

RESULTS - RELAY

145	9:55am	4X400 MIXED RELAY			AG30		FINAL	
		J Ejercito, F Doños, E Alejan, J Genilza			AG30	4:09.99	PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT WV	REMARKS
		292	Pornel, Michael	32	M30	De La Salle Alumni Athletics	4:16.59	GOLD
		118	Umali, Gina	32	W30	De La Salle Alumni Athletics		
		633	Ejercito, Jerico	32	M30	De La Salle Alumni Athletics		
		114	Que-aguilar, Precious	33	W30	De La Salle Alumni Athletics		
		269	Fernandez, Jerome	30	M30	Philippine Airforce	4:35.32	SILVER
		117	Udaundo, Jahnzel	34	W30	Philippine Airforce		
		262	Del Prado Jr., Isidro	33	M30	Philippine Airforce		
		103	Balacano, Yrna	31	W30	Philippine Airforce		
145	9:55am	4X400 MIXED RELAY			AG35		FINAL	
		A Dino, F Doños, E Alejan, N Barcena			AG35	4:08.2	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT WV	REMARKS
		312	Camacho, Miguel	36	M35	University of the Philippines	4:46.06	GOLD
		140	Matta, Maria Chrisabel	38	W35	University of the Philippines		
		319	Damasco, Don	37	M35	University of the Philippines		
		146	Sonido, Aiza	37	W35	University of the Philippines		
		339	Nipahoy, Jerson	37	M35	First Sports - Northern Philippines Athletics	4:57.39	SILVER
		144	Santos, Rosilyn	39	W35	First Sports - Northern Philippines Athletics		
		407	Santos, Dario	40	M40	First Sports - Northern Philippines Athletics		
		130	Gonzales, Florida	38	W35	First Sports - Northern Philippines Athletics		
		507	Alcantara, Rodolfo	57	M55	JD Training Performance Bulacan Masters	5:40.59	BRONZE
		201	Ancheta, Brenda	52	W50	JD Training Performance Bulacan Masters		
		384	Javier, Blas	40	M40	JD Training Performance Bulacan Masters		
		135	Lava, Mari Joie	36	W35	JD Training Performance Bulacan Masters		
145	9:55am	4X400 MIXED RELAY			AG 40		FINAL	
		M Pelaez, B Urayenza, R Sofla, M Reyes			AG40	4:54.26	PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT WV	REMARKS
		388	Lim, Ferdinand	40	M40	Philippine Airforce	4:35.53	GOLD
		183	Cosio, Maria Kristine	47	W45	Philippine Airforce		
		356	Dino, Arman Pila	40	M40	Philippine Airforce		
		150	Barcena, Nhea Ann	43	W40	Philippine Airforce		
		402	Rivera Sr., Joel	43	M40	First Sports - Northern Philippines Athletics	4:51.41	SILVER
		174	Vergara, Gregoria	42	W40	First Sports - Northern Philippines Athletics		
		358	Balut Jr, Fernando	40	M40	First Sports - Northern Philippines Athletics		
		155	Evangelista, Josephine Chrisant	44	W40	First Sports - Northern Philippines Athletics		
145	9:55am	4X400 MIXED RELAY			AG50		FINAL	
		R Dichoso, M Robiso, E Villanueva, L Delfin			AG50	6:13.95	PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT WV	REMARKS
		489	Pagulayan, Marlo	52	M50	First Sports - Northern Philippines Athletics	5:37.21	GOLD
		209	Navarro, Elenita	50	W50	First Sports - Northern Philippines Athletics		
		494	Raymundo, Macrino	51	M50	First Sports - Northern Philippines Athletics		
		211	Gammad, Maricar	50	W50	First Sports - Northern Philippines Athletics		
145	9:55am	4X400 MIXED RELAY					FINAL	
		BIB	NAME	AGE	AG	TEAM	RESULT WV	REMARKS
		574	Quezada, Bonifacio	63	M60	Team Dariuk	6:08.35	GOLD
		632	Tan, Ching Yen	60	W60	Unattached		
		576	Riady, Tanu	61	M60	Unattached		
		220	Gaston, Marichu	57	W55	Philippine Airforce		
		546	Banzon, Rene Philip	62	M60	De La Salle Alumni Athletics	6:10.75	SILVER
		224	Obmina-Muaña, Ma. Carmencit	59	W55	De La Salle Alumni Athletics		
