



PHILIPPINE MASTERS INTERNATIONAL ATHLETICS CHAMPIONSHIPS

November 8-10, 2024 | Philsports Track Oval, Pasig City



Day 1 - AM RESULTS

November 8, 2024

101 5:30am 5000m

M75

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		547	Payumo, Orlando	77	M 75	Running Team Calabarzon	28:57.4		GOLD
		546	Balaba, Brigilio	78	M 75	City Of Baguio	29:44.4		SILVER

101 5:30am 5000m

M70

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		539	Ramirez, Fernando	71	M 70	Dasmariñas City Joggers & Runners Club	25:21.7		GOLD
		538	Navarette, Eduardo	72	M 70	JD Training Performance Bulacan Masters	25:30.2		SILVER
		543	Tan, Benjamin	71	M 70	Muntinlupa Masters Athletic Team	25:49.0		BRONZE

101 5:30am 5000m

M65

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		511	Banares, Rudy	66	M 65	JD Training Performance Bulacan Masters	22:05.1.16		GOLD
		518	Escaño, Virgilio	65	M 65	Baguio Seniors Athletics Team	24:33.0.97		SILVER
		513	Bernabe, Felix	67	M 65	Baguio Seniors Athletics Team	24:33.0.99		BRONZE
		523	Mangadlao, Rafael	65	M 65	Team Daniela	24:33.1.03		
		505	Abiera, Ramon	66	M 65	Macrunners	24:50.1.09		
		510	Asaga, Mansanari	67	M 65	Team Daniela	24:51.1.07		
		507	Agraan, Godofredo	65	M 65	JD Training Performance Bulacan Masters	26:22.2.16		
		531	Torres, Gregorio	67	M 65	Unattached	27:56.5.43		
		524	Narciso Jr, Alipio	69	M 65	JD Training Performance Bulacan Masters	DNF		

101 5:30am 5000m

M60

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		550	Perez, Geoffrey C.	62	M 60	Baguio Seniors Athletics Team	20:16.12		GOLD
		462	Adenig, Rogelio	62	M 60	Unattached	20:19.10		SILVER
		486	Huevos, Rey	60	M 60	JD Training Performance Bulacan Masters	20:50.54		BRONZE
		467	Bantang, Gerry	61	M 60	Team Daniela	21:19.09		
		481	Eusebio, Jose	64	M 60	Team Hukbong Kabitenyo	21:45.67		
		471	Barsaga, Ely	63	M 60	JD Training Performance Bulacan Masters	22:38.05		
		490	Laguinlin, Rolando	60	M 60	First Sports-Northern Philippines Athletics	22:49.1		
		479	Ducay, Sonny	61	M 60	Unattached	23:39.65		
		470	Barolo, Rafael	60	M 60	Running Team Calabarzon	24:33.13		
		484	Gitacay, Felicito	62	M 60	Unattached	25:21.94		
		488	Jereza, Manuel Noli	60	M 60	Macrunners	25:35.33		
		473	Cabral, Alfredo	60	M 60	JD Training Performance Bulacan Masters	25:35.33		
		474	Cachola, Dante Nathaniel	63	M 60	De La Salle Alumni Athletics	DNS		

102 6:00am 5000m

M55

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		425	Barcelo, Neri	57	M 55	Team Daniela	19:26.50		GOLD
		457	Sugalan, Efren	59	M 55	JD Training Performance Bulacan Masters	20:46.07		SILVER
		421	Abay-Abay, Rey Ignatius	56	M 55	Unattached	22:47.26		BRONZE
		446	Natano, Melbert	58	M 55	Unattached	22:48.31		
		441	Linang, Roberto	57	M 55	Team Daniela	23:53.07		
		434	Gadapan, Rodelio	55	M 55	Unattached	24:04.85		
		435	Gallaza Jr., Arsenio	57	M 55	Unattached	25:20.86		
		444	Moreno, Ronilo	58	M 55	JD Training Performance Bulacan Masters	31:31.33		
		558	Cruz, Ramil		M 55	PSC-POC Media	39:27.73		

102	6:00am	5000m	M50				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		396	Engbino, Desederio	54	M 50	Spectrum Runners	18:54.70		GOLD
		408	Quiogue, Victor	52	M 50	Team Hukbong Kabitenyo	23:22.3		SILVER
		411	Raza, Asad	50	M 50	Unattached	19:27.72		BRONZE
		406	Pagulayan, Marlo	52	M 50	First Sports-Northern Philippines Athletics	20:33.08		
		397	Epong, Allan	50	M 50	JD Training Performance Bulacan Masters	21:23.33		
		409	Ragas, Aldwin	51	M 50	Philippine Air Force	21:51.57		
		391	Balbin, Leoncio Jr.	51	M 50	Unattached	22:43.40		
		390	Arriola, Ariel	54	M 50	Unattached	24:34.68		
		405	Nona, Allan	53	M 50	Dasmariñas City Joggers & Runners Club	25:52.69		
		417	Tumpang, Pio	51	M 50	JD Training Performance Bulacan Masters	DNF		
		404	Manguerra, Cris Pulo	51	M 50	Lion City Athletics Club Inc.	DNF		
		412	Reyes, Juan Apolinario	54	M 50	Unattached	DNS		

103 8:00AM Long Jump			M 35				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		293	Tamayo, Yourke	38	M 35	Philippine Air Force	5.80m		GOLD
		259	Chaneco, Henry	37	M 35	Philippine Air Force	5.55m		SILVER
		559	Marayag, Benigno		M 35	First Sports-Northern Philippines Athletics	DNS		

103	8:00AM	Long Jump			M 30		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		225	Endaya, Mark Anthony	31	M 30	Unattached	6.08m		GOLD
		215	Capinpin, Joseph	32	M 30	Ateneo Lightning Loyola	5.87m		SILVER
		227	Flores, Norman	34	M 30	Police	5.63m		BRONZE
		245	Sajuela, Cresol	32	M 30	Unattached	5.40m		
		250	Valdecañas, Adel	31	M 30	De La Salle Alumni Athletics	5.13m		
		252	Velasco, Ivan	34	M 30	Police	4.50m		
		213	Cabradilla Jr. Domingo	33	M 30	Dasmariñas City Joggers & Runners Club	DNS		

104 6:30am JAVELIN THROW (600g)			W40				FINAL		
Lane	R/H	B/B	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		142	Rima, Leda	42	W 40	Team Hukbong Kabitenyo	9.40m		GOLD
		141	Ong, Sheliaelyn	40	W 40	Philippine Air Force	DNS		

104 6:30am JAVELIN THROW (600g)			W45				FINAL		
Lane	R/H	B/B	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		156	Gammad, Maricar	49	W 45	First Sports-Northern Philippines Athletics	13.97m		GOLD

104 6:30am JAVELIN THROW (600g)			W35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		123	Gammag, Maricris	39	W 35	Police	24.57m		GOLD
		117	Bulan, Maricel	38	W 35	First Sports-Northern Philippines Athletics	20.53m		SILVER
		125	Gounder, Privadarshini Perumal	37	W 35	Unattached	DNS		

104 6:30am JAVELIN THROW (600g)			W30			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		113	Udaundo, Jahnzel	33	W 30	Police	16.68m		GOLD
		102	Alfonso, Donna Jane	30	W 30	Philippine Air Force	6.44m		SILVER

105	6:30am	5000m			M45		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		382	Torred, Demetrio Jr.	49	M 45	Spectrum Runners	18:09.32		GOLD
		353	Daga-As, Jojie	47	M 45	Team Hukbong Kabitenyo	18:51.11		SILVER
		361	Fortes, Eddie	46	M 45	Elyu Eagle Masters Athletics Team	19:25.88		BRONZE
		366	Magalona, Gerald	45	M 45	Philippine Air Force	20:53.81		
		345	Bansel Jr., Eduardo	46	M 45	Lion City Athletics Club Inc.	21:31.60		
		354	Dalawis, Bienvenido	49	M 45	Lion City Athletics Club Inc.	21:50.93		
		359	Estrada, Marco	47	M 45	Lion City Athletics Club Inc.	27:53.75		
		355	Dela Cruz, Arnold	46	M 45	JD Training Performance Bulacan Masters	DNS		
		360	Fabros, Noel	48	M 45	First Sports-Northern Philippines Athletics	DNS		
		384	Velasco, Rodolfo. Jr.	45	M 45	First Sports-Northern Philippines Athletics	DNS		

105 6:30am 5000m

M40

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		322	Madrid Jr., Ruddy	40	M 40	Unattached	18:24.21		GOLD
		321	Lopez, Rene Boy	43	M 40	First Sports-Northern Philippines Athletics	19:39.82		SILVER
		324	Milan, Rone	40	M 40	Team Hukbong Kabitenyo	20:12.32		BRONZE
		327	Papiona, Efren	44	M 40	Lion City Athletics Club Inc.	20:27.75		
		320	Lasibal Jr., Angelito	42	M 40	JD Training Performance Bulacan Masters	20:55.53		
		384	Velasco, Rodolfo, Jr.	45	M 45	First Sports-Northern Philippines Athletics	22:40.57		
		333	Tarcina, Reynante	40	M 40	Lion City Athletics Club Inc.	26:17.65		
		328	Recodo, Raul	43	M 40	Dasmariñas City Joggers & Runners Club	29:19.28		
		311	De Los Reyes, Ronald	42	M 40	Ateneo Lightning Loyola	DNS		

