



DAY 1 (14 APRIL 2023) - TRACK EVENTS Results

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
10,000m Men M-70 and above					
537	EDUARDO NAVARETTE	BULACAN MASTERS (JDT)	M70	53:02.7	1st
534	SOFRONIO IGAY	UNATTACHED	M70	1:00:56.3	2nd
10,000m Men M-60 and above					
514	SANTIAGO DUCAY	UNATTACHED	M60	47:36	1st
509	ESMERALDO RAMOS	UNATTACHED	M60	49:57.6	2nd
517	VIRGILIO ESCAÑO	UNATTACHED	M60	52:11.2	3rd
10,000m Men M-65 and above					
524	EDESIO BRIONES	UNATTACHED	M65	54:06.6	1st
523	BENJAMIN TAN	UNATTACHED	M65	55:46.8	2nd
525	GREGORIO TORRES	UNATTACHED	M65	59:37.7	3rd
530	EDMUNDO PICHAY	42K RUNNING CIRCLE	M65	1:08:53.9	4th
10,000m Men M30					
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
322	GILBERT LAIDO	PHILIPPINE ARMY	M30	35:32.29	1st
345	ANTHONY S NERZA	PHILIPPINE AIR FORCE	M30	35:43.49	2nd
301	ARGEL JOSEPH E. MENDOZA	PATEROS MATAPAT	M30	37:33.37	3rd
340	LEONARDO VIRAY	PATEROS MATAPAT	M30	40:14.98	4th
561	ROMNICK TEH	UNATTACHED	M30	40:26.68	5th
334	WENCHELLE PLACENCIA	BULACAN MASTERS (JDT)	M30		DNS
302	JEFFREY REGINIO	POSF ATHLETICS MASTERS	M30		DNF
10,000m Men M35					
346	ALQUIN BOLIVAR	PHILIPPINE ARMY	M35	38:57.36	1st
357	ALLAN GALAM	UNATTACHED	M35	41:10.12	2nd
376	RUDDY MADRID	UNATTACHED	M35		DNS
10,000m Men M40					
395	MOHAMMAD SHERWIN MANAGIL	POSF ATHLETICS MASTERS	M40	39:53.62	1st
389	ELMER SABAL	PHILIPPINE ARMY	M40	41:06.75	2nd
408	ERIC PANIQUE	PHILIPPINE ARMY	M40	44:17.12	3rd
413	JULIAN EYMARD PAGUILIGAN	BULACAN MASTERS (JDT)	M40	47:15.9	4th
398	ROY DACUTANAN	PATEROS MATAPAT	M40		DNS
10,000m Men M45					
431	EDDIE FORTES	LA UNION TEAM	M45	41:20.22	1st
445	NOEL FABROS	UNATTACHED	M45	42:49.36	2nd
441	DAN DEXTER BELTRAN	UNATTACHED	M45	47:38.16	3rd
436	PIO TUPANG	BULACAN MASTERS (JDT)	M45		DNF
429	ISIDRO VILDOSOLA	UNATTACHED	M45		DNS
430	JOJIE DAGA-AS	HUKBONG KABITENYO	M45		DNS

10,000m Men M50

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
458	VICTOR QUIOGUE	HUKBONG KABITENYO	M50	45:56.14	1st
462	ESMERALDO ONDOY	UNATTACHED	M50	48:46.69	2nd
466	LEONCIO, JR. BALBIN	UNATTACHED	M50	49:46.84	3rd
473	GLEN MANONG	UNATTACHED	M50	55:31.83	4th
467	REY INFANTE	PHILIPPINE ARMY	M50		DNF
465	RAYMUNDO NICOD-AM	UNATTACHED	M50		DNF
459	RONALD DESPI	UNATTACHED	M50		DNF

10,000m Men M55

499	NERI BARCELO	42K RUNNING CIRCLE	M55	46:33.06	1st
488	EFREN SUGALAN	BULACAN MASTERS (JDT)	M55	46:59.86	2nd
479	REY ABAY-ABAY	UNATTACHED	M55	48:20.68	3rd
489	EDGARDO TUBES	PATEROS MATAPAT	M55	48:36.76	4th

5000 M Women W30

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
107	JANICE NERZA	PHILIPPINE ARMY	F30	26:39.3	1st

5000 M Women W35

137	SGT MIRASOL C ABAD	PHILIPPINE AIR FORCE	F35	23:00.9	1st
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5000 M Women W40

141	BARCENA NHEA ANN	UNATTACHED	F40	19:41.5	1st
142	CHRISTABEL A. MARTES	POSF ATHLETICS MASTERS	F40	21:46.9	2nd
150	JHO-AN VILLARMA	PHILIPPINE ARMY	F40	23:45.6	3rd
156	GISELLE NINA GLEMA	UNATTACHED	F40	26:46.7	4th
147	THELMA MAGBANUA	PHILIPPINE ARMY	F40	28:08.4	5th
148	MARIA CARMINA SUNICO	POSF ATHLETICS MASTERS	F40		DNS

5000 M Women W45

173	SARAH DUPIO	NMSAAP	F45	27:55.3	1st
167	MICHELLE RELIZAN	LA UNION TEAM	F45	35:22	2nd

5000 M Women W50

185	CATHERINE VINUYA	UNATTACHED	F50	25:47.1	1st
189	MARIA ESTELA DIAZ	UNATTACHED	F50	26:46.6	2nd
186	RHINA SISON	UNATTACHED	F50	27:12.5	3rd
183	ANALIZA HABABAG	UNATTACHED	F50	31:51.3	4th

5000 M Women W55

190	MA.CARMENCITA OBMINA-MUAÑA	PHILIPPINE AIR FORCE	F55	29:06.7	1st
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5000 M Women W75

203	ROSALINDA OGSIMER	UNATTACHED	F75	30:46.3	1st
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100m Men

BIB	COMPETITOR
552	JERICO EJERCITO
313	JOSEPH BERNARD CAPINPIN
319	RACEL SUMILE PARDILLO
551	ISIDRO G DEL PRADO JR
320	MARK JULIUS RODELAS
317	MARK REYES
343	MARK PHILIPP SILLOCO
324	JOB GAYTA
339	EDUARD ANTONIO
342	ARCANGEL TATAD

M 30-34

TEAM	CAT	RESULT	WV	REMARKS
PHILIPPINE AIR FORCE	M30	11.65	-.30	1st
UNATTACHED	M30	11.79	.784	2nd
PHILIPPINE ARMY	M30	11.79	.790	3rd
PHILIPPINE AIR FORCE	M30	11.97		4th
POSF ATHLETICS MASTERS	M30	12.01		5th
UNATTACHED	M30	12.08		6th
UNATTACHED	M30	12.26		7th
BULACAN MASTERS (JDT)	M30	12.37		8th
PHILIPPINE NATIONAL POLICE	M30	12.76		9th
LA UNION TEAM	M30	12.78		10th

100m Men

BIB	COMPETITOR
558	ARMAN DINO
557	YOURKE TAMAYO
352	FERDINAND LIM
367	JOHN MICHAEL ALFONSO
355	PETER EDMON CARANZO
369	MARVIN LAÑO
349	VINCENT DANTE BENEDICTO
353	JULIUS LIPAT
351	ARNOLD PADILLA
356	JUNREY BANO
378	FRANCIS ANTON ZAMORA
361	JAYPEE GARCIA

M 35-39

TEAM	CAT	RESULT	WV	REMARKS
PHILIPPINE AIR FORCE	M35	11.62	-.40	1st
PHILIPPINE AIR FORCE	M35	11.94		2nd
TEAM PROJECT ELITE	M35	11.97		3rd
BULACAN MASTERS (JDT)	M35	12.47		4th
PHILIPPINE ARMY	M35	12.62		5th
LA UNION TEAM	M35	13.25		6th
UNATTACHED	M35	13.65		7th
PATEROS MATAPAT	M35	13.84		8th
UNATTACHED	M35	13.85		9th
TEAM PROJECT ELITE	M35	14.28		10th
UNATTACHED	M35	14.64		11th
POSF ATHLETICS MASTERS	M35	16.24		12th

100m Men

BIB	COMPETITOR
382	AARON JAYXEN BANATAO
387	BRYAN URAYENZA
383	CHARLES OR
419	IPE ZAMORA
405	GERALD MAGALONA
400	LEOMAR MIRASOL

M 40-44

TEAM	CAT	RESULT	WV	REMARKS
PHILIPPINE NATIONAL POLICE	M40	12.41	+1.4	1st
PHILIPPINE NATIONAL POLICE	M40	12.61		2nd
POSF ATHLETICS MASTERS	M40	13.38		3rd
UNATTACHED	M40	13.75		4th
HUKBONG KABITENYO	M40	14.99		5th
PHILIPPINE ARMY	M40	27.39		6th

100m Men

BIB	COMPETITOR
439	MICHAEL PELAEZ
426	DAVID JOHN AGUILAR
438	EMMANUEL C. ROBLES
444	ALMER MASIGLAT
423	JEALVIES SARTE

M 45-49

TEAM	CAT	RESULT	WV	REMARKS
PHILIPPINE NATIONAL POLICE	M45	12.73	-1.0	1st
POSF ATHLETICS MASTERS	M45	12.88		2nd
BULACAN MASTERS (JDT)	M45	14.01		3rd
UNATTACHED	M45	14.55		4th
UNATTACHED	M45	14.75		4th

100m Men

BIB	COMPETITOR
455	EDDIE RADAZA
461	VIRGILIO AGUILA
468	ALPHONSO TRECE ACADEMIA
456	JOSE ENRICO SUGUITAN

M50-54

TEAM	CAT	RESULT	WV	REMARKS
PHILIPPINE ARMY	M50	13.90	-2	1st
PHILIPPINE NATIONAL POLICE	M50	14.32		2nd
HUKBONG KABITENYO	M50	14.62		3rd
POSF ATHLETICS MASTERS	M50	15.25		4th

100m Men

BIB	COMPETITOR
496	EDWARD OBIENA
495	JUNE MACLANG
482	RONALD ALCANTARA
483	JOCSON CHAN

M 55-M59

TEAM	CAT	RESULT	WV	REMARKS
UNATTACHED	M55	14.58	+.8	1st
BULACAN MASTERS (JDT)	M55	14.64		2nd
POSF ATHLETICS MASTERS	M55	15.08		3rd
UNATTACHED	M55	15.60		4th

