	W65	Unattached	27:00.98		GOLD
113	7:15am	5000m Women			W60				FINAL
		Carolyn Ilagan			W60	Dasmariñas City Joggers & Runners Club	36:12.0		PMAC2 2024
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		231	Hitalia, Celma	60	W60	Muntinlupa Masters Athletics Team	26:54.28		GOLD
		230	Doneza, Marlene	63	W60	Running Team Calabarzon	32:40.28		SILVER
		229	Calara-valencia, Doris	63	W60	Macrunners	35:42.08		BRONZE
114	7:15am	5000m Women			W55				FINAL
		Celma Hitalia			W55	Team Muntinlupa	26:34.9		PMAC2 2024
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		223	Nicolas, Evelyn	57	W55	Running Team Calabarzon	32:46.07		GOLD
		224	Obmina-Muaña, Ma. Carmenciti	59	W55	De La Salle Alumni Athletics	33:01.21		SILVER
		226	Santos, Regina	57	W55	The Running Junkies Ph	34:47.04		BRONZE
115	7:15am	5000m Women			W50				FINAL
		Vidi Alan			W50	Dasmariñas City Joggers & Runners Club	25:28.2		PMAC2 2024
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		200	Alan, Vidi	52	W50	Dasmariñas City Joggers & Runners Club	25:14.09		GOLD
		213	Vinuya, Catherine	53	W50	Pilipinas Obstacle Sports Federation	26:45.48		SILVER
		204	Dychitan, Lirio	51	W50	First Sports - Northern Philippines Athletics	26:50.11		BRONZE
		207	Malecdan, Medy	50	W50	First Sports - Northern Philippines Athletics	27:01.62		
		210	Sison, Rhina	53	W50	Philippine Airforce	28:27.37		
		205	Esquerra, Jovita	54	W50	Team Dariuk	DNS		

116	7:15am	5000m Women Jocelyn Elijeran	W45 W45	Team Philtra	21:41.6		FINAL PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		183	Cosio, Maria Kristine	47	W45	Philippine Airforce	25:05.29		GOLD
		177	Arago, Rochiel	46	W45	Philippine Airforce	25:15.94		SILVER
		197	Tan, Monserratt	48	W45	Pilipinas Obstacle Sports Federation	26:38.12		BRONZE
		186	Eslay, April	45	W45	First Sports - Northern Philippines Athletics	26:51.43		
		180	Bassig, Haydee	48	W45	Philippine Airforce	28:05.34		
		179	Baraceros, Mariven	47	W45	Philippine Airforce	31:35.81		
		188	Gutierrez, Jacqueline	49	W45	Philippine Airforce	32:22.90		
		176	Ansag, Rosalyn	46	W45	Police	DNS		
		196	Ricomano, Olivia	48	W45	First Sports - Northern Philippines Athletics	DNS		
116	7:15am	5000m Women Nhea Ann Barcena	W40 W40	Philippine Airforce	19:13.7		FINAL PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		150	Barcena, Nhea Ann	43	W40	Philippine Airforce	19:13.54		GOLD
		172	Tapia, Ameloue	41	W40	Unattached	23:41.71		SILVER
		155	Evangelista, Josephine Chrisant	44	W40	First Sports - Northern Philippines Athletics	24:54.85		BRONZE
		171	Surell, Ruby Jean	41	W40	Unattached	28:18.95		
116	7:15am	5000m Women Mirasol C. Abad	W35 W35	Philippine Airforce	23:00.9		FINAL PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		147	Tapit, Divine	35	W35	Macrunners	24:52.24		GOLD
		139	Marquez, Hannah	35	W35	Team Pasig Athletics	25:12.43		SILVER
		124	De Mata, Eilien	37	W35	Lion City Athletics Club, Inc.	25:26.83		BRONZE
		134	Lachica, Erica	35	W35	Pilipinas Obstacle Sports Federation	26:43.53		
		119	Arizabal, Grendele	37	W35	Team Dariuk	32:13.91		
		126	Delantar, Sarah	38	W35	Team Pasig Athletics	DNS		
116	7:15am	5000m Women Angelie Cabalo	W30 W30	Team Philtra	19:58.0		FINAL PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		101	Adaoag, Lany	34	W30	Spectrum Runner'S Philippines	21:46.40		GOLD
		115	Rhodora, Ma	34	W30	Dasmariñas City Joggers & Runners Club	24:43.86		SILVER
		105	Cabaldo, Mary Joy	32	W30	Macrunners	25:17.51		BRONZE