		547	Banzon, Jose Mari	64	M60	De La Salle Alumni Athletics		
		216	Andava, Elaine	56	W55	De La Salle Alumni Athletics		

182	18:50	4x100m RELAY Women			W30		FINAL
		<i>M Nocyao, P Que-Aguilar, S Abahan, P Cabuya</i>			W30	55.04	PMAC 2023
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
216	Andaya, Elaine	56	W55	De La Salle Alumni Athletics	1:00.75		GOLD
157	Genilza, Jonah	43	W40	De La Salle Alumni Athletics			
118	Umali, Gina	32	W30	De La Salle Alumni Athletics			
114	Que-aguilar, Precious	33	W30	De La Salle Alumni Athletics			
117	Udaundo, Jahnzal	34	W30	Philippine Airforce	1:02.45		SILVER
103	Balacano, Yrna	31	W30	Philippine Airforce			
166	Rima, Leda	43	W40	Philippine Airforce			
150	Barcena, Nhea Ann	43	W40	Philippine Airforce			
104	Bumanglag, Regin	31	W30	Running Team Calabarzon	1:09.91		BRONZE
107	Faustino, Antonette	31	W30	Running Team Calabarzon			
161	Malihan, Melanie	41	W40	Running Team Calabarzon			
101	Adaoag, Lany	34	W30	Spectrum Runner'S Philippines			
182	18:50	4x100m RELAY Women			W35		FINAL
		<i>S Ong, J Genilza, F Doños, N Barcena</i>			W35	57.42	PMAC2 2024
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
135	Lava, Mari Joie	36	W35	JD Training Performance Bulacan Masters	1:08.36		GOLD
141	Ortega, Maria	37	W35	JD Training Performance Bulacan Masters			
201	Ancheta, Brenda	52	W50	JD Training Performance Bulacan Masters			
167	Salaysay, Honey Joy	40	W40	JD Training Performance Bulacan Masters			
182	18:50	4x100m RELAY Women			W40		FINAL
		<i>T Magbanua, N Atienza, R Villarito, M Torres</i>			W40	1:03.29	PMAC 2023
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
174	Vergara, Gregoria	42	W40	First Sports - Northern Philippines Athletics	1:09.05		GOLD
160	Malabed, Maria Anastacia	43	W40	First Sports - Northern Philippines Athletics			
155	Evangelista, Josephine Chrisanl	44	W40	First Sports - Northern Philippines Athletics			
162	Marcos, Revelyn	42	W40	First Sports - Northern Philippines Athletics			
182	18:50	4x100m RELAY Women			W45		FINAL
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
181	Buncad, Rachelle	49	W45	First Sports - Northern Philippines Athletics	1:08.00		GOLD
209	Navarro, Elenita	50	W50	First Sports - Northern Philippines Athletics			
184	Daquiaoag, Anily	45	W45	First Sports - Northern Philippines Athletics			
199	Zinampan, Brenda	47	W45	First Sports - Northern Philippines Athletics			
179	Baraceres, Mariven	47	W45	Philippine Airforce	1:15.99		SILVER
239	Vejano, Lorna	65	W65	Philippine Airforce			
210	Sison, Rhina	53	W50	Philippine Airforce			
220	Gaston, Marichu	57	W55	Philippine Airforce			
177	Arago, Rochiel	46	W45	Philippine Airforce	1:16.16		BRONZE
187	Ferrera, Christine	49	W45	Philippine Airforce			
180	Bassig, Haydee	48	W45	Philippine Airforce			
183	Cosio, Maria Kristine	47	W45	Philippine Airforce			
182	18:50	4x100m RELAY Women			W60		FINAL
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
238	Rosale, Emelie	67	W65	Muntinlupa Masters Athletics Team	1:14.37		GOLD
233	Lobos, Perla	60	W60	Muntinlupa Masters Athletics Team			
231	Hitalia, Celma	60	W60	Muntinlupa Masters Athletics Team			
228	Bayaban, Salve	61	W60	Muntinlupa Masters Athletics Team			

183	19:00	4x100m RELAY Men				M30		FINAL
		A Andresio, M Delos Santos, R Capispisan, I Del Prado				M30	45.18	PMAC2 2024