100m Men		M60				
BIB	COMPETITOR	TEAM	CAT	RESULT	WV	REMARKS
504	JULIO BAYABAN	PHILIPPINE AIR FORCE	M60	14.22	-30	1st
507	GUILLERMO WILLIAM JR. BALCITA	LA UNION TEAM	M60	14.92		2nd
519	JESUS E. VALENZUELA	UNATTACHED	M60	16.61		3rd
516	DAVID BIRSE	UNATTACHED	M60	17.02		4th
517	VIRGILIO ESCAÑO	UNATTACHED	M60	17.47		5th
508	JAIME, SR. UCAB	UNATTACHED	M60	24.43		6th
518	ISIDRO DEL PRADO SR.	UNATTACHED	M60	26.28		7th
100m Men		M 65-69				
BIB	COMPETITOR	TEAM	CAT	RESULT	WV	REMARKS
521	ARNEL LOBOS	PHILIPPINE AIR FORCE	M65	14.58	-40	1st
528	RENATO DICHOSO	42K RUNNING CIRCLE	M65	17.34		2nd
100m Men		M 70-74				
539	WILFREDO SUAREZ	UNATTACHED	M70	18,52		1st
100m Men		M 75				
543	VICTOR TING	42K RUNNING CIRCLE	M75	22.33		1st
100m Women		F30-34				
BIB	COMPETITOR	TEAM	CAT			
109	PRECIOUS CABUYA	POSF ATHLETICS MASTERS	F30	14.13		1st
104	FEB MANZANO	POSF ATHLETICS MASTERS	F30	16.77		2nd
100m Women		F35-39				
127	MILKY MAE TEJARES	POSF ATHLETICS MASTERS	F35	14.95		1st
133	HONEY JOY SALAYSAY	BULACAN MASTERS (JDT)	F35	15.42		2nd
131	LORELY MAGALONA	HUKBONG KABITENYO	F35	15.47		3rd
124	SHELIALYN ONG	UNATTACHED	F35	16.25		4th
135	JANICEL BALARES	PHILIPPINE NATIONAL POLICE	F35	16.49		5th
129	MARY CHRISTINE COMESO	PHILIPPINE ARMY	F35	17.35		6th
128	MARIA ISABEL GALON	POSF ATHLETICS MASTERS	F35	17.73		7th
100m Women		F40-44				
BIB	COMPETITOR	TEAM	CAT	RESULT		REMARKS
151	MARESTELLA TORRES	PHILIPPINE ARMY	F40	13.40		1st
155	JONAH GENILZA	PHILIPPINE AIR FORCE	F40	14.49		2nd
149	MARITES GADIAN	PHILIPPINE ARMY	F40	15:95		3rd
100m Women		F45-49				
165	BRENDA ZINAMPAN	UNATTACHED	F45	14:57		1st
169	MARISSA REYES	PHILIPPINE NATIONAL POLICE	F45	17.31		2nd
100m Women		F50-54				
BIB	COMPETITOR	TEAM	CAT	RESULT		REMARKS
197	MARIA VENDETTA J GACULA	UNATTACHED	F50	17.06		1st
188	JUDITH STAPLES	UNATTACHED	F50	17.78		2nd
187	DROLLY CLARAVALL	UNATTACHED	F50	18.54		3rd
100m Women		F55-59				
192	SALVE BAYABAN	PHILIPPINE AIR FORCE	F55	15.96		1st
191	PERLA LOBOS	PHILIPPINE AIR FORCE	F55	16.14		2nd
100m Women		F60 - 64				
BIB	COMPETITOR	TEAM	CAT	RESULT		REMARKS
205	LORNA VEJANO	UNATTACHED	F60	17.79		1st

100m Women		F65 - 69			
201	EMELIE ROSALE	UNATTACHED	F65	20.90	1st
400m Men		M 30-34			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
552	Sgt Jericho Ejercito	PHILIPPINE AIR FORCE	M30	51.11	1st
324	JOB GAYTA	BULACAN MASTERS (JDT)	M30	59.10	2nd
400m Men		M 35-39			
556	A2C Edgardo G Alejan Jr	PHILIPPINE AIR FORCE	M35	49.04	1st
354	ARIS AFRICA	PHILIPPINE ARMY	M35	54.26	2nd
364	JASON MAGBANUA	BULACAN MASTERS (JDT)	M35	59.85	3rd
400m Men		M 40-44			
BIB	COMPETITOR	TEAM	CAT		
381	LINO ARBOLEDA	TEAM PROJECT ELITE	M40	58:92	1st
406	CARLITO FANTILAGA	HUKBONG KABITENYO	M40	1:00.48	2nd
382	AARON JAYXEN BANATAO	PHILIPPINE NATIONAL POLICE	M40	1:00.93	3rd
420	TSg Joar M Calvadores	PHILIPPINE AIR FORCE	M40	1:01.38	4th
560	Midel Dique	PHILIPPINE ARMY	M40	1:03.61	5th
390	MONOLITO DIVINA	POSF ATHLETICS MASTERS	M40	1:04.46	6th
383	CHARLES OR	POSF ATHLETICS MASTERS	M40	1:12.05	7th
401	JOEL RIVERA	UNATTACHED	M40	1:12.78	8th
400m Men		M 45-49			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
439	MICHAEL PELAEZ	PHILIPPINE NATIONAL POLICE	M45	1:00.45	1st
444	ALMER MASIGLAT	UNATTACHED	M45	1:15.12	2nd
400m Men		M 50-54			
454	ALDWIN RAGAS	PATEROS MATAPAT	M50	1:03.02	1st
455	EDDIE RADAZA	PHILIPPINE ARMY	M50	1:06.38	2nd
461	VIRGILIO AGUILA	PHILIPPINE NATIONAL POLICE	M50	1:09.37	3rd
400m Men		M 60 - 64			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
507	GUILLERMO WILLIAM JR. BALCITA	LA UNION TEAM	M60	1:15.80	1st
516	DAVID BIRSE	UNATTACHED	M60	1:17.96	2nd
517	VIRGILIO ESCAÑO	UNATTACHED	M60	1:23.32	3rd
519	JESUS E. VALENZUELA	UNATTACHED	M60		DNS
400m Men		M 70 -74			
534	SOFRONIO IGAY	UNATTACHED	M70	1:41.42	1st
400m Men		M 75 -79			
543	VICTOR TING	42K RUNNING CIRCLE	M75	1:58.21	1st
400m Women		W 30 -34			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
111	SANDI MENCHI ABAHAN	POSF ATHLETICS MASTERS	F30	1:09.51	1st
108	MARITES NOCYAO	POSF ATHLETICS MASTERS	F30	1:09.62	2nd
104	FEB MANZANO	POSF ATHLETICS MASTERS	F30	1:27.65	3rd
400m WOMEN		W35-39			
125	GRETCHIE ROQUE	PHILIPPINE ARMY	F35	1:09.21	1st
130	SILAMIE GUTANG	POSF ATHLETICS MASTERS	F35	1:12.52	2nd
400m Men		W40-44			
155	JONAH GENILZA	PHILIPPINE AIR FORCE	F40	1:15.18	1st
154	RHODORA ODANGA	PHILIPPINE AIR FORCE	F40		DNS

400m Men

163 CHRISTINE FERRERA

W 45-49

POSF ATHLETICS MASTERS F45 1:36.98 1st

1500M Men

BIB	COMPETITOR
309	JORDAN PAUL BILLONES
544	Sgt Michael Ian S Constantino
306	WELFRED ESPORMA
327	ALBERT VALENCIA
302	JEFFREY REGINIO
554	Rene Lardera
561	ROMNICK THE
301	ARGEL JOSEPH E. MENDOZA
329	JOWIL SAMBALOD
332	JOHN ARCE
328	MERVIN GUARTE

M 30-34

TEAM	CAT	RESULT	
UNATTACHED	M30	4:27.33	1st
PHILIPPINE AIR FORCE	M30	4:29.07	2nd
POSF ATHLETICS MASTERS	M30	4:31.80	3rd
PHILIPPINE ARMY	M30	4:35.48	4th
POSF ATHLETICS MASTERS	M30	4:48.67	5th
PHILIPPINE AIR FORCE	M30	4:57.22	6th
UNATTACHED	M30	5:01.57	7th
PATEROS MATAPAT	M30	5:15.11	8th
UNATTACHED	M30	5:38.19	9th
BULACAN MASTERS (JDT)	M30	6:13.63	10th
PHILIPPINE AIR FORCE	M30		DNS

1500M Men

354	ARIS AFRICA
372	JEOFFREY BALDOZA
375	JOBERT CAROLINO
363	GASBAMEL OLONAN
358	ROLANDO RIVERA IV
346	ALQUIN BOLIVAR

M 35-39

PHILIPPINE ARMY	M35	4:21.94	
BULACAN MASTERS (JDT)	M35	4:35.39	
PHILIPPINE ARMY	M35	4:39.65	
POSF ATHLETICS MASTERS	M35	5:45.51	
PHILIPPINE ARMY	M35		DNS
PHILIPPINE ARMY	M35		DNS

1500M Men

BIB	COMPETITOR
395	MOHAMMAD SHERWIN MANAGIL
422	Sgt Julius S Sermona
391	RENE HERRERA
402	ROMEO MILANES
418	ADRIAN PHILIP PUBLICO
403	LEOLITO DINCO

M 40-44

TEAM	CAT	RESULT	
POSF ATHLETICS MASTERS	M40	4:47.49	1st
PHILIPPINE AIR FORCE	M40	4:48.69	2nd
UNATTACHED	M40	5:06.80	3rd
LA UNION TEAM	M40	5:39.82	4th
PHILIPPINE ARMY	M40	5:53.19	5th
HUKBONG KABITENYO	M40		DNS

1500M Men

431	EDDIE FORTES
440	RODEL BUSTAMANTE

M 45-49

LA UNION TEAM	M45	5:17.43	1st
PHILIPPINE NATIONAL POLICE	M45		DNS

1500M Men

BIB	COMPETITOR
469	CERALVO MANSUETO
454	ALDWIN RAGAS
453	RODELIO GADAPAN
466	LEONCIO, JR. BALBIN

M 50 - 44

TEAM	CAT		
HUKBONG KABITENYO	M50	5:22.90	1st
PATEROS MATAPAT	M50	5:42.39	2nd
PATEROS MATAPAT	M50	5:47.66	3rd
UNATTACHED	M50	6:40.28	4th

1500M Men

484	ARMANDO QUIOGUE
485	ENRICO ROSIN
487	MARCELO LACDAO
486	HERNANDITO PINEDA
479	REY ABAY-ABAY

M 55 - 59

HUKBONG KABITENYO	M55	5:51.14	1st
HUKBONG KABITENYO	M55	5:53.03	2nd
UNATTACHED	M55	6:05.55	3rd
UNATTACHED	M55	DNF	DNF
UNATTACHED	M55	DNS	DNS

1500M Men

BIB	COMPETITOR
510	DEMETRIO ADVINCULA
512	EDUARDO VILLANUEVA
516	DAVID BIRSE
517	VIRGILIO ESCAÑO

M 60 - 64

TEAM	CAT	RESULT	
UNATTACHED	M60	6:04.54	1st
42K RUNNING CIRCLE	M60	6:22.21	2nd
UNATTACHED	M60	6:31.29	3rd
UNATTACHED	M60	6:36.31	4th