		106	Dondiego, Jessica	32	W30	Lion City Athletics Club, Inc.	26:57.24		
120	8:00am	LONG JUMP Women Joy Albinio	W30 W30	Philippine Army	4.51m		FINAL PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		103	Balacano, Yrna	31	W30	Philippine Airforce	3.84m		GOLD
		109	Lacson, Therese	32	W30	Muntinlupa Masters Athletics Team	3.15m		SILVER
		116	Tahil, Hannika	30	W30	Philippine Airforce	DNS		
120	8:00am	LONG JUMP Women Maricel Bantolino	W35 W35	First Sports - Northern Philippines Athletics	4.51m		FINAL PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		137	Magdaraog, Marilou	36	W35	First Sports - Northern Philippines Athletics	3.16m		GOLD
		142	Padilla, Maryjane	38	W35	First Sports - Northern Philippines Athletics	2.96m		SILVER
		122	Bulan, Maricel	39	W35	First Sports - Northern Philippines Athletics	2.95m		BRONZE
		125	Del Socorro, Raquel Joyce	35	W35	Philippine Airforce	DNS		
120	8:00am	LONG JUMP Women Marestella Torres	W40 W40	Philippine Army	4.97m		FINAL PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		167	Salaysay, Honey Joy	40	W40	JD Training Performance Bulacan Masters	4.59m		GOLD
		157	Genilza, Jonah	43	W40	De La Salle Alumni Athletics	3.85m		SILVER
		162	Marcos, Revelyn	42	W40	First Sports - Northern Philippines Athletics	3.75m		BRONZE
		155	Evangelista, Josephine Chrisanta	44	W40	First Sports - Northern Philippines Athletics	2.77m		
120	8:00am	LONG JUMP Women Brenda Zinampan	W45 W45	First Sports - Northern Philippines Athletics	4.71m		FINAL PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		199	Zinampan, Brenda	47	W45	First Sports - Northern Philippines Athletics	4.43m		GOLD
		182	Clukey, Mary Grace	47	W45	Unattached	3.94m		SILVER
		181	Buncad, Rachelle	49	W45	First Sports - Northern Philippines Athletics	2.96m		BRONZE
		184	Daquioag, Anily	45	W45	First Sports - Northern Philippines Athletics	2.52m		
		185	Diongco, Honalhyne	45	W45	Lion City Athletics Club, Inc.	1.85m		

120	8:00am	LONG JUMP Women			W50				FINAL
		Maria Vendetta J. Gacula			W50	Philippine Airforce	2.59m		PMAC 2023
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		211	Gammad, Maricar	50	W50	First Sports - Northern Philippines Athletics	3.76m		GOLD
		209	Navarro, Elenita	50	W50	First Sports - Northern Philippines Athletics	3.69m		SILVER
		202	Avengoza, Maria Cecila	54	W50	Pilipinas Obstacle Sports Federation	2.75m		BRONZE
120	8:00am	LONG JUMP Women			W55				FINAL
		Perla Lobos			W55	Philippine Airforce	2.81m		PMAC 2023
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		225	Quimbo, Corazon	56	W55	Unattached	1.27		GOLD
		221	Hasyim, Sri Murni	55	W55	Unattached	DNS		
120	8:00am	LONG JUMP Women			W60				FINAL
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		233	Lobos, Perla	60	W60	Muntinlupa Masters Athletics Team	3.00m		GOLD
120	8:00am	LONG JUMP Women			W65				FINAL
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		238	Rosale, Emelie	67	W65	Muntinlupa Masters Athletics Team	2.73m		GOLD
128	8:30am	JAVELIN THROW Women (500g)			W50				FINAL
		Judith Staples			W50	Unattached	16.13m		PMAC 2023
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		209	Navarro, Elenita	50	W50	First Sports - Northern Philippines Athletics	21.43m		GOLD (NMR)
		211	Gammad, Maricar	50	W50	First Sports - Northern Philippines Athletics	13.04m		SILVER
		214	Yacob, Rouchelle	51	W50	Muntinlupa Masters Athletics Team	10.20m		BRONZE