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	247	Miranda, Mark Anthony	32	M30	De La Salle Alumni Athletics	46.63		GOLD
	633	Ejercito, Jerico	32	M30	De La Salle Alumni Athletics			
	295	Sacro, Josua Paul Francis	33	M30	De La Salle Alumni Athletics			
	302	Unso, Jose	34	M30	De La Salle Alumni Athletics			
	319	Damasco, Don	37	M35	University of the Philippines	47.55		SILVER
	346	Rivera, Jose Lorenzo	35	M35	University of the Philippines			
	297	Soriano, Gabriel	30	M30	University of the Philippines			
	293	Reyes, Mark	34	M30	University of the Philippines			
	246	Andresio, Alvin Lloyd	30	M30	Philippine Airforce	48.04		BRONZE
	269	Fernandez, Jerome	30	M30	Philippine Airforce			
	458	Sermona, Julius	46	M45	Philippine Airforce			
	262	Del Prado Jr., Isidro	33	M30	Philippine Airforce			
	285	Morales, Bien Carlo	30	M30	University of the Philippines	52.17		
	255	Capistrano, Jose Lorenzo	32	M30	University of the Philippines			
	279	Ledesma, Arwin	32	M30	University of the Philippines			
	270	Ferrer, Christian	31	M30	University of the Philippines			
183	19:00	4x100m RELAY Men				M35		FINAL
		Y Tamayo, E Alejan, F Lim, A Dino				M35	44.88	PMAC2 2024
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	314	Canon, Way	35	M35	De La Salle Alumni Athletics	49.01		GOLD
	330	Lim, Jonathan	35	M35	De La Salle Alumni Athletics			
	415	Ycong, Michael	40	M40	De La Salle Alumni Athletics			
	328	Hermoso, Lamex	35	M35	De La Salle Alumni Athletics			
	333	Magbanua, Jason	37	M35	JD Training Performance Bulacan Masters	50.73		SILVER
	310	Baldoza, Jeoffrey	39	M35	JD Training Performance Bulacan Masters			
	336	Miguel, Alberto	39	M35	JD Training Performance Bulacan Masters			
	307	Alfonso, John Michael	37	M35	JD Training Performance Bulacan Masters			
	350	Sumabat, Roderick	37	M35	First Sports - Northern Philippines Athletics	53.75		BRONZE
	339	Nipahoy, Jerson	37	M35	First Sports - Northern Philippines Athletics			
	349	Santos, Aser Mark	36	M35	First Sports - Northern Philippines Athletics			
	338	Nipahoy, Jimson	37	M35	First Sports - Northern Philippines Athletics			
183	19:00	4x100m RELAY Men				M40		FINAL
		E Radaza, A Publico, M Dique, E Panique				M40	53.23	PMAC 2023
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	388	Lim, Ferdinand	40	M40	Philippine Airforce	48:99		GOLD
	453	Relucio, Anthonel	48	M45	Philippine Airforce			
	359	Banatao, Aaron Jayxen	41	M40	Philippine Airforce			
	356	Dino, Arman Pila	40	M40	Philippine Airforce			
	402	Rivera Sr., Joel	43	M40	First Sports - Northern Philippines Athletics	52:87		SILVER
	375	Eugenio, Ericson	40	M40	First Sports - Northern Philippines Athletics			
	407	Santos, Dario	40	M40	First Sports - Northern Philippines Athletics			
	358	Balut Jr, Fernando	40	M40	First Sports - Northern Philippines Athletics			
183	19:00	4x100m RELAY Men				M45		FINAL
		C Yu, M Esquierdo, N Moral, M Pelaez				M45	50.87	PMAC2 2024
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	442	Hidalgo Jr., Armando	47	M45	Police	51.11		GOLD
	466	Yu, Charlie	48	M45	Police			
	448	Moral, Nathaniel	47	M45	Police			
	451	Pelaez, Michael	47	M45	Police			
	421	Atenas, Jeffrey	46	M45	JD Training Performance Bulacan Masters	59.16		SILVER
	428	Beltran, Danny Dexter	46	M45	JD Training Performance Bulacan Masters			
	417	Alcantara, Mario	48	M45	JD Training Performance Bulacan Masters			
	434	Daga-as, Jojie	47	M45	JD Training Performance Bulacan Masters			

