

DAY 2 RESULTS - MEN

201	5:15	5000m Men	M60					FINAL
		<i>Geraldo Bantang</i>	<i>M60</i>	<i>Team Daniela</i>		<i>21:35.9</i>		<i>PMAC2 2024</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
560	Huevos, Rey Ramil	60	M60	JD Training Performance Bulacan Masters	21:03.80		GOLD (NMR)	
575	Rapal, Montojo Vicente	63	M60	Unattached	24:37.08		SILVER	
551	Betes, Ernesto	60	M60	Unattached	25:25.45		BRONZE	
573	Pearce, Baz	61	M60	Unattached	26:24.06			
566	Malinao, Leonardo	60	M60	The Running Junkies Ph	DNS			
542	Aplacador, Eustaquio	64	M60	Unattached	DNS			
201	5:15	5000m Men	M65					FINAL
		<i>Rodolfo Bañares</i>	<i>M65</i>	<i>Unattached</i>		<i>22:38.1</i>		<i>PMAC2 2024</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
597	Eusebio, Jose	65	M65	Unattached	23:27.48		GOLD	
610	Sta Rosa, Rene	67	M65	Muntinlupa Masters Athletics Team	26:21.30		SILVER	
590	Asada, Ladislao	65	M65	Unattached	29:26.27		BRONZE	
584	Abas, Ernesto	68	M65	Macrunners	31:06.89			
592	Birse, David	66	M65	Unattached	DNS			
595	Colina, Antonio Valeriano	65	M65	De La Salle Alumni Athletics	DNS			
201	5:15	5000m Men	M70					FINAL
		<i>Fernando Ramirez</i>	<i>M70</i>	<i>Dasmariñas City Runners and Joggers Club</i>		<i>22:23.3</i>		<i>PMAC2 2024</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
623	Tan, Benjamin	71	M70	Muntinlupa Masters Athletics Team	27:33.20		GOLD	
618	Navarette, Eduardo	72	M70	JD Training Performance Bulacan Masters	28:13.87		SILVER	
201	5:15	5000m Men	M75					FINAL
		<i>Brigilio Balaba</i>	<i>M75</i>	<i>Unattached</i>		<i>32:43.56</i>		<i>PMAC 2023</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
626	Payumo, Orlando	78	M75	Running Team Calabarzon	32:11.10		GOLD (NMR)	
624	Balaba, Brigilio	79	M75	Team Baguio City	33:00.81		SILVER	
627	Scott, Dennis	76	M75	Unattached	DNS			
211	6:00	HIGH JUMP Men	M30					FINAL
		<i>Sharad Kumar</i>	<i>M30</i>	<i>Philippine Air Force</i>		<i>1.80m</i>		<i>PMAC2 2024</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
300	Torchiva, Michael	33	M30	De La Salle Alumni Athletics	1.50m		GOLD	
260	De Leon, Paul John	30	M30	University of the Philippines	1.00m		SILVER	
256	Casero, Christian	30	M30	Philippine Vigor Hearts	DNS			
211	6:00	HIGH JUMP Men	M35					FINAL
		<i>Yourke Tamayo</i>	<i>M35</i>	<i>Philippine Air Force</i>		<i>1.71m</i>		<i>PMAC 2023</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
307	Alfonso, John Michael	37	M35	JD Training Performance Bulacan Masters	1.35m		GOLD	
211	6:00	HIGH JUMP Men	M40					FINAL
		<i>George Ali Velasco</i>	<i>M40</i>	<i>Bulacan Masters (JDT)</i>		<i>1.40m</i>		<i>PMAC 2023</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
380	Godfried, Brice Justin	42	M40	Team Ateneo Lightning Loyola	1.55m		GOLD (NMR)	
362	Basco, Allan	42	M40	JD Training Performance Bulacan Masters	1.50m		SILVER	
358	Balut Jr, Fernando	40	M40	First Sports - Northern Philippines Athletics	1.30m		BRONZE	
406	Salonga, Danilo	41	M40	Unattached	DNS			
211	6:00	HIGH JUMP Men	M45					FINAL
		<i>Sean P. Guevara</i>	<i>M45</i>	<i>Philippine Air Force</i>		<i>1.00m</i>		<i>PMAC 2023</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
451	Pelaez, Michael	47	M45	Police	1.45m		GOLD (NMR)	
464	Velasco, Jorge Ali	45	M45	JD Training Performance Bulacan Masters	1.40m		SILVER	
439	Dorompili, Brian	45	M45	Evolve Yourself	DNS			
461	Tumaliuan, Joel	47	M45	First Sports - Northern Philippines Athletics	DNS			

212	6:00	SHOT PUT Men 6kg		M50			FINAL		
		Nixon Hipolito		M50	Philippine Air Force	13.17m	PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		475	Delos Reyes Jr., Arturo	53	M50	Pilipinas Obstacle Sports Federation	8.10m		GOLD
		501	Tejima, Junichi	52	M50	Unattached	7.31m		SILVER
		500	Tan, Jayson	53	M50	Pilipinas Obstacle Sports Federation	7.10m		BRONZE
		493	Ramos, Randy	50	M50	Lion City Athletics Club, Inc.	6.96m		
		498	Suguitan, Jose Enrico Ricky	52	M50	Pilipinas Obstacle Sports Federation	6.25m		
		486	Marcelino, Karikitan	52	M50	Lion City Athletics Club, Inc.	3.36m		