1500M Men		M 65 - 69			
529	EDGARDO PEDREGOSA	UNATTACHED	M65	6:05.99	1st
526	SEVERINO ALACAR	42K RUNNING CIRCLE	M65	7:46.99	2nd
1500M Men		M 70 - 74			
534	SOFRONIO IGAY	UNATTACHED	M70	7:47.42	1st
1500M Men		M 75 - 79			
541	BRIGILIO BALABA	UNATTACHED	M75	8:31.04	1st
1500M Men		M 85 - 89			
542	ALFREDO FOTOTANA	42K RUNNING CIRCLE	M85	11:28.09	1st
1500m Women		W30 - 34			
BIB	COMPETITOR	TEAM	CAT	RESULT	
106	JENISMYLL QUIRANTE	PHILIPPINE ARMY	F30	5:28.20	1st
108	MARITES NOCYAO	POSF ATHLETICS MASTERS	F30	6:03.42	2nd
1500m Women		W35 - 39			
130	SILAMIE GUTANG	POSF ATHLETICS MASTERS	F35	5:51.20	1st
138	Sgt Miscelle B Gilbuena	PHILIPPINE AIR FORCE	F35	6:04.56	2nd
1500m Women		W40 - 44			
141	BARCENA NHEA ANN	UNATTACHED	F40	5:13.14	1st
142	CHRISTABEL A. MARTES	POSF ATHLETICS MASTERS	F40	5:41.98	2nd
147	THELMA MAGBANUA	PHILIPPINE ARMY	F40	7:59.95	3rd
1500m Women		W45 - 49			
164	JANETTE AGURA	UNATTACHED	F45	6:51.53	1st
168	ROMELITA REGINALDO	HUKBONG KABITENYO	F45	7:58.36	2nd
1500m Women		W50 - 54			
184	LIZA DELFIN	42K RUNNING CIRCLE	F50	6:36.51	1st
189	MARIA ESTELA DIAZ	UNATTACHED	F50	7:19.92	2nd
1500m Women		W55 - 59			
195	MILA ROBISO	42K RUNNING CIRCLE	F55	8:13.39	1st
1500m Women		W60-64			
205	LORNA VEJANO	UNATTACHED	F60	9:13:93	1st
4x400m M30-34 (MIXED RELAY)		W60-64			
BIB	COMPETITOR	TEAM	CAT	RESULT	
552	Sgt Jericho Ejercito	PHILIPPINE AIR FORCE	M30	4:09.99	1st
140	Sgt Flordeliza C Doños	PHILIPPINE AIR FORCE	F35		
556	A2C Edgardo G Alejan Jr	PHILIPPINE AIR FORCE	M35		
155	JONAH GENILZA	PHILIPPINE AIR FORCE	F40		
108	MARITES NOCYAO	POSF ATHLETICS MASTERS	F30	4:21.11	2nd
111	SANDI MENCHI ABAHAN	POSF ATHLETICS MASTERS	F30		
321	ELIAS TABAC	POSF ATHLETICS MASTERS	M30		
302	JEFFREY REGINIO	POSF ATHLETICS MASTERS	M30		
354	ARIS AFRICA	PHILIPPINE ARMY	M35	4:37.32	3rd
106	JENISMYLL QUIRANTE	PHILIPPINE ARMY	F30		
107	JANICE NERZA	PHILIPPINE ARMY	F30		
327	ALBERT VALENCIA	PHILIPPINE ARMY	M30		

4x400m M35-39 (MIXED RELAY)

130	SILAMIE GUTANG	POSF ATHLETICS MASTERS	F35	4:46.95	1st
127	MILKY MAE TEJARES	POSF ATHLETICS MASTERS	F35		
363	GASBAMEL OLONAN	POSF ATHLETICS MASTERS	M35		
347	ELEAZER BONEO JR.	POSF ATHLETICS MASTERS	M35		

4x400m M40-44 (MIXED RELAY)

439	MICHAEL PELAEZ	PHILIPPINE NATIONAL POLICE	M45	4:54.26	1st
387	BRYAN URAYENZA	PHILIPPINE NATIONAL POLICE	M40		
153	RONIJEN SOFLA	PHILIPPINE NATIONAL POLICE	F40		
169	MARISSA REYES	PHILIPPINE NATIONAL POLICE	F45		
163	CHRISTINE FERRERA	POSF ATHLETICS MASTERS	F45	5:00.67	2nd
390	MONOLITO DIVINA	POSF ATHLETICS MASTERS	M40		
395	MOHAMMAD SHERWIN MANAGIL	POSF ATHLETICS MASTERS	M40		
142	CHRISTABEL A. MARTES	POSF ATHLETICS MASTERS	F40		
147	THELMA MAGBANUA	PHILIPPINE ARMY	F40	5:20.00	3rd
418	ADRIAN PHILIP PUBLICO	PHILIPPINE ARMY	M40		
150	JHO-AN VILLARMA	PHILIPPINE ARMY	F40		
560	MIDEL DIQUE	PHILIPPINE ARMY	M40		

4x400m M50-54 (MIXED RELAY)

528	RENATO DICHOSO	42K RUNNING CIRCLE	M65	6:13.95	1st
195	MILA ROBISO	42K RUNNING CIRCLE	F55		
512	EDUARDO VILLANUEVA	42K RUNNING CIRCLE	M60		
184	LIZA DELFIN	42K RUNNING CIRCLE	F50		



DAY 1 (14 APRIL 2023) - FIELD EVENTS RESULTS

Shot put M 30-34 (7.26KG)

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
553	JOHN ALBERT C MANTUA	PHILIPPINE AIR FORCE	M30	14.90m	1st
313	JOSEPH BERNARD CAPINPIN	UNATTACHED	M30	11.56m	2nd
312	RODOLFO DE GUZMAN	LA UNION	M30	9.58m	3rd
341	SMAEL TRAZONA	PHILIPPINE ARMY	M30	9.54m	
308	JAN JULIUS COLINA	PHILIPPINE ARMY	M30	9.46m	
310	LORENZO MARTIN	UNATTACHED	M30	9.15m	
311	JC HEY	UNATTACHED	M30	8.25m	

Shot put M 35-39 (7.26KG)

351	ARNOLD PADILLA	UNATTACHED	M35	10.08m	1st
369	MARVIN LAÑO	LA UNION	M35	8.29m	2nd

Shot put M 40-44 (7.26KG)

409	PHILIP SALAYSAY	BULACAN MASTERS (JDT)	M40	9.78m	1st
388	LYNDON CABALLERO	POSF ATHLETICS MASTERS	M40	6.36m	2nd
384	JOSELITO BARNACHEA JR	UNATTACHED	M40	6.15m	3rd
417	DON NEPOMUCENO	POSF ATHLETICS MASTERS	M40	5.01m	

Shot put M 45-49 (7.26KG)

424	ANTONIO JR. CHEE	UNATTACHED	M45	8.67m	1st
434	CHRISTOPHER PAGULAYAN	LA UNION	M45	6.93m	2nd
433	DANNY BAGANO	LA UNION	M45	5.70m	3rd

Javelin Throw Women W30-34 (600gms)

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
116	KENNETH GRACE B FERRERA	PHILIPPINE AIR FORCE	F30	28.84	1st
102	FERLYN DALIDA	PHILIPPINE NATIONAL POLICE	F30	28.84	2nd
105	PRECIOUS QUE-AGUILAR	POSF ATHLETICS MASTERS	F30	26.31	3rd
110	DEANNE NICOLE MONCADA	POSF ATHLETICS MASTERS	F30	11.55	4th

Javelin Throw Women W35-39 (600gms)

126	MARICRIS GAMMAG	PHILIPPINE NATIONAL POLICE	F35	25.68	1st
124	SHELIALYN ONG	UNATTACHED	F35	15.01	2nd
121	GRACE GIGIE BONEO	POSF ATHLETICS MASTERS	F35	14.29	3rd

Javelin Throw Women W40-44(600gms)

146	ROSIE VILLARITO	PHILIPPINE ARMY	F40	38.66	1st
145	NARCISA ATIENZA	PHILIPPINE ARMY	F40	38.59	2nd

Javelin Throw Women W44-49(600gms)

163	CHRISTINE FERRERA	POSF ATHLETICS MASTERS	F45	10.49	1st
161	MONSIE TAN	POSF ATHLETICS MASTERS	F45	8.30	2nd

Long Jump Men M 50-54

BIB	COMPETITOR	TEAM	CAT	RESULT	WV	REMARKS
468	ALPHONSO TRECE ACADEMIA	HUKBONG KABITENYO	M50	4.00m	0.6	1st
461	VIRGILIO AGUILA	PHILIPPINE NATIONAL POLICE	M50	3.90m	1.0	2nd
455	EDDIE RADAZA	PHILIPPINE ARMY	M50	3.76m	1.0	3rd
456	JOSE ENRICO SUGUITAN	POSF ATHLETICS MASTERS	M50	3.40m	0.4	4th

Long Jump Men M 55-59

496	EDWARD OBIENA	UNATTACHED	M55	4.02m	0.4	1st
498	ENRIQUE SABUCO	UNATTACHED	M55	3.36m	0.4	2nd
483	JOCSON CHAN	UNATTACHED	M55	2.53m	0.7	3rd

Long Jump Men M 60-64

508	JAIME, SR. UCAB	UNATTACHED	M60	4.21m	0.2	1st
507	GUILLERMO WILLIAM JR. BALCITA	LA UNION	M60	4.06m	0.2	2nd
511	GERALD LAZO	UNATTACHED	M60	2.42m	0.7	3rd

Long Jump Men M 65-69

521	ARNEL LOBOS	PHILIPPINE AIR FORCE	M65	4.51	0.4	1st
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Javelin throw M 30-34 (800gms)

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
312	RODOLFO DE GUZMAN	LA UNION	M30	44.23m	1st
325	RHYEAN IAN VERGARA	PHILIPPINE ARMY	M30	38.56m	2nd
311	JC HEY	UNATTACHED	M30	36.58m	3rd
304	PACO RAZON	UNATTACHED	M30	35.23m	
310	LORENZO MARTIN	UNATTACHED	M30	26.57m	
307	RBJEM MERCADER	POSF ATHLETICS MASTERS	M30	24.01m	
342	ARCANGEL TATAD	LA UNION	M30	23.13m	

Javelin throw M 35-39(800gms)

353	JULIUS LIPAT	PATEROS MATAPAT	M35	38.54m	1st
369	MARVIN LAÑO	LA UNION	M35	38.24m	2nd
366	DARRYL GOLIMLIM	HUKBONG KABITENYO	M35	37.45m	3rd
347	ELEAZER BONEO JR.	POSF ATHLETICS MASTERS	M35	33.46m	

Javelin throw M 40-44(800gms)

396	ALVIN CANADA	PHILIPPINE ARMY	M40	31.15m	1st
399	JUST MARK ANDRE FIGURACION	UNATTACHED	M40	27.44m	2nd
388	LYNDON CABALLERO	POSF ATHLETICS MASTERS	M40	24.90m	3rd
384	JOSELITO BARNACHEA JR	UNATTACHED	M40	18.36m	
417	DON NEPOMUCENO	POSF ATHLETICS MASTERS	M40	15.90m	
421	SSg Arniel B Ferrera	PHILIPPINE AIR FORCE	M40	DNS	

Javelin throw M 45-49(800gms)

424	ANTONIO JR. CHEE	UNATTACHED	M45	40.28m	1st
423	JEALVIES SARTE	UNATTACHED	M45	36.51m	2nd
434	CHRISTOPHER PAGULAYAN	LA UNION	M45	20.12m	3rd

Shot Put W 30-34 (4 Kg)

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
114	MARIA ANGELICA SIBAYAN	UNATTACHED	F30	8.84m	1st
103	JAHNZEL UDAUNDO	PHILIPPINE NATIONAL POLICE	F30	7.59m	2nd
101	JOAN JAO	UNATTACHED	F30	7.32m	3rd
102	FERLYN DALIDA	PHILIPPINE NATIONAL POLICE	F30	6.29m	

Shot Put W 35-39 (4 Kg)

126	MARICRIS GAMMAG	PHILIPPINE NATIONAL POLICE	F35	8.01m	1st
132	DIXIE SAGUSAY	HUKBONG KABITENYO	F35	5.89m	2nd
128	MARIA ISABEL GALON	POSF ATHLETICS MASTERS	F35	4.08m	3rd

Shot Put W 40-44 (4 Kg)

145	NARCISA ATIENZA	PHILIPPINE ARMY	F40	10.65m	1st
146	ROSIE VILLARITO	PHILIPPINE ARMY	F40	8.79m	2nd

Shot Put W 45-49 (4 Kg)

