

DAY 2 RESULTS - WOMEN

203	5:45	10000m Women	W65				FINAL	
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	236	Patanao, Rustica	65	W65	Unattached	59:59.50		GOLD
204	5:45	10000m Women	W60				FINAL	
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	231	Hitalia, Celma	60	W60	Muntinlupa Masters Athletics Team	53:21.77		GOLD
	230	Doneza, Marlene	63	W60	Running Team Calabarzon	1:13:03.53		SILVER
	232	Ilagan, Carolyn	64	W60	Dasmariñas City Joggers & Runners Club	1:16:15.61		BRONZE
205	5:45	10000m Women	W55				FINAL	
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	223	Nicolas, Evelyn	57	W55	Running Team Calabarzon	1:01:32.41		GOLD
206	5:45	10000m Women	W50				FINAL	
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	200	Alan, Vidi	52	W50	Dasmariñas City Joggers & Runners Club	52:54.32		GOLD
	204	Dychitan, Lirio	51	W50	First Sports - Northern Philippines Athletics	56:39.42		SILVER
	213	Vinuya, Catherine	53	W50	Pilipinas Obstacle Sports Federation	57:07.03		BRONZE
	210	Sison, Rhina	53	W50	Philippine Airforce	DNS		
207	5:45	10000m Women	W45				FINAL	
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	175	Abuan, Rodelyn	48	W45	Team Pasig Athletics	55:18.72		GOLD
	177	Arago, Rochiel	46	W45	Philippine Airforce	57:52.34		SILVER
	186	Eslay, April	45	W45	First Sports - Northern Philippines Athletics	58:42.58		BRONZE
	188	Gutierrez, Jacqueline	49	W45	Philippine Airforce	DNS		
	196	Ricomano, Olivia	48	W45	First Sports - Northern Philippines Athletics	DNS		
208	5:45	10000m Women	W40				FINAL	
	Jho-an Villarma		W40	Philippine Army	50:40.1		PMAC 2023	
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	150	Barcena, Nhea Ann	43	W40	Philippine Airforce	40:17.55		GOLD
	172	Tapia, Ameloue	41	W40	Unattached	51:21.52		SILVER
	155	Evangelista, Josephine Chrisant	44	W40	First Sports - Northern Philippines Athletics	53:47.61		BRONZE
	161	Malihan, Melanie	41	W40	Running Team Calabarzon	53:54.03		
	158	Loquero, Luzviminda	40	W40	Macrunners	56:17.10		
209	5:45	10000m Women	W35				FINAL	
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	132	Gutang, Silamie	39	W35	Pilipinas Obstacle Sports Federation	45:57.99		GOLD
	124	De Mata, Eilien	37	W35	Lion City Athletics Club, Inc.	57:13.86		SILVER
	128	Gomez, Ma. Irene	36	W35	Macrunners	59:58.18		BRONZE
210	5:45	10000m Women	W30				FINAL	
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	101	Adaoag, Lany	34	W30	Spectrum Runner'S Philippines	43:03.67		GOLD
	115	Rhodora, Ma	34	W30	Dasmariñas City Joggers & Runners Club	52:12.37		SILVER
219	8:00	SHOT PUT Women 4kg	W30				FINAL	
	Maria Angelica Sibayan		W30	Unattached	8.84m		PMAC 2023	
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	110	Loon, Dannessa Lyn	30	W30	JD Training Performance Bulacan Masters	7.99m		GOLD
	117	Udaundo, Jahnzel	34	W30	Philippine Airforce	6.91m		SILVER

219	8:00	SHOT PUT Women 4kg <i>Maricris Gammag</i>			W35 <i>W35 Philippine National Police</i>	8.01m	FINAL <i>PMAC 2023</i>		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		145	Sibayan, Marie	36	W35	Team Ateneo Lightning Loyola	9.25m		GOLD (NMR)
		122	Bulan, Maricel	39	W35	First Sports - Northern Philippines Athletics	5.99m		SILVER
		138	Manzano, Feb	36	W35	Pilipinas Obstacle Sports Federation	4.07m		BRONZE
219	8:00	SHOT PUT Women 4kg <i>Narcisa Atienza</i>			W40 <i>W40 Philippine Army</i>	10.65m	FINAL <i>PMAC 2023</i>		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		153	Castro, Raquel	43	W40	Lion City Athletics Club, Inc.	10.08m		GOLD