183	19:00	4x100m RELAY Men <i>R Alcantara, J Suguitan, A Delos Reyes, J Tan</i>				M50 <i>M50</i>	59.15	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>
		471	Ceralvo, Mansueto	53	M50	Philippine Vigor Hearts	56.81		GOLD
		529	Radaza, Eddie	56	M55	Philippine Airforce			
		505	Academia, Alphonso Trece	55	M55	Philippine Airforce			
		484	Magcawas, Randy	50	M50	Philippine Airforce			
		479	Epong, Allan	51	M50	JD Training Performance Bulacan Masters	1:00.18		SILVER
		507	Alcantara, Rodolfo	57	M55	JD Training Performance Bulacan Masters			
		552	Cabral, Alfredo	60	M60	JD Training Performance Bulacan Masters			
		565	Maclang, Juanchito	60	M60	JD Training Performance Bulacan Masters			
		469	Bangayan, Laniel	52	M50	The Running Junkies Ph	1:06.48		BRONZE
		536	Tubes, Edgardo	58	M55	The Running Junkies Ph			
		492	Ragas III, Eduardo	54	M50	The Running Junkies Ph			
		491	Ragas, Aldwin	52	M50	The Running Junkies Ph			
183	19:00	4x100m RELAY Men <i>R Da Silva, J Chan, G Lazo, C Gordon</i>				M55 <i>M55</i>	1:04.44	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>
		563	Lazo, Gerald	62	M60	De La Salle Alumni Athletics	1:03.97		GOLD
		589	Ambat, Dennis	66	M65	De La Salle Alumni Athletics			
		594	Carpena, Cesar	65	M65	De La Salle Alumni Athletics			
		513	Chan, Jocson	57	M55	De La Salle Alumni Athletics			
183	19:00	4x100m RELAY Men <i>A Lobos, R Loi, G Ebreo, J Bayaban</i>				M60 <i>M60</i>	1:01.42	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>
		600	Lobos, Arnel	68	M65	Muntinlupa Masters Athletics Team	1:05.81		GOLD
		564	Loi, Riccardo	64	M60	Muntinlupa Masters Athletics Team			
		558	Ebreo, Giovanni	61	M60	Muntinlupa Masters Athletics Team			
		550	Bayaban, Julio	63	M60	Muntinlupa Masters Athletics Team			
183	19:00	4x100m RELAY Men				M65		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>
		602	Murai, Koji	65	M65	Macrunners	1:03.85		GOLD
		584	Abas, Ernesto	68	M65	Macrunners			
		585	Abiera, Ramon	66	M65	Macrunners			
		598	Fernandez, Vitaliano	69	M65	Macrunners			
		596	Dichoso, Renato	69	M65	Team Baguio City	1:08.55		SILVER
		586	Advincula, Demetrio	65	M65	Team Baguio City			
		588	Alacar, Severino	68	M65	Team Baguio City			
		592	Birse, David	66	M65	Unattached			
182	18:50	4x100m RELAY Women <i>M Nocyao, P Que-Aguilar, S Abahan, P Cabuya</i>				W30 <i>W30</i>	55.04	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>
		216	Andaya, Elaine	56	W55	De La Salle Alumni Athletics	1:00.75		GOLD
		157	Genilza, Jonah	43	W40	De La Salle Alumni Athletics			
		118	Umali, Gina	32	W30	De La Salle Alumni Athletics			
		114	Que-aguilar, Precious	33	W30	De La Salle Alumni Athletics			
		117	Udaundo, Jahnzel	34	W30	Philippine Airforce	1:02.45		SILVER
		103	Balacano, Yrna	31	W30	Philippine Airforce			
		166	Rima, Leda	43	W40	Philippine Airforce			
		150	Barcena, Nhea Ann	43	W40	Philippine Airforce			
		104	Bumanglag, Regin	31	W30	Running Team Calabarzon	1:09.91		BRONZE
		107	Faustino, Antonette	31	W30	Running Team Calabarzon			
		161	Malihan, Melanie	41	W40	Running Team Calabarzon			
		101	Adaoag, Lany	34	W30	Spectrum Runner'S Philippines			
182	18:50	4x100m RELAY Women <i>S Ong, J Genilza, F Doños, N Barcena</i>				W35 <i>W35</i>	57.42	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>
		135	Lava, Mari Joie	36	W35	JD Training Performance Bulacan Masters	1:08.36		GOLD
