

DAY 1 RESULTS - WOMEN

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

116	7:15am	5000m Women Jocelyn Elijeran	W45 W45	Team Philtra	21:41.6		FINAL PMAC2 2024
		BIBNAMEAGEAGTEAMRESULTWVREMARKS					
		183Cosio, Maria Kristine47W45Philippine Airforce25:05.29					GOLD
		177Arago, Rochiel46W45Philippine Airforce25:15.94					SILVER
		197Tan, Monserratt48W45Pilipinas Obstacle Sports Federation26:38.12					BRONZE
		186Eslay, April45W45First Sports - Northern Philippines Athletics26:51.43					
		180Bassig, Haydee48W45Philippine Airforce28:05.34					
		179Baraceros, Mariven47W45Philippine Airforce31:35.81					
		188Gutierrez, Jacqueline49W45Philippine Airforce32:22.90					
		176Ansag, Rosalyn46W45PoliceDNS					
		196Ricomano, Olivia48W45First Sports - Northern Philippines AthleticsDNS					
116	7:15am	5000m Women Nhea Ann Barcena	W40 W40	Philippine Airforce	19:13.7		FINAL PMAC2 2024
		BIBNAMEAGEAGTEAMRESULTWVREMARKS					
		150Barcena, Nhea Ann43W40Philippine Airforce19:13.54					GOLD
		172Tapia, Ameloue41W40Unattached23:41.71					SILVER
		155Evangelista, Josephine Chrisani44W40First Sports - Northern Philippines Athletics24:54.85					BRONZE
		171Surell, Ruby Jean41W40Unattached28:18.95					
116	7:15am	5000m Women Mirasol C. Abad	W35 W35	Philippine Airforce	23:00.9		FINAL PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS					
		147Tapit, Divine35W35Macrunners24:52.24					GOLD
		139Marquez, Hannah35W35Team Pasig Athletics25:12.43					SILVER
		124De Mata, Eilien37W35Lion City Athletics Club, Inc.25:26.83					BRONZE
		134Lachica, Erica35W35Pilipinas Obstacle Sports Federation26:43.53					
		119Arizabal, Grendele37W35Team Dariuk32:13.91					
		126Delantar, Sarah38W35Team Pasig AthleticsDNS					
116	7:15am	5000m Women Angelie Cabalo	W30 W30	Team Philtra	19:58.0		FINAL PMAC2 2024
		BIBNAMEAGEAGTEAMRESULTWVREMARKS					
		101Adaoag, Lany34W30Spectrum Runner'S Philippines21:46.40					GOLD
		115Rhodora, Ma34W30Dasmariñas City Joggers & Runners Club24:43.86					SILVER
		105Cabaldo, Mary Joy32W30Macrunners25:17.51					BRONZE
		106Dondiego, Jessica32W30Lion City Athletics Club, Inc.26:57.24					
120	8:00am	LONG JUMP Women Joy Albinio	W30 W30	Philippine Army	4.51m		FINAL PMAC2 2024
		BIBNAMEAGEAGTEAMRESULTWVREMARKS					
		103Balacano, Yrna31W30Philippine Airforce3.84m					GOLD
		109Lacson, Therese32W30Muntinlupa Masters Athletics Team3.15m					SILVER
		116Tahil, Hannika30W30Philippine AirforceDNS					
120	8:00am	LONG JUMP Women Maricel Bantolino	W35 W35	First Sports - Northern Philippines Athletics	4.51m		FINAL PMAC2 2024
		BIBNAMEAGEAGTEAMRESULTWVREMARKS					
		137Magdaraog, Marilou36W35First Sports - Northern Philippines Athletics3.16m					GOLD
		142Padilla, Maryjane38W35First Sports - Northern Philippines Athletics2.96m					SILVER
		122Bulan, Maricel39W35First Sports - Northern Philippines Athletics2.95m					BRONZE
		125Del Socorro, Raquel Joyce35W35Philippine AirforceDNS					
120	8:00am	LONG JUMP Women Marestella Torres	W40 W40	Philippine Army	4.97m		FINAL PMAC 2023
		BIBNAMEAGEAGTEAMRESULTWVREMARKS					
		167Salaysay, Honey Joy40W40JD Training Performance Bulacan Masters4.59m					GOLD
		157Genilza, Jonah43W40De La Salle Alumni Athletics3.85m					SILVER
		162Marcos, Revelyn42W40First Sports - Northern Philippines Athletics3.75m					BRONZE
		155Evangelista, Josephine Chrisanta44W40First Sports - Northern Philippines Athletics2.77m					
120	8:00am	LONG JUMP Women Brenda Zinampan	W45 W45	First Sports - Northern Philippines Athletics	4.71m		FINAL PMAC2 2024
		BIBNAMEAGEAGTEAMRESULTWVREMARKS					
		199Zinampan, Brenda47W45First Sports - Northern Philippines Athletics4.43m					GOLD
		182Clukey, Mary Grace47W45Unattached3.94m					SILVER
		181Buncad, Rachelle49W45First Sports - Northern Philippines Athletics2.96m					BRONZE
		184Daquioag, Anily45W45First Sports - Northern Philippines Athletics2.52m					
		185Diongco, Honalhyne45W45Lion City Athletics Club, Inc.1.85m					

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

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

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

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

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

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

DAY 1 RESULTS - MEN

101	05:15	10000m Men	M60					FINAL	
		Santigao Ducay	M60	Unattached		47:36:00		PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		557	Ducay, Sonny	62	M60	Unattached	47:11.0		GOLD (NMR)
		579	Sugalan, Efren	60	M60	JD Training Performance Bulacan Masters	47:49.4		SILVER
		549	Barsaga, Ely	64	M60	Unattached	48:42.4		BRONZE
		551	Betes, Ernesto	60	M60	Unattached	51:28.0		
		561	Jereza, Manuel Noli	61	M60	Macrunners	59:56.5		
101	05:15	10000m Men	M65					FINAL	
		Edesio Briones	M65	Unattached		54:06.6		PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		597	Eusebio, Jose	65	M65	Unattached	48:40.4		GOLD (NMR)
		595	Colina, Antonio Valeriano	65	M65	De La Salle Alumni Athletics	52:35.6		SILVER
		587	Agraan, Godofredo	66	M65	Unattached	55:23.7		BRONZE
		611	Torres, Gregorio	68	M65	Unattached	1:00:51.2		
		590	Asada, Ladislao	65	M65	Unattached	1:02:05.8		
		585	Abiera, Ramon	66	M65	Macrunners	DNF		
101	5:15am	10000m Men	M70					FINAL	
		Edwardo Navarette	M70	Bulacan Masters (JDT)		53:02.7		PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		623	Tan, Benjamin	71	M70	Muntinlupa Masters Athletics Team	55:30.0		GOLD
101	5:15am	10000m Men	M75					FINAL	
		NR							
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		626	Payumo, Orlando	78	M75	Running Team Calabarzon	1:04:04.5		GOLD (NMR)
102	6:00am	LONG JUMP Men	M30					FINAL	
		Jerson Galoso	M30	Philippine National Police		6.30m		PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		265	Endaya, Mark Anthony	31	M30	Unattached	6.36m		GOLD (NMR)
		249	Bagamasbad, Randell	32	M30	Running Team Calabarzon	4.31m		SILVER
102	6:00am	LONG JUMP Men	M35					FINAL	
		Yourke Tamayo	M35	Phillipine Airforce		5.70m		PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		323	Flores, Norman	35	M35	Police	5.38m		GOLD
		314	Canon, Way	35	M35	De La Salle Alumni Athletics	5.17m		SILVER
		349	Santos, Aser Mark	36	M35	First Sports - Northern Philippines Athletics	4.93m		BRONZE
		350	Sumabat, Roderick	37	M35	First Sports - Northern Philippines Athletics	4.90m		
		353	Ucag, Eddie Boy	35	M35	JD Training Performance Bulacan Masters	4.50m		
104	6:15am	5000m MEN	M50					FINAL	
		Edward Luna	M50	POSF		20:26.6		PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		502	Torred, Demetrio Jr.	50	M50	Spectrum Runner'S Philippines	17:48.12		GOLD (NMR)
		495	Raza, Asad	50	M50	Unattached	19:27.22		SILVER
		499	Takei, Hiroshi	52	M50	Unattached	19:36.16		BRONZE
		483	Luna, Edward	54	M50	Pilipinas Obstacle Sports Federation	20:31.19		
		474	Delos Reyes, Alfred	52	M50	University of the Philippines	22:00.00		
		468	Balbin, Leoncio Jr.	52	M50	Unattached	22:08.13		
		477	Dilla, Junior	50	M50	Lion City Athletics Club, Inc.	22:14.33		
		489	Pagulayan, Marlo	52	M50	First Sports - Northern Philippines Athletics	22:43.38		
		469	Bangayan, Laniel	52	M50	The Running Junkies Ph	23:25.54		
		496	Sadiasa, Naphtali	50	M50	Philippine Airforce	23:40.97		
		470	Briones, Vicente	50	M50	Lion City Athletics Club, Inc.	25:16.65		