		156	Gammag, Maricris	40	W40	Police	7.51m		SILVER
		174	Vergara, Gregoria	42	W40	First Sports - Northern Philippines Athletics	6.03m		BRONZE
		173	Tenedero, Rochelle	44	W40	Mile Zero Runners	5.17m		
		166	Rima, Leda	43	W40	Philippine Airforce	4.51m		
219	8:00	SHOT PUT Women 4kg <i>Brenda Zinampan</i>			W45 <i>W45 First Sports-Northern Philippines Athletics</i>	5.77m	FINAL <i>PMAC2 2024</i>		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		199	Zinampan, Brenda	47	W45	First Sports - Northern Philippines Athletics	5.85m		GOLD (NMR)
		194	Manguerra, Marygrace	45	W45	Lion City Athletics Club, Inc.	5.03m		SILVER
		185	Diongco, Honalhyne	45	W45	Lion City Athletics Club, Inc.	4.34m		BRONZE
220	8:00	SHOT PUT Women 3kg <i>Drolly Claravall</i>			W50 <i>W50 Unattached</i>	8.15m	FINAL <i>PMAC2 2024</i>		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		209	Navarro, Elenita	50	W50	First Sports - Northern Philippines Athletics	7.05m		GOLD
		206	Gacula, Maria Vendetta	52	W50	Muntinlupa Masters Athletics Team	5.25m		SILVER
220	8:00	SHOT PUT Women 3kg <i>Francia Pellosis</i>			W55 <i>W55 Unattached</i>	6.50m	FINAL <i>PMAC 2023</i>		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		225	Quimbo, Corazon	56	W55	Unattached	6.00m		GOLD
		222	Manuba, Arlene	55	W55	Team Baguio City	5.10m		SILVER
		224	Obmina-Muaña, Ma. Carmencita	59	W55	De La Salle Alumni Athletics	4.34m		BRONZE
		227	Staples, Judith	55	W55	Unattached	DNS		
		631	Claravall, Drolly P.	55	W55	Unattached	DNS		
220	8:00	SHOT PUT Women 3kg			W60				FINAL
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		233	Lobos, Perla	60	W60	Muntinlupa Masters Athletics Team	6.39m		GOLD
220	8:00	SHOT PUT Women 3kg <i>Emelie Rosale</i>			W65 <i>W65 Unattached</i>	7.39m	FINAL <i>PMAC 2023</i>		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		238	Rosale, Emelie	67	W65	Muntinlupa Masters Athletics Team	6.67m		GOLD
220	8:00	SHOT PUT Women 3kg <i>Erlinda Lavandia</i>			W70 <i>W70 Unattached</i>	7.41m	FINAL <i>PMAC 2023</i>		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		241	Lavandia, Erlinda	72	W70	Team Baguio City	6.05m		GOLD
221	8:00	SHOT PUT Women 3kg			W80				FINAL
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		244	Wakefield, Editha	80	W80	Muntinlupa Masters Athletics Team	4.33m		GOLD
224	9:00	TRIPLE JUMP Women <i>Joy Albinio</i>			W30 <i>W30 Philippine Army</i>	10.03m	FINAL <i>PMAC2 2024</i>		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		118	Umali, Gina	32	W30	De La Salle Alumni Athletics	8.39m		GOLD
		103	Balacano, Yrna	31	W30	Philippine Airforce	7.95m		SILVER
224	9:00	TRIPLE JUMP Women			W35				FINAL
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		122	Bulan, Maricel	39	W35	First Sports - Northern Philippines Athletics	6.72m		GOLD

224	9:00	TRIPLE JUMP Women		W40			FINAL		
		Marestella Torres		W40	Philippine Army	10.97m	PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		166	Rima, Leda	43	W40	Philippine Airforce	5.74m		GOLD
224	9:00	TRIPLE JUMP Women		W45					FINAL
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		199	Zinampan, Brenda	47	W45	First Sports - Northern Philippines Athletics	8.74m		GOLD
		184	Daquioag, Anily	45	W45	First Sports - Northern Philippines Athletics	NM		
		185	Diongco, Honalhyne	45	W45	Lion City Athletics Club, Inc.	NM		