		141	Ortega, Maria	37	W35	JD Training Performance Bulacan Masters			
		201	Ancheta, Brenda	52	W50	JD Training Performance Bulacan Masters			
		167	Salaysay, Honey Joy	40	W40	JD Training Performance Bulacan Masters			

182	18:50	4x100m RELAY Women			W40		FINAL
		<i>T Magbanua, N Atienza, R Villarito, M Torres</i>			W40	1:03.29	PMAC 2023
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
174	Vergara, Gregoria	42	W40	First Sports - Northern Philippines Athletics	1:09.05		GOLD
160	Malabed, Maria Anastacia	43	W40	First Sports - Northern Philippines Athletics			
155	Evangelista, Josephine Chrisant	44	W40	First Sports - Northern Philippines Athletics			
162	Marcos, Revelyn	42	W40	First Sports - Northern Philippines Athletics			
182	18:50	4x100m RELAY Women			W45		FINAL
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
181	Buncad, Rachelle	49	W45	First Sports - Northern Philippines Athletics	1:08.00		GOLD
209	Navarro, Elenita	50	W50	First Sports - Northern Philippines Athletics			
184	Daquioag, Anily	45	W45	First Sports - Northern Philippines Athletics			
199	Zinampan, Brenda	47	W45	First Sports - Northern Philippines Athletics			
179	Baraceres, Mariven	47	W45	Philippine Airforce	1:15.99		SILVER
239	Vejano, Lorna	65	W65	Philippine Airforce			
210	Sison, Rhina	53	W50	Philippine Airforce			
220	Gaston, Marichu	57	W55	Philippine Airforce			
177	Arago, Rochiel	46	W45	Philippine Airforce	1:16.16		BRONZE
187	Ferrera, Christine	49	W45	Philippine Airforce			
180	Bassig, Haydee	48	W45	Philippine Airforce			
183	Cosio, Maria Kristine	47	W45	Philippine Airforce			
182	18:50	4x100m RELAY Women			W60		FINAL
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
238	Rosale, Emelie	67	W65	Muntinlupa Masters Athletics Team	1:14.37		GOLD
233	Lobos, Perla	60	W60	Muntinlupa Masters Athletics Team			
231	Hitalia, Celma	60	W60	Muntinlupa Masters Athletics Team			
228	Bayaban, Salve	61	W60	Muntinlupa Masters Athletics Team			
230	9:55	4x400m RELAY Women			W30		FINAL
		<i>D Moncada, S Abahan, P Que-Aguilar, M Nocyao</i>			W30	4:49.62	PMAC 2023
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
117	Udaundo, Jahnzal	34	W30	Philippine Airforce	5:42.13		GOLD
103	Balacano, Yrna	31	W30	Philippine Airforce			
166	Rima, Leda	43	W40	Philippine Airforce			
150	Barcena, Nhea Ann	43	W40	Philippine Airforce			
230	9:55	4x400m RELAY Women			W35		FINAL
		<i>P Tam, J Genilza, C Reynante, N Barcena</i>			W35	4:58.6	PMAC2 2024
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
138	Manzano, Feb	36	W35	Pilipinas Obstacle Sports Federation	6:15.21		GOLD
134	Lachica, Erica	35	W35	Pilipinas Obstacle Sports Federation			
213	Vinuya, Catherine	53	W50	Pilipinas Obstacle Sports Federation			
132	Gutang, Silamie	39	W35	Pilipinas Obstacle Sports Federation			
230	9:55	4x400m RELAY Women			W40		FINAL
		<i>R Marcos, G Vergara, E Navarro, J Evangelista</i>			W40	6:09.8	PMAC2 2024
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
162	Marcos, Revelyn	42	W40	First Sports - Northern Philippines Athletics	6:05.68		GOLD (NMR)
181	Buncad, Rachelle	49	W45	First Sports - Northern Philippines Athletics			
155	Evangelista, Josephine Chrisanta	44	W40	First Sports - Northern Philippines Athletics			
174	Vergara, Gregoria	42	W40	First Sports - Northern Philippines Athletics			
230	9:55	4x400m RELAY Women			W45		FINAL
BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
186	Eslay, April	45	W45	First Sports - Northern Philippines Athletics	5:51.13		GOLD
209	Navarro, Elenita	50	W50	First Sports - Northern Philippines Athletics			
184	Daquioag, Anily	45	W45	First Sports - Northern Philippines Athletics			
199	Zinampan, Brenda	47	W45	First Sports - Northern Philippines Athletics			
210	Sison, Rhina	53	W50	Philippine Airforce	7:04.25		SILVER
239	Vejano, Lorna	65	W65	Philippine Airforce			
177	Arago, Rochiel	46	W45	Philippine Airforce			
220	Gaston, Marichu	57	W55	Philippine Airforce			

230	9:55	4x400m RELAY Women				W50		FINAL	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		207	Malecdan, Medy	50	W50	First Sports - Northern Philippines Athletics	6:05.68		GOLD
		200	Alan, Vidi	52	W50	Dasmariñas City Joggers & Runners Club			
		204	Dychitan, Lirio	51	W50	First Sports - Northern Philippines Athletics			
		211	Gammad, Maricar	50	W50	First Sports - Northern Philippines Athletics			
231	9:55	4x400m RELAY Men				M30			FINAL
		<i>R Lardera, J Ejercito, W Maulas, I Del Prado</i>				<i>M30</i>	<i>3:44.78</i>		<i>PMAC 2023</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		301	Uichico, Timothy Francis	32	M30	De La Salle Alumni Athletics	3:56.30		GOLD
		291	Pornel, Philip	34	M30	De La Salle Alumni Athletics			
		633	Ejercito, Jerico	32	M30	De La Salle Alumni Athletics			
		292	Pornel, Michael	32	M30	De La Salle Alumni Athletics			
		312	Camacho, Miguel	36	M35	University of the Philippines	3:56.84		SILVER
		319	Damasco, Don	37	M35	University of the Philippines			
		255	Capistrano, Jose Lorenzo	32	M30	University of the Philippines			
		297	Soriano, Gabriel	30	M30	University of the Philippines			
231	9:55	4x400m RELAY Men				M40			FINAL
		<i>M Pelaez, A Banatao, J Carreon, V Aguila</i>				<i>M40</i>	<i>4:18.89</i>		<i>PMAC 2023</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		356	Dino, Arman Pila	40	M40	Philippine Airforce	4:08.48		GOLD (NMR)
		388	Lim, Ferdinand	40	M40	Philippine Airforce			
		458	Sermona, Julius	46	M45	Philippine Airforce			
		359	Banatao, Aaron Jayxen	41	M40	Philippine Airforce			
		374	Elejedo, Arven	41	M40	Philippine Vigor Hearts	4:16.13		SILVER
		361	Barlas, John Bryan	43	M40	Unattached			
		420	Arboleda, Lino	47	M45	University of the Philippines			
		443	Hirang, Fernando Ii	49	M45	Unattached			
		402	Rivera Sr., Joel	43	M40	First Sports - Northern Philippines Athletics	4:25.35		BRONZE
		363	Buasen, Horace	43	M40	First Sports - Northern Philippines Athletics			
		411	Tiqui, Jefren	44	M40	First Sports - Northern Philippines Athletics			
		412	Tuzon, Brian	41	M40	First Sports - Northern Philippines Athletics			
		415	Ycong, Michael	40	M40	De La Salle Alumni Athletics	4:36.43		
		455	Sabal, Cresenciano	45	M45	De La Salle Alumni Athletics			
		418	Alibuyog Jr., Cristino	47	M45	De La Salle Alumni Athletics			
		403	Sabal, Elmer	43	M40	De La Salle Alumni Athletics			
231	9:55	4x400m RELAY Men				M45			FINAL
		<i>D Beltran, M Alcantara, J Atenas, E Robles</i>				<i>M45</i>	<i>4:42.7</i>		<i>PMAC2 2024</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		428	Beltran, Danny Dexter	46	M45	JD Training Performance Bulacan Masters	4:32.49		GOLD (NMR)
		421	Atenas, Jeffrey	46	M45	JD Training Performance Bulacan Masters			
		479	Epong, Allan	51	M50	JD Training Performance Bulacan Masters			