104	6:15am	5000m MEN <i>Neri Barcelo</i>	M55 <i>M55</i>	<i>Team Daniela</i>	20:13.2	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>
	515	Engbino, Desederio	55	M55	Spectrum Runner'S Philippines	18:55.40		GOLD (NMR)
	533	De Jager, Arthur Peter	56	M55	Unattached	20:45.35		SILVER
	508	Barcelo, Neri	57	M55	Team Daniela	20:56.93		BRONZE
	516	Gadapan, Rodelio	55	M55	Unattached	21:18.95		
	525	Natano, Melbert	58	M55	Unattached	22:27.51		
	517	Gallaza, Arsenio	58	M55	Unattached	24:04.81		
	512	Carig, Melchor	57	M55	Team Dariuk	24:49.27		
	510	Bautista Jr., Rinaldo	57	M55	Unattached	25:11.68		
	537	Vence, Roy	59	M55	Team Daniela	25:25.91		
	536	Tubes, Edgardo	58	M55	The Running Junkies Ph	DNS		
105	6:15am	5000m MEN <i>Jujet De Asis</i>	M40 <i>M40</i>	<i>Philippine Army</i>	17:25.99	FINAL <i>PMAC2 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>
	403	Sabal, Elmer	43	M40	De La Salle Alumni Athletics	18:02.05		GOLD
	391	Madrid Jr, Ruddy	40	M40	JD Training Performance Bulacan Masters	18:44.71		SILVER
	390	Lopez, Rene Boy	44	M40	First Sports - Northern Philippines Athletics	18:47.84		BRONZE
	414	Watanabe, Yukinori	44	M40	Unattached	18:55.32		
	401	Pulido, Rey	43	M40	Unattached	19:21.52		
	399	Papiona, Efren	44	M40	Mile Zero Runners	19:58.74		
	374	Elejedo, Arven	41	M40	Philippine Vigor Hearts	21:23.79		
	412	Tuzon, Brian	41	M40	First Sports - Northern Philippines Athletics	22:26.68		
	385	Lipat, Julius	40	M40	Pilipinas Obstacle Sports Federation	DNF		
	372	Dulay, Emmanuel	40	M40	Unattached	DNS		
	373	Elejedo, Arwen	43	M40	Philippine Vigor Hearts	DNS		
	379	Galam, Allan	40	M40	First Sports - Northern Philippines Athletics	DNS		
	370	De Los Reyes, Ronald	42	M40	Team Ateneo Lightning Loyola	DNS		
	398	Or, Charles	41	M40	Pilipinas Obstacle Sports Federation	DNS		
	404	Sagudang, Rolando	41	M40	Philippine Vigor Hearts	DNS		
105	6:15am	5000m MEN <i>Jojie Daga-as</i>	M45 <i>M45</i>	<i>Hukbong Kabitenyo</i>	18:10.7	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>
	434	Daga-as, Jojie	47	M45	JD Training Performance Bulacan Masters	17:48.3		GOLD (NMR)
	445	Magalona, Gerald	45	M45	Unattached	18:16.2		SILVER
	424	Bansel, Eduardo	46	M45	Lion City Athletics Club, Inc.	19:37.7		BRONZE
	417	Alcantara, Mario	48	M45	JD Training Performance Bulacan Masters	21:21.4		
	435	Dalawis, Bienvenido	49	M45	Mile Zero Runners	DNS		
106	6:45am	5000m MEN <i>Gilbert Laido</i>	M30 <i>M30</i>	<i>Philippine Army</i>	16:17.39	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>
	253	Calimag, Roderick	30	M30	First Sports - Northern Philippines Athletics	16:44.53		GOLD
	267	Esguerra, Dominic	31	M30	Lion City Athletics Club, Inc.	19:03.56		SILVER
	296	Solis, Roniello	31	M30	The Running Junkies Ph	19:08.33		BRONZE
	250	Balila, Jonel	32	M30	Dasmariñas City Joggers & Runners Club	19:30.29		
	291	Pornel, Philip	34	M30	De La Salle Alumni Athletics	21:08.50		
	277	Imperial, Jestoni	31	M30	Lion City Athletics Club, Inc.	21:27.80		
	255	Capistrano, Jose Lorenzo	32	M30	University of the Philippines	21:31.39		
	279	Ledesma, Arwin	32	M30	University of the Philippines	22:39.70		
	276	Hermosada, Jefrey Oliveros	30	M30	Macrunners	22:40.35		
	284	Molejon, Rocky Marvin	33	M30	Philippine Airforce	23:11.85		
	252	Bugaon, Francis Kevin	32	M30	Team Pasig Athletics	24:27.92		
	281	Lopez, Jeremiah Aaron	33	M30	JD Training Performance Bulacan Masters	25:24.58		
	303	Velasco, Ivan	34	M30	Police	26:08.89		
106	6:45am	5000m MEN <i>Alquin Bolivar</i>	M35 <i>M35</i>	<i>Philippine Army</i>	17:47.60	FINAL <i>PMAC2 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>
	340	Olivan, Greco	36	M35	Muntinlupa Masters Athletics Team	17:32.00		GOLD (NMR)
	355	Viray Jr., Leonardo	36	M35	The Running Junkies Ph	19:17.40		SILVER
	344	Ramos, Maynard Aikko	36	M35	Philippine Vigor Hearts	19:17.97		BRONZE
	336	Miguel, Alberto	39	M35	JD Training Performance Bulacan Masters	22:12.01		
	342	Palma, Henri	35	M35	Team Pasig Athletics	23:23.19		
	315	Caracol, Joseph	36	M35	Team Daniela	27:43.21		

QQA	7:00am	LONG JUMP Men			M40		FINAL			
		Allan Basco			M40 JD Training Performance Bulacan Masters		5.51m PMAC2 2024			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		362	Basco, Allan	42	M40	JD Training Performance Bulacan Masters	5.43m		GOLD	
		408	Sore, Hernanie	44	M40	University of Baguio	5.31m		SILVER	
		384	Javier, Blas	40	M40	JD Training Performance Bulacan Masters	4.94m		BRONZE	
		358	Balut Jr, Fernando	40	M40	First Sports - Northern Philippines Athletics	4.82m			
		363	Buasen, Horace	43	M40	First Sports - Northern Philippines Athletics	4.36m			
		406	Salonga, Danilo	41	M40	Unattached	3.49m			
		410	Tarcina, Reynante	41	M40	Mile Zero Runners	DNS			
107	7:00am	LONG JUMP Men			M45		FINAL			
		Michael Pelaez			M45 Philippine National Police		5.16m PMAC 2023			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		466	Yu, Charlie	48	M45	Police	4.94m		GOLD	
		464	Velasco, Jorge Ali	45	M45	JD Training Performance Bulacan Masters	4.55m		SILVER	
		442	Hidalgo Jr., Armando	47	M45	Police	4.47m		BRONZE	
		453	Relucio, Anthonel	48	M45	Philippine Airforce	4.27m			
		454	Robles, Emmanuel	47	M45	JD Training Performance Bulacan Masters	DNS			
108	7:00am	JAVELIN THROW Men (600g)			M60		FINAL			
		Riccardo Loi			M60		33.41m PMAC 2023			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		564	Loi, Riccardo	64	M60	Muntinlupa Masters Athletics Team	31.81m		GOLD	
		570	Obiena, Emerson	60	M60	Unattached	31.59m		SILVER	
		581	Tolentino, Arnel	60	M60	Unattached	22.00m		BRONZE	
		553	Carteciano, Emiliano	62	M60	Lion City Athletics Club, Inc.	20.94m			
		569	Nogales, Jose	60	M60	Unattached	19.03m			
108	7:00am	JAVELIN THROW Men (600g)			M65		FINAL			
		Juan Villa			M65 De La Salle Alumni Athletics		23.38m PMAC2 2024			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		602	Murai, Koji	65	M65	Macrunners	25.00m		GOLD (NMR)	
		589	Ambat, Dennis	66	M65	De La Salle Alumni Athletics	23.79m		SILVER	
		599	Flores, Ira	68	M65	De La Salle Alumni Athletics	22.85m		BRONZE	
		588	Alacar, Severino	68	M65	Team Baguio City	20.99m			
		612	Torres, Adel	65	M65	Unattached	18.01m			
		607	Pilones Jr., Delfin	66	M65	Team Dariuk	12.83m			
		604	Noro, Yukihiko	65	M65	Unattached	DNS			
		609	Saldivar, Manolito Espina	66	M65	Unattached	DNS			
109	7:00am	JAVELIN THROW Men (500g)			M70		FINAL			
		Cornelio Villarta			M70 Unattached		15.87m PMAC 2023			
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS	
		621	Reyes, Elmer	74	M70	Philippine Airforce	28.05m		GOLD (NMR)	
		630	Navarro, Butch	71	M70	Unattached	20.00m		SILVER	
		617	Muloc, Usman	72	M70	Unattached	17.82m		BRONZE	
		634	Villarta, Cornelio	70	M70	Team Pasig Athletics	15.50m			
117	7:45am	100m Men			M30		FINAL			
		Alvin Lloyd Andresio			M30 Philippine Airforce		11.55 PMAC2 2024			
		LANE H	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
			265	Endaya, Mark Anthony	31	M30	Unattached	11.46		GOLD (NMR)
			246	Andresio, Alvin Lloyd	30	M30	Philippine Airforce	11.72		SILVER
			293	Reyes, Mark	34	M30	University of the Philippines	11.95		BRONZE
			262	Del Prado Jr., Isidro	33	M30	Philippine Airforce	12.32		
			278	Labadan, Alexis James	33	M30	Unattached	12.51		
			269	Fernandez, Jerome	30	M30	Philippine Airforce	12.60		
			290	Pacis, Rafdie	30	M30	First Sports - Northern Philippines Athletics	12.92		
			247	Miranda, Mark Anthony	32	M30	De La Salle Alumni Athletics	13.09		
			299	Tanhueco, Jasper	32	M30	De La Salle Alumni Athletics	13.30		
			286	Movilla, Jonathan	31	M30	JD Training Performance Bulacan Masters	13.37		
			256	Casero, Christian	30	M30	Philippine Vigor Hearts	14.36		
			283	Mesa, Charlie	32	M30	Unattached	17.00		
			260	De Leon, Paul John	30	M30	University of the Philippines	DNF		
			245	Alferos, Raymond	30	M30	JD Training Performance Bulacan Masters	DNS		
			297	Soriano, Gabriel	30	M30	University of the Philippines	DNS		
			280	Lizardo, Raymond	31	M30	Police	DNS		