212	6:00	SHOT PUT Men 6kg		M55			FINAL		
		Maulani Diman		M55	Unattached	10.35m	PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		518	Gopinathan, Gopakumar	56	M55	Unattached	8.39m		GOLD
		531	Ronquillo, Bryan	58	M55	Unattached	7.70m		SILVER
		521	Kobayashi, Hiroyuki	56	M55	Unattached	7.18m		BRONZE
		526	Nebrida, Joseph	58	M55	De La Salle Alumni Athletics	5.95m		
		538	Yamasato, Masayuki	55	M55	Unattached	5.75m		
		520	Isidro, Marlon	58	M55	Unattached	DNS		
213	6:45	10000M Men		M50			FINAL		
		Victor Quiogwe		M50	Hukbong Kabitenyo	45:56.14	PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		502	Torred, Demetrio Jr.	50	M50	Spectrum Runner'S Philippines	37:30.97		GOLD (NMR)
		495	Raza, Asad	50	M50	Unattached	40:42.74		SILVER
		499	Takei, Hiroshi	52	M50	Unattached	40:25.01		BRONZE
		489	Pagulayan, Marlo	52	M50	First Sports - Northern Philippines Athletics	45:03.85		
		468	Balbin, Leoncio Jr.	52	M50	Unattached	46:03.66		
		474	Delos Reyes, Alfred	52	M50	University of the Philippines	47:40.28		
		471	Ceralvo, Mansueto	53	M50	Philippine Vigor Hearts	DNF		
		477	Dilla, Junior	50	M50	Lion City Athletics Club, Inc.	DNF		
213	6:45	10000M Men		M55			FINAL		
		Neri Barcelo		M55	42K Running Circle	46:33.06	PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		515	Engbino, Desederio	55	M55	Spectrum Runner'S Philippines	39:23.66		GOLD (NMR)
		508	Barcelo, Neri	57	M55	Team Daniela	40:39.97		SILVER
		530	Repato, Roland	55	M55	Unattached	44:57.45		BRONZE
214	7:00	SHOT PUT Men 5kg		M60			FINAL		
		Yukihiro Noro		M60	Unattached	8.27m	PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		570	Obiena, Emerson	60	M60	Unattached	9.60m		GOLD (NMR)
		571	Panaguiton, Luis III	63	M60	De La Salle Alumni Athletics	9.12m		SILVER
		541	Agra, Alberto	62	M60	Pilipinas Obstacle Sports Federation	7.98m		BRONZE
		568	Medina-Cue, Luisito	60	M60	De La Salle Alumni Athletics	7.33m		
		581	Tolentino, Arnel	60	M60	Unattached	7.20m		
		572	Panaguiton, Vittorio	62	M60	De La Salle Alumni Athletics	7.05m		
		576	Riady, Tanu	61	M60	Unattached	NM		
		578	Septimo, Emmanuel	64	M60	Philippine Airforce	DNS		
		551	Betes, Ernesto	60	M60	Unattached	DNS		
214	7:00	SHOT PUT Men 5kg		M65			FINAL		
		Juan Villa		M65		10.01m	PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		614	Villa, Juan	67	M65	De La Salle Alumni Athletics	9.33m		GOLD
		608	Reyes, Francisco	66	M65	De La Salle Alumni Athletics	8.38m		SILVER
		589	Ambat, Dennis	66	M65	De La Salle Alumni Athletics	7.10m		BRONZE
		612	Torres, Adel	65	M65	Unattached	6.15m		
		604	Noro, Yukihiro	65	M65	Unattached	DNS		
		607	Pilones Jr., Delfin	66	M65	Team Dariuk	DNS		
215	7:00	SHOT PUT Men 4kg		M70			FINAL		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		621	Reyes, Elmer	74	M70	Philippine Airforce	9.50m		GOLD
		617	Muloc, Usman	72	M70	Unattached	7.02m		SILVER

217	7:30	POLE VAULT Men		M45			FINAL		
		SGT Sean P. Guevara		M45	Philippine Air Force	3.0m	PMAC 2023		
		Antonio Jr. Chee		M45		3.0m	PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		430	Chee Jr., Antonio	49	M45	Unattached	2.40m		GOLD
217	7:30	POLE VAULT Men		M50			FINAL		
		Jose Enrico Suguitan		M50	POSF Athletics Master	1.95m	PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		488	Osugi, Junichi	52	M50	Unattached	3.30m		GOLD (NMR)
		498	Suguitan, Jose Enrico Ricky	52	M50	Pilipinas Obstacle Sports Federation	2.40m		SILVER
217	7:30	POLE VAULT Men		M55			FINAL		
		Emerson Obiena		M55	Unattached	3.70m	PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		527	Obiena, Edward	59	M55	Unattached	2.25m		GOLD
217	7:30	POLE VAULT Men		M60			FINAL		
		Koji Murai		M60	Unattached	3.0m	PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		570	Obiena, Emerson	60	M60	Unattached	3.40m		GOLD (NMR)
		554	Cruz, Victorino	63	M60	Unattached	1.70m		SILVER
217	7:30	POLE VAULT Men		M65			FINAL		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		602	Murai, Koji	65	M65	Macrunners	2.70m		GOLD
		589	Ambat, Dennis	66	M65	De La Salle Alumni Athletics	1.90m		SILVER