		434	Daga-as, Jojie	47	M45	JD Training Performance Bulacan Masters			
231	9:55	4x400m RELAY Men				M50			FINAL
		<i>R Gadapan, E Hijalga, V Quiogue, M Ceralvo</i>				<i>M50</i>	<i>4:53.3</i>		<i>PMAC2 2024</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		515	Engbino, Desederio	55	M55	Spectrum Runner'S Philippines	4:37.65		GOLD (NMR)
		516	Gadapan, Rodelio	55	M55	Unattached			
		471	Ceralvo, Mansueto	53	M50	Philippine Vigor Hearts			
		502	Torred, Demetrio Jr.	50	M50	Spectrum Runner'S Philippines			
231	9:55	4x400m RELAY Men				M55			FINAL
		<i>E Ramos, R Alejandro, M Espina, B Agustin</i>				<i>M55</i>	<i>5:25.9</i>		<i>PMAC2 2024</i>
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		507	Alcantara, Rodolfo	57	M55	JD Training Performance Bulacan Masters	4:59.70		GOLD (NMR)
		552	Cabral, Alfredo	60	M60	JD Training Performance Bulacan Masters			
		560	Huevos, Rey Ramil	60	M60	JD Training Performance Bulacan Masters			
		579	Sugalan, Efren	60	M60	JD Training Performance Bulacan Masters			
		528	Quiogue, Armando	57	M55	Team Daniela	5:14.68		SILVER
		537	Vence, Roy	59	M55	Team Daniela			
		532	Rosin, Enrico	59	M55	Unattached			
		606	Pedregosa, Edgardo	67	M65	Team Pasig Athletics			

231	9:55	4x400m RELAY Men				M65		FINAL	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		596	Dichoso, Renato	69	M65	Team Baguio City	6:13.37		GOLD
		616	Igay, Sofronio	72	M70	Philippine Airforce			
		588	Alacar, Severino	68	M65	Team Baguio City			
		586	Advincula, Demetrio	65	M65	Team Baguio City			
266	17:30	4x100m MIXED RELAY				AG30			FINAL
		A Dino, A Rangel, J Fernandez, C Fagaragan				AG30	51.38		PMAC2 2024
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		302	Unso, Jose	34	M30	De La Salle Alumni Athletics	51.50		GOLD
		118	Umali, Gina	32	W30	De La Salle Alumni Athletics			
		295	Sacro, Josua Paul Francis	33	M30	De La Salle Alumni Athletics			
		114	Que-aguilar, Precious	33	W30	De La Salle Alumni Athletics			
		356	Dino, Arman Pila	40	M40	Philippine Airforce	52.62		SILVER
		117	Udaundo, Jahnzel	34	W30	Philippine Airforce			
		269	Fernandez, Jerome	30	M30	Philippine Airforce			
		103	Balacano, Yrna	31	W30	Philippine Airforce			
		309	Asias, Zanwer	36	M35	Mile Zero Runners	1:06.90		BRONZE
		173	Tenedero, Rochelle	44	W40	Mile Zero Runners			
		344	Ramos, Maynard Aikko	36	M35	Philippine Vigor Hearts			
		101	Adaoag, Lany	34	W30	Spectrum Runner'S Philippines			
266	17:30	4x100m MIXED RELAY				AG35			FINAL
		E Alejan, F Doños, S Dela Cruz, J Genilza				AG35	51.36		PMAC 2023
		BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		310	Baldoza, Jeoffrey	39	M35	JD Training Performance Bulacan Masters	52.19		GOLD
		135	Lava, Mari Joie	36	W35	JD Training Performance Bulacan Masters			
		307	Alfonso, John Michael	37	M35	JD Training Performance Bulacan Masters			
		167	Salaysay, Honey Joy	40	W40	JD Training Performance Bulacan Masters			
		466	Yu, Charlie	48	M45	Police	53.50		SILVER
		120	Balares, Janicel	39	W35	Police			
		313	Caniete, Ringgo	35	M35	Police			
		136	Magango, Emma	39	W35	Police			
		312	Camacho, Miguel	36	M35	University of the Philippines	54.47		BRONZE
		140	Matta, Maria Chrisabel	38	W35	University of the Philippines			
		319	Damasco, Don	37	M35	University of the Philippines			
		146	Sonido, Aiza	37	W35	University of the Philippines			
		350	Sumabat, Roderick	37	M35	First Sports - Northern Philippines Athletics	59.5		