118	7:50am	100m Men	M35				FINAL		
		Arman Dino	M35	Philippine Airforce	11.39		PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		307	Alfonso, John Michael	37	M35	JD Training Performance Bulacan Masters	12.48		GOLD
		330	Lim, Jonathan	35	M35	De La Salle Alumni Athletics	12.48		GOLD
		353	Ucag, Eddie Boy	35	M35	JD Training Performance Bulacan Masters	12.72		BRONZE
		314	Canon, Way	35	M35	De La Salle Alumni Athletics	12.84		
		338	Nipahoy, Jimson	37	M35	First Sports - Northern Philippines Athletics	13.28		
		350	Sumabat, Roderick	37	M35	First Sports - Northern Philippines Athletics	13.69		
		354	Ulam, Mark	37	M35	Unattached	13.78		
		326	Gregorio, James	38	M35	Team Ateneo Lightning Loyola	14.21		
		351	Tolentino, Ralph Nazarene	35	M35	Unattached	16.34		
		343	Quintos, Jose	39	M35	Team Ateneo Lightning Loyola	19.56		
119	7:55am	100m Men	M40				FINAL		
		Aaron Jayxen Banatao	M40	Team PNP	12.3		PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		356	Dino, Arman Pila	40	M40	Philippine Airforce	11.87		GOLD (NMR)
		388	Lim, Ferdinand	40	M40	Philippine Airforce	12.25		SILVER
		359	Banatao, Aaron Jayxen	41	M40	Philippine Airforce	12.51		BRONZE
		383	Haresco, James	40	M40	Lion City Athletics Club, Inc.	12.63		
		409	Talosig Jr., Reynald	44	M40	Pilipinas Obstacle Sports Federation	12.89		
		415	Ycong, Michael	40	M40	De La Salle Alumni Athletics	13.02		
		402	Rivera Sr., Joel	43	M40	First Sports - Northern Philippines Athletics	13.29		
		375	Eugenio, Ericson	40	M40	First Sports - Northern Philippines Athletics	13.78		
		400	Pojas, Alfred	40	M40	Unattached	14.13		
		398	Or, Charles	41	M40	Pilipinas Obstacle Sports Federation	14.17		
		397	Olonan, Gasbamel	40	M40	Pilipinas Obstacle Sports Federation	14.62		
		382	Guerrero, Ronald	41	M40	Team Daniela	15.06		
		369	Dacanay, Bernard	44	M40	Unattached	15.35		
		394	Mendoza, Nino	44	M40	Team Ateneo Lightning Loyola	DNS		
		413	Urayenza, Bryan	44	M40	Police	DNS		
		360	Bandalan, Aric	40	M40	Unattached	DNS		
		367	Conceja, Joey	41	M40	Police	DNS		
		395	Morales, Giovanni	44	M40	First Sports - Northern Philippines Athletics	DNS		
121	8:00am	JAVELIN THROW Men (700g)	M50				FINAL		
		Danilo Fresnido	M50	Philippine Army	51.20m		PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		629	Fresnido, Danilo	52	M50	Muntinlupa Masters Athletics Team	55.04m		GOLD (NMR)
		475	Delos Reyes Jr., Arturo	53	M50	Pilipinas Obstacle Sports Federation	21.64m		SILVER
		498	Suguitan, Jose Enrico Ricky	52	M50	Pilipinas Obstacle Sports Federation	DNS		
121	8:00am	JAVELIN THROW Men (700g)	M55				FINAL		
		Emerson Obiena	M55	Unattached	34.89m		PMAC 2023		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		531	Ronquillo, Bryan	58	M55	Unattached	25.56m		GOLD
		522	Koda, Toshihide Isaphil	55	M55	Unattached	23.87m		SILVER
		521	Kobayashi, Hiroyuki	56	M55	Unattached	15.95m		BRONZE
		538	Yamasato, Masayuki	55	M55	Unattached	NM		
122	8:00am	100m Men	M45				FINAL		
		John Aguilar	M45	Unattached	12.67		PMAC2 2024		
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		453	Relucio, Anthonel	48	M45	Philippine Airforce	13.64		GOLD
		448	Moral, Nathaniel	47	M45	Police	13.68		SILVER
		446	Manzo, Anand	48	M45	Unattached	13.74		BRONZE
		427	Bayabao, Abul Khair	46	M45	Police	15.07		
		452	Pernia, Villeon	48	M45	Pilipinas Obstacle Sports Federation	15.29		
		431	Clukey, Joe	48	M45	Unattached	15.30		
		420	Arboleda, Lino	47	M45	University of the Philippines	DNS		
		454	Robles, Emmanuel	47	M45	JD Training Performance Bulacan Masters	DNS		
		447	Mendiola, Zherwin	47	M45	Police	DNS		
		465	Victoriano, Michael	49	M45	Evolve Yourself	DNS		