106 7:00am 5000m

M35

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		287	Olivan, Greco	35	M 35	Muntinlupa Masters Athletic Team	17:26.1		GOLD
		298	Viray, Leonardo Jr.	36	M 35	Philippine Air Force	19:09.7		SILVER
		258	Carreon, John Louie	35	M 35	Macrunners	21:14.1		BRONZE
		262	Dalma, Michael	38	M 35	Philippine Air Force	23:23.4		
		281	Luzande, Dan Jayson	39	M 35	Macrunners	24:10.0		
		279	Laurente, Dondon	36	M 35	Macrunners	26:10.3		
		294	Tan, Kevin Neil	36	M 35	Unattached	DNS		
		265	Dugos, Lito	38	M 35	Police	DNS		
		270	Gacad, Darwin	36	M 35	City Of San Fernando La Union Athletics Masters	DNS		

106 7:00am 5000m

M30

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		233	Jamco, Jose Jun	33	M 30	Macrunners	20:13.1		GOLD
		232	Imperial, Jestoni	30	M 30	Lion City Athletics Club Inc.	23:09.9		SILVER
		211	Bagamasbad, Randell	31	M 30	Running Team Calabarzon	23:37.9		BRONZE
		218	Changcoco, Miguel Jesus	34	M 30	Lion City Athletics Club Inc.	25:03.2		

107 8:00AM Long Jump

M 45

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		386	Yu, Charlie	47	M 45	Police	4.86m		GOLD
		379	Robles, Emmanuel	47	M 45	JD Training Performance Bulacan Masters	4.64m		SILVER
		377	Repil, Ricky	48	M 45	Police	4.64m		BRONZE
		356	Eguia II, Rodolfo	48	M 45	San Sebastian College Alumni Athletics	4.20m		
		375	Ranillo, Alexander	48	M 45	First Sports-Northern Philippines Athletics	4.11m		
		344	Bagano, Danny	47	M 45	Elyu Eagle Masters Athletics Team	DNS		
		358	Esquirdo, Melquaides	49	M 45	Police	DNS		

107 7:15am LONG JUMP

M40

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		303	Basco, Allan	42	M 40	JD Training Performance Bulacan Masters	5.46m		GOLD
		301	Banatao, Aaron Jayxen	41	M 40	Police	4.74m		SILVER
		308	Crisostomo, Glyn	44	M 40	Unattached	4.04m		BRONZE
		300	Balut Jr, Fernando	40	M 40	First Sports-Northern Philippines Athletics	DNS		
		553	Nicolas, Moises P.	42	M 40	Unattached	DNS		

108 7:15am JAVELIN THROW (600g)

M65

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		534	Villa, Juan	67	M 65	De La Salle Alumni Athletics	28.34m		GOLD
		525	Noro, Yukihiko	65	M 65	Unattached	27.19m		SILVER
		520	Flores, Ira	68	M 65	De La Salle Alumni Athletics	25.69m		BRONZE
		530	Torres, Adel	65	M 65	Unattached	16.42m		

108 7:15am Javelin Throw (600g)

M60

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		492	Loi, Riccardo	64	M 60	Unattached	34.11m		GOLD
		498	Obiena, Emerson	60	M 60	Unattached	33.28m		SILVER
		487	Ibrahim, Mustafa	63	M 60	Unattached	24.59m		BRONZE
		476	Caterciano, Emiliano	61	M 60	Lion City Athletics Club Inc.	22.23m		
		502	Tolentino, Arnel	60	M 60	Philippine Air Force	21.83m		

109 7:15am JAVELIN THROW (500g)			M70			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		544	Villarta, Cornilio	72	M 70	Team Daniela	DNS		

110 7:15am JAVELIN THROW (500g)			M80+			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
			NO ENTRY						

111 7:30am 5000m			W75			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		205	Ogsimer, Rosalinda	77	W 75	Team Daniela	34:18.32		GOLD

111 7:30am 5000m			W70			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
			NO ENTRY						

112 7:30am 5000m			W65			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		200	Alberto, Rosario	66	W 65	Baguio Seniors Athletics Team	30:39.14		GOLD

113 7:30am 5000m			W60			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		195	Doneza, Marlene	62	W 60	Running Team Calabarzon	32:44.51		GOLD
		196	Ilagan, Carolyn	63	W 60	Dasmariñas City Joggers & Runners Club	34:39.42		SILVER

114 7:30am 5000m			W55			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		190	Nicolas, Evelyn	57	W 55	Running Team Calabarzon	27:54.29		GOLD
		191	Obmina-Muaña, Ma. Carmencita	59	W 55	De La Salle Alumni Athletics	31:21.16		SILVER
		557	Miano-Ang, Nympha		W 55	PSC-POC Media	35:11.56		BRONZE
		189	Murillo, Cecilia	57	W 55	Dasmariñas City Joggers & Runners Club	35:13.12		
		182	Agbada, Marites	55	W 55	Running Team Calabarzon	38:40.38		
		186	Hitalia, Celma	59	W 55	Muntinlupa Masters Athletic Team	DNS		

115 7:30am 5000m			W50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		169	Alan, Vidi	52	W 50	Unattached	25:31.38		GOLD
		179	Vinuya, Catherine	52	W 50	P.O.S.F (Pilipinas Obstacle Sports Federation)	27:17.51		SILVER
		178	Sison, Rhina	53	W 50	Philippine Air Force	28:26.08		BRONZE

116 7:30am 5000m			W45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		160	Martes, Christabel	45	W 45	Baguio Seniors Athletics Team	21:22.60		GOLD
		164	Reyes, Imelda	48	W 45	Police	30:20.48		SILVER
		151	Bassig, Haydee	47	W 45	Philippine Air Force	31:29.97		BRONZE
		157	Gutierrez, Jackie	49	W 45	Unattached	32:07.58		
		167	Tan, Monserratt	48	W 45	P.O.S.F (Pilipinas Obstacle Sports Federation)	DNF		

116 7:30am 5000m			W40			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		115	Barcena, Nhea Ann	42	W 40	Philippine Air Force	20:27.73		GOLD
		149	Vergara, Gregoria	42	W 40	First Sports-Northern Philippines Athletics	26:19.94		SILVER
		134	Belmonte, Jennifer	43	W 40	Philippine Air Force	28:05.81		BRONZE
		137	Manguerra, Mary Grace	44	W 40	Lion City Athletics Club Inc.	30:41.55		

116 7:30am 5000m			W35				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		128	Magalona, Lorely	39	W 35	Philippine Air Force	22:51.69		GOLD
		118	Carpio, Louella Patricia	39	W 35	P.O.S.F (Pilipinas Obstacle Sports Federation)	24:01.33		SILVER
		120	Corpuz, Mary Grace	37	W 35	Dasmariñas City Joggers & Runners Club	25:25.86		BRONZE
		126	Gutang, Silamie	39	W 35	P.O.S.F (Pilipinas Obstacle Sports Federation)	DNS		
		127	Lachica, Erica	35	W 35	P.O.S.F (Pilipinas Obstacle Sports Federation)	DNS		

116 7:30am 5000m			W30				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		101	Adaoag, Lany	33	W 30	Spectrum Runners	21:55.22		GOLD
		107	Dario, Ligaya	33	W 30	Police	24:55.46		SILVER
		104	Amante, Claire	34	W 30	Running Team Calabarzon	DNS		
		109	Malazzab, Reina	31	W 30	Unattached	DNS		

117 8:00am LONG JUMP			M70				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		541	Reyes, Elmer	72	M 70	Philippine Air Force	2.50m	+0.1	GOLD

117 8:00am LONG JUMP			M65			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		521	Lobos, Arnel	68	M 65	Muntinlupa Masters Athletic Team	4.04m	-0.2	GOLD
		533	Ucab, Jaime	66	M 65	Unattached	3.92m	+0.9	SILVER
		522	Lozano, Eduardo	67	M 65	Dasmariñas City Joggers & Runners Club	2.97m	-0.3	BRONZE
		515	Carpena, Cesar	65	M 65	De La Salle Alumni Athletics	2.79m	+0.6	

117	8:00am	LONG JUMP			M60		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		497	Murai, Koji	64	M 60	Macrunners	4.23m	-0.7	GOLD
		466	Balcita, Guillermo William Jr.	61	M 60	City Of San Fernando La Union Athletics Masters	4.11m	+0.2	SILVER
		487	Ibrahim, Mustafa	63	M 60	Unattached	3.80m	-0.2	BRONZE
		491	Lazo, Gerald	62	M 60	De La Salle Alumni Athletics	3.32m	+0.1	
		501	Septimo, Emmanuel	64	M 60	Philippine Air Force	3.20m	-0.1	
		554	Banzon, Raul	60	M 60	Ateneo Lightning Loyola	DNS		

117	8:00am	LONG JUMP			M55		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		442	Marce, Ariel	58	M 55	Lion City Athletics Club Inc.	3.77m	+0.4	GOLD
		551	Academia, Trece	55	M 55	Philippine Air Force	3.67m	+0.3	SILVER
		455	Sabuco, Enrique	56	M 55	Unattached	3.39m	-0.1	BRONZE
		443	Medrano, Danny	58	M 55	Dasmariñas City Joggers & Runners Club	3.21m	+0.4	
		430	Chan, Jocson	57	M 55	De La Salle Alumni Athletics	DNS		
		432	Diman, Maulani Diman	58	M 55	Unattached	DNS		
		436	Gopinathan, Gopakumar	56	M 55	Unattached	DNS		