128	8:30am	JAVELIN THROW Women (500g)			W55				FINAL
		Rocelia Domingo			W55	Philippine Airforce	9.76m		PMAC2 2024
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		631	Claravall, Drolly P.	55	W55	Unattached	17.64m		GOLD (NMR)
		227	Staples, Judith	55	W55	Unattached	17.52m		SILVER
		218	Casi, Darren	55	W55	Unattached	9.02m		BRONZE
128	8:30am	JAVELIN THROW Women (500g)			W65				FINAL
		Emelie Rosale			W65	Team Muntinlupa	15.13m		PMAC2 2024
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		238	Rosale, Emelie	67	W65	Muntinlupa Masters Athletics Team	17.31m		GOLD (NMR)
		237	Pilones Jr., Ma Victoria	66	W65	Team Dariuk	7.50m		SILVER
128	8:30am	JAVELIN THROW Women (500g)			W70				FINAL
		Erlinda Lavandia			W70	NMSAAP	22.74m		PMAC 2023
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		241	Lavandia, Erlinda	72	W70	Team Baguio City	17.99m		GOLD
129	8:30am	JAVELIN THROW Women (400g)			W80				FINAL
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		244	Wakefield, Editha	80	W80	Muntinlupa Masters Athletics Team	9.74m		GOLD
131	8:30am	100m Women			W30				FINAL
		Precious Cabuya			W30	POSF Athletics Masters	13.95m		PMAC2 2024
LANE	H	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		104	Bumanglag, Regin	31	W30	Running Team Calabarzon	17.11		GOLD
131	8:30am	100m Women			W35				FINAL
		Honey Joy Salaysay			W35	JD Training Performance Bulacan Masters	14.27m		PMAC2 2024
LANE	H	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		146	Sonido, Aiza	37	W35	University of the Philippines	15.07		GOLD
		120	Balares, Janicel	39	W35	Police	15.49		SILVER
		135	Lava, Mari Joie	36	W35	JD Training Performance Bulacan Masters	16.09		BRONZE
		140	Matta, Maria Chrisabel	38	W35	University of the Philippines	16.46		
		141	Ortega, Maria	37	W35	JD Training Performance Bulacan Masters	19.54		

132	8:35am	100m Women		W40					FINAL
		<i>Marestella Torres</i>		W40	<i>Philippine Army</i>		13.40m		PMAC 2023
LANE	H	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		167	Salaysay, Honey Joy	40	W40	JD Training Performance Bulacan Masters	14.21		GOLD
		159	Magalona, Lorely	40	W40	Unattached	14.77		SILVER
		162	Marcos, Revelyn	42	W40	First Sports - Northern Philippines Athletics	15.26		BRONZE
		163	Ortiz-nonog, Jacquelyn	44	W40	Unattached	16.00		
		168	Salga, Angela	42	W40	Unattached	DNS		
134	8:40am	100m Women		W45					FINAL
		<i>Brenda Zinampan</i>		W45	<i>First Sports - Northern Philippines Athletics</i>		13.7m		PMAC2 2024
LANE	H	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		199	Zinampan, Brenda	47	W45	First Sports - Northern Philippines Athletics	13.88		GOLD
		184	Daquioag, Anily	45	W45	First Sports - Northern Philippines Athletics	17.71		SILVER
		192	Mabazza, Roxannie	46	W45	The Running Junkies Ph	17.92		BRONZE
		187	Ferrera, Christine	49	W45	Philippine Airforce	18.83		
		181	Buncad, Rachelle	49	W45	First Sports - Northern Philippines Athletics	20.75		
		198	Tumpalan, Marissa	48	W45	Police	DNS		
135	8:50am	100m Women		W50					FINAL
		<i>Rouchelle Yacob</i>		W50	<i>Philippine Air Force</i>		16.05m		PMAC2 2024
LANE	H	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		211	Gammad, Maricar	50	W50	First Sports - Northern Philippines Athletics	15.44		GOLD
		209	Navarro, Elenita	50	W50	First Sports - Northern Philippines Athletics	15.64		SILVER
		202	Avengoza, Maria Cecilia	54	W50	Pilipinas Obstacle Sports Federation	16.30		BRONZE
		201	Ancheta, Brenda	52	W50	JD Training Performance Bulacan Masters	19.18		