123	8:05am	100m Men <i>Eddie Radaza</i>	M50 <i>M50</i>	<i>Philippine Army</i>	13.90	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>
	484	Magcawas, Randy	50	M50	Philippine Airforce	13.28		GOLD (NMR)
	481	Labrador, Sandy	50	M50	Team Pasig Athletics	13.44		SILVER
	491	Ragas, Aldwin	52	M50	The Running Junkies Ph	13.59		BRONZE
	504	Wong, Martin	54	M50	Unattached	13.94		
	494	Raymundo, Macrino	51	M50	First Sports - Northern Philippines Athletics	14.75		
	492	Ragas III, Eduardo	54	M50	The Running Junkies Ph	15.67		
	487	Nona, Allan	54	M50	Unattached	28.00		
	476	Desierto, Danilo	51	M50	Unattached	DNS		
124	8:10am	100m Men <i>Maulani Diman</i>	M55 <i>M55</i>	<i>Unattached</i>	13.13	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>
	529	Radaza, Eddie	56	M55	Philippine Airforce	14.37		GOLD
	506	Aguila, Virgilio	55	M55	Police	14.48		SILVER
	513	Chan, Jocson	57	M55	De La Salle Alumni Athletics	14.49		BRONZE
	523	Bunda Jr, Leonardo	57	M55	Unattached	15.08		
	524	Marce, Ariel	58	M55	Lion City Athletics Club, Inc.	16.09		
	536	Tubes, Edgardo	58	M55	The Running Junkies Ph	18.12		
	538	Yamasato, Masayuki	55	M55	Unattached	21.18		
	520	Isidro, Marlon	58	M55	Unattached	DNS		
125	8:15am	100m Men <i>Julio Bayaban</i>	M60 <i>M60</i>	<i>Unattached</i>	14.22	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>
	565	Maclang, Juanchito	60	M60	JD Training Performance Bulacan Masters	14.41		GOLD
	544	Balcita Jr., Guillermo William	62	M60	City of San Fernando La Union	14.80		SILVER
	550	Bayaban, Julio	63	M60	Muntinlupa Masters Athletics Team	15.61		BRONZE
	564	Loi, Riccardo	64	M60	Muntinlupa Masters Athletics Team	16.15		
	577	Salonga, Victor	63	M60	JD Training Performance Bulacan Masters	22.63		
	578	Septimo, Emmanuel	64	M60	Philippine Airforce	DNF		
	555	Da Silva, Roberto Jose	62	M60	De La Salle Alumni Athletics	DNS		
	556	Despi, Ronald	61	M60	Team Pasig Athletics	DNS		
126	8:20am	100m Men <i>Arnel Lobos</i>	M65 <i>M65</i>	<i>Team Muntinlupa</i>	14.49	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>
	635	Colin, Gordon	65	M65	Unattached	14.70		GOLD
	600	Lobos, Arnel	68	M65	Muntinlupa Masters Athletics Team	14.83		SILVER
	598	Fernandez, Vitaliano	69	M65	Macrunners	15.20.4		BRONZE
	602	Murai, Koji	65	M65	Macrunners	15.20.6		
	589	Ambat, Dennis	66	M65	De La Salle Alumni Athletics	15.21		
	613	Viason, Romeo	65	M65	Team Daniela	15.65		
	596	Dichoso, Renato	69	M65	Team Baguio City	17.54		
	594	Carpena, Cesar	65	M65	De La Salle Alumni Athletics	17.68		
	593	Briones, Edesio	67	M65	The Running Junkies Ph	DNS		
	603	Muyot, Renante	69	M65	The Running Junkies Ph	DNS		
	607	Pilones Jr., Delfin	66	M65	Team Dariuk	DNS		
	609	Saldivar, Manolito Espina	66	M65	Unattached	DNS		
127	8:25am	100m Men <i>Willy Suarez</i>	M70 <i>M70</i>	<i>Unattached</i>	17.48	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>
	617	Muloc, Usman	72	M70	Unattached	16.58		GOLD (NMR)
	619	Ramirez, Fernando	72	M70	Dasmariñas City Joggers & Runners Club	17.09		SILVER
	622	Suarez, Willy	74	M70	Unattached	18.41		BRONZE
	620	Relucio, Antonio	70	M70	Unattached	26.1		
127	8:25am	100m Men <i>Victor Ting</i>	M75 <i>M75</i>	<i>42k Running Circle</i>	22.33	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>
	625	Juaniza, Felizardo	75	M75	Unattached	18.2		GOLD (NMR)
	624	Balaba, Brigilio	79	M75	Team Baguio City	22.48		SILVER
	626	Payumo, Orlando	78	M75	Running Team Calabarzon	DNS		

127	8:25am	100m Men <i>Fransisco Ramones</i>	M85 <i>M85</i>	<i>Unattached</i>	36.51	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>
	628	Munar, Dominador	89	M85	Unattached	54.42		GOLD
130	8:45am	JAVELIN THROW Men (800g) <i>Kenny Gonzales</i>	M30 <i>M30</i>	<i>Philippine Airforce</i>	55.67m	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>
	272	Gonzales, Kenny	33	M30	Team Pasig Athletics	51.19m		GOLD
	271	Francisco, Robert	32	M30	Police	42.62m		SILVER
	259	De Guzman, Rodolfo	32	M30	Philippine Airforce	40.96m		BRONZE
	254	Camba, Cristituto	33	M30	Muntinlupa Masters Athletics Team	38.48m		
	249	Bagamasbad, Randell	32	M30	Running Team Calabarzon	22.65m		
	258	Dass, Satnam	33	M30	Unattached	DNS		
130	8:45am	JAVELIN THROW Men (800g) <i>Yourke Tamayo</i>	M35 <i>M35</i>	<i>Philippine Airforce</i>	39.77m	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>
	324	Flores, Gabriel	37	M35	De La Salle Alumni Athletics	36.41m		GOLD
	339	Nipahoy, Jerson	37	M35	First Sports - Northern Philippines Athletics	32.85m		SILVER
	345	Razon, Francis Xavier	36	M35	Team Ateneo Lightning Loyola	32.49m		BRONZE
	325	Golimlim, Darryl	38	M35	Running Team Calabarzon	30.55m		
130	8:45am	JAVELIN THROW Men (800g) <i>Marc Dael</i>	M40 <i>M40</i>	<i>JD Training Performance Bulacan Masters</i>	31.24m	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>
	378	Fresnido, Allan Gabrentina	42	M40	Unattached	41.09m		GOLD (NMR)
	407	Santos, Dario	40	M40	First Sports - Northern Philippines Athletics	34.65m		SILVER
	381	Gregorio, John	42	M40	Team Ateneo Lightning Loyola	33.44m		BRONZE
	358	Balut Jr, Fernando	40	M40	First Sports - Northern Philippines Athletics	30.39m		
	387	Lim, Emilio	41	M40	Team Ateneo Lightning Loyola	28.49m		
	368	Constantino, Christopher	40	M40	Team Ateneo Lightning Loyola	27.56m		
	363	Buasen, Horace	43	M40	First Sports - Northern Philippines Athletics	25.15m		
	411	Tiqui, Jefren	44	M40	First Sports - Northern Philippines Athletics	24.39m		
	377	Flores, Miguel	42	M40	De La Salle Alumni Athletics	24.03m		
	364	Caballero, Lyndon	42	M40	Pilipinas Obstacle Sports Federation	20.89m		
	374	Elejedo, Arven	41	M40	Philippine Vigor Hearts	19.95m		
	366	Chaudhary, Rajat	43	M40	Unattached	DNS		
130	8:45am	JAVELIN THROW Men (800g) <i>Roberto Fresnido</i>	M45 <i>M45</i>	<i>Philippine Airforce</i>	44.16m	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>
	457	Sarte, Jealvies	47	M45	Pilipinas Obstacle Sports Federation	37.67m		GOLD
	430	Chee Jr., Antonio	49	M45	Unattached	37.09m		SILVER
	418	Alibuyog Jr., Cristino	47	M45	De La Salle Alumni Athletics	28.56m		BRONZE
	422	Ayohan Jr., Victor	48	M45	Police	28.19m		
	438	Domingo, Jordan	47	M45	JD Training Performance Bulacan Masters	25.67m		
	426	Barnachea Jr., Joselito	46	M45	Evolve Yourself	17.94m		
	436	Dela Cruz, Arnold	47	M45	JD Training Performance Bulacan Masters	17.59m		
	459	Singh, Gurdip	45	M45	Unattached	DNS		
137	9:00am	LONG JUMP Men <i>Diomenes Encinares</i>	M50, M55, M60, M65, M70 <i>M50</i>	<i>Unattached</i>	4.93m	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>
	498	Suguitan, Jose Enrico Ricky	52	M50	Pilipinas Obstacle Sports Federation	3.76m		GOLD
	485	Manguerra, Cris	51	M50	Lion City Athletics Club, Inc.	3.61m		SILVER
	497	Sardjono, Pratik Murwatno	53	M50	Unattached	NM		
	480	Esquiedo, Melquaides	50	M50	Police	DNS		
137	9:00am	LONG JUMP Men <i>Edward Obiena</i>	M55 <i>M55</i>	<i>Unattached</i>	4.02m	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>
	518	Gopinathan, Gopakumar	56	M55	Unattached	3.83m		GOLD
	524	Marce, Ariel	58	M55	Lion City Athletics Club, Inc.	3.77m		SILVER
	531	Ronquillo, Bryan	58	M55	Unattached	3.72m		BRONZE
	505	Academia, Alphonso Trece	55	M55	Philippine Airforce	3.70m		
	539	Yambao, Rene	56	M55	Lion City Athletics Club, Inc.	3.69m		