117 8:00am LONG JUMP			M50				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		395	Encinares, Diomenes	51	M 50	Unattached	5.15m	-0.5	GOLD
		414	Suguitan, Jose Enrico Ricky	52	M 50	P.O.S.F (Pilipinas Obstacle Sports Federation)	3.50m	+0.3	SILVER

118 8:00am JAVELIN THROW (500g)			W70				FINAL		
Lane	R/H	B/B	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		203	Lavandia, Erlinda	72	W 70	City Of Baguio	21.66m		GOLD

118 8:00am JAVELIN THROW (500g)			W65				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		201	Rosale, Emelie	67	W 65	Muntinlupa Masters Athletic Team	17.59m		GOLD

118 8:00am JAVELIN THROW (500g)			W60				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		198	Pellosis, Francia	60	W 60	JD Training Performance Bulacan Masters	12.76m		GOLD

118 8:00am JAVELIN THROW (500g)**W55****FINAL**

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		184	Chapman, Jill	55	W 55	Unattached	16.76m		GOLD
		193	Staples, Judith	55	W 55	Unattached	DNS		

118 8:00am JAVELIN THROW (500g)**W50****FINAL**

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		170	Claravall, Drolly	54	W 50	Unattached	14.61m		GOLD
		174	Navarro, Elenita	50	W 50	First Sports-Northern Philippines Athletics	DNS		

119 8:00am JAVELIN THROW (400g)**W75****FINAL**

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		206	Wakefield, Editha	79	W 75	Muntinlupa Masters Athletic Team	8.10m		GOLD

120 8:15am 100M**M30****FINAL**

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		225	Endaya, Mark Anthony	31	M 30	Unattached	11.50		GOLD
		208	Andresio, Alvin Lloyd	30	M 30	Philippine Air Force	11.81		SILVER
		251	Valdenarro, Alvin	30	M 30	Police	12.24		BRONZE
		248	Uichico, Timothy	31	M 30	De La Salle Alumni Athletics	13.02		
		245	Sajuela, Cresol	32	M 30	Unattached	13.17		
		238	Movilla, Jonathan	31	M 30	JD Training Performance Bulacan Masters	13.36		
		252	Velasco, Ivan	34	M 30	Police	13.87		
		219	Chu, Norberto Chert	34	M 30	Ateneo Lightning Loyola	14.39		
		243	Ramirez, Richie John	33	M 30	Unattached	14.85		
		246	Soriano, Gabriel	30	M 30	University of the Philippines	DNS		
		213	Cabradilla Jr, Domingo	33	M 30	Dasmariñas City Joggers & Runners Club	DNS		
		215	Capinpin, Joseph	32	M 30	Ateneo Lightning Loyola	DNS		
		234	Lizardo, Raymond	30	M 30	Police	DNS		
		236	Manalang, John Jerome	32	M 30	JD Training Performance Bulacan Masters	DNS		

121 8:15am 100M**M35****FINAL**

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		293	Tamayo, Yourke	38	M 35	Philippine Air Force	11.88		GOLD
		254	Alfonso, John Michael	36	M 35	JD Training Performance Bulacan Masters	12.37		SILVER
		280	Lim, Ferdinand	39	M 35	Philippine Air Force	12.39		BRONZE
		276	Haresco, James	39	M 35	Lion City Athletics Club Inc.	12.51		
		259	Chaneco, Henry	37	M 35	Philippine Air Force	12.67		
		278	Javier, Blas	39	M 35	JD Training Performance Bulacan Masters	13.22		
		286	Nipahoy, Jimson	37	M 35	First Sports-Northern Philippines Athletics	13.81		
		289	Pojas, Alfred	39	M 35	JD Training Performance Bulacan Masters	14.16		
		275	Guiquing, Jessie	36	M 35	First Sports-Northern Philippines Athletics	14.85		
		295	Teh, Romnick	35	M 35	Unattached	DNS		
		297	Ucag, Eddie Boy	35	M 35	JD Training Performance Bulacan Masters	DNS		

122 8:15am 100M**M40****FINAL**

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		314	Dino, Arman	40	M 40	Philippine Air Force	11.92		GOLD
		301	Banatao, Aaron Jayxen	41	M 40	Police	12.38		SILVER
		302	Bandalan, Aric	40	M 40	Unattached	12.82		BRONZE
		303	Basco, Allan	42	M 40	JD Training Performance Bulacan Masters	12.97		
		244	Rivera, Joel	43	M 40	First Sports-Northern Philippines Athletics	13.09		
		299	Arca, Garry	40	M 40	JD Training Performance Bulacan Masters	13.15		
		337	Zamora, Felipe Jose Iii	43	M 40	Unattached	13.75		
		323	Mendoza, Nino	44	M 40	Ateneo Lightning Loyola	13.82		
		308	Crisostomo, Glyn	44	M 40	Unattached	24.18		
		553	Nicolas, Moises P.	42	M 40	Unattached	DNS		
		335	Urayenza, Bryan	43	M 40	Police	DNS		

123	8:15am	100M			M45		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		386	Yu, Charlie	47	M 45	Police	13.11		GOLD
		379	Robles, Emmanuel	47	M 45	JD Training Performance Bulacan Masters	13.49		SILVER
		385	Victoriano, Michael	48	M 45	San Sebastian College Alumni Athletics	13.66		BRONZE
		370	Moral, Nathaniel	46	M 45	Police	13.78		
		356	Eguia II, Rodolfo	48	M 45	San Sebastian College Alumni Athletics	14.24		
		375	Ranillo, Alexander	48	M 45	First Sports-Northern Philippines Athletics	14.53		
		363	Gacula, Jeefer	47	M 45	Team Daniela	14.55		
		369	Mendiola, Zherwin	46	M 45	Police	DNS		
		365	Lampa, Rolando	49	M 45	Team Daniela	DNS		
		341	Arboleda, Lino	46	M 45	University of the Philippines	DNS		
		371	Oberez, Jordan	45	M 45	Philippine Air Force	DNS		
		376	Relucio, Anthonel	47	M 45	Team Daniela	DNS		
		379	Robles, Emmanuel	47	M 45	JD Training Performance Bulacan Masters	DNS		

124	8:15am	100M			M50		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		403	Magcawas, Randy	50	M 50	Philippine Air Force	13.41		GOLD
		388	Apal, Rico	53	M 50	Police	14.07		SILVER
		409	Ragas, Aldwin	51	M 50	Philippine Air Force	14.18		BRONZE
		399	Go, Albert	52	M 50	Team Daniela	14.20		
		400	Lagustan, Edmund	51	M 50	Lion City Athletics Club Inc.	14.45		
		405	Nona, Allan	53	M 50	Dasmariñas City Joggers & Runners Club	14.92		
		410	Raymundo, Macrino	50	M 50	First Sports-Northern Philippines Athletics	15.10		
		414	Suguitan, Jose Enrico Ricky	52	M 50	P.O.S.F (Pilipinas Obstacle Sports Federation)	15.32		
		413	Sakai, Hironobu	50	M 50	Unattached	DNS		
		394	Empiedad, Oscar Jr.	53	M 50	Unattached	DNS		
		419	Wong, Martin	53	M 50	Unattached	DNS		

125 8:15am 100M			M55			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		452	Radaza, Eddie	55	M 55	Unattached	13.59		GOLD
		430	Chan, Jocson	57	M 55	De La Salle Alumni Athletics	14.29		SILVER
		422	Aguila, Virgilio	55	M 55	Police	14.49		BRONZE
		551	Academia, Trece	55	M 55	Philippine Air Force	14.70		
		424	Alcantara, Ronald	59	M 55	P.O.S.F (Pilipinas Obstacle Sports Federation)	15.36		
		437	Isidro, Marlon	58	M 55	First Sports-Northern Philippines Athletics	15.88		
		447	Nebrida, Joseph	58	M 55	De La Salle Alumni Athletics	20.63		
	1	432	Diman, Maulani Diman	58	M 55	Unattached	DNS		

126	8:15am	100M			M60		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		485	Gordon, Colin	64	M 60	Spirit Runners	14.27		GOLD
		495	Maclang, Juanchito	60	M 60	JD Training Performance Bulacan Masters	14.69		SILVER
		472	Bayaban, Julio	63	M 60	Muntinlupa Masters Athletic Team	14.81		BRONZE
		466	Balcita, Guillermo William Jr.	61	M 60	City Of San Fernando La Union Athletics Masters	14.97		
		478	Da Silva, Roberto Jose	62	M 60	De La Salle Alumni Athletics	15.01		
		501	Septimo, Emmanuel	64	M 60	Philippine Air Force	15.61		
		487	Ibrahim, Mustafa	63	M 60	Unattached	16.27		
		475	Cardano, Edmundo Jose	62	M 60	Philippine Air Force	22.84		
		500	Salonga, Victor	63	M 60	JD Training Performance Bulacan Masters	22.85		
		504	Viason Jr, Romeo	64	M 60	Team Daniela	22.86		
		464	Amador, Anthony Vincent	62	M 60	De La Salle Alumni Athletics	DNS		
		474	Cachola, Dante Nathaniel	63	M 60	De La Salle Alumni Athletics	DNS		
		492	Loi, Riccardo	64	M 60	Unattached	DNS		
		494	Lumanlan, Raulito	62	M 60	De La Salle Alumni Athletics	DNS		