		203	Cailles-Alvarez, Emily	50	W50	Dasmariñas City Joggers & Runners Club	22.95		
		214	Yacob, Rouchelle	51	W50	Muntinlupa Masters Athletics Team	DNF		
136	8:55am	100m Women		W55					FINAL
		<i>Salve Bayaban</i>		W55	<i>Philippine Air Force</i>		15.96m		PMAC 2023
LANE	H	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		220	Gaston, Marichu	57	W55	Philippine Airforce	16.34		GOLD
		216	Andaya, Elaine	56	W55	De La Salle Alumni Athletics	17.81		SILVER
		223	Nicolas, Evelyn	57	W55	Running Team Calabarzon	19.71		BRONZE
		225	Quimbo, Corazon	56	W55	Unattached	26.59		
136	8:55am	100m Women		W60					FINAL
		<i>Salve Bayaban</i>		W60	<i>Team Muntinlupa</i>		16.13m		PMAC2 2024
LANE	H	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		233	Lobos, Perla	60	W60	Muntinlupa Masters Athletics Team	16.65		GOLD
		228	Bayaban, Salve	61	W60	Muntinlupa Masters Athletics Team	16.69		SILVER
		232	Ilagan, Carolyn	64	W60	Dasmariñas City Joggers & Runners Club	22.96		BRONZE
		230	Doneza, Marlene	63	W60	Running Team Calabarzon	23.16		
139	9:05am	100m Women		W65					FINAL
		<i>Emelie Rosale</i>		W65	<i>Unattached</i>		20.90		PMAC 2023
LANE	H	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		239	Vejano, Lorna	65	W65	Philippine Airforce	18.29		GOLD
		240	Veloya, Adie	66	W65	Dasmariñas City Joggers & Runners Club	21.94		SILVER
		237	Pilones Jr., Ma Victoria	66	W65	Team Dariuk	45.16		BRONZE
139	9:05am	100m Women		W75					FINAL
		<i>Rosalinda Ogsimer</i>		W75	<i>Unattached</i>		20.68		PMAC2 2024
LANE	H	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		243	Ogsimer, Rosalinda	77	W75	Unattached	28.69		GOLD
143	9:35am	400m HURDLES Women		W30					FINAL
		<i>Jenismyll Quirante</i>		W30	<i>Philippine Army</i>		01:17.05		PMAC 2023
LANE	H	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		103	Balacano, Yrna	31	W30	Philippine Airforce	1:34.20		GOLD
143	9:35am	400m HURDLES Women		W35					FINAL
LANE	H	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		137	Magdaraog, Marilou	36	W35	First Sports - Northern Philippines Athletics	2:06.32		GOLD
143	9:35am	400m HURDLES Women		W40					FINAL
LANE	H	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		174	Vergara, Gregoria	42	W40	First Sports - Northern Philippines Athletics	1:26.84		GOLD
		155	Evangelista, Josephine Chrisani	44	W40	First Sports - Northern Philippines Athletics	1:53.99		SILVER

143	9:35am	400m HURDLES Women			W45				FINAL
		Maricar Gammad			W45	Unattached	01:28.55		PMAC 2023
LANE	H	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		199	Zinampan, Brenda	47	W45	First Sports - Northern Philippines Athletics	1:15.70		GOLD
		182	Clukey, Mary Grace	47	W45	Unattached	1:33.15		SILVER
		184	Daquioag, Anily	45	W45	First Sports - Northern Philippines Athletics	2:13.14		BRONZE
		181	Buncad, Rachelle	49	W45	First Sports - Northern Philippines Athletics	2:18.62		
		178	Aw, Yui Ying	46	W45	Unattached	DNS		
144	9:45am	300m HURDLES Women			W50				FINAL
LANE	H	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		211	Gammad, Maricar	50	W50	First Sports - Northern Philippines Athletics	1:20.30		GOLD
		209	Navarro, Elenita	50	W50	First Sports - Northern Philippines Athletics	1:21.40		SILVER
151	15:00	400m Women			W75				FINAL
		Rosalinda Ogsimer			W75	Unattached	02:08.2		PMAC2 2024
LANE		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		243	Ogsimer, Rosalinda	77	W75	Unattached	2:18.52		GOLD