167	MICHELLE RELIZAN	LA UNION	F45	4.37m	1st
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Shot Put W 50-54(3 Kg)

188	JUDITH STAPLES	UNATTACHED	F50	7.58m	1st
182	ELENITA PUNELAS	PHILIPPINE AIR FORCE	F50	6.79m	2nd
181	LILIBETH ESTRELLA	POSF ATHLETICS MASTERS	F50	5.32m	3rd
187	DROLLY CLARAVALL	UNATTACHED	F50	DNS	

Shot Put W 55-59(3 Kg)

193	FRANCIA PELLOSIS	UNATTACHED	F55	6.50m	1st
196	ZORAIDA AMORILLO	POSF ATHLETICS MASTERS	F55	4.41m	2nd

Shot Put W 65-69(3 Kg)

201	EMELIE ROSALE	UNATTACHED	F65	7.39m	1st
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Shot Put W 70-74(3 Kg)

206	ERLINDA LAVANDIA	UNATTACHED	F70	7.41m	1st
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Long Jump M 30-34

BIB	COMPETITOR	TEAM	CAT	RESULT	WV	REMARKS
337	JERSON GALOSO	PHILIPPINE NATIONAL POLICE	M30	6.30m	-0.9	1st
313	JOSEPH BERNARD CAPINPIN	UNATTACHED	M30	5.94m	0.6	2nd
320	MARK JULIUS RODELAS	POSF ATHLETICS MASTERS	M30	5.68m	-0.8	3rd
325	RHYEAN IAN VERGARA	PHILIPPINE ARMY	M30	5.41m	-0.3	
336	NORMAN FLORES	PHILIPPINE NATIONAL POLICE	M30	5.38m	0.3	
307	RBJEM MERCADER	POSF ATHLETICS MASTERS	M30	4.33m	-0.5	

Long Jump M 35-39

557	YOURKE TAMAYO	PHILIPPINE AIR FORCE	M35	5.56m	0.1	1st
365	FERNANDO, JR. B. BALUT	UNATTACHED	M35	4.72m	-0.6	2nd

Long Jump M 40-44

382	AARON JAYXEN BANATAO	PHILIPPINE NATIONAL POLICE	M40	5.03m	0.3	1st
394	JUNY REX CARREON	PHILIPPINE NATIONAL POLICE	M40	4.57m	-0.5	2nd
414	JORGE ALI VELASCO	BULACAN MASTERS (JDT)	M40	4.27m	-3.1	3rd
384	JOSELITO BARNACHEA JR	UNATTACHED	M40	2.54m	0.0	

Long Jump M 45-49

439	MICHAEL PELAEZ	PHILIPPINE NATIONAL POLICE	M45	5.16m	-0.2	1st
433	DANNY BAGANO	LA UNION	M45	2.69m	-1.0	2nd

Hammer Throw M30-34 (7.26kg)

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
553	JOHN ALBERT C MANTUA	PHILIPPINE AIR FORCE	M30	40.58m	1st
303	MATTHEW FLORES	UNATTACHED	M30	35.12m	2nd
305	ANGELO CHRISTIAN ARAYATA	UNATTACHED	M30	25.65m	3rd
310	LORENZO MARTIN	UNATTACHED	M30	22.03m	

Hammer Throw M35-39 (7.26kg)

351	ARNOLD PADILLA	UNATTACHED	M35	27.23m	1st
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Hammer Throw M40-44 (7.26kg)

417	DON NEPOMUCENO	POSF ATHLETICS MASTERS	M40	NM	
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Hammer Throw M50-54 (6kg)

474	A1C NIXON H MAS	PHILIPPINE AIR FORCE	M50	28.60m	1st
457	TOSHIHIDE ISAPHIL KODA	UNATTACHED	M50	25.30m	2nd

Hammer Throw M60-64 (5kg)

501	ALBERTO AGRA	POSF ATHLETICS MASTERS	M60	20.43m	1st
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Shot Put Men M 50-54 (6 kg)

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
474	A1C Nixon H Mas	PHILIPPINE AIR FORCE	M50	13.00m	1st
457	TOSHIHIDE ISAPHIL KODA	UNATTACHED	M50	8.90m	2nd
464	ARTURO JR. DELOS REYES	POSF ATHLETICS MASTERS	M50	8.51m	3rd
463	HIROYUKI KOBAYASHI	UNATTACHED	M50	7.69m	
451	JAYSON TAN	POSF ATHLETICS MASTERS	M50	7.34m	
456	JOSE ENRICO SUGUITAN	POSF ATHLETICS MASTERS	M50	6.22m	

Shot Put Men M 55-59 (6 kg)

497	EMERSON OBIENA	UNATTACHED	M55	10.22m	1st
496	EDWARD OBIENA	UNATTACHED	M55	9.38m	2nd
480	BRYAN RONQUILLO	LA UNION	M55	8.45m	3rd
482	RONALD ALCANTARA	POSF ATHLETICS MASTERS	M55	7.32m	

Shot Put Men M60-64 (5 kg)

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
501	ALBERTO AGRA	POSF ATHLETICS MASTERS	M60	8.14m	1st
505	ADELIO TORRES	UNATTACHED	M60	6.37m	2nd

Shot Put Men M65-69 (5 kg)

522	JUAN VILLA	NMSAAP	M65	10.01	1st
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Long Jump Women 30-34

BIB	COMPETITOR	TEAM	CAT	RESULT	WV	REMARKS
102	FERLYN DALIDA	PHILIPPINE NATIONAL POLICE	F30	3.49m	-1.3	1st
117	RAQUEL JOYCE DEL SOCCORO	PHILIPPINE AIR FORCE	F30	3.09m	-0.8	2nd

Long Jump Women 35-39

139	SGT CORAZON E SALCEDO	PHILIPPINE AIR FORCE	F35	2.70m	-0.3	1st
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Long Jump Women 40-44

151	MARESTELLA TORRES	PHILIPPINE ARMY	F40	4.97m	0.1	1st
155	JONAH GENILZA	PHILIPPINE AIR FORCE	F40	3.57m	-0.1	2nd
143	MARY GRACE RONQUILLO	LA UNION	F40	3.55m	-1.2	3rd

Long Jump Women 45-49

165	BRENDA ZINAMPAN	UNATTACHED	F45	4.00m	-1.6	1st
167	MICHELLE RELIZAN	LA UNION	F45	2.15m	-0.4	2nd

Long Jump Women 50-54

197	MARIA VENDETTA J GACULA	PHILIPPINE AIR FORCE	F50	2.59m	-0.4	1st
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Long Jump Women 55-59

191	PERLA LOBOS	PHILIPPINE AIR FORCE	F55	2.81m	-2.2	1st
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Hammer Throw Women 30-34 4kg

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
116	KENNETH GRACE B FERRERA	PHILIPPINE AIR FORCE	F30	34.58m	1st
103	JAHNZEL UDAUNDO	PHILIPPINE NATIONAL POLICE	F30	23.39m	2nd
101	JOAN JAO	UNATTACHED	F30	23.29m	3rd

Hammer Throw Women 35-39 4kg

126	MARICRIS GAMMAG	PHILIPPINE NATIONAL POLICE	F35	21.03m	1st
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Hammer Throw Women 40-44 4kg

146	ROSIE VILLARITO	PHILIPPINE ARMY	F40	23.78m	1st
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Hammer Throw Women 50-54 3kg

187	DROLLY CLARAVALL	UNATTACHED	F50	25.84m	1st
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Hammer Throw Women 70-74 3kg

206	ERLINDA LAVANDIA	UNATTACHED	F70	18.93m	1st
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DAY 2 (15 APRIL 2023) - TRACK EVENT RESULTS

2000M SC M 70 -74					
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
538	DENNIS SCOTT	UNATTACHED	M70	10:52.72	1st
537	EDUARDO NAVARETTE	BULACAN MASTERS (JDT)	M70	10:57.04	2nd
2000M SC M 60 -64					
514	SANTIAGO DUCAY	UNATTACHED	M60	9:23.71	1st
510	DEMETRIO ADVINCULA	UNATTACHED	M60	9:56.06	2nd
512	EDUARDO VILLANUEVA	42K RUNNING CIRCLE	M60	10:05.55	3rd
2000M SC M 65 -69					
527	RENE STA.ROSA	UNATTACHED	M65	11:57.31	1st
526	SEVERINO ALACAR	42K RUNNING CIRCLE	M65	12:05.98	2nd
3000M SC M 30 -34					
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
345	Sgt Anthony S Nerza	PHILIPPINE AIR FORCE	M30	10:38.32	1st
326	ROWELL HULLEZA	UNATTACHED	M30	11:32.97	2nd
3000M SC M 35 -39					
379	TSg Ronnel C Hernandez	PHILIPPINE AIR FORCE	M35	11:47.36	1st
368	RENE DESUYO	PHILIPPINE ARMY	M35	13:57.60	2nd
3000M SC M 40 -44					
395	MOHAMMAD SHERWIN MANAGIL	POSF ATHLETICS MASTER	M40	12:08.98	1st
394	JUNY REX CARREON	PHILIPPINE NATIONAL POLICE	M40	14:56.18	2nd
3000M SC M 45 -49					
430	JOJIE DAGA-AS	HUKBONG KABITENYO	M45	12:39.54	1st
3000M SC M 50 - 54					
458	VICTOR QUIOGUE	HUKBONG KABITENYO	M50	14:41.13	1st
3000M SC M 55 - 59					
484	ARMANDO QUIOGUE	HUKBONG KABITENYO	M55	15:42.58	1st
494	ALFREDO CABRAL	BULACAN MASTERS (JDT)	M55	16:38.22	2nd
2000M SC W 30 - 34					
106	JENISMYLL QUIRANTE	PHILIPPINE ARMY	F30	8:06.52	1st
111	SANDI MENCHI ABAHAN	POSF ATHLETICS MASTER	F30	8:19.10	2nd
113	MARIA JENNYFER GALVEZ	Bulacan Masters	F30	12:09.09	3rd
2000M SC W 40 - 44					
141	BARCENA NHEA ANN	Privé Coaching Ph	F40	8:32.11	1st
142	CHRISTABEL A. MARTES	POSF ATHLETICS MASTER	F40	8:59.54	2nd