218	7:45	10000m Men		M40			FINAL		
		Mohammad Sherwin Managil		M40	POSF Athletics Masters	39:53.62	PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		403	Sabal, Elmer	43	M40	De La Salle Alumni Athletics	38:13.17		GOLD (NMR)
		391	Madrid Jr, Ruddy	40	M40	JD Training Performance Bulacan Masters	40:07.95		SILVER
		361	Barlas, John Bryan	43	M40	Unattached	44:22.95		BRONZE
		374	Elejedo, Arven	41	M40	Philippine Vigor Hearts	DNF		
		357	Angeles, Robin	42	M40	Unattached	DNS		
		373	Elejedo, Arwen	43	M40	Philippine Vigor Hearts	DNS		
		393	Managil, Mohammad Sherwin	42	M40	Pilipinas Obstacle Sports Federation	DNS		
		396	Odron, Reyvin	42	M40	Lion City Athletics Club, Inc.	DNS		
		404	Sagudang, Rolando	41	M40	Philippine Vigor Hearts	DNS		
218	7:45	10000m Men		M45			FINAL		
		Eddie Fortes		M45	La Union Team	41:20.22	PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		434	Daga-as, Jojie	47	M45	JD Training Performance Bulacan Masters	38:47.96		GOLD (NMR)
		445	Magalona, Gerald	45	M45	Unattached	41:09.83		SILVER
		455	Sabal, Cresenciano	45	M45	De La Salle Alumni Athletics	42:35.62		BRONZE
		460	Tenerife Jr, Manuel	46	M45	Philippine Airforce	43:06.91		
		423	Bado, Darry	45	M45	Macrunners	43:19.64		
		433	Dacutanan, Roy	45	M45	The Running Junkies Ph	43:23.5		
		416	Abellar, Ronnie	49	M45	Team Pasig Athletics	43:50.41		
		437	Dela Rama, Jason	45	M45	Unattached	48:01.11		
		419	Araojo, Artemio	49	M45	Lion City Athletics Club, Inc.	52:05.88		
222	8:45	10000m Men		M30			FINAL		
		Gilbert Laido		M30	Philippine Army	35:32.29	PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		253	Calimag, Roderick	30	M30	First Sports - Northern Philippines Athletics	35:05.98		GOLD (NMR)
		268	Fabito Jr, Jose	31	M30	Philippine Airforce	39:45.34		SILVER
		289	Ornido, Jayson	32	M30	City of San Fernando La Union	40:49.26		BRONZE
		250	Balila, Jonel	32	M30	Dasmariñas City Joggers & Runners Club	41:54.58		
		303	Velasco, Ivan	34	M30	Police	DNS		

222	8:45	10000m Men Alquin Bolivar	M35 M35	Philippine Army	38:57.36		FINAL PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS					
		340Olivan, Greco36M35Muntinlupa Masters Athletics Team36:20.66GOLD (NMR)					
		337Nerza, Anthony S.35M35Philippine Airforce37:31.15SILVER					
		331Lim, Darwin37M35Team Pasig Athletics45:39.21BRONZE					
		316Coloma Sr., Ganny37M35Philippine Airforce54:07.81					
		315Caracol, Joseph36M35Team DanielaDNS					
223	9:00	SHOT PUT Men 7.26 kg John Albert C. Mantua	M30 M30	Philippine Air Force	14.90m		FINAL PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS					
		294Rose, Laurence34M30De La Salle Alumni Athletics12.30mGOLD					
		259De Guzman, Rodolfo32M30Philippine Airforce8.96mSILVER					
		254Camba, Cristituto33M30Muntinlupa Masters Athletics Team8.24mBRONZE					
223	9:00	SHOT PUT Men 7.26 kg Arnold Padilla	M35 M35	First Sports - Northern Philippines Athletics	10.08m		FINAL PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS					
		347Rose, John Daryl37M35De La Salle Alumni Athletics12.29mGOLD (NMR)					
		327Gumabay, Jose39M35First Sports - Northern Philippines Athletics9.97mSILVER					
		341Padilla, Arnold38M35First Sports - Northern Philippines Athletics8.99mBRONZE					
		321Enriquez, Marvin37M35Police7.67m					
		339Nipahoy, Jerson37M35First Sports - Northern Philippines AthleticsDNS					
223	9:00	SHOT PUT Men 7.26 kg Philip Salaysay	M40 M40	Bulacan Masters (JDT)	9.78m		FINAL PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS					
		376Ferrera, Arniel44M40Philippine Airforce9.89mGOLD (NMR)					
		402Rivera Sr., Joel43M40First Sports - Northern Philippines Athletics7.74mSILVER					
		406Salonga, Danilo41M40Unattached7.66mBRONZE					
		395Morales, Giovanni44M40First Sports - Northern Philippines AthleticsDNS					
		405Sales, Mark Jhovie41M40PoliceDNS					
223	9:00	SHOT PUT Men 7.26 kg Philip Salaysay	M45 M45	JD Training Performance Bulacan Masters	10.96m		FINAL PMAC2 2024
		BIBNAMEAGEAGTEAMRESULTWVREMARKS					