151	15:00	400m Women			W65				FINAL
LANE		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		239	Vejano, Lorna	65	W65	Philippine Airforce	1:42.87		GOLD
		240	Veloya, Adie	66	W65	Dasmariñas City Joggers & Runners Club	2:10.43		SILVER
151	15:00	400m Women			W60				FINAL
		Lorna Vejano			W60	Philippine Air Force	01:47.6		PMAC2 2024
LANE		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		632	Tan, Ching Yen	60	W60	Unattached	1:48.30		GOLD
		230	Doneza, Marlene	63	W60	Running Team Calabarzon	2:04.06		SILVER
		232	Ilagan, Carolyn	64	W60	Dasmariñas City Joggers & Runners Club	2:21.48		BRONZE
151	15:00	400m Women			W55				FINAL
		Margie Rayala			W55	Hukbong Kabitenyo	02:01.9		PMAC2 2024
LANE		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		215	Abueg, Myra Luzviminda	56	W55	Macrunners	1:37.28		GOLD (NMR)
		218	Casi, Darren	55	W55	Unattached	2:00.57		SILVER
155	15:20	400m Women			W50				FINAL
		Rhina Sison			W50	Philippine Airforce	01:38.0		PMAC2 2024
LANE		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		211	Gammad, Maricar	50	W50	First Sports - Northern Philippines Athletics	1:16.40		GOLD (NMR)
		209	Navarro, Elenita	50	W50	First Sports - Northern Philippines Athletics	1:25.70		SILVER
		200	Alan, Vidi	52	W50	Dasmariñas City Joggers & Runners Club	1:27.90		BRONZE
		202	Avengoza, Maria Cecila	54	W50	Pilipinas Obstacle Sports Federation	1:49.90		
		210	Sison, Rhina	53	W50	Philippine Airforce	1:52.60		
156	15:25	400m Women			W45				FINAL
		Brenda Zinampan			W45	First Sports - Northern Philippines Athletics	01:14.0		PMAC2 2024
LANE		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		188	Gutierrez, Jacqueline	49	W45	Philippine Airforce	1:46.26		GOLD
		181	Buncad, Rachelle	49	W45	First Sports - Northern Philippines Athletics	1:52.64		SILVER
		199	Zinampan, Brenda	47	W45	First Sports - Northern Philippines Athletics	DNS		
		183	Cosio, Maria Kristine	47	W45	Philippine Airforce	DNS		
157	15:30	400m Women			W40				FINAL
		Jonah Genilza			W40	Philippine Air Force	01:15.18		PMAC 2023
LANE		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		159	Magalona, Lorely	40	W40	Unattached	1:10.63		GOLD (NMR)
		174	Vergara, Gregoria	42	W40	First Sports - Northern Philippines Athletics	1:13.83		SILVER
		162	Marcos, Revelyn	42	W40	First Sports - Northern Philippines Athletics	1:18.36		BRONZE
157	15:30	400m Women			W35				FINAL
		Lorely Magalona			W35	Damariñas City Runners and Jogger Club	01:12.5		PMAC2 2024
LANE		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		123	Cua, Jennelyn	36	W35	Evolve Yourself	1:24.01		GOLD

157	15:30	400m Women	W30					FINAL
		<i>Sandi Menchi Abahan</i>	<i>W30</i>	<i>POSF Athletics Masters</i>		<i>01:9.51</i>		<i>PMAC 2023</i>
LANE	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	104	Bumanglag, Regin	31	W30	Running Team Calabarzon	1:21.82		GOLD
	107	Faustino, Antonette	31	W30	Running Team Calabarzon	1:24.96		SILVER
170	16:30	3000m RACE WALK Women	W30					FINAL
		<i>SGT Cynthia P. Jaro</i>	<i>W30</i>	<i>Philippine Air Force</i>		<i>20:44.16</i>		<i>PMAC 2023</i>
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	102	Anne, Rachelle	34	W30	Team Dariuk	27:39.76		GOLD
170	16:30	3000m RACE WALK Women	W35					FINAL
		<i>Rosilyn Santos</i>	<i>W35</i>	<i>First Sports-Northern Philippines Athletics</i>		<i>21:09.0</i>		<i>PMAC2 2024</i>