137	9:00am	LONG JUMP Men	M60					FINAL
		<i>Jaime Sr. Ucab</i>	<i>M60</i>	<i>Unattached</i>		4.21m		<i>PMAC 2023</i>
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	544	Balcita Jr., Guillermo William	62	M60	City of San Fernando La Union	4.23m		GOLD (NMR)
	548	Banzon, Raul	60	M60	Team Ateneo Lightning Loyola	3.90m		SILVER
	578	Septimo, Emmanuel	64	M60	Philippine Airforce	3.62m		BRONZE
	563	Lazo, Gerald	62	M60	De La Salle Alumni Athletics	3.56m		
137	9:00am	LONG JUMP Men	M60					FINAL
		<i>Arnel Lobos</i>	<i>M65</i>	<i>Philippine Air Force</i>		4.51m		<i>PMAC 2023</i>
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	602	Murai, Koji	65	M65	Macrunners	4.24m		GOLD
	600	Lobos, Arnel	68	M65	Muntinlupa Masters Athletics Team	4.12m		SILVER
	635	Colin, Gordon	65	M65	Unattached	3.89m		BRONZE
	594	Carpena, Cesar	65	M65	De La Salle Alumni Athletics	2.72m		
	235	Dela Rama, Rogaciano	68	M65	JD Training Performance Bulacan Masters			
137	9:00am	LONG JUMP Men	M60					FINAL
		<i>Elmer Reyes</i>	<i>M70</i>	<i>Philippine Air Force</i>		1.94m		<i>PMAC2 2024</i>
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	620	Relucio, Antonio	70	M70	Unattached	2.20m		GOLD (NMR)
	617	Muloc, Usman	72	M70	Unattached	1.47m		SILVER
141	9:15am	400m HURDLES Men	M30					FINAL
		<i>Racel Sumile Pardo</i>	<i>M30</i>	<i>Philippine Army</i>		01:03.87		<i>PMAC 2023</i>
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	246	Andresio, Alvin Lloyd	30	M30	Philippine Airforce	1:06.19		GOLD
	298	Sugue, John Kevin	34	M30	De La Salle Alumni Athletics	1:11.93		SILVER
	301	Uichico, Timothy Francis	32	M30	De La Salle Alumni Athletics	1:13.32		BRONZE
	285	Morales, Bien Carlo	30	M30	University of the Philippines	1:13.39		
141	9:15am	400m HURDLES Men	M45					FINAL
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	442	Hidalgo Jr., Armando	47	M45	Police	1:13.20		GOLD
	418	Alibuyog Jr., Cristino	47	M45	De La Salle Alumni Athletics	1:20.46		SILVER
	461	Tumaliuan, Joel	47	M45	First Sports - Northern Philippines Athletics	DNS		
141	9:15am	400m HURDLES Men	M40					FINAL
		<i>Julius Suico</i>	<i>M40</i>	<i>Unattached</i>		01:15.17		<i>PMAC 2023</i>
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	408	Sore, Hernanie	44	M40	University of Baguio	1:02.89		GOLD (NMR)
	402	Rivera Sr., Joel	43	M40	First Sports - Northern Philippines Athletics	1:11.02		SILVER
	415	Ycong, Michael	40	M40	De La Salle Alumni Athletics	1:11.32		BRONZE
	358	Balut Jr, Fernando	40	M40	First Sports - Northern Philippines Athletics	1:15.05		
	363	Buasen, Horace	43	M40	First Sports - Northern Philippines Athletics	1:15.17		
	390	Lopez, Rene Boy	44	M40	First Sports - Northern Philippines Athletics	1:18.52		
	384	Javier, Blas	40	M40	JD Training Performance Bulacan Masters	1:19.67		
	412	Tuzon, Brian	41	M40	First Sports - Northern Philippines Athletics	1:26.38		
142	9:25am	400m HURDLES Men	M55					FINAL
		<i>Eddie Radaza</i>	<i>M50</i>	<i>Philippine Army</i>		01:25.34		<i>PMAC 2023</i>
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	529	Radaza, Eddie	56	M55	Philippine Airforce	1:27.38		GOLD
142	9:25am	400m HURDLES Men	M50					FINAL
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	472	Chua, Jeoffrey	52	M50	De La Salle Alumni Athletics	1:36.23		GOLD
	494	Raymundo, Macrino	51	M50	First Sports - Northern Philippines Athletics	1:53.21		SILVER
144	9:45am	300m HURDLES Men	M65					FINAL
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	592	Birse, David	66	M65	Unattached	1:22.5		GOLD

146	15:00	POLE VAULT Men			M30			FINAL	
		Francesco Adel Valdecañas			M30	Unattached	4.0m	PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		288	Nishizaki, Kazuya	30	M30	Unattached	2.80m		GOLD
		264	Diche, Jayson	31	M30	JD Training Performance Bulacan Masters	1.95m		SILVER
		298	Sugue, John Kevin	34	M30	De La Salle Alumni Athletics	NR		
146	15:00	POLE VAULT Men			M35			FINAL	
		Francesco Adel Valdecañas			M30	Unattached	4.0m	PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		352	Tolin, Kenneth Christian	39	M35	Police	1.80m		GOLD
147	15:00	HAMMER THROW Men (6kg)			M50			FINAL	
		A1C Nixon H Mas			M50	Philippine Air Force	28.60m	PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		501	Tejima, Junichi	52	M50	Unattached	13.10m		GOLD
		498	Suguitan, Jose Enrico Ricky	52	M50	Pilipinas Obstacle Sports Federation	10.38m		SILVER
147	15:00	HAMMER THROW Men (6kg)			M55			FINAL	
		Emerson Obiena			M55	Unattached	24.66m	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		522	Koda, Toshihide Isaphil	55	M55	Unattached	24.64m		GOLD
		521	Kobayashi, Hiroyuki	56	M55	Unattached	21.54m		SILVER
		538	Yamasato, Masayuki	55	M55	Unattached	14.03m		BRONZE
148	15:00	HAMMER THROW Men (5kg)			M60			FINAL	
		Alberto Agra			M60	POSF Athletics Masters	20.43m	PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		570	Obiena, Emerson	60	M60	Unattached	27.44m		GOLD (NMR)
		576	Riady, Tanu	61	M60	Unattached	27.19m		SILVER
		571	Panaguiton, Luis III	63	M60	De La Salle Alumni Athletics	20.90m		BRONZE
		568	Medina-Cue, Luisito	60	M60	De La Salle Alumni Athletics	12.34m		
148	15:00	HAMMER THROW Men (5kg)			M65			FINAL	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		235	Dela Rama, Rogaciano	68	M65	JD Training Performance Bulacan Masters	15.37m		GOLD
		604	Noro, Yukihiro	65	M65	Unattached	DNS		
161	15:50	400m Men			M70			FINAL	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		619	Ramirez, Fernando	72	M70	Dasmariñas City Joggers & Runners Club	1:32.45		GOLD
		627	Scott, Dennis	76	M75	Unattached	1:35.40		SILVER
		622	Suarez, Willy	74	M70	Unattached	1:55.28		BRONZE
161	15:50	400m Men			M75			FINAL	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		627	Scott, Dennis	76	M75	Unattached	1:35.40		GOLD
		624	Balaba, Brigilio	79	M75	Team Baguio City	2:03.60		SILVER
161	15:50	400m Men			M65			FINAL	
		David Birse			M65	Team Baguio	01:24.85	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		635	Colin, Gordon	65	M65	Unattached	1:07.51		GOLD (NMR)
		598	Fernandez, Vitaliano	69	M65	Macrunners	1:15.77		SILVER
		592	Birse, David	66	M65	Unattached	1:19.15		BRONZE
		601	Lozano, Eduardo	68	M65	Dasmariñas City Joggers & Runners Club	1:42.34		
		593	Briones, Edesio	67	M65	The Running Junkies Ph	DNS		
162	15:55	400m Men			M60			FINAL	
		Gordon Colin			M60	Unattached	01:08.92	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		558	Ebreo, Giovanni	61	M60	Muntinlupa Masters Athletics Team	1:13.6		GOLD
		557	Ducay, Sonny	62	M60	Unattached	1:18.1		SILVER
		546	Banzon, Rene Philip	62	M60	De La Salle Alumni Athletics	1:19.5		BRONZE
		545	Banzon, Greg	60	M60	De La Salle Alumni Athletics	DNS		
		542	Aplacador, Eustaquio	64	M60	Unattached	DNS		
		547	Banzon, Jose Mari	64	M60	De La Salle Alumni Athletics	DNS		