		456Salaysay, Philip46M45JD Training Performance Bulacan Masters10.49mGOLD					
		449Parilla, Mark Lester46M45Pilipinas Obstacle Sports Federation7.05mSILVER					
		426Barnachea Jr., Joselito46M45Evolve Yourself6.81mBRONZE					
		463Valenciano, Enrico47M45Pilipinas Obstacle Sports Federation6.06m					
		444Lalwani, Arvind45M45UnattachedDNS					
		459Singh, Gurdip45M45UnattachedDNS					
226	9:35	800m Men Demetrio Advincula	M60 M60	Unattached	2:53.16		FINAL PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS					
		579Sugalan, Efren60M60JD Training Performance Bulacan Masters2:48.15GOLD (NMR)					
		557Ducay, Sonny62M60Unattached2:52.87SILVER					
		546Banzon, Rene Philip62M60De La Salle Alumni Athletics3:02.12BRONZE					
		551Betes, Ernesto60M60Unattached3:36.37					
		540Abellera, Renato Nestor63M60Dasmariñas City Joggers & Runners Club3:47.47					
		545Banzon, Greg60M60De La Salle Alumni AthleticsDNS					
		547Banzon, Jose Mari64M60De La Salle Alumni AthleticsDNS					
226	9:35	800m Men Brigilio Balaba	M75 M75	Unattached	4:21.66		FINAL PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS					
		624Balaba, Brigilio79M75Team Baguio City4:39.84GOLD					
226	9:35	800m Men Sofronio Igay	M70 M70	Unattached	3:36.48		FINAL PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS					
		619Ramirez, Fernando72M70Dasmariñas City Joggers & Runners Club3:18.08GOLD (NMR)					
		616Igay, Sofronio72M70Philippine Airforce3:42.27SILVER					

226	9:35	800m Men Edgardo Pedregosa	M65 M65	Team Daniela	2:53.9	FINAL PMAC2 2024
		BIBNAMEAGEAGTEAMRESULTWVREMARKS				
		635Colin, Gordon65M65Unattached2:41.66GOLD (NMR)				
		597Eusebio, Jose65M65Unattached3:09.75SILVER				
		586Advincula, Demetrio65M65Team Baguio City3:18.86BRONZE				
		606Pedregosa, Edgardo67M65Team Pasig AthleticsDNS				
		595Colina, Antonio Valeriano65M65De La Salle Alumni AthleticsDNS				
227	9:40	800m Men Ceralvo Mansueto	M50 M50	Hukbong Kabitenyo	2:36.25	FINAL PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS				
		502Torred, Demetrio Jr.50M50Spectrum Runner'S Philippines2:28.60GOLD (NMR)				
		479Epong, Allan51M50JD Training Performance Bulacan Masters2:34.41SILVER				
		491Ragas, Aldwin52M50The Running Junkies PhDNS				
		480Esquierdo, Melquaides50M50PoliceDNS				
227	9:40	800m Men Rodolfo Alcantara	M55 M55	JD Training Performance Bulacan Masters	2:44.1	FINAL PMAC2 2024
		BIBNAMEAGEAGTEAMRESULTWVREMARKS				
		515Engbino, Desederio55M55Spectrum Runner'S Philippines2:32.06GOLD (NMR)				
		533De Jager, Arthur Peter56M55Unattached2:38.37SILVER				
		516Gadapan, Rodelio55M55Unattached2:40.09BRONZE				
		507Alcantara, Rodolfo57M55JD Training Performance Bulacan Masters2:52.18				
		532Rosin, Enrico59M55Unattached2:54.62				
		519Guffey, Frank58M55UnattachedDNS				
228	9:45	800m Men Mohammad Sherwin Managil	M40 M40	POSF Athletics	2:16.48	FINAL PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS				
		390Lopez, Rene Boy44M40First Sports - Northern Philippines Athletics2:22.99GOLD				
		383Haresco, James40M40Lion City Athletics Club, Inc.2:29.76SILVER				
		365Chan, Edrich40M40Unattached2:30.61BRONZE				
		411Tiqui, Jefren44M40First Sports - Northern Philippines Athletics2:53.25				
228	9:45	800m Men Julius Sermona	M45 M45	Philippine Air Force	2:23.5	FINAL PMAC2 2024
		BIBNAMEAGEAGTEAMRESULTWVREMARKS				
		420Arboleda, Lino47M45University of the Philippines2:19.97GOLD (NMR)				
		434Daga-as, Jojie47M45JD Training Performance Bulacan Masters2:20.92SILVER				
		443Hirang, Fernando li49M45Unattached2:22.15BRONZE				
		442Hidalgo Jr., Armando47M45Police2:27.76				
		458Sermona, Julius46M45Philippine Airforce2:28.17				
		421Atenas, Jeffrey46M45JD Training Performance Bulacan Masters2:56.32				
		462Ubaldo, Remar49M45Mile Zero Runners3:31.48				
		428Beltran, Danny Dexter46M45JD Training Performance Bulacan MastersDNS				
229	9:50	800m Men Jordan Paul Billones	M30 M30	Unattached	2:03.02	FINAL PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS				