127	8:15am	100M			M65		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		521	Lobos, Arnel	68	M 65	Muntinlupa Masters Athletic Team	14.74		GOLD
		533	Ucab, Jaime	66	M 65	Unattached	14.92		SILVER
		514	Birse, David	65	M 65	Unattached	17.04		BRONZE
		517	Dichoso, Renato	68	M 65	Unattached	17.29		
		515	Carpena, Cesar	65	M 65	De La Salle Alumni Athletics	18.48		
		528	Reyes, Frank	65	M 65	De La Salle Alumni Athletics	22.28		

128 8:15am 100M			M70, M75			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		537	Muloc, Usman	71	M 70	Unattached	16.60		GOLD
		542	Suarez, Willy	74	M 70	Unattached	18.90		SILVER
		540	Relucio, Antonio	70	M 70	Unattached	22.14		BRONZE

128 8:15am 100M			M70, M75			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		546	Balaba, Brigilio	78	M 75	City Of Baguio	16.60		GOLD

129 8:45am LONG JUMP			W65			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		201	Rosale, Emelie	67	W 65	Muntinlupa Masters Athletic Team	2.61m		GOLD

129 8:45am LONG JUMP			W55			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		187	Lobos, Perla	59	W 55	Muntinlupa Masters Athletic Team	2.40m		GOLD

129 8:45am LONG JUMP			W50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		176	Punelas, Elenita	54	W 50	Team Daniela	3.65m		GOLD

129 8:45am LONG JUMP			W45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		168	Zinampan, Brenda	46	W 45	First Sports-Northern Philippines Athletics	4.50m		GOLD
		156	Gammad, Maricar	49	W 45	First Sports-Northern Philippines Athletics	3.81m		SILVER
		152	Buncad, Rachelle	48	W 45	First Sports-Northern Philippines Athletics	2.15m		BRONZE
		163	Relizan, Michelle	49	W 45	Elyu Eagle Masters Athletics Team	DNS		
		162	Panalangin, Grace	48	W 45	Running Team Calabarzon	DNS		

129 8:45am LONG JUMP			W40			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		138	Marcos, Revelyn	42	W 40	First Sports-Northern Philippines Athletics	3.40m		GOLD
		135	Evangelista, Josephine	43	W 40	First Sports-Northern Philippines Athletics	2.80m		SILVER

129 8:45am LONG JUMP			W35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		124	Gesmundo, Joanne Michelle	37	W 35	JD Training Performance Bulacan Masters	3.44m		GOLD
		117	Bulan, Maricel	38	W 35	First Sports-Northern Philippines Athletics	3.06m		SILVER

129 8:45am LONG JUMP			W30			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		113	Udaundo, Jahnzel	33	W 30	Police	4.17m		GOLD
		105	Balacano, Yrna	30	W 30	Police	3.90m		SILVER
		112	Tahil, Hannika	30	W 30	Philippine Air Force	3.37m		BRONZE

130 8:45am JAVELIN THROW (800g)			M45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		362	Fresnido, Roberto	46	M 45	Philippine Air Force	44.00m		GOLD
		386	Yu, Charlie	47	M 45	Police	38.57m		SILVER
		387	Aoay, Ramil	51	M 50	City Of San Fernando La Union Athletics Masters	38.04m		BRONZE
		380	Sarte, Jealvies	46	M 45	P.O.S.F (Pilipinas Obstacle Sports Federation)	37.26m		
		383	Tumaliuan, Joel	46	M 45	First Sports-Northern Philippines Athletics	34.69m		
		347	Barnachea Jr, Joselito	46	M 45	San Sebastian College Alumni Athletics	20.32m		
		379	Robles, Emmanuel	47	M 45	JD Training Performance Bulacan Masters	DNS		
		351	Chee, Antonio Jr.	49	M 45	Elyu Eagle Masters Athletics Team	DNS		

130	8:45am	JAVELIN THROW (800g)			M40		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		318	Gregorio, John Alexander	42	M 40	Ateneo Lightning Loyola	36.68m		GOLD
		300	Balut Jr, Fernando	40	M 40	First Sports-Northern Philippines Athletics	36.48m		SILVER
		309	Dael, Marc	41	M 40	JD Training Performance Bulacan Masters	32.75m		BRONZE
		555	Lim, Emilio	40	M 40	Ateneo Lightning Loyola	32.69m		
		326	Pangue, Ariel	44	M 40	Team Hukbong Kabitenyo	25.61m		
		305	Caballero, Lyndon	42	M 40	P.O.S.F (Pilipinas Obstacle Sports Federation)	24.09m		
		307	Chaudhary, Rajat	43	M 40	Unattached	19.74m		
		332	Singh, Gurdip	44	M 40	Unattached	DNS		

130	8:45am	JAVELIN THROW (800g)				M35	FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		291	Santos, Dario	39	M 35	First Sports-Northern Philippines Athletics	37.86m		GOLD
		272	Golimlim, Darryl	37	M 35	Team Hukbong Kabitenyo	33.05m		SILVER
		260	Constantino, Christopher	39	M 35	Ateneo Lightning Loyola	18.94m		BRONZE

130 8:45am JAVELIN THROW (800g)			M30				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		228	Francisco, Robert	31	M 30	Police	46.47m		GOLD
		220	De Guzman, Rodolfo	32	M 30	Elyu Eagle Masters Athletics Team	39.82m		SILVER
		231	Hey, John Christopher	32	M 30	Ateneo Lightning Loyola	39.70m		BRONZE
		214	Camba, Cristituto	33	M 30	Muntinlupa Masters Athletic Team	35.22m		

131 9:00am 100m			W30				FINAL		
Lane	R/H	B/B	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
			NO ENTRY						

132 9:00am 100m			W35				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		133	Tejares, Milky Mae	38	W 35	P.O.S.F (Pilipinas Obstacle Sports Federation)	14.78		GOLD
		128	Magalona, Lorely	39	W 35	Philippine Air Force	15.22		SILVER
		132	Sonido, Aiza	36	W 35	JD Training Performance Bulacan Masters	15.84		BRONZE
		124	Gesmundo, Joanne Michelle	37	W 35	JD Training Performance Bulacan Masters	16.14		

133	9:00am	100m	W40				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		144	Salaysay, Honey Joy	40	W 40	JD Training Performance Bulacan Masters	14.23		GOLD
		138	Marcos, Revelyn	42	W 40	First Sports-Northern Philippines Athletics	15.72		SILVER
		140	Milan, Katherine	43	W 40	Team Hukbong Kabitenyo	16.66		BRONZE
		146	Salga, Angela	41	W 40	Unattached	20.36		
		141	Ong, Shelielyn	40	W 40	Philippine Air Force	DNS		

134 9:00am 100m			W45				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		168	Zinampan, Brenda	46	W 45	First Sports-Northern Philippines Athletics	13.82		GOLD
		158	Hernandez, Merlie	49	W 45	First Sports-Northern Philippines Athletics	18.16		SILVER
		152	Buncad, Rachelle	48	W 45	First Sports-Northern Philippines Athletics	22.37		BRONZE
		155	Ferrera, Christine	49	W 45	Unattached	DNS		

135 9:00am 100m			W50				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		548	Avengoza, Maria Cecilia	54	W 50	P.O.S.F (Pilipinas Obstacle Sports Federation)	17.11		GOLD
		622	Cailles - Alvarez, Emilia	52	W 50	Unattached	25.73		SILVER
		174	Navarro, Elenita	50	W 50	First Sports-Northern Philippines Athletics	DNS		

136 9:00am 100m			W55				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		187	Lobos, Perla	59	W 55	Muntinlupa Masters Athletic Team	16.39		GOLD
		183	Andaya, Elaine	55	W 55	De La Salle Alumni Athletics	17.65		SILVER
		190	Nicolas, Evelyn	57	W 55	Running Team Calabarzon	18.36		BRONZE

137	9:00am	100m	W60				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		194	Bayaban, Salve	61	W 60	Muntinlupa Masters Athletic Team	16.00		GOLD
		199	Vejano, Lorna	64	W 60	Philippine Air Force	19.28		SILVER
		197	Olivo, Celerina	63	W 60	Dasmariñas City Joggers & Runners Club	21.63		BRONZE

138 9:00am 100m			W65			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		201	Rosale, Emelie	67	W 65	Muntinlupa Masters Athletic Team	20.99		GOLD
		202	Veloya, Adie	65	W 65	Dasmariñas City Joggers & Runners Club	21.44		SILVER

139 9:00am 100m			W75			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		205	Ogsimer, Rosalinda	77	W 75	Team Daniela	30.17		GOLD

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140 3:30pm HIGH JUMP			W30			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		111	Que-Aguilar, Precious	32	W 30	P.O.S.F (Pilipinas Obstacle Sports Federation)	1.40m		GOLD

140 3:30pm HIGH JUMP			W45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		168	Zinampan, Brenda	46	W 45	First Sports-Northern Philippines Athletics	1.20m		GOLD
		156	Gammad, Maricar	49	W 45	First Sports-Northern Philippines Athletics	1.10m		SILVER

140 3:30pm HIGH JUMP			W50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		548	Avengoza, Maria Cecilia	54	W 50	P.O.S.F (Pilipinas Obstacle Sports Federation)	NM		

140 3:30pm HIGH JUMP			W55			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		184	Chapman, Jill	55	W 55	Unattached	1.00m		GOLD