224	9:00	TRIPLE JUMP Women		W50					FINAL
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		209	Navarro, Elenita	50	W50	First Sports - Northern Philippines Athletics	6.94m		GOLD
		202	Avengoza, Maria Cecila	54	W50	Pilipinas Obstacle Sports Federation	6.30m		SILVER
224	9:00	TRIPLE JUMP Women		W55					FINAL
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		221	Hasyim, Sri Murni	55	W55	Unattached	DNS		
225	9:30	800m Women		W30					FINAL
		Jenismyll Quirante		W30	Philippine Army	2:44.74			PMAC 2023
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		101	Adaoag, Lany	34	W30	Spectrum Runner'S Philippines	2:49.31		GOLD
		111	Malazzab, Reina	32	W30	Unattached	2:58.16		SILVER
		104	Bumanglag, Regin	31	W30	Running Team Calabarzon	3:25.80		BRONZE
		107	Faustino, Antonette	31	W30	Running Team Calabarzon	3:27.39		
225	9:30	800m Women		W35					FINAL
		Sgt. Flordeliza C. Doños		W35	Philippine Air Force	2:39.13			PMAC 2023
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		136	Magango, Emma	39	W35	Police	2:50.58		GOLD
		134	Lachica, Erica	35	W35	Pilipinas Obstacle Sports Federation	3:33.17		SILVER
		127	Doños, Flordeliza	37	W35	Philippine Airforce	DNS		
225	9:30	800m Women		W40					FINAL
		Nhea Ann Barcena		W40	Unattached	2:31.54			PMAC 2023
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		150	Barcena, Nhea Ann	43	W40	Philippine Airforce	2:32.75		GOLD
		159	Magalona, Lorely	40	W40	Unattached	2:52.04		SILVER
		161	Malihan, Melanie	41	W40	Running Team Calabarzon	3:34.36		BRONZE
		165	Raterta, Luisa	43	W40	Lion City Athletics Club, Inc.	DNS		
225	9:30	800m Women		W45					FINAL
		Maricar Gammad		W45	First Sports-Northern Philippines Athletics	3:07.9			PMAC2 2024
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		199	Zinampan, Brenda	47	W45	First Sports - Northern Philippines Athletics	3:10.14		GOLD
		193	Madamba, Hazel	48	W45	Muntinlupa Masters Athletics Team	3:32.80		SILVER
		184	Daquioag, Anily	45	W45	First Sports - Northern Philippines Athletics	4:06.61		BRONZE
225	9:30	800m Women		W50					FINAL
		Liza Delfin		W50	42K Running Circle	3:08.41			PMAC 2023
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		211	Gammad, Maricar	50	W50	First Sports - Northern Philippines Athletics	3:05.51		GOLD (NMR)
		200	Alan, Vidi	52	W50	Dasmariñas City Joggers & Runners Club	3:24.78		SILVER
		210	Sison, Rhina	53	W50	Philippine Airforce	3:58.39		BRONZE
		212	Villanueva, Meshelle	52	W50	Team Pasig Athletics	DNS		
225	9:30	800m Women		W55					FINAL
		Celma Hitalia		W55	Team Muntinlupa	3:43.3			PMAC2 2024
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		224	Obmina-Muaña, Ma. Carmencit	59	W55	De La Salle Alumni Athletics	4:35.52		GOLD
		218	Casi, Darren	55	W55	Unattached	4:41.29		SILVER

225	9:30	800m Women <i>Carolyn Ilagan</i>	W60 <i>W60</i>	<i>Dasmariñas City Runners and Joggers Club</i>	5:16.2		FINAL <i>PMAC2 2024</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
632	Tan, Ching Yen	60	W60	Unattached	4:26.86		GOLD (NMR)
230	Doneza, Marlene	63	W60	Running Team Calabarzon	4:42.17		SILVER
234	Olivo, Celerina	63	W60	Dasmariñas City Joggers & Runners Club	4:53.33		BRONZE
232	Ilagan, Carolyn	64	W60	Dasmariñas City Joggers & Runners Club	4:56.88		
225	9:30	800m Women	W65				FINAL
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
239	Vejano, Lorna	65	W65	Philippine Airforce	4:31.34		GOLD