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	130	Gonzales, Florida	38	W35	First Sports - Northern Philippines Athletics	19:53.94		GOLD (NMR)
	119	Arizabal, Grendele	37	W35	Team Dariuk	20:57.30		SILVER
	144	Santos, Rosilyn	39	W35	First Sports - Northern Philippines Athletics	21:21.11		BRONZE
	133	Hermeniano, Joyce	35	W35	First Sports - Northern Philippines Athletics	23:19.05		
	125	Del Socorro, Raquel Joyce	35	W35	Philippine Airforce	DNS		
170	16:30	3000m RACE WALK Women	W40					FINAL
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	152	Carino, May	40	W40	Mile Zero Runners	24:25.80		GOLD
	160	Malabed, Maria Anastacia	43	W40	First Sports - Northern Philippines Athletics	24:33.71		SILVER
	154	Dugas, Maricel	42	W40	Team Dariuk	27:40.63		BRONZE
	164	Rabe, Raniela	41	W40	Macrunners	29:13.57		
	149	Bañez, Jacqueline	41	W40	Mile Zero Runners	29:32.13		
170	16:30	3000m RACE WALK Women	W45					FINAL
		<i>Catalina Faustina</i>	<i>W45</i>	<i>JD Training Performance Bulacan Masters</i>		<i>24:44.4</i>		<i>PMAC2 2024</i>
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	188	Gutierrez, Jacqueline	49	W45	Philippine Airforce	25:09.86		GOLD
	189	Juico, Ressay	47	W45	Lion City Athletics Club, Inc.	DNS		
170	16:30	3000m RACE WALK Women	W50					FINAL
		<i>Jovita Esguerra</i>	<i>W50</i>	<i>Team Dariuk Santiago Isabela</i>		<i>24:13.0</i>		<i>PMAC2 2024</i>
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	205	Esguerra, Jovita	54	W50	Team Dariuk	23:04.20		GOLD (NMR)
	204	Dychitan, Lirio	51	W50	First Sports - Northern Philippines Athletics	27:26.94		SILVER
170	16:30	3000m RACE WALK Women	W55					FINAL
		<i>Wilma Galang</i>	<i>W55</i>	<i>Team Dariuk Santiago Isabela</i>		<i>30:56.6</i>		<i>PMAC2 2024</i>
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	215	Abueg, Myra Luzviminda	56	W55	Macrunners	23:30.64		GOLD (NMR)
	224	Obmina-Muaña, Ma. Carmencit	59	W55	De La Salle Alumni Athletics	23:34.48		SILVER
	219	Galon, Catherine	55	W55	Team Dariuk	26:25.50		BRONZE
	225	Quimbo, Corazon	56	W55	Unattached	28:20.94		
170	16:30	3000m RACE WALK Women	W60					FINAL
		<i>Carolyn Ilagan</i>	<i>W60</i>	<i>Dasmariñas City Runners and Joggers Clut</i>		<i>26:01.5</i>		<i>PMAC2 2024</i>
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	232	Ilagan, Carolyn	64	W60	Dasmariñas City Joggers & Runners Club	24:16.28		GOLD (NMR)
	230	Doneza, Marlene	63	W60	Running Team Calabarzon	24:19.46		SILVER
170	16:30	3000m RACE WALK Women	W70					FINAL
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	242	Pulgar, Cherrie	70	W70	Muntinlupa Masters Athletics Team	DNS		
170	16:30	3000m RACE WALK Women	W75					FINAL
		<i>Editha Wakefield</i>	<i>W75</i>	<i>Unattached</i>		<i>32:01.8</i>		<i>PMAC2 2034</i>
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	243	Ogsimer, Rosalinda	77	W75	Unattached	29:25.97		GOLD (NMR)
170	16:30	3000m RACE WALK Women	W80					FINAL
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	244	Wakefield, Editha	80	W80	Muntinlupa Masters Athletics Team	32:00.69		GOLD

174	17:30	HIGH JUMP Women <i>Precious Que-Aguilar</i>		W30 <i>W30 POSF</i>		<i>1.46m</i>		FINAL <i>PMAC2 2024</i>	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		114	Que-aguilar, Precious	33	W30	De La Salle Alumni Athletics	1.45m		GOLD
174	17:30	HIGH JUMP Women <i>Narcisa Atienza</i>		W40 <i>W40 Philippine Army</i>		<i>1.54m</i>		FINAL <i>PMAC 2023</i>	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		157	Genilza, Jonah	43	W40	De La Salle Alumni Athletics	1.27m		GOLD