163	16:00	HAMMER THROW Men (7.26kg)		M30				FINAL	
		John Albert C. Montua		M30	Philippine Air Force		40.58m	PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		259	De Guzman, Rodolfo	32	M30	Philippine Airforce	21.17m		GOLD
163	16:00	HAMMER THROW Men (7.26kg)		M35				FINAL	
		Matthew Flores		M35	Unattached		37.53m	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		327	Gumabay, Jose	39	M35	First Sports - Northern Philippines Athletics	26.71m		GOLD
		322	Flores, Matthew	36	M35	Team Ateneo Lightning Loyola	DNS		
163	16:00	HAMMER THROW Men (7.26kg)		M40				FINAL	
		Arniel Ferrera		M40	Philippine Air Force		47.46m	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		376	Ferrera, Arniel	44	M40	Philippine Airforce	44.14m		GOLD
163	16:00	HAMMER THROW Men (7.26kg)		M45				FINAL	
		Jerro D Perater		M45	Philippine Air Force		29.32m	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		444	Lalwani, Arvind	45	M45	Unattached	DNS		
164	16:00	400m Men		M55				FINAL	
		Eddie Radaza		M55	Unattached		01:08.7	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		515	Engbino, Desederio	55	M55	Spectrum Runner'S Philippines	1:07.43		GOLD (NMR)
		516	Gadapan, Rodelio	55	M55	Unattached	1:09.60		SILVER
		507	Alcantara, Rodolfo	57	M55	JD Training Performance Bulacan Masters	1:10.25		BRONZE
		529	Radaza, Eddie	56	M55	Philippine Airforce	1:11.58		
		525	Natano, Melbert	58	M55	Unattached	1:14.96		
		526	Nebrida, Joseph	58	M55	De La Salle Alumni Athletics	1:34.50		
		506	Aguila, Virgilio	55	M55	Police	DNS		
		536	Tubes, Edgardo	58	M55	The Running Junkies Ph	DNS		
		519	Guffey, Frank	58	M55	Unattached	DNS		
165	16:05	400m Men		M50				FINAL	
		Aldwin Ragas		M50	Pateros Matapat		01:03.2	PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		491	Ragas, Aldwin	52	M50	The Running Junkies Ph	1:01.33		GOLD (NMR)
		479	Epong, Allan	51	M50	JD Training Performance Bulacan Masters	1:08.48		SILVER
		504	Wong, Martin	54	M50	Unattached	1:10.20		BRONZE
		472	Chua, Jeoffrey	52	M50	De La Salle Alumni Athletics	1:17.15		
		467	Apostol, Eric	53	M50	JD Training Performance Bulacan Masters	1:20.76		
		475	Delos Reyes Jr., Arturo	53	M50	Pilipinas Obstacle Sports Federation	DNS		
		487	Nona, Allan	54	M50	Unattached	DNS		
166	16:10	400m Men		M45				FINAL	
		Emmanuel Robles		M45	JD Training Performance Bulacan Masters		59.24	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		420	Arboleda, Lino	47	M45	University of the Philippines	58.5		GOLD (NMR)
		432	Dacuno, Rodel	47	M45	Unattached	1:04.68		SILVER
		428	Beltran, Danny Dexter	46	M45	JD Training Performance Bulacan Masters	1:08.51		BRONZE
		450	Paz, Jetric	45	M45	Team Ateneo Lightning Loyola	1:09.89		
		451	Pelaez, Michael	47	M45	Police	DNS		
		454	Robles, Emmanuel	47	M45	JD Training Performance Bulacan Masters	DNS		
167	16:15	400m Men		M40				FINAL	
		Hernanie Sore		M40	University of Baguio		58.60	PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		356	Dino, Arman Pila	40	M40	Philippine Airforce	56.97		GOLD (NMR)
		409	Talosig Jr., Reynald	44	M40	Pilipinas Obstacle Sports Federation	58.54		SILVER
		383	Haresco, James	40	M40	Lion City Athletics Club, Inc.	58.68		BRONZE
		380	Godfried, Brice Justin	42	M40	Team Ateneo Lightning Loyola	1:03.71		
		402	Rivera Sr., Joel	43	M40	First Sports - Northern Philippines Athletics	1:08.10		
		392	Maigue, Christopher	42	M40	Lion City Athletics Club, Inc.	1:19.31		
		360	Bandalan, Aric	40	M40	Unattached	DNS		

168	16:20	400m Men <i>A2C Edgardo G. Alejan Jr.</i>	M35 <i>M35 Philippine Air Force</i>	49.04	FINAL <i>PMAC 2023</i>				
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		313	Caniete, Ringgo	35	M35	Police	53.44		GOLD
		310	Baldoza, Jeoffrey	39	M35	JD Training Performance Bulacan Masters	56.73		SILVER
		312	Camacho, Miguel	36	M35	University of the Philippines	58.32		BRONZE
		319	Damasco, Don	37	M35	University of the Philippines	58.56		
		339	Nipahoy, Jerson	37	M35	First Sports - Northern Philippines Athletics	1:03.34		
		354	Ulam, Mark	37	M35	Unattached	1:06.84		
		318	Dael, John Hermie	39	M35	De La Salle Alumni Athletics	1:09.42		
		332	Maganito, Jeffrey	37	M35	Lion City Athletics Club, Inc.	1:22.50		
		333	Magbanua, Jason	37	M35	JD Training Performance Bulacan Masters	DNS		
169	16:25	400m Men <i>Jericho Ejercito</i>	M30 <i>M30 Philippine Airforce</i>	51.11	FINAL <i>PMAC 2023</i>				
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		633	Ejercito, Jerico	32	M30	De La Salle Alumni Athletics	51.66		GOLD
		287	Neri, Elbren	30	M30	Spectrum Runner'S Philippines	52.33		SILVER
		277	Imperial, Jestoni	31	M30	Lion City Athletics Club, Inc.	1:00.53		BRONZE
		275	Hermogeno, Jeffrey	30	M30	Pilipinas Obstacle Sports Federation	1:04.72		
		248	Aranzanso, Cyrus	32	M30	Lion City Athletics Club, Inc.	1:06.0		
		251	Bigyan, Ryan	30	M30	Philippine Airforce	DNS		
171	16:30	HIGH JUMP Men <i>Diomenes Encinares</i>	M50 <i>M50 Unattached</i>	1.40m	FINAL <i>PMAC2 2024</i>				
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		498	Suguitan, Jose Enrico Ricky	52	M50	Pilipinas Obstacle Sports Federation	1.25m		GOLD
		497	Sardjono, Pratik Murwatno	53	M50	Unattached	DNS		
171	16:30	HIGH JUMP Men <i>Edward Obiena</i>	M55 <i>M55 Unattached</i>	1.25m	FINAL <i>PMAC 2023</i>				
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		534	Sabuco, Enrique	57	M55	Unattached	1.15m		GOLD
		506	Aguila, Virgilio	55	M55	Police	1.10m		SILVER
		522	Koda, Toshihide Isaphil	55	M55	Unattached	1.00m		BRONZE
171	16:30	HIGH JUMP Men	M60		FINAL				
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		578	Septimo, Emmanuel	64	M60	Philippine Airforce	1.15m		GOLD
		576	Riady, Tanu	61	M60	Unattached	1.05m		SILVER
171	16:30	HIGH JUMP Men	M65		FINAL				
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		602	Murai, Koji	65	M65	Macrunners	1.30m		GOLD
171	16:30	HIGH JUMP Men <i>Elmer Reyes</i>	M70 <i>M70 Unattached</i>	1.15m	FINAL <i>PMAC 2023</i>				
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		620	Relucio, Antonio	70	M70	Unattached	NR		
		621	Reyes, Elmer	74	M70	Philippine Airforce	DNS		
172	17:00	DISCUS THROW Men 2kg <i>John Albert C Mantua</i>	M30 <i>M30 Philippine Air Force</i>	41.10m	FINAL <i>PMAC 2023</i>				
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		259	De Guzman, Rodolfo	32	M30	Philippine Airforce	31.06m		GOLD
		254	Camba, Cristituto	33	M30	Muntinlupa Masters Athletics Team	25.77m		SILVER
		256	Casero, Christian	30	M30	Philippine Vigor Hearts	17.97m		BRONZE
172	17:00	DISCUS THROW Men 2kg <i>Jose Gumabay</i>	M35 <i>M35 First Sports-Northern Philippines Athletics</i>	30.11m	FINAL <i>PMAC2 2024</i>				
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		327	Gumabay, Jose	39	M35	First Sports - Northern Philippines Athletics	30.18m		GOLD
		345	Razon, Francis Xavier	36	M35	Team Ateneo Lightning Loyola	DNS		