141 3:30pm SHOT PUT (6kg)			M55			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		436	Gopinathan, Gopakumar	56	M 55	Unattached	9.08m		GOLD
		439	Koda, Toshihide Isaphil	55	M 55	Unattached	8.63m		SILVER
		453	Ronquillo, Bryan	58	M 55	Elyu Eagle Masters Athletics Team	8.08m		BRONZE
		438	Kobayashi, Hiroyuki	56	M 55	Unattached	7.85m		
		437	Isidro, Marlon	58	M 55	First Sports-Northern Philippines Athletics	7.00m		
		447	Nebrida, Joseph	58	M 55	De La Salle Alumni Athletics	6.6m		
		432	Diman, Maulani Diman	58	M 55	Unattached	DNS		

141 3:30pm SHOT PUT (6kg)			M50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		416	Tejima, Junichi	52	M 50	Unattached	7.02m		GOLD
		415	Tan, Jayson	53	M 50	P.O.S.F (Pilipinas Obstacle Sports Federation)	6.87m		SILVER
		414	Suguitan, Jose Enrico Ricky	52	M 50	P.O.S.F (Pilipinas Obstacle Sports Federation)	6.28m		BRONZE
		420	Yamasato, Masayuki	54	M 50	Unattached	6.01m		

142 3:30pm SHOT PUT (5kg)			M65			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		534	Villa, Juan	67	M 65	De La Salle Alumni Athletics	9.23m		GOLD
		525	Noro, Yukihiko	65	M 65	Unattached	7.89m		SILVER
		530	Torres, Adel	65	M 65	Unattached	5.95m		BRONZE
		528	Reyes, Frank	65	M 65	De La Salle Alumni Athletics	DNS		

142 3:30pm SHOT PUT (5kg)			M60			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		498	Obiena, Emerson	60	M 60	Unattached	9.67m		GOLD
		475	Cardano, Edmundo Jose	62	M 60	Philippine Air Force	7.93m		SILVER

143 3:30pm SHOT PUT (4kg)			M70+			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
			NO ENTRY						

144 3:30pm SHOT PUT (3kg)			M80+			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
			NO ENTRY						

145 3:30pm 400m HURDLES (0.914m)
M30

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		207	Alfonso, Zoren	34	M 30	Philippine Air Force			DQ

145 3:30pm 400m HURDLES (0.914m)
M35

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		292	Silloco, Mark Philipp	35	M 35	Lion City Athletics Club Inc.	1:01.98		GOLD
		293	Tamayo, Yourke	38	M 35	Philippine Air Force	1:06.81		SILVER
		277	Hernandez, Ronnel	37	M 35	Philippine Air Force	1:18.21		BRONZE
		267	Eugenio, Ericson	39	M 35	First Sports-Northern Philippines Athletics	1:22.54		

145 3:30pm 400m HURDLES (0.914m)
M40

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		244	Rivera, Joel	43	M 40	First Sports-Northern Philippines Athletics	1:14.22		GOLD
		304	Buasen, Horace	43	M 40	First Sports-Northern Philippines Athletics	1:17.19		SILVER
		321	Lopez, Rene Boy	43	M 40	First Sports-Northern Philippines Athletics	1:17.27		BRONZE

145 3:30pm 400m HURDLES (0.914m)
M45

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		383	Tumalian, Joel	46	M 45	First Sports-Northern Philippines Athletics	1:16.80		GOLD

146 3:40pm 400m HURDLES (0.840m)
M50

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		387	Aoay, Ramil	51	M 50	City Of San Fernando La Union Athletics Masters	1:19.64		GOLD
		414	Suguitan, Jose Enrico Ricky	52	M 50	P.O.S.F (Pilipinas Obstacle Sports Federation)	1:39.94		SILVER

146 3:40pm 400m HURDLES (0.840m)
M55
FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
			NO ENTRY						

147 3:50pm 400m HURDLES (0.762m)
W45
FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		168	Zinampan, Brenda	46	W 45	First Sports-Northern Philippines Athletics	1:16.1		GOLD
		156	Gammad, Maricar	49	W 45	First Sports-Northern Philippines Athletics	1:23.0		SILVER
		158	Hernandez, Merlie	49	W 45	First Sports-Northern Philippines Athletics	2:11.7		BRONZE

147 3:50pm 400m HURDLES (0.762m)
W40
FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		143	Ronquillo, Mary Grace	43	W 40	Elyu Eagle Masters Athletics Team	1:37.6		GOLD
		135	Evangelista, Josephine	43	W 40	First Sports-Northern Philippines Athletics	1:40.5		SILVER
		149	Vergara, Gregoria	42	W 40	First Sports-Northern Philippines Athletics	1:53.2		BRONZE
		142	Rima, Leda	42	W 40	Team Hukbong Kabitenyo	DNS		

147 3:50pm 400m HURDLES (0.762m)
W30
FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		105	Balacano, Yrna	30	W 30	Police	1:31.3		GOLD

148 4:00pm 300m HURDLES (0.762m, 7 Hurdles)
W50
FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		180	Yacob, Rouchelle	51	W 50	Team Daniela	DNF		

149 4:10pm 800m
M35
FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		277	Hernandez, Ronnel	37	M 35	Philippine Air Force	2:15.08		GOLD
		257	Camacho, Miguel	35	M 35	University of the Philippines	2:34.66		SILVER
		275	Guiquing, Jessie	36	M 35	First Sports-Northern Philippines Athletics	DNS		
		264	Domingo, Francis	38	M 35	City Of San Fernando La Union Athletics Masters	DNS		

149 4:10pm 800m			M30			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		239	Neri, Elbren	30	M 30	Spectrum Runners	2:03.30		GOLD
		237	Manangan, John Rey	30	M 30	Elyu Eagle Masters Athletics Team	2:16.67		SILVER
		223	Dela Torre, Ruen	30	M 30	Police	2:28.45		BRONZE
		209	Angan, Joseph	33	M 30	Ateneo Lightning Loyola	2:41.86		
		235	Lopez, Jeremiah Aaron	33	M 30	JD Training Performance Bulacan Masters	2:54.26		
		244	Rivera, Joel	43	M 40	First Sports-Northern Philippines Athletics	DNS		

150 4:20pm 800m			M45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		381	Sermona, Julius	45	M 45	Philippine Air Force	2:21.45		GOLD
		364	Hidalgo Jr, Armando	46	M 45	Police	2:26.90		SILVER
		361	Fortes, Eddie	46	M 45	Elyu Eagle Masters Athletics Team	2:26.93		BRONZE
		379	Robles, Emmanuel	47	M 45	JD Training Performance Bulacan Masters	2:35.39		
		342	Atenas, Jeffrey	46	M 45	JD Training Performance Bulacan Masters	2:36.86		
		366	Magalona, Gerald	45	M 45	Philippine Air Force	2:43.93		
		368	Masiglat, Almer	48	M 45	Unattached	DNF		
		383	Tumaliuan, Joel	46	M 45	First Sports-Northern Philippines Athletics	DNS		

150 4:20pm 800m			M40			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		321	Lopez, Rene Boy	43	M 40	First Sports-Northern Philippines Athletics	2:25.19		GOLD
		244	Rivera, Joel	43	M 40	First Sports-Northern Philippines Athletics	2:33.05		SILVER
		334	Tiqui, Jefren	43	M 40	First Sports-Northern Philippines Athletics	2:34.63		BRONZE
		320	Lasibal Jr., Angelito	42	M 40	JD Training Performance Bulacan Masters	2:45.69		
		313	Dinco, Leolito	42	M 40	Team Hukbong Kabitenyo	2:52.00		
		328	Recodo, Raul	43	M 40	Dasmariñas City Joggers & Runners Club	3:16.90		

151 4:30pm 800m			M55			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
	1	556	Guffey, Frank	57	M 55	Unattached	2:40.34		GOLD
	1	434	Gadapan, Rodelio	55	M 55	Unattached	2:44.71		SILVER
	1	457	Sugalan, Efren	59	M 55	JD Training Performance Bulacan Masters	2:45.43		BRONZE
	1	423	Alcantara, Rodolfo	57	M 55	JD Training Performance Bulacan Masters	2:48.29		
	1	435	Gallaza Jr., Arsenio	57	M 55	Unattached	2:53.22		
		451	Quiogue, Armando	56	M 55	Team Daniela	2:55.35		
	1	454	Rosin, Enrico	58	M 55	Team Daniela	2:53.65		
	1	452	Radaza, Eddie	55	M 55	Unattached	2:54.56		
	1	444	Moreno, Ronilo	58	M 55	JD Training Performance Bulacan Masters	3:38.69		
	1	558	Cruz, Ramil		M 55	PSC-POC Media	4:38.65		

151 4:30pm 800m			M50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		400	Lagustan, Edmund	51	M 50	Lion City Athletics Club Inc.	2:28.24		GOLD
		393	Doyle, Brett	50	M 50	Unattached	2:30.66		SILVER
		409	Ragas, Aldwin	51	M 50	Philippine Air Force	2:31.89		BRONZE
		405	Nona, Allan	53	M 50	Dasmariñas City Joggers & Runners Club	2:46.58		
		406	Pagulayan, Marlo	52	M 50	First Sports-Northern Philippines Athletics	2:49.93		
		392	Ceralvo, Mansueto	53	M 50	Team Hukbong Kabitenyo	2:59.23		