174	17:30	HIGH JUMP Women <i>Brenda Zinampan</i>		W45 <i>W45 First Sports-Northern Philippines Athletics</i>		<i>1.25m</i>		FINAL <i>PMAC2 2024</i>	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		182	Clukey, Mary Grace	47	W45	Unattached	1.42m		GOLD (NMR)
		199	Zinampan, Brenda	47	W45	First Sports - Northern Philippines Athletics	1.24m		SILVER
		185	Diongco, Honalhyne	45	W45	Lion City Athletics Club, Inc.	.85m		BRONZE
174	17:30	HIGH JUMP Women		W50				FINAL	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		211	Gammad, Maricar	50	W50	First Sports - Northern Philippines Athletics	1.0m		GOLD
177	18:00	1500m Women <i>Jenismyll Quirante</i>		W30 <i>W30 Philippine Army</i>		<i>5:28.20</i>		FINAL <i>PMAC 2023</i>	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		101	Adaoag, Lany	34	W30	Spectrum Runner'S Philippines	5:49.96		GOLD
		109	Lacson, Therese	32	W30	Muntinlupa Masters Athletics Team	8:12.54		SILVER
177	18:00	1500m Women <i>Silamie Gutang</i>		W35 <i>W35 POSF Athletics Masters</i>		<i>5:51.20</i>		FINAL <i>PMAC 2023</i>	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		132	Gutang, Silamie	39	W35	Pilipinas Obstacle Sports Federation	5:54.90		GOLD
		130	Gonzales, Florida	38	W35	First Sports - Northern Philippines Athletics	7:39.06		SILVER
177	18:00	1500m Women <i>Nhea Ann Barcena</i>		W40 <i>W40 Philippine Air Force</i>		<i>5:10.97</i>		FINAL <i>PMAC2 2024</i>	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		150	Barcena, Nhea Ann	43	W40	Philippine Airforce	5:10.07		GOLD (NMR)
		159	Magalona, Lorely	40	W40	Unattached	5:58.25		SILVER
		155	Evangelista, Josephine Chrisanta	44	W40	First Sports - Northern Philippines Athletics	7:05.96		BRONZE
		165	Raterta, Luisa	43	W40	Lion City Athletics Club, Inc.	DNS		
177	18:00	1500m Women <i>Jocelyn Eljieran</i>		W45 <i>W45 Team Philtra</i>		<i>6:00.21</i>		FINAL <i>PMAC2 2024</i>	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		186	Eslay, April	45	W45	First Sports - Northern Philippines Athletics	6:45.10		GOLD
		199	Zinampan, Brenda	47	W45	First Sports - Northern Philippines Athletics	6:51.28		SILVER
		195	Reynante, Cheryl	48	W45	Muntinlupa Masters Athletics Team	6:59.22		BRONZE
		196	Ricomano, Olivia	48	W45	First Sports - Northern Philippines Athletics	DNS		
177	18:00	1500m Women <i>Liza Delfin</i>		W50 <i>W50 42K Running Circle</i>		<i>6:36.51</i>		FINAL <i>PMAC 2023</i>	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		200	Alan, Vidi	52	W50	Dasmariñas City Joggers & Runners Club	6:55.24		GOLD
		204	Dychitan, Lirio	51	W50	First Sports - Northern Philippines Athletics	7:57.49		SILVER
		210	Sison, Rhina	53	W50	Philippine Airforce	8:07.91		BRONZE
177	18:00	1500m Women <i>Celma Hitalia</i>		W55 <i>W55 Team Muntinlupa</i>		<i>7:18.19</i>		FINAL <i>PMAC2 2024</i>	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		224	Obmina-Muaña, Ma. Carmencit	59	W55	De La Salle Alumni Athletics	9:18.71		GOLD
		218	Casi, Darren	55	W55	Unattached	10:05.40		SILVER
177	18:00	1500m Women <i>Lorna Vejano</i>		W60 <i>W60 Unattached</i>		<i>9:13.93</i>		FINAL <i>PMAC 2023</i>	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		231	Hitalia, Celma	60	W60	Muntinlupa Masters Athletics Team	7:43.80		GOLD (NMR)
		632	Tan, Ching Yen	60	W60	Unattached	9:31.30		SILVER
		232	Ilaqan, Carolyn	64	W60	Dasmariñas City Joggers & Runners Club	10:20.39		BRONZE

177	18:00	1500m Women	W65						FINAL