		287Neri, Elbren30M30Spectrum Runner'S Philippines1:59.02GOLD (NMR)				
		282Manangan, John Rey31M30Philippine Airforce2:20.52SILVER				
		277Imperial, Jestoni31M30Lion City Athletics Club, Inc.2:23.68BRONZE				
		292Pornel, Michael32M30De La Salle Alumni Athletics2:30.74				
		275Hermogeno, Jeffrey30M30Pilipinas Obstacle Sports Federation2:40.96				
		263Dela Torre, Ruen V.31M30PoliceDNS				
229	9:50	800m Men Edgardo G. Alejan Jr.	M35 M35	Philippine Airforce	1:59.43	FINAL PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS				
		344Ramos, Maynard Aikko36M35Philippine Vigor Hearts2:23.46GOLD				
		309Asias, Zanwer36M35Mile Zero Runners3:07.87SILVER				
232	15:00	TRIPLE JUMP Men Mark Ian Delos Santos	M30 M30	Philippine Air Force	12.40m	FINAL PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS				
		265Endaya, Mark Anthony31M30Unattached12.83m+0.1GOLD (NMR)				

232	15:00	TRIPLE JUMP Men		M35			FINAL		
		Rhyean Ian Vergara		M35	Philippine Army	11.07m	PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		314	Canon, Way	35	M35	De La Salle Alumni Athletics	11.12m	+0.5	GOLD (NMR)
		323	Flores, Norman	35	M35	Police	10.98m	-1.7	SILVER
		349	Santos, Aser Mark	36	M35	First Sports - Northern Philippines Athletics	9.53m	-0.5	BRONZE
232	15:00	TRIPLE JUMP Men		M40			FINAL		
		Allan Basco		M40	JD Training Performance Bulacan Masters	11.57m	PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		408	Sore, Hernanie	44	M40	University of Baguio	11.56m	-1.7	GOLD
		362	Basco, Allan	42	M40	JD Training Performance Bulacan Masters	11.50m	-0.9	SILVER
		407	Santos, Dario	40	M40	First Sports - Northern Philippines Athletics	11.12m	-1.0	BRONZE
		363	Buasen, Horace	43	M40	First Sports - Northern Philippines Athletics	9.93m	-1.7	
		358	Balut Jr, Fernando	40	M40	First Sports - Northern Philippines Athletics	9.66m	+1.1	
232	15:00	TRIPLE JUMP Men		M45			FINAL		
		Esquierdo Melquiades		M45	Unattached	7.42m	PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		466	Yu, Charlie	48	M45	Police	9.74m	-0.8	GOLD (NMR)
240	15:00	100m HURDLES Men		M65			FINAL		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		600	Lobos, Arnel	68	M65	Muntinlupa Masters Athletics Team	19.78		GOLD
		602	Murai, Koji	65	M65	Macrunners	22.62		SILVER
		592	Birse, David	66	M65	Unattached	40.84		BRONZE
		596	Dichoso, Renato	69	M65	Team Baguio City	42.35		
241	15:35	100m HURDLES Men 0.914m		M50			FINAL		
		Eddie Radaza		M50	Philippine Army	21.06	PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		488	Osugi, Junichi	52	M50	Unattached	17.05		GOLD (NMR)
		498	Suguitan, Jose Enrico Ricky	52	M50	Pilipinas Obstacle Sports Federation	20.28		SILVER
		472	Chua, Jeoffrey	52	M50	De La Salle Alumni Athletics	21.27		BRONZE
		494	Raymundo, Macrino	51	M50	First Sports - Northern Philippines Athletics	DNF		
241	15:35	100m HURDLES Men 0.914m		M55			FINAL		
		Emerson Obiena		M55	Unattached	18.80	PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		529	Radaza, Eddie	56	M55	Philippine Airforce	21.29		GOLD
		520	Isidro, Marlon	58	M55		DNS		
242	15:45	110m HURDLES 0.991m Men		M30			FINAL		
		Robert Francisco		M30	Philippine National Police	16.87	PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		271	Francisco, Robert	32	M30	Police	16.27		GOLD (NMR)
		295	Sacro, Josua Paul Francis	33	M30	De La Salle Alumni Athletics	17.87		SILVER
		301	Uichico, Timothy Francis	32	M30	De La Salle Alumni Athletics	19.33		BRONZE
		298	Sugue, John Kevin	34	M30	De La Salle Alumni Athletics	19.39		
242	15:45	110m HURDLES 0.991m Men		M35			FINAL		
		Yourke Tamayo		M35	Philippine Airforce	17.91	PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		334	Mallari, Marco	38	M35	First Sports - Northern Philippines Athletics	DNS		
242	15:45	110m HURDLES 0.991m Men		M40			FINAL		
		Djundi Biñas		M40	Team Project Elite	21.16	PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		408	Sore, Hernanie	44	M40	University of Baguio	17.96		GOLD (NMR)
		358	Balut Jr, Fernando	40	M40	First Sports - Northern Philippines Athletics	20.64		SILVER