		174	Vergara, Gregoria	42	W40	First Sports - Northern Philippines Athletics			
		338	Nipahoy, Jimson	37	M35	First Sports - Northern Philippines Athletics			
		137	Magdaraog, Marilou	36	W35	First Sports - Northern Philippines Athletics			
266	17:30	4x100m MIXED RELAY				AG40			FINAL
		A Publico, N Atienza, M Dique, M Torres				AG40	54.65		PMAC 2023
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		388	Lim, Ferdinand	40	M40	Philippine Airforce	55.16		GOLD
		166	Rima, Leda	43	W40	Philippine Airforce			
		359	Banatao, Aaron Jayxen	41	M40	Philippine Airforce			
		150	Barcena, Nhea Ann	43	W40	Philippine Airforce			
		375	Eugenio, Ericson	40	M40	First Sports - Northern Philippines Athletics	59.41		SILVER
		155	Evangelista, Josephine Chrisanta	44	W40	First Sports - Northern Philippines Athletics			
		363	Buasen, Horace	43	M40	First Sports - Northern Philippines Athletics			
		162	Marcos, Revelyn	42	W40	First Sports - Northern Philippines Athletics			
		374	Elejedo, Arven	41	M40	Philippine Vigor Hearts	1:00.25		BRONZE
		186	Eslay, April	45	W45	First Sports - Northern Philippines Athletics			
		361	Barlas, John Bryan	43	M40	Unattached			
		159	Magalona, Lorely	40	W40	Unattached			
		473	Coderes, Carlos	52	M50	Mile Zero Runners	1:07.81		
		151	Cado, Mila	43	W40	Mile Zero Runners			
		399	Papiona, Efren	44	M40	Mile Zero Runners			
		152	Carino, May	40	W40	Mile Zero Runners			

266	17:30	4x100m MIXED RELAY				AG45		FINAL
		<i>A Ranillo, E Navarro, M Raymundo, B Zinampan</i>				AG45	59.09	PMAC2 2024
	BIB	NAME	AGE	AG	TEAM		RESULT WV	REMARKS
	602	Murai, Koji	65	M65	Macrunners		1:08.92	GOLD
	632	Tan, Ching Yen	60	W60	Unattached			
	576	Riady, Tanu	61	M60	Unattached			
	183	Cosio, Maria Kristine	47	W45	Philippine Airforce			
266	17:30	4x100m MIXED RELAY				AG50		FINAL
	BIB	NAME	AGE	AG	TEAM		RESULT WV	REMARKS
	494	Raymundo, Macrino	51	M50	First Sports - Northern Philippines Athletics		1:02.98	GOLD
	211	Gammad, Maricar	50	W50	First Sports - Northern Philippines Athletics			
	489	Pagulayan, Marlo	52	M50	First Sports - Northern Philippines Athletics			
	209	Navarro, Elenita	50	W50	First Sports - Northern Philippines Athletics			
	598	Fernandez, Vitaliano	69	M65	Macrunners		1:07.47	SILVER
	208	Marza, Grizelda	50	W50	Macrunners			
	561	Jereza, Manuel Noli	61	M60	Macrunners			
	215	Abueg, Myra Luzviminda	56	W55	Macrunners			
266	17:30	4x100m MIXED RELAY				AG55		FINAL
	BIB	NAME	AGE	AG	TEAM		RESULT WV	REMARKS
	529	Radaza, Eddie	56	M55	Philippine Airforce		1:02.97	GOLD
	239	Vejano, Lorna	65	W65	Philippine Airforce			
	505	Academia, Alphonso Trece	55	M55	Philippine Airforce			
	220	Gaston, Marichu	57	W55	Philippine Airforce			
266	17:30	4x100m MIXED RELAY				AG60		FINAL
	BIB	NAME	AGE	AG	TEAM		RESULT WV	REMARKS
	600	Lobos, Arnel	68	M65	Muntinlupa Masters Athletics Team		1:02.38	GOLD
	233	Lobos, Perla	60	W60	Muntinlupa Masters Athletics Team			
	550	Bayaban, Julio	63	M60	Muntinlupa Masters Athletics Team			
	228	Bayaban, Salve	61	W60	Muntinlupa Masters Athletics Team			
	540	Abellera, Renato Nestor	63	M60	Dasmariñas City Joggers & Runners Club		1:26.68	SILVER
	232	Ilagan, Carolyn	64	W60	Dasmariñas City Joggers & Runners Club			
	619	Ramirez, Fernando	72	M70	Dasmariñas City Joggers & Runners Club			
	240	Veloya, Adie	66	W65	Dasmariñas City Joggers & Runners Club			