225	9:30	800m Women <i>Rosalinda Ogsimer</i>	W75 <i>W75</i>	<i>Unattached</i>	4:38.7		FINAL <i>PMAC2 2024</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
243	Ogsimer, Rosalinda	77	W75	Unattached	5:04.59		GOLD
233	15:00	HAMMER THROW Women 4kg <i>Kenneth Grace B. Ferrera</i>	W30 <i>W30</i>	<i>Philippine Airforce</i>	34.58m		FINAL <i>PMAC 2023</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
117	Udaundo, Jahnzal	34	W30	Philippine Airforce	24.95m		GOLD
108	Jao, Joan	34	W30	De La Salle Alumni Athletics	23.00m		SILVER
233	15:00	HAMMER THROW Women 4kg <i>Maricris Gammag</i>	W35 <i>W35</i>	<i>Philippine National Police</i>	21.03m		FINAL <i>PMAC 2023</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
131	Ferrera, Kenneth Grace	35	W35	Philippine Airforce	34.49m		GOLD (NMR)
122	Bulan, Maricel	39	W35	First Sports - Northern Philippines Athletics	13.21m		SILVER
233	15:00	HAMMER THROW Women 4kg <i>Loralie Sermona</i>	W40 <i>W40</i>	<i>Philippine Airforce</i>	34.43m		FINAL <i>PMAC2 2024</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
169	Sermona, Loralie	43	W40	Philippine Airforce	31.84m		GOLD
156	Gammag, Maricris	40	W40	Police	21.96m		SILVER
166	Rima, Leda	43	W40	Philippine Airforce	10.14m		BRONZE
234	15:00	HAMMER THROW Women 3kg	W55				FINAL
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
631	Claravall, Drolly P.	55	W55	Unattached	25.52m		GOLD
234	15:00	HAMMER THROW Women 3kg <i>Erlinda Lavianda</i>	W70 <i>W70</i>	<i>Team Baguio</i>	19.19m		FINAL <i>PMAC2 2024</i>
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
241	Lavandia, Erlinda	72	W70	Team Baguio City	15.05m		GOLD
237	15:10	80m HURDLES Women 0.762m	W50				FINAL
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
211	Gammad, Maricar	50	W50	First Sports - Northern Philippines Athletics	17.9		GOLD
209	Navarro, Elenita	50	W50	First Sports - Northern Philippines Athletics	18.65		SILVER
238	15:15	80m HURDLES Women 0.762m	W45				FINAL
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
199	Zinampan, Brenda	47	W45	First Sports - Northern Philippines Athletics	13.58		GOLD
178	Aw, Yuin Ying	46	W45	Unattached	17.74		SILVER
184	Daquioag, Anily	45	W45	First Sports - Northern Philippines Athletics	29.17		BRONZE
181	Buncad, Rachelle	49	W45	First Sports - Northern Philippines Athletics	38.18		
191	Lirio, Lilybeth	48	W45	Unattached	DNS		
238	15:15	80m HURDLES Women 0.762m	W40				FINAL
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
174	Vergara, Gregoria	42	W40	First Sports - Northern Philippines Athletics	17.56		GOLD
155	Evangelista, Josephine Chrisanta	44	W40	First Sports - Northern Philippines Athletics	21.87		SILVER

239	15:20	100m HURDLES Women 0.840m			W35			FINAL		
		LANE	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
			137	Magdaraog, Marilou	36	W35	First Sports - Northern Philippines Athletics	24.39		GOLD
239	15:20	100m HURDLES Women 0.840m			W30					FINAL
		LANE	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
			114	Que-aguilar, Precious	33	W30	De La Salle Alumni Athletics	18.06		GOLD
244	16:00	POLE VAULT Women			W35					FINAL
				<i>Riezel Buenaventura</i>		<i>W35</i>	<i>Team Philippine Coast Guard</i>	<i>3.30m</i>		<i>PMAC 2023</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		121	Buenaventura, Riezel	38	W35	Unattached	3.00m			GOLD
244	16:00	POLE VAULT Women			W40					FINAL
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		174	Vergara, Gregoria	42	W40	First Sports - Northern Philippines Athletics	1.60m			GOLD