		384	Javier, Blas	40	M40	JD Training Performance Bulacan Masters	21.74		BRONZE
		375	Eugenio, Ericson	40	M40	First Sports - Northern Philippines Athletics	21.88		
		390	Lopez, Rene Boy	44	M40	First Sports - Northern Philippines Athletics	23.33		
242	15:45	110m HURDLES 0.991m Men		M45			FINAL		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		442	Hidalgo Jr., Armando	47	M45	Police	23.33		GOLD
		461	Tumaliuan, Joel	47	M45	First Sports - Northern Philippines Athletics	DNS		

243	16:00	TRIPLE JUMP Men			M50				FINAL	
		Diomenes Encinares			M50	Unattached		9.90m	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		498	Suguitan, Jose Enrico Ricky	52	M50	Pilipinas Obstacle Sports Federation	7.65m	-1.1	GOLD	
		497	Sardjono, Pratik Murwatno	53	M50	Unattached	DNS			
		480	Esquierdo, Melquaides	50	M50	Police	DNS			
243	16:00	TRIPLE JUMP Men			M55				FINAL	
		Ariel Marcie			M55	Lions of the South City Runners, Inc.		8.57m	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		513	Chan, Jocson	57	M55	De La Salle Alumni Athletics	8.87m		GOLD (NMR)	
		524	Marce, Ariel	58	M55	Lion City Athletics Club, Inc.	8.26m		SILVER	
		534	Sabuco, Enrique	57	M55	Unattached	5.95m		BRONZE	
243	16:00	TRIPLE JUMP Men			M60				FINAL	
		Guillermo William Jr. Balcita			M60	City of San Fernando La Union		8.42m	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		544	Balcita Jr., Guillermo William	62	M60	City of San Fernando La Union	8.80m		GOLD (NMR)	
		578	Septimo, Emmanuel	64	M60	Philippine Airforce	8.68m		SILVER	
		563	Lazo, Gerald	62	M60	De La Salle Alumni Athletics	7.38m		BRONZE	
		553	Carteciano, Emiliano	62	M60	Lion City Athletics Club, Inc.	6.64m			
		576	Riady, Tanu	61	M60	Unattached	NM			
243	16:00	TRIPLE JUMP Men			M65				FINAL	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		602	Murai, Koji	65	M65	Macrunners	8.16m		GOLD	
246	16:00	200m Men			M65				FINAL	
		Arnel Lobos			M65	Philippine Air Force		31.21	PMAC 2023	
		H	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
			635	Colin, Gordon	65	M65	Unattached	30.36		GOLD (NMR)
			600	Lobos, Arnel	68	M65	Muntinlupa Masters Athletics Team	32.02		SILVER
			598	Fernandez, Vitaliano	69	M65	Macrunners	32.48		BRONZE
			596	Dichoso, Renato	69	M65	Team Baguio City	38.28		
			607	Pilones Jr., Delfin	66	M65	Team Dariuk	41.94		
			613	Viason, Romeo	65	M65	Team Daniela	DNS		
			593	Briones, Edesio	67	M65	The Running Junkies Ph	DNS		
			609	Saldivar, Manolito Espina	66	M65	Unattached	DNS		
			603	Muyot, Renante	69	M65	The Running Junkies Ph	DNS		
247	16:00	200m Men			M60				FINAL	
		Colin Gordon			M60	Unattached		29.89	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		565	Maclang, Juanchito	60	M60	JD Training Performance Bulacan Masters	32.67		GOLD	
		550	Bayaban, Julio	63	M60	Muntinlupa Masters Athletics Team	31.79		SILVER	
		544	Balcita Jr., Guillermo William	62	M60	City of San Fernando La Union	31.85		BRONZE	
		554	Cruz, Victorino	63	M60	Unattached	37.77			
		583	Villorente, Orlando	64	M60	Dasmariñas City Joggers & Runners Club	44.54			
248	16:00	200m Men			M55				FINAL	
		Eddie Radaza			M55	Unattached		28.14	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		529	Radaza, Eddie	56	M55	Philippine Airforce	29.78		GOLD	
		533	De Jager, Arthur Peter	56	M55	Unattached	32.90		SILVER	
		524	Marce, Ariel	58	M55	Lion City Athletics Club, Inc.	34.07		BRONZE	
		506	Aguila, Virgilio	55	M55	Police	DNS			
		536	Tubes, Edgardo	58	M55	The Running Junkies Ph	DNS			
249	16:00	200m Men			M50				FINAL	
		Eddie Radaza			M50	Philippine Army		28.00	PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		481	Labrador, Sandy	50	M50	Team Pasig Athletics	28.25		GOLD	
		504	Wong, Martin	54	M50	Unattached	29.26		SILVER	
		473	Coderes, Carlos	52	M50	Mile Zero Runners	31.61		BRONZE	
		487	Nona, Allan	54	M50	Unattached	DNS			
		492	Ragas III, Eduardo	54	M50	The Running Junkies Ph	DNS			
		497	Sardjono, Pratik Murwatno	53	M50	Unattached	DNS			
		491	Ragas, Aldwin	52	M50	The Running Junkies Ph	DNS			