152 4:30pm HIGH JUMP			M45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		374	Pelaez, Pmsg Michael	47	M 45	Police	1.45m		GOLD
		383	Tumaliuan, Joel	46	M 45	First Sports-Northern Philippines Athletics	1.40m		SILVER
		373	Pagulayan, Christopher	47	M 45	Elyu Eagle Masters Athletics Team	DNS		

152 4:30pm HIGH JUMP			M40			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		303	Basco, Allan	42	M 40	JD Training Performance Bulacan Masters	1.40m		GOLD
		329	Rontal, Ricardo	44	M 40	JD Training Performance Bulacan Masters	DNS		

152 4:30pm HIGH JUMP				M35		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		293	Tamayo, Yourke	38	M 35	Philippine Air Force	1.60m		GOLD
		559	Marayag, Benigno		M 35	First Sports-Northern Philippines Athletics	DNS		SILVER

152 4:30pm HIGH JUMP				M30		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		245	Sajuela, Cresol	32	M 30	Unattached	140m		GOLD
		207	Alfonso, Zoren	34	M 30	Philippine Air Force	1.00m		SILVER

153 4:30pm JAVELIN THROW (700g)				M55		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		433	Fotohi, Reza	57	M 55	Unattached	30.22m		GOLD
		453	Ronquillo, Bryan	58	M 55	Elyu Eagle Masters Athletics Team	26.33m		SILVER
		439	Koda, Toshihide Isaphil	55	M 55	Unattached	25.60m		BRONZE
		438	Kobayashi, Hiroyuki	56	M 55	Unattached	15.41m		
		445	Muaña, Raul	58	M 55	Muntinlupa Masters Athletic Team	DNS		

153 4:30pm JAVELIN THROW (700g)				M50		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		398	Fresnido, Danilo	52	M 50	Team Daniela	55.77m		GOLD
		414	Suguitan, Jose Enrico Ricky	52	M 50	P.O.S.F (Pilipinas Obstacle Sports Federation)	19.67m		SILVER
		416	Tejima, Junichi	52	M 50	Unattached	17.11m		BRONZE
		420	Yamasato, Masayuki	54	M 50	Unattached	13.10m		

154 4:40pm 800m				M75		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		546	Balaba, Brigilio	78	M 75	City Of Baguio	4:23.04		GOLD

154 4:40pm 800m				M60		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		485	Gordon, Colin	64	M 60	Spirit Runners	2:37.29		GOLD
		489	Lacdao, Marcelo	60	M 60	Team Daniela	2:46.23		SILVER
		486	Huevos, Rey	60	M 60	JD Training Performance Bulacan Masters	2:59.37		BRONZE
		481	Eusebio, Jose	64	M 60	Team Hukbong Kabitenyo	3:00.62		
		468	Banzon, Greg	60	M 60	De La Salle Alumni Athletics	3:30.82		
		469	Banzon, Rene Philip	61	M 60	De La Salle Alumni Athletics	4:23.04		
		504	Viason Jr, Romeo	64	M 60	Team Daniela	DNS		

154 4:40pm 800m				M70		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		539	Ramirez, Fernando	71	M 70	Dasmariñas City Joggers & Runners Club	2:50.63		GOLD
		536	Igay, Sofronio	72	M 70	Philippine Air Force	2:53.78		SILVER

154 4:40pm 800m				M65		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		526	Pedregosa, Edgardo	67	M 65	Team Daniela	2:50.63		GOLD
		506	Advincula, Demetrio	65	M 65	Baguio Seniors Athletics Team	2:53.78		SILVER
		514	Birse, David	65	M 65	Unattached	2:58.88		BRONZE
		529	Sta Rosa, Rene	66	M 65	Philippine Air Force	3:07.26		
		519	Fernandez, Vitaliano	68	M 65	Macrunners	3:09.38		
		518	Escaño, Virgilio	65	M 65	Baguio Seniors Athletics Team	3:18.33		
		508	Alacar, Severino	67	M 65	City Of Baguio	4:23.86		

155 4:50pm 800m				W75		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		205	Ogsimer, Rosalinda	77	W 75	Team Daniela	5:20.44		GOLD

155 4:50pm 800m				W60		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		197	Olivo, Celerina	63	W 60	Dasmariñas City Joggers & Runners Club	4:56.05		GOLD
		196	Ilagan, Carolyn	63	W 60	Dasmariñas City Joggers & Runners Club	5:02.45		SILVER

155 4:50pm 800m			W55			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		549	Casi, Darren	55	W 55	Unattached	4:41.71		GOLD
		557	Miano-Ang, Nympha		W 55	PSC-POC Media	DNS		
		186	Hitalia, Celma	59	W 55	Muntinlupa Masters Athletic Team	DNS		

155 4:50pm 800m			W50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		169	Alan, Vidi	52	W 50	Unattached	3:27.51		GOLD

155 4:50pm 800m			W45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		156	Gammad, Maricar	49	W 45	First Sports-Northern Philippines Athletics	3:05.02		GOLD
		159	Madamba, Hazel	48	W 45	Team Daniela	3:44.42		SILVER

155 4:50pm 800m			W45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		115	Barcena, Nhea Ann	42	W 40	Philippine Air Force	2:32.93		GOLD
		149	Vergara, Gregoria	42	W 40	First Sports-Northern Philippines Athletics	3:06.19		SILVER
		147	Sofla, Ronijen	43	W 40	Police	3:31.71		BRONZE

155 4:50pm 800m			W40			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		115	Barcena, Nhea Ann	42	W 40	Philippine Air Force	2:32.93		GOLD
		149	Vergara, Gregoria	42	W 40	First Sports-Northern Philippines Athletics	3:06.19		SILVER
		147	Sofla, Ronijen	43	W 40	Police	3:31.71		BRONZE

155 4:50pm 800m			W35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		129	Magango, Emma	38	W 35	Police	2:51.70		GOLD
		128	Magalona, Lorely	39	W 35	Philippine Air Force	2:54.18		SILVER
		120	Corpuz, Mary Grace	37	W 35	Dasmariñas City Joggers & Runners Club	3:10.08		BRONZE
		127	Lachica, Erica	35	W 35	P.O.S.F (Pilipinas Obstacle Sports Federation)	3:22.48		

157 5:15pm SHOT PUT (4kg)			W45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		168	Zinampan, Brenda	46	W 45	First Sports-Northern Philippines Athletics	7.58m		GOLD
		163	Relizan, Michelle	49	W 45	Elyu Eagle Masters Athletics Team	4.70m		SILVER
		162	Panalangin, Grace	48	W 45	Running Team Calabarzon	DNS		

157 5:15pm SHOT PUT (4kg)			W40			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		142	Rima, Leda	42	W 40	Team Hukbong Kabitenyo	5.22m		GOLD

157 5:15pm SHOT PUT (4kg)			W35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		123	Gammag, Maricris	39	W 35	Police	8.19m		GOLD
		117	Bulan, Maricel	38	W 35	First Sports-Northern Philippines Athletics	6.17m		SILVER
		130	Sagusay, Dixie	38	W 35	Team Hukbong Kabitenyo	5.68m		BRONZE
		125	Gounder, Priyadarshini Perumal	37	W 35	Unattached	DNS		

157 5:15pm SHOT PUT (4kg)			W35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		113	Udaundo, Jahnzel	33	W 30	Police	6.79m		GOLD
		102	Alfonso, Donna Jane	30	W 30	Philippine Air Force	4:06m		SILVER

158 5:15pm SHOT PUT (3kg)			W70			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		203	Lavandia, Erlinda	72	W 70	City Of Baguio	6.53m		GOLD
		204	Pulgar, Rosario	70	W 70	Muntinlupa Masters Athletic Team	5.61m		SILVER

158 5:15pm SHOT PUT (3kg)			W65			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		201	Rosale, Emelie	67	W 65	Muntinlupa Masters Athletic Team	6.73m		GOLD

158 5:15pm SHOT PUT (3kg)			W60			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		198	Pellosis, Francia	60	W 60	JD Training Performance Bulacan Masters	5.94m		GOLD

158 5:15pm SHOT PUT (3kg)			W55			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		184	Chapman, Jill	55	W 55	Unattached	7.58m		GOLD
		191	Obmina-Muaña, Ma. Carmencita	59	W 55	De La Salle Alumni Athletics	4.70m		SILVER
		193	Staples, Judith	55	W 55	Unattached	DNS		

158 5:15pm SHOT PUT (3kg)			W50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		170	Claravall, Drolly	54	W 50	Unattached	7.80m		GOLD
		172	Gacula, Maria Vendetta	52	W 50	Muntinlupa Masters Athletic Team	5.54m		SILVER

159 5:15pm SHOT PUT (2kg)			W75			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		206	Wakefield, Editha	79	W 75	Muntinlupa Masters Athletic Team	4.04m		GOLD
		205	Ogsimer, Rosalinda	77	W 75	Team Daniela	2.70m		SILVER

160 5:30pm HIGH JUMP			M70			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		541	Reyes, Elmer	72	M 70	Philippine Air Force	1.25m		GOLD
		540	Relucio, Antonio	70	M 70	Unattached	0.80m		SILVER

160 5:30pm HIGH JUMP			M60			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		487	Ibrahim, Mustafa	63	M 60	Unattached	1.25m		GOLD
		497	Murai, Koji	64	M 60	Macrunners	1.25m		SILVER
		554	Banzon, Raul	60	M 60	Ateneo Lightning Loyola	DNS		