200M	192	SALVE BAYABAN	PHILIPPINE AIR FORCE	F55	33:17	1st
	191	PERLA LOBOS	PHILIPPINE AIR FORCE	F55	34:21	2nd
200M	155	JONAH GENILZA	PHILIPPINE AIR FORCE	F40	30:30	1st
	152	LEE RIMA	HUKBONG KABITENYO	F40	36.90	2nd
200M	162	VICTORINA CALMA	PHILIPPINE AIR FORCE	F45	31.87	1st
	169	MARISSA REYES	PHILIPPINE NATIONAL POLICE	F45	38.48	2nd
	163	CHRISTINE FERRERA	POSF ATHLETICS MASTER	F45	39.80	3rd
200M	125	GRETCHIE ROQUE	PHILIPPINE ARMY	F35	29.43	1st
	127	MILKY MAE TEJARES	POSF ATHLETICS MASTER	F35	29.74	2nd
	131	LORELY MAGALONA	HUKBONG KABITENYO	F35	32.36	3rd
	124	SHELIALYN ONG	UNATTACHED	F35	34.72	4th
	135	JANICEL BALARES	PHILIPPINE NATIONAL POLICE	F35	35.13	5th
200M	109	PRECIOUS CABUYA	POSF ATHLETICS MASTER	F30	28.96	1st
	108	MARITES NOCYAO	POSF ATHLETICS MASTER	F30	30.21	2nd
200M	539	WILFREDO SUAREZ	UNATTACHED	M70	39.03	1st
	534	SOFRONIO IGAY	UNATTACHED	M70	44.88	2nd
200M	541	BRIGILIO BALABA	UNATTACHED	M75	44.11	1st
	543	VICTOR TING	42K RUNNING CIRCLE	M75	49.37	2nd
200M	504	JULIO BAYABAN	PHILIPPINE AIR FORCE	M60	30.47	1st
	507	GUILLERMO WILLIAM JR. BALCITA	LA UNION	M60	31.61	2nd
	519	JESUS E. VALENZUELA	0	M60	41.94	3rd
	518	ISIDRO DEL PRADO SR.	UNATTACHED	M60		DNS
	508	JAIME, SR. UCAB	UNATTACHED	M60		DNS
200M	521	ARNEL LOBOS	PHILIPPINE AIR FORCE	M65	31.21	1st
	528	RENATO DICHOSO	42K RUNNING CIRCLE	M65	37.10	2nd
200M	439	MICHAEL PELAEZ	PHILIPPINE NATIONAL POLICE	M45	26.21	1st
	427	VICTOR AYOHAN	PHILIPPINE NATIONAL POLICE	M45	30.01	2nd
	444	ALMER MASIGLAT	UNATTACHED	M45	31.64	3rd
	423	JEALVIES SARTE	UNATTACHED	M45		DNS
200M	455	EDDIE RADAZA	PHILIPPINE ARMY	M50	28.00	1st
	461	VIRGILIO AGUILA	PHILIPPINE NATIONAL POLICE	M50	30.06	2nd
200M	381	LINO ARBOLEDA	TEAM PROJECT ELITE	M40	25.52	1st
	382	AARON JAYXEN BANATAO	PHILIPPINE NATIONAL POLICE	M40	26.12	2nd
	383	CHARLES OR	POSF ATHLETICS MASTER	M40	27.85	3rd
	419	IPE ZAMORA	UNATTACHED	M40	28.36	4th
	401	JOEL RIVERA	UNATTACHED	M40	30.87	5th
	384	JOSELITO BARNACHEA JR	UNATTACHED	M40		DNS
	400	LEOMAR MIRASOL	PHILIPPINE ARMY	M40		DNS

200M		M 35-39			
556	A2C EDGARDO G ALEJAN JR	PHILIPPINE AIR FORCE	M35	22.45	1st
558	Arman Dino	PHILIPPINE AIR FORCE	M35	24.01	2nd
352	FERDINAND LIM	TEAM PROJECT ELITE	M35	24.86	3rd
367	JOHN MICHAEL ALFONSO	BULACAN MASTERS (JDT)	M35	26.33	4th
355	PETER EDMON CARANZO	PHILIPPINE ARMY	M35	26.86	5th
349	VINCENT DANTE BENEDICTO	UNATTACHED	M35	29.90	6th
378	FRANCIS ANTON ZAMORA	UNATTACHED	M35	30.00	7th
348	REYNALD SANCHEZ	PATEROS MATAPAT Runners	M35		DNS
200M		M 30-34			
313	JOSEPH BERNARD CAPINPIN	UNATTACHED	M30	24.73	1st
317	MARK REYES	UNATTACHED	M30	25.28	2nd
324	JOB GAYTA	BULACAN MASTERS (JDT)	M30	25.57	3rd
323	JOSE MARI, JR. DE CASTRO	POSF ATHLETICS MASTER	M30		DNS
4X100 M MG RELAY		M 35-39			
556	A2C EDGARDO G ALEJAN JR	PHILIPPINE AIR FORCE	M35	51.36	1st
140	SGT FLORDELIZA C DOÑOS	PHILIPPINE AIR FORCE	F35		
380	SSG SHALOM A DELA CRUZ	PHILIPPINE AIR FORCE	M35		
155	JONAH GENILZA	PHILIPPINE AIR FORCE	F40		
355	PETER EDMON CARANZO	PHILIPPINE ARMY	M35	54.07	2nd
129	MARY CHRISTINE COMESO	PHILIPPINE ARMY	F35		
354	ARIS AFRICA	PHILIPPINE ARMY	M35		
125	GRETCHIE ROQUE	PHILIPPINE ARMY	F35		
4X100 M MG RELAY		M 30-34			
367	JOHN MICHAEL ALFONSO	BULACAN MASTERS (JDT)	M35	54.59	1st
113	MARIA JENNYFER GALVEZ	Bulacan Masters	F30		
324	JOB GAYTA	BULACAN MASTERS (JDT)	M30		
133	HONEY JOY SALAYSAY	Bulacan Masters	F35		
336	NORMAN FLORES	PHILIPPINE NATIONAL POLICE	M30	56.85	2nd
103	JAHNZEL UDAUNDO	PHILIPPINE NATIONAL POLICE	F30		
339	EDUARD ANTONIO	PHILIPPINE NATIONAL POLICE	M30		
135	JANICEL BALARES	PHILIPPINE NATIONAL POLICE	F35		
4X100 M MG RELAY		M 40-44			
418	ADRIAN PHILIP PUBLICO	PHILIPPINE ARMY	M40	54.65	1st
145	NARCISA ATIENZA	PHILIPPINE ARMY	F40		
560	Midel Dique	PHILIPPINE ARMY	M40		
151	MARESTELLA TORRES	PHILIPPINE ARMY	F40		
387	BRYAN URAYENZA	PHILIPPINE NATIONAL POLICE	M40	58.12	2nd
169	MARISSA REYES	PHILIPPINE NATIONAL POLICE	F45		
382	AARON JAYXEN BANATAO	PHILIPPINE NATIONAL POLICE	M40		
153	RONIJEN SOFLA	PHILIPPINE NATIONAL POLICE	F40		
204	BRENDHEE ANCHETA	BULACAN MASTERS (JDT)	F50	1:09.46	2nd
412	REVIE CORDERO	BULACAN MASTERS (JDT)	M40		
171	CATALINA FAUSTINO	BULACAN MASTERS (JDT)	F45		
492	RODOLFO ALCANTARA	BULACAN MASTERS (JDT)	M55		
4X100 M MG RELAY		M 45-49			
446	MSG RANDY R MAGCAWAS	PHILIPPINE AIR FORCE	M45		DNF
182	ELENITA PUNELAS	PHILIPPINE AIR FORCE	F50		
475	2LT BERNARD L BUEN	PHILIPPINE AIR FORCE	M55		
162	VICTORINA CALMA	PHILIPPINE AIR FORCE	F45		
800M		M 30-34			
309	JORDAN PAUL BILLONES	UNATTACHED	M30	2:03.02	1st
328	MERVIN GUARTE	PHILIPPINE AIR FORCE	M30	2:10.37	2nd
548	A1C WENLIE S MAULAS	PHILIPPINE AIR FORCE	M30	2:14.12	3rd
326	ROWELL HULLEZA	UNATTACHED	M30	2:17.53	4th
329	JOWIL SAMBALOD	UNATTACHED	M30	2:38.18	5th

800M	M 40-44					
	395	MOHAMMAD SHERWIN MANAGIL	POSF ATHLETICS MASTER	M40	2:16.48	1st
	422	SGT JULIUS S SERMONA	PHILIPPINE AIR FORCE	M40	2:18.84	2nd
	402	ROMEO MILANES	LA UNION	M40	2:29.02	3rd
	405	GERALD MAGALONA	HUKBONG KABITENYO	M40	2:35.03	4th
	403	LEOLITO DINCO	HUKBONG KABITENYO	M40		DNS
	418	ADRIAN PHILIP PUBLICO	PHILIPPINE ARMY	M40		DNS
404	JEFFREY GALICIO	HUKBONG KABITENYO	M40		DNS	
800M	M 45-49					
	427	VICTOR AYOHAN	PHILIPPINE NATIONAL POLICE	M45	2:39.64	1st
	425	JAMES BARCELON	UNATTACHED	M45	2:43.00	2nd
800M	M 50-54					
	469	CERALVO MANSUETO	HUKBONG KABITENYO	M50	2:36.25	1st
	454	ALDWIN RAGAS	PATEROS MATAPAT	M50	2:41.32	2nd
	453	RODELIO GADAPAN	PATEROS MATAPAT	M50	2:45.27	3rd
800M	M 55-59					
	485	ENRICO ROSIN	HUKBONG KABITENYO	M55	2:46.34	1st
	488	EFREN SUGALAN	BULACAN RUNNERS (JDT)	M55	2:50.54	2nd
	479	REY ABAY-ABAY	UNATTACHED	M55	2:55.20	3rd
	486	HERNANDITO PINEDA	UNATTACHED	M55	3:32.34	4th
800M	M 60-64					
	510	DEMETRIO ADVINCULA	UNATTACHED	M60	2:53.16	1st
	516	DAVID BIRSE	UNATTACHED	M60		DNS
800M	M 65-69					
	529	EDGARDO PEDREGOSA	UNATTACHED	M65	2:55.26	1st
	526	SEVERINO ALACAR	42K RUNNING CIRCLE	M65	3:38.53	2nd
800M	M 70-74					
	534	SOFRONIO IGAY	UNATTACHED	M70	3:36.48	1st
	538	DENNIS SCOTT	UNATTACHED	M70		DNF
800M	M 75-79					
	541	BRIGILIO BALABA	UNATTACHED	M75	4:21.66	1st
	543	VICTOR TING	42K RUNNING CIRCLE	M75	4:49.10	2nd
800M	W 30-34					
	106	JENISMYLL QUIRANTE	PHILIPPINE ARMY	F30	2:44.74	1st
	108	MARITES NOCYAO	POSF ATHLETICS MASTER	F30	3:07.52	2nd
800M	W 35-39					
	140	SGT FLODELIZA C DOÑOS	PHILIPPINE AIR FORCE	F35	2:39.13	1st
800M	W 40-44					
	141	BARCENA NHEA ANN	UNATTACHED	F40	2:31.54	1st
	153	RONIJEN SOFLA	PHILIPPINE NATIONAL POLICE	F40	3:18.16	2nd
	154	RHODORA ODANGA	PHILIPPINE AIR FORCE	F40		DNS
800M	W 45-49					
	164	JANETTE AGURA	UNATTACHED	F45	3:24.77	
	173	SARAH DUPIO	UNATTACHED	F45		DNS
800M	W 50-54					
	184	LIZA DELFIN	42K RUNNING CIRCLE	F50	3:08.41	1st
800M	W 55-59					
	195	MILA ROBISO	42K RUNNING CIRCLE	F55	4:14.62	1st