		162	Marcos, Revelyn	42	W40	First Sports - Northern Philippines Athletics	1.45m			SILVER
		155	Evangelista, Josephine Chrisant	44	W40	First Sports - Northern Philippines Athletics	1.15m			BRONZE
244	16:00	POLE VAULT Women			W45					FINAL
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		199	Zinampan, Brenda	47	W45	First Sports - Northern Philippines Athletics	2.20m			GOLD
		181	Buncad, Rachelle	49	W45	First Sports - Northern Philippines Athletics	1.00m			SILVER
		187	Ferrera, Christine	49	W45	Philippine Airforce	1.00m			BRONZE
244	16:00	POLE VAULT Women			W50					FINAL
				<i>Judith Staples</i>		<i>W50</i>	<i>Unattached</i>	<i>2.0m</i>		<i>PMAC 2023</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		209	Navarro, Elenita	50	W50	First Sports - Northern Philippines Athletics	1.95m			GOLD
		202	Avengoza, Maria Cecila	54	W50	Pilipinas Obstacle Sports Federation	1.45m			SILVER
		211	Gammad, Maricar	50	W50	First Sports - Northern Philippines Athletics	1.00m			BRONZE
244	16:00	POLE VAULT Women			W55					FINAL
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		227	Staples, Judith	55	W55	Unattached	DNS			
254	16:00	200m Women			W75					FINAL
				<i>Rosalinda Ogsimer</i>		<i>W75</i>	<i>Unattached</i>	<i>1:03.27</i>		<i>PMAC2 2024</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		243	Ogsimer, Rosalinda	77	W75	Unattached	1:04.02			GOLD
255	16:30	200m Women			W65					FINAL
				<i>Ma. Victoria Pilones</i>		<i>W65</i>	<i>Team Dariuk Santiago Isabela</i>	<i>1:33.78</i>		<i>PMAC2 2024</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		239	Vejano, Lorna	65	W65	Philippine Airforce	43.13			GOLD (NMR)
		240	Veloya, Adie	66	W65	Dasmariñas City Joggers & Runners Club	47.64			SILVER
		237	Pilones Jr., Ma Victoria	66	W65	Team Dariuk	1:89.01			BRONZE
256	16:30	200m Women			W60					FINAL
				<i>Salve Byaban</i>		<i>W60</i>	<i>Team Muntinlupa</i>	<i>33.67</i>		<i>PMAC2 2024</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		228	Bayaban, Salve	61	W60	Muntinlupa Masters Athletics Team	34.93			GOLD
		233	Lobos, Perla	60	W60	Muntinlupa Masters Athletics Team	36.54			SILVER
		632	Tan, Ching Yen	60	W60	Unattached	42.98			BRONZE
		234	Olivo, Celerina	63	W60	Dasmariñas City Joggers & Runners Club	48.72			
		232	Ilagan, Carolyn	64	W60	Dasmariñas City Joggers & Runners Club	53.91			
257	16:30	200m Women			W55					FINAL
				<i>Salve Bayaban</i>		<i>W55</i>	<i>Philippine Airforce</i>	<i>33.17</i>		<i>PMAC 2023</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		220	Gaston, Marichu	57	W55	Philippine Airforce	34.73			GOLD
		217	Caña, Annaliza	56	W55	Philippine Airforce	47.77			SILVER
		225	Quimbo, Corazon	56	W55	Unattached	1:02.29			BRONZE

258	16:30	200m Women <i>Elenita Punelas</i>		W50 <i>W50 Philippine Airforce</i>	33.77	FINAL <i>PMAC2 2024</i>			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		211	Gammad, Maricar	50	W50	First Sports - Northern Philippines Athletics	33.15		GOLD (NMR)
		202	Avengoza, Maria Cecila	54	W50	Pilipinas Obstacle Sports Federation	34.47		SILVER
		209	Navarro, Elenita	50	W50	First Sports - Northern Philippines Athletics	36.09		BRONZE
		210	Sison, Rhina	53	W50	Philippine Airforce	41.06		
259	16:30	200m Women <i>Brenda Zinampan</i>		W45 <i>W45 First Sports - Northern Philippines Athletics</i>	29.93	FINAL <i>PMAC2 2024</i>			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		199	Zinampan, Brenda	47	W45	First Sports - Northern Philippines Athletics	30.35		GOLD