160 5:30pm HIGH JUMP			M55			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		455	Sabuco, Enrique	56	M 55	Unattached	1.25m		GOLD
		551	Academia, Trece	55	M 55	Philippine Air Force	1.25m		SILVER
		437	Isidro, Marlon	58	M 55	First Sports-Northern Philippines Athletics	NM		
		449	Obiena, Edward	58	M 55	Unattached	DNS		

160 5:30pm HIGH JUMP			M50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		395	Encinares, Diomenes	51	M 50	Unattached	1.45m		GOLD
		414	Suguitan, Jose Enrico Ricky	52	M 50	P.O.S.F (Pilipinas Obstacle Sports Federation)	1.20m		SILVER

156 5:00pm 4x400 Mixed Relay			M30-W30			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		227	Flores, Norman	34	M 30	Police	4:35.86		GOLD
		113	Udaundo, Jahnzel	33	W 30	Police			
		228	Francisco, Robert	31	M 30	Police			
		105	Balacano, Yrna	30	W 30	Police			

156 5:00pm 4x400 Mixed Relay			M35-W35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		284	Nerza, Anthony	35	M 35	Philippine Air Force	4:18.27		GOLD
		121	Doños, Flordeliza	37	W 35	Philippine Air Force			
		314	Dino, Arman	40	M 40	Philippine Air Force			
		115	Barcena, Nhea Ann	42	W 40	Philippine Air Force			

156 5:00pm 4x400 Mixed Relay			M40-W40			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		303	Basco, Allan	42	M 40	JD Training Performance Bulacan Masters	4:51.30		GOLD
		161	Odanga, Rhodora	46	W 45	JD Training Performance Bulacan Masters			
		379	Robles, Emmanuel	47	M 45	JD Training Performance Bulacan Masters			
		144	Salaysay, Honey Joy	40	W 40	JD Training Performance Bulacan Masters			
		244	Rivera, Joel	43	M 40	First Sports-Northern Philippines Athletics	4:59.01		SILVER
		135	Evangelista, Josephine	43	W 40	First Sports-Northern Philippines Athletics			
		321	Lopez, Rene Boy	43	M 40	First Sports-Northern Philippines Athletics			
		149	Vergara, Gregoria	42	W 40	First Sports-Northern Philippines Athletics			

156 5:00pm 4x400 Mixed Relay			M45-W45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		383	Tumaliuan, Joel	46	M 45	First Sports-Northern Philippines Athletics	4:48.80		GOLD
		156	Gammad, Maricar	49	W 45	First Sports-Northern Philippines Athletics			
		410	Raymundo, Macrino	50	M 50	First Sports-Northern Philippines Athletics			
		168	Zinampan, Brenda	46	W 45	First Sports-Northern Philippines Athletics			
		374	Pelaez, Pmsg Michael	47	M 45	Police	5:26.98		SILVER
		150	Ansag, Rosalyn	45	W 45	Police			
		422	Aguila, Virgilio	55	M 55	Police			
		164	Reyes, Imelda	48	W 45	Police			

156 5:00pm 4x400 Mixed Relay			M50-W50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		408	Quiogue, Victor	52	M 50	Team Hukbong Kabitenyo	5:49.88		GOLD
		169	Alan, Vidi	52	W 50	Unattached			
		392	Ceralvo, Mansueto	53	M 50	Team Hukbong Kabitenyo			
		179	Vinuya, Catherine	52	W 50	P.O.S.F (Pilipinas Obstacle Sports Federation)			

156 5:00pm 4x400 Mixed Relay			M55-W55			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		469	Banzon, Rene Philip	61	M 60	De La Salle Alumni Athletics	6:33.31		GOLD
		191	Obmina-Muaña, Ma. Carmencita	59	W 55	De La Salle Alumni Athletics			
		468	Banzon, Greg	60	M 60	De La Salle Alumni Athletics			
		183	Andaya, Elaine	55	W 55	De La Salle Alumni Athletics			

156 5:00pm 4x400 Mixed Relay			M60-W60			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		539	Ramirez, Fernando	71	M 70	Dasmariñas City Joggers & Runners Club	7:08.70		GOLD
		196	Ilagan, Carolyn	63	W 60	Dasmariñas City Joggers & Runners Club			
		522	Lozano, Eduardo	67	M 65	Dasmariñas City Joggers & Runners Club			
		202	Veloya, Adie	65	W 65	Dasmariñas City Joggers & Runners Club			

201 6:00am		3000m RACE WALK WOMEN			W 75		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		205	Ogsimer, Rosalinda	77	W 75	Team Daniela	30:01.43		GOLD
		206	Wakefield, Editha	79	W 75	Muntinlupa Masters Athletic Team	32:29.77		SILVER

201 6:00am		3000m RACE WALK WOMEN			W 70		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		204	Pulgar, Rosario	70	W 70	Muntinlupa Masters Athletic Team	32:24.61		GOLD

201 6:00am		3000m RACE WALK WOMEN			W 60		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		195	Doneza, Marlene	62	W 60	Running Team Calabarzon	23:23.23		GOLD
		196	Ilagan, Carolyn	63	W 60	Dasmariñas City Joggers & Runners Club	26:38.58		SILVER
		197	Olivo, Celerina	63	W 60	Dasmariñas City Joggers & Runners Club	30:47.14		BRONZE

201 6:00am		3000m RACE WALK WOMEN			W 55		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		181	Abueg, Myra Luzviminda	55	W 55	Macrunners	23:23.23		GOLD
		185	Galon, Catherine	55	W 55	Team Dariuk Santiago City	26:38.58		SILVER
		188	Mabagos, Merlina	55	W 55	Team Dariuk Santiago City	30:47.14		BRONZE

201 6:00am		3000m RACE WALK WOMEN			W 50		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		171	Esguerra, Jovita	54	W 50	Team Dariuk Santiago City	22:43.75		GOLD
		175	Pascual, Marites	54	W 50	Team Dariuk Santiago City	30:18.89		SILVER

201 6:00am		3000m RACE WALK WOMEN			W 45		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		166	Sescon, Romelita	48	W 45	Team Hukbong Kabitenyo	23:23.37		GOLD
		156	Gammad, Maricar	49	W 45	First Sports-Northern Philippines Athletics	24:27.13		SILVER
		154	Faustino, Catalina	48	W 45	JD Training Performance Bulacan Masters	24:40.65		BRONZE
		163	Relizan, Michelle	49	W 45	Elyu Eagle Masters Athletics Team	DNS		

201 6:00am		3000m RACE WALK WOMEN			W 35		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		131	Santos, Rosilyn	39	W 35	First Sports-Northern Philippines Athletics	21:44.01		GOLD

201 6:00am		3000m RACE WALK WOMEN			W 30		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		102	Alfonso, Donna Jane	30	W 30	Philippine Air Force	DNS		

202 6:30am		3000m RACE WALK MEN			M 45		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		343	Ayohan Jr, Victor	47	M 45	Police	23:40.11		GOLD
		344	Bagano, Danny	47	M 45	Elyu Eagle Masters Athletics Team	25:55.65		SILVER
		349	Bustamante, Rodel	45	M 45	Police	DNS		
		340	Ano, Roel	47	M 45	Unattached	DNS		

202 6:30am		3000m RACE WALK MEN			M 40		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		312	De Torres, Rico	43	M 40	Lion City Athletics Club Inc.	23:47.70		GOLD
		621	Milanes, Romeo		M 40	Elyu Eagle Masters Athletics Team	23:47.71		SILVER
		332	Singh, Gurdip	44	M 40	Unattached	DNS		

202 6:30am 3000m RACE WALK MEN			M 35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		255	Angara, Joseph	36	M 35	Lion City Athletics Club Inc.	23:25.40		GOLD
		275	Guiquinga, Jessie	36	M 35	First Sports-Northern Philippines Athletics	25:32.96		SILVER

202 6:30am 3000m RACE WALK MEN			M 30			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		230	Gumacal, Dave	32	M 30	Police	21:16.54		GOLD
		211	Bagamasbad, Randell	31	M 30	Running Team Calabarzon	22:07.44		SILVER
		552	Maturan, Dandy	33	M 30	Unattached	22:16.17		BRONZE
		207	Alfonso, Zoren	34	M 30	Philippine Air Force	DNS		

202 6:30am 3000m RACE WALK MEN			M 75			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		547	Payumo, Orlando	77	M 75	Running Team Calabarzon	29:19.65		GOLD

202 6:30am 3000m RACE WALK MEN			ALL AGES				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		535	Canlas, Antonio	71	M 70	Muntinlupa Masters Athletic Team	27:32.86		GOLD
		544	Villarta, Cornilio	72	M 70	Team Daniela	DNS		

202	6:30am	3000m RACE WALK MEN			M 65		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		508	Alacar, Severino	67	M 65	City Of Baguio	21:04.69		GOLD
		527	Pilones, Delfin Jr	66	M 65	Team Dariuk Santiago City	22:17.66		SILVER
		512	Baniqued, Margarito	65	M 65	Philippine Air Force	22:23.13		BRONZE
		516	Dela Rama, Rogaciano	68	M 65	JD Training Performance Bulacan Masters	22:23.19		