800M					
	M 35-39				
556	A2C EDGARDO G ALEJAN JR	PHILIPPINE AIR FORCE	M35	1:59.43	1st
354	ARIS AFRICA	PHILIPPINE ARMY	M35	2:03.79	2nd
372	JEOFFREY BALDOZA	BULACAN MASTERS (JDT)	M35	2:07.75	3rd
364	JASON MAGBANUA	BULACAN MASTERS (JDT)	M35	2:22.83	4th
358	ROLANDO RIVERA IV	PHILIPPINE ARMY	M35	2:53.82	5th
374	JOSELITO DUGOS	PHILIPPINE NATIONAL POLICE	M35		DNS
375	JOBERT CAROLINO	PHILIPPINE ARMY	M35		DNS
4X100 M RELAY					
	M 30-34				
340	LEONARDO VIRAY	PATEROS MATAPAT	M30	56.38	1st
453	RODELIO GADAPAN	PATEROS MATAPAT	M50		
454	ALDWIN RAGAS	PATEROS MATAPAT	M50		
353	JULIUS LIPAT	PATEROS MATAPAT	M35		
4X100 M RELAY					
	M 50-54				
482	RONALD ALCANTARA	POSF ATHLETICS MASTER	M55	59.15	1st
456	JOSE ENRICO SUGUITAN	POSF ATHLETICS MASTER	M50		
464	ARTURO JR. DELOS REYES	POSF ATHLETICS MASTER	M50		
451	JAYSON TAN	POSF ATHLETICS MASTER	M50		
4X100 M RELAY					
	M 55-59				
537	EDUARDO NAVARETTE	BULACAN MASTERS (JDT)	M70	1:06.53	1st
492	RODOLFO ALCANTARA	BULACAN MASTERS (JDT)	M55		
494	ALFREDO CABRAL	BULACAN MASTERS (JDT)	M55		
495	JUNE MACLANG	BULACAN MASTERS (JDT)	M55		
4X100 M RELAY					
	M 60-64				
528	RENATO DICHOSO	42K RUNNING CIRCLE	M65	1:21.94	1st
512	EDUARDO VILLANUEVA	42K RUNNING CIRCLE	M60		
543	VICTOR TING	42K RUNNING CIRCLE	M75		
526	SEVERINO ALACAR	42K RUNNING CIRCLE	M65		
4X100 M RELAY					
	W 30-34				
108	MARITES NOCYAO	POSF ATHLETICS MASTER	F30	55.04	1st
105	PRECIOUS QUE-AGUILAR	POSF ATHLETICS MASTER	F30		
111	SANDI MENCHI ABAHAN	POSF ATHLETICS MASTER	F30		
109	PRECIOUS CABUYA	POSF ATHLETICS MASTER	F30		
135	JANICEL BALARES	PHILIPPINE NATIONAL POLICE	F35	1:07.34	2nd
103	JAHNZEL UDAUNDO	PHILIPPINE NATIONAL POLICE	F30		
169	MARISSA REYES	PHILIPPINE NATIONAL POLICE	F45		
153	RONIJEN SOFLA	PHILIPPINE NATIONAL POLICE	F40		
4X100 M RELAY					
	W 40-44				
147	THELMA MAGBANUA	PHILIPPINE ARMY	F40	1:03.29	1st
145	NARCISA ATIENZA	PHILIPPINE ARMY	F40		
146	ROSIE VILLARITO	PHILIPPINE ARMY	F40		
151	MARESTELLA TORRES	PHILIPPINE ARMY	F40		
4X100 M RELAY					
	W 35-39				
121	GRACE GIGIE BONEO	POSF ATHLETICS MASTER	F35	1:10.57	1st
127	MILKY MAE TEJARES	POSF ATHLETICS MASTER	F35		
128	MARIA ISABEL GALON	POSF ATHLETICS MASTER	F35		
163	CHRISTINE FERRERA	POSF ATHLETICS MASTER	F45		
4X100 M RELAY					
	M 40-44				
455	EDDIE RADAZA	PHILIPPINE ARMY	M50	53.23	1st
418	ADRIAN PHILIP PUBLICO	PHILIPPINE ARMY	M40		
560	Midel Dique	PHILIPPINE ARMY	M40		
408	ERIC PANIQUE	PHILIPPINE ARMY	M40		
427	VICTOR AYOHAN	PHILIPPINE NATIONAL POLICE	M45	57.75	2nd
439	MICHAEL PELAEZ	PHILIPPINE NATIONAL POLICE	M45		
461	VIRGILIO AGUILA	PHILIPPINE NATIONAL POLICE	M50		
382	AARON JAYXEN BANATAO	PHILIPPINE NATIONAL POLICE	M40		

4X100 M RELAY

557 Yourke Tamayo
 556 A2C Edgardo G Alejan Jr
 550 A1C Mark Ian Delos Santos
 551 A1C Isidro G Del Prado Jr
 372 JEOFFREY BALDOZA
 367 JOHN MICHAEL ALFONSO
 330 EDDIE BOY UCAG
 324 JOB GAYTA
 339 EDUARD ANTONIO
 337 JERSON GALOSO
 318 DAVE GUMACAL
 316 ROBERT FRANCISCO
 342 ARCANGEL TATAD
 369 MARVIN LAÑO
 312 RODOLFO DE GUZMAN
 402 ROMEO MILANES

M 30-34

PHILIPPINE AIR FORCE M35
 PHILIPPINE AIR FORCE M35
 PHILIPPINE AIR FORCE M30
 PHILIPPINE AIR FORCE M30
 BULACAN MASTERS (JDT) M35
 BULACAN MASTERS (JDT) M35
 BULACAN MASTERS (JDT) M30
 BULACAN MASTERS (JDT) M30
 PHILIPPINE NATIONAL POLICE M30
 PHILIPPINE NATIONAL POLICE M30
 PHILIPPINE NATIONAL POLICE M30
 PHILIPPINE NATIONAL POLICE M30
 LA UNION M30
 LA UNION M35
 LA UNION M30
 LA UNION M40

45.63 1st

 48.18 2nd

 49.25 3rd

 51.77 4th

4X100 M RELAY

385 DJUNDI BIÑAS
 381 LINO ARBOLEDA
 356 JUNREY BANO
 352 FERDINAND LIM
 375 JOBERT CAROLINO
 368 RENE DESUYO
 350 LARRY ANDAYA
 354 ARIS AFRICA
 363 GASBAMEL OLONAN
 361 JAYPEE GARCIA
 390 MONOLITO DIVINA
 395 MOHAMMAD SHERWIN MANAGIL
 364 JASON MAGBANUA
 441 Dan Dexter Beltran
 437 MARIO ALCANTARA
 435 ALLAN EPONG

M 35-39

TEAM PROJECT ELITE M40
 TEAM PROJECT ELITE M40
 TEAM PROJECT ELITE M35
 TEAM PROJECT ELITE M35
 PHILIPPINE ARMY M35
 PHILIPPINE ARMY M35
 PHILIPPINE ARMY M35
 PHILIPPINE ARMY M35
 POSF ATHLETICS MASTER M35
 POSF ATHLETICS MASTER M35
 POSF ATHLETICS MASTER M40
 POSF ATHLETICS MASTER M40
 BULACAN MASTERS (JDT) M35
 UNATTACHED M45
 BULACAN MASTERS (JDT) M45
 BULACAN MASTERS (JDT) M45

50.72 1st

 51.49 2nd

 54.91 3rd

 56.74 4th



DAY 2 (15 APRIL 2023) - FIELD EVENTS RESULTS

MORNING EVENTS

DISCUS THROW W 30-34

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
116	AW1C KENNETH GRACE B FERRERA	UNATTACHED	F30	31.98	1st
114	MARIA ANGELICA SIBAYAN	UNATTACHED	F30	28.78	2nd
103	JAHNZEL UDAUNDO	PHILIPPINE NATIONAL POLICE	F30	26.55	3rd
101	JOAN JAO	UNATTACHED	F30	26.09	

DISCUS THROW W 35-39

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
126	MARICRIS GAMMAG	PHILIPPINE NATIONAL POLICE	F35		1st

DISCUS THROW 40-44

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
145	NARCISA ATIENZA	PHILIPPINE ARMY	F40	32.79	1st
146	ROSIE VILLARITO	PHILIPPINE ARMY	F40	28.56	2nd

DISCUS THROW 45-49

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
163	CHRISTINE FERRERA	POSF ATHLETICS MASTER	F45	9.64	1st

DISCUS THROW 50-54

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
188	JUDITH STAPLES	UNATTACHED	F50	21.64	1st
187	DROLLY CLARAVALL	UNATTACHED	F50	21.51	2nd

DISCUS THROW 55-59

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
193	FRANCIA PELLOSIS	UNATTACHED	F55	14.91	1st

DISCUS THROW W 70-74

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
206	ERLINDA LAVANDIA	UNATTACHED	F70	20.64	1st

POLE VAULT M 30-34

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
314	FRANCESCO ADEL VALDECAÑAS	UNATTACHED	M30	4.0M	1st

POLE VAULT MEN M 40-44

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
385	DJUNDI BIÑAS	TEAM PROJECT ELITE	M40	3.15M	1st

POLE VAULT MEN M 45-49

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
448	SGT SEAN P GUEVARA	PHILIPPINE AIR FORCE	M45	3.0M	1st
424	ANTONIO JR. CHEE	UNATTACHED	M45	2.70M	2nd

POLE VAULT MEN M 50-54

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
456	JOSE ENRICO SUGUITAN	POSF ATHLETICS MASTER	M50	1.95M	1st

POLE VAULT MEN M 55-59

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
497	EMERSON OBIENA	UNATTACHED	M55	3.70m	1st
496	EDWARD OBIENA	UNATTACHED	M55	1.80m	2nd

POLE VAULT WOMEN W 35-39

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
122	BUENAVENTURA RIEZEL	Team Philippine Coast Guard	F35	3.30M	1st

POLE VAULT WOMEN W 50-54

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
188	JUDITH STAPLES	UNATTACHED	F50	2.0M	1ST

TRIPLE JUMP W40

151	MARESTELLA TORRES	PHILIPPINE ARMY	F40	10.97M	1.4i	1st
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HIGH JUMP M 70

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
536	ELMER REYES	UNATTACHED	M70	1.15m	1st

HIGH JUMP M 40-44

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
414	JORGE ALI VELASCO	BULACAN MASTERS (JDT)	M40	1.40m	1st

HIGH JUMP M 45-49

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
448	SGT SEAN P GUEVARA	PHILIPPINE AIR FORCE	M45	1.0m	1st

HIGH JUMP M 50-54

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
456	JOSE ENRICO SUGUITAN	POSF ATHLETICS MASTER	M50	1.20m	1st

HIGH JUMP M 55-59

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
496	EDWARD OBIENA	0	M55	1.25m	1st

HIGH JUMP M 30-34

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
546	A1C RAY CRIS P CAPISPAN	PHILIPPINE AIR FORCE	M30	1.68m	1st
320	MARK JULIUS RODELAS	POSF ATHLETICS MASTER	M30	1.40m	2nd

HIGH JUMP M 35

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
557	YOURKE TAMAYO	PHILIPPINE AIR FORCE	M35	1.71m	1st

DISCUS THROW M-30

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
553	JOHN ALBERT C MANTUA	PHILIPPINE AIR FORCE	M30	41.10m	1st
313	JOSEPH BERNARD CAPINPIN	UNATTACHED	M30	32.42m	2nd
305	ANGELO CHRISTIAN ARAYATA	UNATTACHED	M30	31.88m	3rd
312	RODOLFO DE GUZMAN	LA UNION	M30	30.29m	4rt
341	SMAEL TRAZONA	PHILIPPINE ARMY	M30	29.39m	5th
308	JAN JULIUS COLINA	PHILIPPINE ARMY	M30	27.48m	6th

DISCUS THROW M-40

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
421	SSG ARNIEL B FERRERA	PHILIPPINE AIR FORCE	M40	36.33m	1st
409	PHILIP SALAYSAY	BULACAN MASTERS (JDT)	M40	32.87m	2nd
384	JOSELITO BARNACHEA JR	UNATTACHED	M40	11.40m	3rd