172	17:00	DISCUS THROW Men 2kg	M40				FINAL
		Arniel B. Ferrera	M40	Philippine Air Force	36.33m		PMAC 2023
		BIB NAME AGE AG TEAM RESULT WV REMARKS					
		376 Ferrera, Arniel 44 M40 Philippine Airforce 33.83m					GOLD
		407 Santos, Dario 40 M40 First Sports - Northern Philippines Athletics 24.61m					SILVER
		406 Salonga, Danilo 41 M40 Unattached 22.67m					BRONZE
		358 Balut Jr, Fernando 40 M40 First Sports - Northern Philippines Athletics 22.32m					
		402 Rivera Sr., Joel 43 M40 First Sports - Northern Philippines Athletics 19.01m					
172	17:00	DISCUS THROW Men 2kg	M45				FINAL
		Philip Salaysay	M45	JD Training Performance Bulacan Masters	33.45m		PMAC2 2024
		BIB NAME AGE AG TEAM RESULT WV REMARKS					
		456 Salaysay, Philip 46 M45 JD Training Performance Bulacan Masters 32.48m					GOLD
		457 Sarte, Jealvies 47 M45 Pilipinas Obstacle Sports Federation 19.93m					SILVER
		431 Clukey, Joe 48 M45 Unattached 19.47m					BRONZE
		444 Lalwani, Arvind 45 M45 Unattached DNS					
173	17:00	3000m RACE WALK Men	M30				FINAL
		Jhoeward Quiñones	M30	Philippine Army	18:00.92		PMAC 2023
		BIB NAME AGE AG TEAM RESULT WV REMARKS					
		305 Yumul, Hurjay 30 M30 Team Pasig Athletics 16:02.94					GOLD (NMR)
		273 Gumacal, Dave 33 M30 Police 21:54.90					SILVER
		249 Bagamasbad, Randell 32 M30 Running Team Calabarzon 22:14.72					BRONZE
		256 Casero, Christian 30 M30 Philippine Vigor Hearts DNS					
173	17:00	3000m RACE WALK Men	M35				FINAL
		Larry Andaya	M35	Philippine Army	16:12.79		PMAC 2023
		BIB NAME AGE AG TEAM RESULT WV REMARKS					
		335 Membrado, Rose Vi 35 M35 Unattached 18:47.48					GOLD
		308 Angara, Joseph 36 M35 Lion City Athletics Club, Inc. 21:17.63					SILVER
173	17:00	3000m RACE WALK Men	M40				FINAL
		Romeo Milanes	M40	Elyu Eagles Masters Athletics Team	25:34.9		PMAC2 2024
		BIB NAME AGE AG TEAM RESULT WV REMARKS					
		411 Tiqui, Jefren 44 M40 First Sports - Northern Philippines Athletics 21:46.33					GOLD (NMR)
		371 Diaz, Jeffrey 41 M40 Mile Zero Runners 22:09.15					SILVER
		412 Tuzon, Brian 41 M40 First Sports - Northern Philippines Athletics 27:12.13					BRONZE
173	17:00	3000m RACE WALK Men	M40				FINAL
		Roel Ano	M45	Unattached	18:05.1		PMAC2 2024
		BIB NAME AGE AG TEAM RESULT WV REMARKS					
		462 Ubaldo, Remar 49 M45 Mile Zero Runners 20:50.28					GOLD
		422 Ayohan Jr., Victor 48 M45 Police 21:19.76					SILVER
		425 Barcelon, James 48 M45 Pilipinas Obstacle Sports Federation 23:25.58					BRONZE
		459 Singh, Gurdip 45 M45 Unattached DNS					
173	17:00	3000m RACE WALK Men	M50				FINAL
		Sonny Diaz	M50	JD Training Performance Bulacan Masters	20:17.2		PMAC2 2024
		BIB NAME AGE AG TEAM RESULT WV REMARKS					
		503 Ulat, Angelito 53 M50 Lion City Athletics Club, Inc. 19:18.51					GOLD (NMR)
		502 Torred, Demetrio Jr. 50 M50 Spectrum Runner'S Philippines 20:09.52					SILVER
		473 Coderes, Carlos 52 M50 Mile Zero Runners 22:38.94					BRONZE
		478 Doronio, Randy 50 M50 Team Dariuk DNS					
		487 Nona, Allan 54 M50 Unattached DNS					
173	17:00	3000m RACE WALK Men	M55				FINAL
		Rolando Batac	M55	Unattached	21:55.2		PMAC2 2024
		BIB NAME AGE AG TEAM RESULT WV REMARKS					
		512 Carig, Melchor 57 M55 Team Dariuk 20:31.43					GOLD (NMR)
		509 Batac, Rolando 57 M55 Macrunners 21:03.91					SILVER
		511 Bernales Jr., Anastacio 56 M55 Macrunners 22:24.53					BRONZE
		514 Crisostomo, Antonio Ramil 56 M55 Muntinlupa Masters Athletics Team 23:18.84					
		521 Kobayashi, Hiroyuki 56 M55 Unattached 26:47.60					

173	17:00	3000m RACE WALK Men	M60					FINAL	
		Bonifacio Quezada	M60	Team Dariuk Santiago Isabela	19:27.2			PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		574	Quezada, Bonifacio	63	M60	Team Dariuk	19:04.78		GOLD (NMR)
		567	Mandap, Robert	62	M60	Muntinlupa Masters Athletics Team	20:09.99		SILVER
		566	Malinao, Leonardo	60	M60	The Running Junkies Ph	21:51.79		BRONZE
		559	Garcia Jr., Benjamin	62	M60	Macrunners	23:33.92		
		562	Labuanan, Antonio	64	M60	Mile Zero Runners	23:33.94		
		543	Arboleda, Joel	60	M60	Macrunners	24:49.99		
		582	Uy, Nolito	61	M60	Team Dariuk	DNS		
		636	Valenzuela, Jesus		M60	Unattached	DNS		
173	17:00	3000m RACE WALK Men	M65					FINAL	
		Severino Alacar	M65	Team Baguio	20:56.3			PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		588	Alacar, Severino	68	M65	Team Baguio City	21:46.07		GOLD
		607	Pilones Jr., Delfin	66	M65	Team Dariuk	22:45.14		SILVER
		235	Dela Rama, Rogaciano	68	M65	JD Training Performance Bulacan Masters	22:54.58		BRONZE
		591	Baniqued, Margarito	65	M65	Philippine Airforce	24:43.30		
		605	Olay, Adolfo	67	M65	Team Dariuk	DNS		
173	17:00	3000m RACE WALK Men	M70					FINAL	
		Cornilio Villarta	M70	Team Daniela	22:10.6			PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		634	Villarta, Cornelio	70	M70	Team Pasig Athletics	23:15.50		GOLD
		615	Canlas, Antonio	72	M70	Muntinlupa Masters Athletics Team	DNS		
175	18:00	DISCUS THROW Men 1.5kg	M50					FINAL	
		Nixon H. Mas	M50	Philippine Air Force	42.65m			PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		482	Lopez, Emmanuel	52	M50	Unattached	21.20m		GOLD
		493	Ramos, Randy	50	M50	Lion City Athletics Club, Inc.	19.22m		SILVER
		501	Tejima, Junichi	52	M50	Unattached	18.06m		BRONZE
		498	Suguitan, Jose Enrico Ricky	52	M50	Pilipinas Obstacle Sports Federation	15.97m		
175	18:00	DISCUS THROW Men 1.5kg	M55					FINAL	
		Edward Obiena	M55	Unattached	32.84m			PMAC2 2024	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		527	Obiena, Edward	59	M55	Unattached	27.21m		GOLD
		522	Koda, Toshihide Isaphil	55	M55	Unattached	24.01m		SILVER
		531	Ronquillo, Bryan	58	M55	Unattached	22.47m		BRONZE
		521	Kobayashi, Hiroyuki	56	M55	Unattached	18.30m		
		538	Yamasato, Masayuki	55	M55	Unattached	15.30m		
		520	Isidro, Marlon	58	M55	Unattached	DNS		
176	18:00	DISCUS THROW Men 1.0kg	M60					FINAL	
		Alberto Agra	M60	POSF Athletics Masters	27.18m			PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		570	Obiena, Emerson	60	M60	Unattached	34.64m		GOLD (NMR)
		571	Panaguiton, Luis III	63	M60	De La Salle Alumni Athletics	26.57m		SILVER
		568	Medina-Cue, Luisito	60	M60	De La Salle Alumni Athletics	23.23m		BRONZE
		577	Salonga, Victor	63	M60	JD Training Performance Bulacan Masters	21.40m		
		572	Panaguiton, Vittorio	62	M60	De La Salle Alumni Athletics	20.34m		
		569	Nogales, Jose	60	M60	Unattached	DNS		
176	18:00	DISCUS THROW Men 1.0kg	M65					FINAL	
		Juan Villa	M65	Unattached	33.88m			PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		614	Villa, Juan	67	M65	De La Salle Alumni Athletics	32.92m		GOLD
		589	Ambat, Dennis	66	M65	De La Salle Alumni Athletics	24.98m		SILVER
		602	Murai, Koji	65	M65	Macrunners	23.17m		BRONZE
		235	Dela Rama, Rogaciano	68	M65	JD Training Performance Bulacan Masters	20.21m		
		612	Torres, Adel	65	M65	Unattached	14.62m		
		604	Noro, Yukihiro	65	M65	Unattached	DNS		
		607	Pilones Jr., Delfin	66	M65	Team Dariuk	DNS		