250	16:00	200m Men <i>Emmanuel Robles</i>	M45 <i>M45</i>	<i>JD Training Performance Bulacan Masters</i>	26.06		FINAL <i>PMAC2 2024</i>		
		<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
		420	Arboleda, Lino	47	M45	University of the Philippines	26.38		GOLD
		448	Moral, Nathaniel	47	M45	Police	27.78		SILVER
		446	Manzo, Anand	48	M45	Unattached	27.98		BRONZE
		418	Alibuyog Jr., Cristino	47	M45	De La Salle Alumni Athletics	28.10		
		422	Ayohan Jr., Victor	48	M45	Police	29.70		
		450	Paz, Jetric	45	M45	Team Ateneo Lightning Loyola	29.88		
		452	Pernia, Villeon	48	M45	Pilipinas Obstacle Sports Federation	32.82		
		461	Tumaliuan, Joel	47	M45	First Sports - Northern Philippines Athletics	DNS		
		454	Robles, Emmanuel	47	M45	JD Training Performance Bulacan Masters	DNS		
		465	Victoriano, Michael	49	M45	Evolve Yourself	DNS		
251	16:00	200m Men <i>Lino Arboleda</i> <i>Aaron Jayxen Banatao</i>	M40 <i>M40</i> <i>M40</i>	<i>Team Project Elite</i> <i>Team PNP</i>	25.52 25.52		FINAL <i>PMAC2 2024</i> <i>PMAC2 2024</i>		
		<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
		356	Dino, Arman Pila	40	M40	Philippine Airforce	24.51		GOLD (NMR)
		388	Lim, Ferdinand	40	M40	Philippine Airforce	24.68		SILVER
		383	Haresco, James	40	M40	Lion City Athletics Club, Inc.	25.75		BRONZE
		402	Rivera Sr., Joel	43	M40	First Sports - Northern Philippines Athletics	28.58		
		369	Dacanay, Bernard	44	M40	Unattached	33.65		
		380	Godfried, Brice Justin	42	M40	Team Ateneo Lightning Loyola	47.77		
		375	Eugenio, Ericson	40	M40	First Sports - Northern Philippines Athletics	DNS		
		359	Banatao, Aaron Jayxen	41	M40	Philippine Airforce	DNS		
		413	Urayenza, Bryan	44	M40	Police	DNS		
252	16:00	200m Men <i>Edgardo G. Alejan Jr.</i>	M35 <i>M35</i>	<i>Philippine Air Force</i>	22.45		FINAL <i>PMAC 2023</i>		
		<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
		313	Caniete, Ringgo	35	M35	Police	23.91		GOLD (NMR)
		307	Alfonso, John Michael	37	M35	JD Training Performance Bulacan Masters	26.68		SILVER
		354	Ulam, Mark	37	M35	Unattached	28.33		BRONZE
		338	Nipahoy, Jimson	37	M35	First Sports - Northern Philippines Athletics	28.97		
		318	Dael, John Hermie	39	M35	De La Salle Alumni Athletics	29.22		
		346	Rivera, Jose Lorenzo	35	M35	University of the Philippines	DNS		
		327	Gumabay, Jose	39	M35	First Sports - Northern Philippines Athletics	DNF		
253	16:00	200m Men <i>Isidro Jr Del Prado</i>	M30 <i>M30</i>	<i>Philippine Airforce</i>	23.21		FINAL <i>PMAC2 2024</i>		
		<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
		265	Endaya, Mark Anthony	31	M30	Unattached	23.41		GOLD
		302	Unso, Jose	34	M30	De La Salle Alumni Athletics	23.83		SILVER
		270	Ferrer, Christian	31	M30	University of the Philippines	27.15		BRONZE
		247	Miranda, Mark Anthony	32	M30	De La Salle Alumni Athletics	27.53		
		246	Andresio, Alvin Lloyd	30	M30	Philippine Airforce	DNS		
246	16:00	200m Men	M70						FINAL
		<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
		617	Muloc, Usman	72	M70	Unattached	36.15		GOLD
		619	Ramirez, Fernando	72	M70	Dasmariñas City Joggers & Runners Club	37.25		SILVER
		622	Suarez, Willy	74	M70	Unattached	43.97		BRONZE
246	16:00	200m Men	M75						FINAL
		<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
		625	Juaniza, Felizardo	75	M75	Unattached	37.79		GOLD
		624	Balaba, Brigilio	79	M75	Team Baguio City	1:03.70		SILVER
263	17:00	3000m STEEPLECHASE Men <i>Anthony S. Nerza</i>	M30 <i>M30</i>	<i>Philippine Airforce</i>	10:38.32		FINAL <i>PMAC 2023</i>		
		<i>BIB</i>	<i>NAME</i>	<i>AGE</i>	<i>AG</i>	<i>TEAM</i>	<i>RESULT</i>	<i>WV</i>	<i>REMARKS</i>
		253	Calimag, Roderick	30	M30	First Sports - Northern Philippines Athletics	11:01.42		GOLD
		296	Solis, Roniello	31	M30	The Running Junkies Ph	12:04.03		SILVER
		282	Manangan, John Rey	31	M30	Philippine Airforce	13:28.15		BRONZE
		274	Hate, Joseph	30	M30	Unattached	DNS		

263	17:00	3000m STEEPLECHASE Men	M35					
		<i>Rommel C. Hernandez</i>	<i>M35</i>	<i>Philippine Airforce</i>	<i>11:47.36</i>		<i>PMAC 2023</i>	