DISCUS THROW M-45

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
447	TSG ROBERTO G FRESNIDO	PHILIPPINE AIR FORCE	M45	31.89m	1st
434	CHRISTOPHER PAGULAYAN	LA UNION	M45	17.24m	2nd
433	DANNY BAGANO	LA UNION	M45	12.84m	3rd

DISCUS THROW M50-54

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
474	A1C NIXON H MAS	PHILIPPINE AIR FORCE	M50	42.65m	1st
457	TOSHIHIDE ISAPHIL KODA	UNATTACHED	M50	26.84m	2nd
460	EMMANUEL LOPEZ	UNATTACHED	M50	24.82m	3rd
463	HIROYUKI KOBAYASHI	UNATTACHED	M50	20.02m	4rt
456	JOSE ENRICO SUGUITAN	POSF ATHLETICS MASTER	M50	15.55m	5th

DISCUS THROW M-55-59

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
497	EMERSON OBIENA	UNATTACHED	M55	32.59m	1st
496	EDWARD OBIENA	UNATTACHED	M55	31.39m	2nd
481	RAUL MUAÑA	UNATTACHED	M55	15.91m	3rd

DISCUS THROW M-60-64

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
501	ALBERTO AGRA	POSF ATHLETICS MASTER	M45	27.18m	1st
506	YUKIHIRO NORO	UNATTACHED	M60	20.07m	2nd
505	ADELIO TORRES	UNATTACHED	M60	15.77m	3rd

DISCUS THROW M65-69

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
522	JUAN VILLA	UNATTACHED	M45	33.88m	1st



DAY 3 (16 APRIL 2023) - TRACK EVENTS RESULTS

MORNING EVENTS

3000M WALK

BIB	COMPETITOR	M30 TEAM	CAT	RESULT	REMARKS
555	JHOEWARD QUIÑONES	PHILIPPINE ARMY	M30	18:00.92	1st
318	DAVE GUMACAL	PHILIPPINE NATIONAL POLICE	M30	19:46.39	2nd
315	STEFAN JALBUENA	UNATTACHED	M30		DNS

3000M WALK

BIB	COMPETITOR	M35 TEAM	CAT	RESULT	REMARKS
350	LARRY ANDAYA	PHILIPPINE ARMY	M35	16:12.79	1st

3000M WALK

BIB	COMPETITOR	M45 TEAM	CAT	RESULT	REMARKS
443	JUN ADEL	PHILIPPINE NATIONAL POLICE	M45		DNS

3000M WALK

BIB	COMPETITOR	M50 TEAM	CAT	RESULT	REMARKS
459	RONALD DESPI	UNATTACHED	M50	21:07.39	1st

3000M WALK

BIB	COMPETITOR	M60 TEAM	CAT	RESULT	REMARKS
513	BONIFACIO QUEZADA	UNATTACHED	M60	21:03.77	1st
502	MARGARITO BANIQUED	PHILIPPINE AIR FORCE	M60	22:43.48	2nd
505	ADELIO TORRES	UNATTACHED	M60	25:49.63	3rd
515	SATURNINO SALAZAR	UNATTACHED	M60		DNS

3000M WALK

BIB	COMPETITOR	M65 TEAM	CAT	RESULT	REMARKS
526	SEVERINO ALACAR	42K RUNNING CIRCLE	M65	21:53.75	1st

3000M WALK

BIB	COMPETITOR	M70 TEAM	CAT	RESULT	REMARKS
535	CORNILIO VILLARTA	UNATTACHED	M70	23:21.94	1st
536	ELMER REYES	UNATTACHED	M70	21:53.75	DNS

3000M WALK

BIB	COMPETITOR	W30 TEAM	CAT	RESULT	REMARKS
115	SGT CYNTHIA P JARO	PHILIPPINE AIR FORCE	F30	20:44.16	1st
117	RAQUEL JOYCE DEL SOCCORO	PHILIPPINE AIR FORCE	F30	20:54.33	2nd
113	MARIA JENNYFER GALVEZ	BULACAN MASTERS (JDT)	F30	24:01.33	3rd

3000M WALK

BIB	COMPETITOR	W35 TEAM	CAT	RESULT	REMARKS
139	CORAZON E SALCEDO	PHILIPPINE AIR FORCE	F35	24:01.18	1st
123	MELIZA TUAZON	UNATTACHED	F35	28:49.45	2nd

3000M WALK		W40			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
148	MARIA CARMINA SUNICO	POSF ATHLETICS MASTER	F40		DNS
3000M WALK		W45			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
171	CATALINA FAUSTINO	Bulacan Masters	F45	27:19.90	1st
3000M WALK		W65			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
202	ROSARIO PULGAR	UNATTACHED	F65	31:33.30	1st
5000MR		M60			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
514	SANTIAGO DUCAY	UNATTACHED	M60	22:25.97	1st
512	EDUARDO VILLANUEVA	42K RUNNING CIRCLE	M60	22:58.36	2nd
510	DEMETRIO ADVINCULA	UNATTACHED	M60	23:59.24	3rd
517	VIRILIO ESCAÑO	UNATTACHED	M60	24:36.93	4th
5000MR		M65			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
527	RENE STA.ROSA	UNATTACHED	M65	25:59.09	1st
524	EDESIO BRIONES	UNATTACHED	M65	26:07.93	2nd
525	GREGORIO TORRES	UNATTACHED	M65	27:32.72	3rd
5000MR		M70			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
537	EDUARDO NAVARETTE	BULACAN MASTERS (JDT)	M70	25:11.30	1st
534	SOFRONIO IGAY	UNATTACHED	M70	29:08.49	2nd
538	DENNIS SCOTT	UNATTACHED	M70		DNS
5000MR		M75			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
541	BRIGILIO BALABA	UNATTACHED	M75	32:43.56	1st
5000MR		M30			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
345	ANTHONY S NERZA	PHILIPPINE AIR FORCE	M30	16:19.73	1st
322	GILBERT LAIDO	PHILIPPINE ARMY	M30	17:20.11	2nd
340	LEONARDO VIRAY	PATEROS MATAPAT	M30	18:19.08	3rd
561	ROMNICK THE	UNATTACHED	M30	18:46.05	4th
5000MR		M35			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
346	ALQUIN BOLIVAR	PHILIPPINE ARMY	M35	17:47.60	1st
357	ALLAN GALAM	UNATTACHED	M35	19:04.30	2nd
353	JULIUS LIPAT	PATEROS MATAPAT	M35	19:48.47	3rd
377	RICHARD PORTMAN	UNATTACHED	M35		DNS
5000MR		M40			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
407	JUJET DE ASIS	PHILIPPINE ARMY	M40	17:25.99	1st
389	ELMER SABAL	PHILIPPINE ARMY	M40	17:51.12	2nd
404	JEFFREY GALICIO	HUKBONG KABITENYO	M40	20:55.17	3rd
402	ROMEO MILANES	LA UNION	M40	21:54.67	4th
413	JULIAN EYMARD PAGUILIGAN	BULACAN MASTERS (JDT)	M40	22:13.44	5th
411	AMOLD DELA CRUZ	BULACAN MASTERS (JDT)	M40	27:55.92	6th
395	MOHAMMAD SHERWIN MANAGIL	POSF ATHLETICS MASTER	M40		DNS
405	GERALD MAGALONA	HUKBONG KABITENYO	M40		DNS
412	REVIE CORDERO	BULACAN MASTERS (JDT)	M40		DNS

5000MR		M45			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
430	JOJIE DAGA-AS	HUKBONG KABITENYO	M45	18:29.34	1st
431	EDDIE FORTES	LA UNION	M45	18:29.40	2nd
445	NOEL FABROS	UNATTACHED	M45	20:06.08	3rd
435	ALLAN EPONG	BULACAN MASTERS (JDT)	M45	20:52.41	4th
437	MARIO ALCANTARA	BULACAN MASTERS (JDT)	M45	21:28.52	5th
441	Dan Dexter Beltran	BULACAN MASTERS (JDT)	M45	23:47.04	6th
436	PIO TUPANG	BULACAN MASTERS (JDT)	M45		DNS
5000MR		M50			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
458	VICTOR QUIOGUE	HUKBONG KABITENYO	M50	21:14.82	1st
453	RODELIO GADAPAN	PATEROS MATAPAT	M50	22:00.91	2nd
471	ERIC APOSTOL	BULACAN MASTERS (JDT)	M50	23:46.81	3rd
459	RONALD DESPI	UNATTACHED	M50	24:14.19	4th
473	GLEN MANONG	UNATTACHED	M50	27:16.39	5th
465	RAYMUNDO NICOD-AM	UNATTACHED	M50		DNS
467	REY INFANTE	PHILIPPINE ARMY	M50		DNS
466	LEONCIO, JR. BALBIN	UNATTACHED	M50		DNS
5000MR		M55			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
499	NERI BARCELO	42K RUNNING CIRCLE	M55	20:15.87	1st
488	EFREN SUGALAN	BULACAN MASTERS (JDT)	M55	21:05.95	2nd
479	REY ABAY-ABAY	UNATTACHED	M55	21:43.59	3rd
484	ARMANDO QUIOGUE	HUKBONG KABITENYO	M55	22:43.85	4th
494	ALFREDO CABRAL	BULACAN MASTERS (JDT)	M55	25:10.90	5th
489	EDGARDO TUBES	PATEROS MATAPAT	M55		DNF
486	HERNANDITO PINEDA	UNATTACHED	M55		DNS
80H		W45-49			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
165	BRENDA ZINAMPAN	UNATTACHED	F45	14.71	1st
166	MARICAR GAMMAD	UNATTACHED	F45	18.17	2nd
100H		W30-34			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
105	PRECIOUS QUE-AGUILAR	POSF ATHLETICS MASTER	F30	18:09	1st
104	FEB MANZANO	POSF ATHLETICS MASTER	F30	25:48	2nd
100H		M60-64			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
519	JESUS E. VALENZUELA	UNATTACHED	M60	28.37	1st
100H		M65-69			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
521	ARNEL LOBOS	PHILIPPINE AIR FORCE	M65	1:02.20	1st
100H		M50-54			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
455	EDDIE RADAZA	PHILIPPINE ARMY	M50	21.06	1st
456	JOSE ENRICO SUGUITAN	POSF ATHLETICS MASTER	M50	22.92	2nd
100H		M55-59			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
497	EMERSON OBIENA	UNATTACHED	M55	18.80	1st
496	EDWARD OBIENA	UNATTACHED	M55	20.87	2nd
110H		M35-34			
BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
557	YOURKE TAMAYO	PHILIPPINE AIR FORCE	M35	17.91	1st
365	FERNANDO, JR. B. BALUT	UNATTACHED	M35	21.93	2nd