176	18:00	DISCUS THROW Men 1.0kg <i>Juan Villa</i>			M70 <i>M65 Unattached</i>	33.88m	FINAL <i>PMAC 2023</i>
		BIB	NAME	AGE	AG TEAM	RESULT	WV REMARKS
		621	Reyes, Elmer	74	M70 Philippine Airforce	18.70m	GOLD
		617	Muloc, Usman	72	M70 Unattached	11.03m	SILVER
178	18:10	1500m Men <i>Jose Eusebio</i>			M60 <i>M60 Hukbong Kabitenyo</i>	5:56.04	FINAL <i>PMAC2 2024</i>
		BIB	NAME	AGE	AG TEAM	RESULT	WV REMARKS
		579	Sugalan, Efren	60	M60 JD Training Performance Bulacan Masters	5:41.71	GOLD (NMR)
		551	Betes, Ernesto	60	M60 Unattached	5:59.99	SILVER
		545	Banzon, Greg	60	M60 De La Salle Alumni Athletics	DNS	
		547	Banzon, Jose Mari	64	M60 De La Salle Alumni Athletics	DNS	
178	18:10	1500m Men <i>Edgardo Pedregosa</i>			M65 <i>M65 Unattached</i>	6:05.99	FINAL <i>PMAC 2023</i>
		BIB	NAME	AGE	AG TEAM	RESULT	WV REMARKS
		635	Colin, Gordon	65	M65 Unattached	5:35.19	GOLD (NMR)
		606	Pedregosa, Edgardo	67	M65 Team Pasig Athletics	6:20.74	SILVER
		586	Advincula, Demetrio	65	M65 Team Baguio City	6:43.42	BRONZE
		610	Sta Rosa, Rene	67	M65 Muntinlupa Masters Athletics Team	6:55.55	
		592	Birse, David	66	M65 Unattached	DNS	
		595	Colina, Antonio Valeriano	65	M65 De La Salle Alumni Athletics	DNS	
178	18:10	1500m Men <i>Fernando Ramirez</i>			M70 <i>M70 Dasmariñas City Runners and Joggers Club</i>	6:57.56	FINAL <i>PMAC2 2024</i>
		BIB	NAME	AGE	AG TEAM	RESULT	WV REMARKS
		619	Ramirez, Fernando	72	M70 Dasmariñas City Joggers & Runners Club	7:14.89	GOLD
		616	Igay, Sofronio	72	M70 Philippine Airforce	7:16.40	SILVER
178	18:10	1500m Men <i>Brigilio Balaba</i>			M75 <i>M75 Unattached</i>	8:37.04	FINAL <i>PMAC 2023</i>
		BIB	NAME	AGE	AG TEAM	RESULT	WV REMARKS
		627	Scott, Dennis	76	M75 Unattached	8:09.55	GOLD (NMR)
		624	Balaba, Brigilio	79	M75 Team Baguio City	8:50.45	SILVER
179	18:20	1500m Men <i>Edward Luna</i>			M50 <i>M50 POSF Athletics Masters</i>	5:19.60	FINAL <i>PMAC2 2024</i>
		BIB	NAME	AGE	AG TEAM	RESULT	WV REMARKS
		502	Torred, Demetrio Jr.	50	M50 Spectrum Runner'S Philippines	4:52.03	GOLD (NMR)
		471	Ceralvo, Mansueto	53	M50 Philippine Vigor Hearts	5:23.50	SILVER
		479	Epong, Allan	51	M50 JD Training Performance Bulacan Masters	5:37.58	BRONZE
		490	Quiogue, Victor	52	M50 Muntinlupa Masters Athletics Team	5:47.16	
		489	Pagulayan, Marlo	52	M50 First Sports - Northern Philippines Athletics	5:48.99	
		491	Ragas, Aldwin	52	M50 The Running Junkies Ph	DNS	
179	18:20	1500m Men <i>Efren Sugalan</i>			M55 <i>M55 JD Training Performance Bulacan Masters</i>	5:33.10	FINAL <i>PMAC2 2024</i>
		BIB	NAME	AGE	AG TEAM	RESULT	WV REMARKS
		515	Engbino, Desederio	55	M55 Spectrum Runner'S Philippines	5:10.81	GOLD (NMR)
		533	De Jager, Arthur Peter	56	M55 Unattached	5:24.37	SILVER
		516	Gadapan, Rodelio	55	M55 Unattached	5:44.60	BRONZE
		528	Quiogue, Armando	57	M55 Team Daniela	5:53.88	
		525	Natano, Melbert	58	M55 Unattached	6:03.28	
		532	Rosin, Enrico	59	M55 Unattached	6:10.09	
		539	Yambao, Rene	56	M55 Lion City Athletics Club, Inc.	6:21.98	
		536	Tubes, Edgardo	58	M55 The Running Junkies Ph	DNS	
		517	Gallaza, Arsenio	58	M55 Unattached	DNS	
180	18:30	1500m Men <i>Mohammad Sherwin Managil</i>			M40 <i>M40 POSF Athletics Master</i>	4:47.49	FINAL <i>PMAC 2023</i>
		BIB	NAME	AGE	AG TEAM	RESULT	WV REMARKS
		390	Lopez, Rene Boy	44	M40 First Sports - Northern Philippines Athletics	5:03.04	GOLD
		365	Chan, Edrich	40	M40 Unattached	5:16.72	SILVER
		383	Haresco, James	40	M40 Lion City Athletics Club, Inc.	6:03.05	BRONZE
		360	Bandalan, Aric	40	M40 Unattached	DNS	
		373	Elejedo, Arwen	43	M40 Philippine Vigor Hearts	DNS	
		379	Galam, Allan	40	M40 First Sports - Northern Philippines Athletics	DNS	
		414	Watanabe, Yukinori	44	M40 Unattached	DNS	

180	18:30	1500m Men	M45					FINAL
		<i>Julis Sermona</i>	<i>M45</i>	<i>Philippine Air Force</i>		<i>4:42.22</i>		<i>PMAC2 2024</i>
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	434	Daga-as, Jojie	47	M45	JD Training Performance Bulacan Masters	4:48.12		GOLD
	433	Dacutanan, Roy	45	M45	The Running Junkies Ph	5:12.86		SILVER
	443	Hirang, Fernando li	49	M45	Unattached	5:22.64		BRONZE
	428	Beltran, Danny Dexter	46	M45	JD Training Performance Bulacan Masters	5:37.51		
	441	Estrada, Marco	47	M45	Lion City Athletics Club, Inc.	DNS		
181	18:40	1500m Men	M30					FINAL
		<i>Requi Trupa</i>	<i>M30</i>	<i>Hukbong Kabitenyo</i>		<i>4:17.49</i>		<i>PMAC2 2024</i>
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	287	Neri, Elbren	30	M30	Spectrum Runner'S Philippines	4:22.99		GOLD
	253	Calimag, Roderick	30	M30	First Sports - Northern Philippines Athletics	4:28.78		SILVER
	304	Visbal, Marvin	30	M30	Unattached	4:59.79		BRONZE
	291	Pornel, Philip	34	M30	De La Salle Alumni Athletics	5:11.72		
	279	Ledesma, Arwin	32	M30	University of the Philippines	5:33.70		
	292	Pornel, Michael	32	M30	De La Salle Alumni Athletics	5:47.60		
	266	Ener, John	31	M30	Lion City Athletics Club, Inc.	5:53.95		
	281	Lopez, Jeremiah Aaron	33	M30	JD Training Performance Bulacan Masters	5:55.74		
	257	Cellona, Jojo	30	M30	University of the Philippines	6:51.64		
181	18:40	1500m Men	M35					FINAL
		<i>Aris Africa</i>	<i>M35</i>	<i>Philippine Army</i>		<i>4:15.97</i>		<i>PMAC2 2024</i>
	BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
	340	Olivan, Greco	36	M35	Muntinlupa Masters Athletics Team	4:38.23		GOLD
	317	Constantino, Michael Ian	36	M35	Philippine Airforce	4:40.03		SILVER
	312	Camacho, Miguel	36	M35	University of the Philippines	5:24.85		BRONZE
	325	Golimlim, Darryl	38	M35	Running Team Calabarzon	5:45.49		
	306	Africa, Aris	37	M35	Pilipinas Obstacle Sports Federation	DNS		
	320	Dugos, Lito	39	M35	Police	DNS		

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
				Riezel Buenaventura		W35	Team Philippine Coast Guard	3.30m		PMAC 2023
		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 Chrisanl	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
				Judith Staples		W50	Unattached	2.0m		PMAC 2023
		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
				Rosalinda Ogsimer		W75	Unattached	1:03.27		PMAC2 2024
		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
				Ma. Victoria Pilones		W65	Team Dariuk Santiago Isabela	1:33.78		PMAC2 2024
		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
				Salve Byaban		W60	Team Muntinlupa	33.67		PMAC2 2024
		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
				Salve Bayaban		W55	Philippine Airforce	33.17		PMAC 2023
		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
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		239	Vejano, Lorna	65	W65	Philippine Airforce	16:09.64		GOLD

DAY 2 RESULTS - MEN

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

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

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

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

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

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

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

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

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

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

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 Chrisan	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	Andaya, 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	
		T Magbanua, N Atienza, R Villarito, M Torres				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	Baraceros, 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	
		D Moncada, S Abahan, P Que-Aguilar, M Nocyao				W30	4:49.62	PMAC 2023	
		BIB	NAME	AGE	AG	TEAM	RESULT	WV	REMARKS
		117	Udaundo, Jahnzel	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	
		P Tam, J Genilza, C Reynante, N Barcena				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	
		R Marcos, G Vergara, E Navarro, J Evangelista				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		