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		239	Vejano, Lorna	65	W65	Philippine Airforce	9:12.23		GOLD
		240	Veloya, Adie	66	W65	Dasmariñas City Joggers & Runners Club	10:49.21		SILVER
177	18:00	1500m Women	W75						FINAL
			<i>Rosalinda Ogsimer</i>		<i>W75</i>	<i>Unattached</i>	<i>9:07.82</i>		<i>PMAC2 2024</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		243	Ogsimer, Rosalinda	77	W75	Unattached	10:14.86		GOLD
184	19:00	DISCUS THROW Women 1kg	W30						FINAL
			<i>Kenneth Grace B. Ferrera</i>		<i>W30</i>	<i>Unattached</i>	<i>31.98m</i>		<i>PMAC 2023</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		110	Loon, Dannessa Lyn	30	W30	JD Training Performance Bulacan Masters	27.10m		GOLD
		108	Jao, Joan	34	W30	De La Salle Alumni Athletics	25.38m		SILVER
		117	Udaundo, Jahnzel	34	W30	Philippine Airforce	24.33m		BRONZE
184	19:00	DISCUS THROW Women 1kg	W35						FINAL
			<i>Maricris Gammag</i>		<i>W35</i>	<i>Team PNP</i>	<i>22.33m</i>		<i>PMAC2 2024</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		131	Ferrera, Kenneth Grace	35	W35	Philippine Airforce	29.39m		GOLD
		145	Sibayan, Marie	36	W35	Team Ateneo Lightning Loyola	24.52m		SILVER
		122	Bulan, Maricel	39	W35	First Sports - Northern Philippines Athletics	15.30m		BRONZE
184	19:00	DISCUS THROW Women 1kg	W40						FINAL
			<i>Narcisa Atienza</i>		<i>W40</i>	<i>Philippine Army</i>	<i>32.79m</i>		<i>PMAC 2023</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		153	Castro, Raquel	43	W40	Lion City Athletics Club, Inc.	28.37m		GOLD
		156	Gammag, Maricris	40	W40	Police	21.80m		SILVER
		166	Rima, Leda	43	W40	Philippine Airforce	10.50m		BRONZE
184	19:00	DISCUS THROW Women 1kg	W45						FINAL
			<i>Brenda Zinampan</i>		<i>W45</i>	<i>First Sports-Northern Philippines Athletics</i>	<i>17.86m</i>		<i>PMAC2 2024</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		182	Clukey, Mary Grace	47	W45	Unattached	21.43m		GOLD
		194	Manguerra, Marygrace	45	W45	Lion City Athletics Club, Inc.	15.26m		SILVER
		181	Buncad, Rachelle	49	W45	First Sports - Northern Philippines Athletics	7.91m		BRONZE
184	19:00	DISCUS THROW Women 1kg	W50						FINAL
			<i>Judith Staples</i>		<i>W50</i>	<i>Unattached</i>	<i>21.64m</i>		<i>PMAC 2023</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		208	Marza, Grizelda	50	W50	Macrunners	15.83m		GOLD
		209	Navarro, Elenita	50	W50	First Sports - Northern Philippines Athletics	14.27m		SILVER
		211	Gammad, Maricar	50	W50	First Sports - Northern Philippines Athletics	13.84m		BRONZE
		202	Avengoza, Maria Cecila	54	W50	Pilipinas Obstacle Sports Federation	12.09m		
184	19:00	DISCUS THROW Women 1kg	W55						FINAL
			<i>Francia Pellosis</i>		<i>W55</i>	<i>Unattached</i>	<i>14.91m</i>		<i>PMAC 2023</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		227	Staples, Judith	55	W55	Unattached	20.75m		GOLD
		631	Claravall, Drolly P.	55	W55	Unattached	17.76m		SILVER
		222	Manuba, Arlene	55	W55	Team Baguio City	11.74m		BRONZE
		218	Casi, Darren	55	W55	Unattached	9.11m		
184	19:00	DISCUS THROW Women 1kg	W65						FINAL
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		237	Pilones Jr., Ma Victoria	66	W65	Team Dariuk	8.68m		GOLD
184	19:00	DISCUS THROW Women 1kg	W70						FINAL
			<i>Erlinda Valandia</i>		<i>W70</i>	<i>Unattached</i>	<i>20.64m</i>		<i>PMAC 2023</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		241	Lavandia, Erlinda	72	W70	Team Baguio City	15.41m		GOLD