		183	Cosio, Maria Kristine	47	W45	Philippine Airforce	37.76		SILVER
		187	Ferrera, Christine	49	W45	Philippine Airforce	40.33		BRONZE
		184	Daquioag, Anily	45	W45	First Sports - Northern Philippines Athletics	42.24		
		192	Mabazza, Roxannie	46	W45	The Running Junkies Ph	DNS		
260	16:30	200m Women <i>Jonah Genilza</i>		W40 <i>W40 Philippine Airforce</i>	30.30	FINAL <i>PMAC 2023</i>			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		167	Salaysay, Honey Joy	40	W40	JD Training Performance Bulacan Masters	30.56		GOLD
		159	Magalona, Lorely	40	W40	Unattached	31.25		SILVER
		162	Marcos, Revelyn	42	W40	First Sports - Northern Philippines Athletics	32.98		BRONZE
		170	Sofla, Ronijen	43	W40	Police	33.44		
		174	Vergara, Gregoria	42	W40	First Sports - Northern Philippines Athletics	33.61		
		151	Cado, Mila	43	W40	Mile Zero Runners	42.01		
261	16:30	200m Women <i>Gretchie Roque</i>		W35 <i>W35 Philppine Army</i>	29.43	FINAL <i>PMAC 2023</i>			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		146	Sonido, Aiza	37	W35	University of the Philippines	31.18		GOLD
		120	Balares, Janicel	39	W35	Police	32.70		SILVER
		140	Matta, Maria Chrisabel	38	W35	University of the Philippines	34.94		BRONZE
		148	Uy, Jennifer Aimee	36	W35	Unattached	DNS		
262	16:30	200m Women <i>Precious Cabuya</i>		W30 <i>W30 POSF Athletics Master</i>	28.96	FINAL <i>PMAC 2023</i>			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		103	Balacano, Yrna	31	W30	Philippine Airforce	32.68		GOLD
		104	Bumanglag, Regin	31	W30	Running Team Calabarzon	35.61		SILVER
		112	Manansala, Aileen	31	W30	Unattached	DNS		
		113	Penales, Patricia	30	W30	University of the Philippines	DNS		
265	17:30	2000m STEEPLECHASE Women <i>Jenismyll Quirante</i>		W30 <i>W30 Philippine Army</i>	8:06.52	FINAL <i>PMAC 2023</i>			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		101	Adaoag, Lany	34	W30	Spectrum Runner'S Philippines	3:47.58		GOLD
		105	Cabaldo, Mary Joy	32	W30	Macrunners	10:27.57		SILVER
265	17:30	2000m STEEPLECHASE Women <i>Princes Cristine Tam</i>		W35 <i>W35 Philippine Airforce</i>	9:56.5	FINAL <i>PMAC2 2024</i>			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		130	Gonzales, Florida	38	W35	First Sports - Northern Philippines Athletics	10:36.71		GOLD
265	17:30	2000m STEEPLECHASE Women <i>Nhea Ann Barcena</i>		W40 <i>W40 Philippine Airforce</i>	8:29.5	FINAL <i>PMAC2 2024</i>			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		150	Barcena, Nhea Ann	43	W40	Philippine Airforce	8:36.29		GOLD
		155	Evangelista, Josephine Chrisant	44	W40	First Sports - Northern Philippines Athletics	10:46.20		SILVER
		173	Tenedero, Rochelle	44	W40	Mile Zero Runners	11:51.57		BRONZE
265	17:30	2000m STEEPLECHASE Women <i>Maricar Gammad</i>		W45 <i>W45 First Sports-Northern Philippines Athletics</i>	10:35.0	FINAL <i>PMAC2 2024</i>			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		180	Bassig, Haydee	48	W45	Philippine Airforce	13:38.79		GOLD
265	17:30	2000m STEEPLECHASE Women		W50					FINAL
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		211	Gammad, Maricar	50	W50	First Sports - Northern Philippines Athletics	11:25.46		GOLD

265	17:30	2000m STEEPLECHASE Women				W65			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>
		239	Vejano, Lorna	65	W65	Philippine Airforce	16:09.64		GOLD