110H	448	SGT SEAN P GUEVARA	PHILIPPINE AIR FORCE	M45		DNS
	425	JAMES BARCELON	UNATTACHED	M45		DNS
	447	TSG ROBERTO G FRESNIDO	PHILIPPINE AIR FORCE	M45		DNS
110H	BIB	M40-44 COMPETITOR	TEAM	CAT	RESULT	REMARKS
	385	DJUNDI BIÑAS	TEAM PROJECT ELITE	M40	21.16	1st
110H	BIB	M30-34 COMPETITOR	TEAM	CAT	RESULT	REMARKS
	316	ROBERT FRANCISCO	PHILIPPINE NATIONAL POLICE	M30	16.87	1st
	337	JERSON GALOSO	PHILIPPINE NATIONAL POLICE	M30	18.74	2nd
	307	RBJEM MERCADER	POSF ATHLETICS MASTER	M30	26.72	3rd
400H	BIB	W30-34 COMPETITOR	TEAM	CAT	RESULT	REMARKS
	106	JENISMYLL QUIRANTE	PHILIPPINE ARMY	F30	1:17.05	1st
	105	PRECIOUS QUE-AGUILAR	POSF ATHLETICS MASTER	F30	1:20.96	2nd
400H	166	MARICAR GAMMAD	UNATTACHED	F45	1:28.55	1st
400H	134	MARECIL QUILATES	PHILIPPINE ARMY	F35	1:37.79	1st
400H	143	MARY GRACE RONQUILLO	M40-44 LA UNION	F40		DNF
400H	BIB	M30-34 COMPETITOR	TEAM	CAT	RESULT	REMARKS
	319	RACEL SUMILE PARDILLO	PHILIPPINE ARMY	M30	1:03.87	1st
	324	JOB GAYTA	BULACAN MASTERS (JDT)	M30	1:13.49	2nd
	307	RBJEM MERCADER	POSF ATHLETICS MASTER	M30	1:30.19	3rd
400H	356	JUNREY BANO	M35-39 TEAM PROJECT ELITE	M35	1:06.57	1st
400H	392	JULIUS SUICO	M40-44 UNATTACHED	M40	1:15.17	1st
	401	JOEL RIVERA	UNATTACHED	M40	1:26.26	2nd
400MH	BIB	M50-54 COMPETITOR	TEAM	CAT	RESULT	REMARKS
	455	EDDIE RADAZA	PHILIPPINE ARMY	M50	1:25.34	1st
10000MR	BIB	W40-44 COMPETITOR	TEAM	CAT	RESULT	REMARKS
	150	JHO-AN VILLARMA	PHILIPPINE ARMY	W40	50:40.1	1st
10000MR	186	RHINA SISON	W50-54 UNATTACHED	W50	01:02.1	1st
10000MR	190	MA CARMENCITA OBMINA-MUANA	W55-59 PHILIPPINE AIR FORCE	W55	01:10.2	1st

4X400 M RELAY

LANE	BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
4	110	DEANNE NICOLE MONCADA	POSF ATHLETICS MASTER	F30	4:49.62	1st
	111	SANDI MENCHI ABAHAN	POSF ATHLETICS MASTER	F30		
	105	PRECIOUS QUE-AGUILAR	POSF ATHLETICS MASTER	F30		
	108	MARITES NOCYAO	POSF ATHLETICS MASTER	F30		

4X400 M RELAY

			W30-34			
3	140	SGT FLORDELIZA C DOÑOS	PHILIPPINE AIR FORCE	F35	5:15.38	1st
	137	SGT MIRASOL C ABAD	PHILIPPINE AIR FORCE	F35		
	138	SGT MISCELLE B GILBUENA	PHILIPPINE AIR FORCE	F35		
	139	SGT CORAZON E SALCEDO	PHILIPPINE AIR FORCE	F35		

4X400 M RELAY

LANE	BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
3	528	RENATO DICHOSO	42K RUNNING CIRCLE	M65	5:07.51	1st
	512	EDUARDO VILLANUEVA	42K RUNNING CIRCLE	M60		
	543	VICTOR TING	42K RUNNING CIRCLE	M75		
	526	SEVERINO ALACAR	42K RUNNING CIRCLE	M65		

4X400 M RELAY

			M50-54			
4	458	VICTOR QUIOGUE	HUKBONG KABITENYO	M50	6:52.99	1st
	487	MARCELO LACDAO	UNATTACHED	M55		
	484	ARMANDO QUIOGUE	HUKBONG KABITENYO	M55		
	469	CERALVO MANSUETO	HUKBONG KABITENYO	M50		

4X400 M RELAY

LANE	BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
3	437	MARIO ALCANTARA	BULACAN MASTERS (JDT)	M45	5:16.14	1st
	471	ERIC APOSTOL	BULACAN MASTERS (JDT)	M50		
	494	ALFREDO CABRAL	BULACAN MASTERS (JDT)	M55		
	435	ALLAN EPONG	BULACAN MASTERS (JDT)	M45		

4X400 M RELAY

			M40-44			
5	439	MICHAEL PELAEZ	PHILIPPINE NATIONAL POLICE	M45	4:18.89	1st
	382	AARON JAYXEN BANATAO	PHILIPPINE NATIONAL POLICE	M40		
	394	JUNY REX CARREON	PHILIPPINE NATIONAL POLICE	M40		
	461	VIRGILIO AGUILA	PHILIPPINE NATIONAL POLICE	M50		
4	400	LEOMAR MIRASOL	PHILIPPINE ARMY	M40	4:33.23	2nd
	389	ELMER SABAL	PHILIPPINE ARMY	M40		
	408	ERIC PANIQUE	PHILIPPINE ARMY	M40		
	418	ADRIAN PHILIP PUBLICO	PHILIPPINE ARMY	M40		

4X400 M RELAY

LANE	BIB	COMPETITOR	TEAM	CAT	RESULT	REMARKS
5	354	ARIS AFRICA	PHILIPPINE ARMY	M35	3:56.05	1st
	368	RENE DESUYO	PHILIPPINE ARMY	M35		
	358	ROLANDO RIVERA IV	PHILIPPINE ARMY	M35		
	346	ALQUIN BOLIVAR	PHILIPPINE ARMY	M35		
4	420	TSG JOAR M CALVADORES	PHILIPPINE AIR FORCE	M40	4:04.30	2nd
	557	YOURKE TAMAYO	PHILIPPINE AIR FORCE	M35		
	558	ARMAN DINO	PHILIPPINE AIR FORCE	M35		
	556	A2C EDGARDO G ALEJAN JR	PHILIPPINE AIR FORCE	M35		
3	385	DJUNDI BIÑAS	TEAM PROJECT ELITE	M40	4:10.73	3rd
	392	JULIUS SUICO	UNATTACHED	M40		
	356	JUNREY BANO	TEAM PROJECT ELITE	M35		
	381	LINO ARBOLEDA	TEAM PROJECT ELITE	M40		

4X400 M RELAY

5	554	RENE LARDERA
	552	SGT JERICO EJERCITO
	548	A1C WENLIE S MAULAS
	551	A1C ISIDRO G DEL PRADO JR
3	322	GILBERT LAIDO
	326	ROWELL HULLEZA
	555	JHOEWARD QUIÑONES
4	327	ALBERT VALENCIA
	372	JEOFFREY BALDOZA
	364	JASON MAGBANUA
	330	EDDIE BOY UCAG
6	324	JOB GAYTA
	307	RBJEM MERCADER
	302	JEFFREY REGINIO
	321	ELIAS TABAC
	395	MOHAMMAD SHERWIN MANAGIL

M30-34

PHILIPPINE AIR FORCE	M30	3:44.78	1st
PHILIPPINE AIR FORCE	M30		
PHILIPPINE AIR FORCE	M30		
PHILIPPINE AIR FORCE	M30		
PHILIPPINE ARMY	M30	3:55.88	2nd
UNATTACHED	M30		
PHILIPPINE ARMY	M30		
PHILIPPINE ARMY	M30	3:55.97	3rd
BULACAN MASTERS (JDT)	M35		
BULACAN MASTERS (JDT)	M35		
BULACAN MASTERS (JDT)	M30		
BULACAN MASTERS (JDT)	M30	4:11.24	4th
POSF ATHLETICS MASTER	M30		
POSF ATHLETICS MASTER	M30		
POSF ATHLETICS MASTER	M30		
POSF ATHLETICS MASTER	M40		



MORNING EVENTS

JAVELIN THROW W 50-54

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARK
188	JUDITH STAPLES	UNATTACHED	F50	16.13m	1st

JAVELIN THROW W 70-74

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARK
206	ERLINDA LAVANDIA	NMSAAP	F70	22.74m	1st

JAVELIN THROW W 65-69

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARK
201	EMELIE ROSALE	UNATTACHED	F65	15.67m	PERFORMANCE ONLY

JAVELIN THROW MEN 70 AND ABOVE (500GMS)

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARK
535	CORNILIO VILLARTA	UNATTACHED	M70		
538	DENNIS SCOTT	UNATTACHED	M70		

TRIPLE JUMP MEN 30-34

BIB	COMPETITOR	TEAM	CAT	RESULT	WV	REMARK
550	A1C MARK IAN DELOS SANTOS	PHILIPPINE AIR FORCE	M30	12.40m	-0.3	1st
325	RHYEAN IAN VERGARA	PHILIPPINE ARMY	M30	11.79m	0.4	2nd
336	NORMAN FLORES	PHILIPPINE NATIONAL POLICE	M30	9.16m	-0.3	3rd

TRIPLE JUMP MEN 35-39

BIB	COMPETITOR	TEAM	CAT	RESULT	WV	REMARK
365	FERNANDO, JR. B. BALUT	UNATTACHED	M35	9.33m	-0.5	1st

TRIPLE JUMP MEN 50-54

BIB	COMPETITOR	TEAM	CAT	RESULT	WV	REMARK
456	JOSE ENRICO SUGUITAN	POSF ATHLETICS MASTER	M50	7.19m	-0.3	1st

HIGH JUMP WOMEN 30-34

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARK
105	PRECIOUS QUE-AGUILAR	POSF ATHLETICS MASTER	F30	1.42m	1st

HIGH JUMP WOMEN 35-39

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARK
145	NARCISA ATIENZA	PHILIPPINE ARMY	F40	1.54m	1st
143	MARY GRACE RONQUILLO	LA UNION	F40	1.21m	2nd
154	RHODORA ODANGA	PHILIPPINE AIR FORCE	F40	DNS	

JAVELIN THROW MEN M 50-54 (700GMS)

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARK
452	DANILO FRESNIDO	PHILIPPINE ARMY	M50	51.20m	1st
456	JOSE ENRICO SUGUITAN	POSF ATHLETICS MASTER	M50	18.58m	2nd
464	ARTURO JR. DELOS REYES	POSF ATHLETICS MASTER	M50	18.28m	3rd

JAVELIN THROW MEN M 55-59 (700GMS)

497	EMERSON OBIENA	UNATTACHED	M55	34.89m	1st
496	EDWARD OBIENA	UNATTACHED	M55	32.78m	2nd
480	BRYAN RONQUILLO	LA UNION	M55	24.23m	3rd
481	RAUL MUAÑA	UNATTACHED	M55	14.60m	

JAVELIN THROW MEN M 60-64 (600GMS)

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARK
503	RICCARDO LOI	UNATTACHED	M60	33.41m	1st
506	YUKIHIRO NORO	UNATTACHED	M60	26.99m	2nd
501	ALBERTO AGRA	POSF ATHLETICS MASTER	M60	23.10m	3rd
515	SATURNINO SALAZAR	UNATTACHED	M60	19.50m	
505	ADELIO TORRES	UNATTACHED	M60	18.28m	

JAVELIN THROW MEN 70 AND ABOVE (500GMS)

BIB	COMPETITOR	TEAM	CAT	RESULT	REMARK
535	CORNILIO VILLARTA	UNATTACHED	M70	15.87m	1st
538	DENNIS SCOTT	UNATTACHED	M70	15.46m	2nd