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
344	Ramos, Maynard Aikko	36	M35	Philippine Vigor Hearts	13:56.55		GOLD	
312	Camacho, Miguel	36	M35	University of the Philippines	14:13.39		SILVER	
325	Golimlim, Darryl	38	M35	Running Team Calabarzon	14:21.16		BRONZE	
336	Miguel, Alberto	39	M35	JD Training Performance Bulacan Masters	14:26.31			
329	Laurente, Dondon	36	M35	Macrunners	16:37.94			
309	Asias, Zanwer	36	M35	Mile Zero Runners	16:43.75			
348	Sanchez, Reynald	39	M35	The Running Junkies Ph	DNS			
263	17:00	3000m STEEPLECHASE Men	M40					
		<i>Mohammad Sherwin Managil</i>	<i>M40</i>	<i>POSF Athletics Master</i>	<i>12:08.98</i>		<i>PMAC 2023</i>	
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
403	Sabal, Elmer	43	M40	De La Salle Alumni Athletics	11:57.86		GOLD (NMR)	
390	Lopez, Rene Boy	44	M40	First Sports - Northern Philippines Athletics	13:02.13		SILVER	
374	Elejedo, Arven	41	M40	Philippine Vigor Hearts	14:33.56		BRONZE	
398	Or, Charles	41	M40	Pilipinas Obstacle Sports Federation	15:50.29			
384	Javier, Blas	40	M40	JD Training Performance Bulacan Masters	DNS			
386	Lasibal Jr., Ange	43	M40	JD Training Performance Bulacan Masters	DNS			
404	Sagudang, Rolando	41	M40	Philippine Vigor Hearts				
263	17:00	3000m STEEPLECHASE Men	M45					
		<i>Jojie Daga-as</i>	<i>M45</i>	<i>Hukbong Kabitenyo</i>	<i>12:39.54</i>		<i>PMAC 2023</i>	
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
434	Daga-as, Jojie	47	M45	JD Training Performance Bulacan Masters	12:44.53		GOLD	
445	Magalona, Gerald	45	M45	Unattached	13:51.59		SILVER	
429	Carreon, Juny Rex	45	M45	Police	15:08.57		BRONZE	
419	Araojo, Artemio	49	M45	Lion City Athletics Club, Inc.	16:09.80			
263	17:00	3000m STEEPLECHASE Men	M50					
		<i>Victor Quiogue</i>	<i>M50</i>	<i>Hukbong Kabitenyo</i>	<i>14:11.5</i>		<i>PMAC2 2024</i>	
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
471	Ceralvo, Mansueto	53	M50	Philippine Vigor Hearts	14:00.62		GOLD	
489	Pagulayan, Marlo	52	M50	First Sports - Northern Philippines Athletics	14:17.17		SILVER	
474	Delos Reyes, Alfred	52	M50	University of the Philippines	15:36.94		BRONZE	
487	Nona, Allan	54	M50	Unattached	DNS			
490	Quiogue, Victor	52	M50	Muntinlupa Masters Athletics Team	DNS			
263	17:00	3000m STEEPLECHASE Men	M55					
		<i>Neri Barcelo</i>	<i>M55</i>	<i>Team Daniela</i>	<i>13:11.1</i>		<i>PMAC2 2024</i>	
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
510	Bautista Jr., Rizaldo	57	M55	Unattached	16:47.24		GOLD	
535	Ticzon, Edison	57	M55	Macrunners	19:02.16		SILVER	
264	17:15	2000m STEEPLECHASE Men	M60					FINAL
		<i>Ducay Santiago</i>	<i>M60</i>	<i>Unattached</i>	<i>9:23.71</i>		<i>PMAC 2023</i>	
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
557	Ducay, Sonny	62	M60	Unattached	9:31.57		GOLD	
575	Rapal, Montojo Vicente	63	M60	Unattached	10:11.43		SILVER	
552	Cabral, Alfredo	60	M60	JD Training Performance Bulacan Masters	10:13.17		BRONZE	
636	Valenzuela, Jesus		M60	Unattached	DNS			
264	17:15	2000m STEEPLECHASE Men	M65					FINAL
		<i>Rene Sta. Rosa</i>	<i>M65</i>	<i>Philippine Airforce</i>	<i>10:29.4</i>		<i>PMAC2 2024</i>	
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
610	Sta Rosa, Rene	67	M65	Muntinlupa Masters Athletics Team	10:20.28		GOLD (NMR)	
586	Advincula, Demetrio	65	M65	Team Baguio City	10:30.90		SILVER	
592	Birse, David	66	M65	Unattached	10:38.66		BRONZE	
588	Alacar, Severino	68	M65	Team Baguio City	DNF			
636	Valenzuela, Jesus		M60	Unattached	DNS			
264	17:15	2000m STEEPLECHASE Men	M70					FINAL
		<i>Dennis Scott</i>	<i>M70</i>	<i>Unattached</i>	<i>10:52.72</i>		<i>PMAC 2023</i>	
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
623	Tan, Benjamin	71	M70	Muntinlupa Masters Athletics Team	11:42.23		GOLD (NMR)	
618	Navarette, Eduardo	72	M70	JD Training Performance Bulacan Masters	12:34.49		SILVER	

264	17:15	2000m STEEPLECHASE Men	M75				FINAL
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
627	Scott, Dennis	76	M75	Unattached	12:42.87		GOLD