202 6:30am 3000m RACE WALK MEN			M 60			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		499	Quezada, Bonifacio	62	M 60	Team Dariuk Santiago City	19:15.87		GOLD
		503	Valenzuela, Jesus Hess	63	M 60	Unattached	19:43.32		SILVER
		496	Mandap, Robert	61	M 60	Muntinlupa Masters Athletic Team	19:46.22		BRONZE
		461	Abellera, Renato Nestor	63	M 60	Dasmariñas City Joggers & Runners Club	22:05.62		
		483	Garcia Jr., Benjamin	61	M 60	Macrunners	22:34.21		

202 6:30am 3000m RACE WALK MEN			M 55			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		429	Carig, Melchor	56	M 55	Team Dariuk Santiago City	21:06.63		GOLD
		426	Batac, Rolando	57	M 55	Macrunners	21:16.54		SILVER
		428	Bernales, Anastacio Jr.	56	M 55	Macrunners	22:23.80		BRONZE
		431	Crisostomo, Antonio Ramil	56	M 55	Muntinlupa Masters Athletic Team	22:55.48		
		456	Santos, Ronald	56	M 55	City Of San Fernando La Union Athletics Masters	23:29.74		

202 6:30am 3000m RACE WALK MEN			M 50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		418	Ulat, Angelito	53	M 50	Lion City Athletics Club Inc.	20:37.50		GOLD
		391	Balbin, Leoncio Jr.	51	M 50	Unattached	DNS		

203	6:30am		SHOT PUT (7.26kg)			M45		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM		RESULTS	WV	REMARKS
		145	Salaysay, Phil	45	M 45	JD Training Performance Bulacan Masters		10.85m		GOLD
		378	Rivera, Jose Alther	47	M 45	Unattached		9.36m		SILVER
		383	Tumaliuan, Joel	46	M 45	First Sports-Northern Philippines Athletics		8.63m		BRONZE
		373	Pagulayan, Christopher	47	M 45	Elyu Eagle Masters Athletics Team		7.54m		
		353	Daga-As, Jojie	47	M 45	Team Hukbong Kabitenyo		6.02		
		380	Sarte, Jealvies	46	M 45	P.O.S.F (Pilipinas Obstacle Sports Federation)		DNS		

203 6:30am SHOT PUT (7.26kg)			M40			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		331	Sales, Mark Jhovie	41	M 40	Police	6.96m		GOLD
		326	Pangue, Ariel	44	M 40	Team Hukbong Kabitenyo	5.47m		SILVER
		332	Singh, Gurdip	44	M 40	Unattached	DNS		
		319	Lalwani, Arvind	44	M 40	Unattached	DNS		
		317	Ferrera, Arniel	43	M 40	Philippine Air Force	DNS		

203 6:30am SHOT PUT (7.26kg)			M35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		266	Enriquez, Marvin	37	M 35	Police	8.22m		GOLD

203 6:30am SHOT PUT (7.26kg)			M30			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		215	Capinpin, Joseph	32	M 30	Ateneo Lightning Loyola	11.21m		GOLD
		210	Arceo, Michael Angelo	31	M 30	JD Training Performance Bulacan Masters	10.39m		SILVER
		228	Francisco, Robert	31	M 30	Police	9.36m		BRONZE
		242	Peñalver, Fernando	31	M 30	Lion City Athletics Club Inc.	7.56m		
		220	De Guzman, Rodolfo	32	M 30	Elvu Eagle Masters Athletics Team	DNS		

204 7:00am TRIPLE JUMP			M50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		414	Suguitan, Jose Enrico Ricky	52	M 50	P.O.S.F (Pilipinas Obstacle Sports Federation)	7.51m	-0.5	GOLD
		395	Encinares, Diomenes	51	M 50	Unattached	DNS		SILVER

204 7:00am			TRIPLE JUMP		M55		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		430	Chan, Jocson	57	M 55	De La Salle Alumni Athletics	8.84m	+0.0	GOLD
		442	Marce, Ariel	58	M 55	Lion City Athletics Club Inc.	8.82m	+0.2	SILVER
		455	Sabuco, Enrique	56	M 55	Unattached	7.20m	+0.3	BRONZE

204	7:00am	TRIPLE JUMP			M60		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		466	Balcita, Guillermo William Jr.	61	M 60	City Of San Fernando La Union Athletics Masters	8.86m	-0.1	GOLD
		487	Ibrahim, Mustafa	63	M 60	Unattached	8.20m	+0.1	SILVER
		501	Septimo, Emmanuel	64	M 60	Philippine Air Force	8.18m	-0.1	BRONZE
		491	Lazo, Gerald	62	M 60	De La Salle Alumni Athletics	6.80m	+0.2	
		476	Caterciano, Emiliano	61	M 60	Lion City Athletics Club Inc.	6.20m	+0.0	
		554	Banzon, Raul	60	M 60	Ateneo Lightning Loyola	DNS		

204 7:00am			TRIPLE JUMP		M65		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		515	Carpena, Cesar	65	M 65	De La Salle Alumni Athletics	DNS		

205 7:00am 1500m WOMEN			W 75			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		205	Ogsimer, Rosalinda	77	W 75	Team Daniela	9:33.83		GOLD

205 7:00am 1500m WOMEN			W 65			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		200	Alberto, Rosario	66	W 65	Baguio Seniors Athletics Team	8:07.94		GOLD
		202	Veloya, Adie	65	W 65	Dasmariñas City Joggers & Runners Club	10:15.73		SILVER

205 7:00am 1500m WOMEN			W 60			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		197	Olivo, Celerina	63	W 60	Dasmariñas City Joggers & Runners Club	9:05.93		GOLD
		196	Ilagan, Carolyn	63	W 60	Dasmariñas City Joggers & Runners Club	10:06.65		SILVER

205 7:00am		1500m WOMEN			W 55		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		191	Obmina-Muaña, Ma. Carmencita	59	W 55	De La Salle Alumni Athletics	8:33.67		GOLD
		549	Casi, Darren	55	W 55	Unattached	9:27.99		SILVER
		186	Hitalia, Celma	59	W 55	Muntinlupa Masters Athletic Team	DNS		

205 7:00am 1500m WOMEN			W 50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		169	Alan, Vidi	52	W 50	Unattached	7:02.01		GOLD

205 7:00am 1500m WOMEN			W 45				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		160	Martes, Christabel	45	W 45	Baguio Seniors Athletics Team	5:35.12		GOLD
		156	Gammad, Maricar	49	W 45	First Sports-Northern Philippines Athletics	6:34.19		SILVER
		150	Ansag, Rosalyn	45	W 45	Police	8:18.84		BRONZE

205 7:00am 1500m WOMEN			W 40			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		115	Barcena, Nhea Ann	42	W 40	Philippine Air Force	5:18.39		GOLD
		149	Vergara, Gregoria	42	W 40	First Sports-Northern Philippines Athletics	6:21.30		SILVER
		135	Evangelista, Josephine	43	W 40	First Sports-Northern Philippines Athletics	6:37.13		BRONZE

205	7:00am	1500m WOMEN			W 35		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		121	Doños, Flordeliza	37	W 35	Philippine Air Force	5:31.10		GOLD
		128	Magalona, Lorely	39	W 35	Philippine Air Force	6:13.78		SILVER
		129	Magango, Emma	38	W 35	Police	6:25.95		BRONZE
		120	Corpuz, Mary Grace	37	W 35	Dasmariñas City Joggers & Runners Club	6:44.22		

205 7:00am		1500m WOMEN			W 30		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		101	Adaoag, Lany	33	W 30	Spectrum Runners	5:50.21		GOLD
		108	Lacson, Therese	31	W 30	Muntinlupa Masters Athletic Team	7:22.10		SILVER
		109	Malazzab, Reina	31	W 30	Unattached	DNS		

206 7:15am 1500m MEN			M 75			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		546	Balaba, Brigilio	78	M 75	City Of Baguio	8:32.58		GOLD

206 7:15am 1500m MEN			M 70			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		539	Ramirez, Fernando	71	M 70	Dasmariñas City Joggers & Runners Club	6:42.80		GOLD
		536	Igay, Sofronio	72	M 70	Philippine Air Force	7:26.03		SILVER

206	7:15am	1500m MEN			M65		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		506	Advincula, Demetrio	65	M 65	Baguio Seniors Athletics Team	5:53.62		GOLD
		513	Bernabe, Felix	67	M 65	Baguio Seniors Athletics Team	5:55.51		SILVER
		511	Banares, Rudy	66	M 65	JD Training Performance Bulacan Masters	6:16.53		BRONZE
		518	Escaño, Virgilio	65	M 65	Baguio Seniors Athletics Team	6:23.95		
		514	Birse, David	65	M 65	Unattached	6:29.69		
		529	Sta Rosa, Rene	66	M 65	Philippine Air Force	6:40.21		
		526	Pedregosa, Edgardo	67	M 65	Team Daniela	DNS		
		524	Narciso Jr, Alipio	69	M 65	JD Training Performance Bulacan Masters	DNS		
		523	Mangadlao, Rafael	65	M 65	Team Daniela	DNS		

206	7:15am	1500m MEN			M 60		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		462	Adenig, Rogelio	62	M 60	Unattached	5:31.51		GOLD
		467	Bantang, Gerry	61	M 60	Team Daniela	5:32.53		SILVER
		486	Huevos, Rey	60	M 60	JD Training Performance Bulacan Masters	5:33.87		BRONZE
		489	Lacdao, Marcelo	60	M 60	Team Daniela	5:39.76		
		490	Laguinlin, Rolando	60	M 60	First Sports-Northern Philippines Athletics	5:53.32		
		479	Ducay, Sonny	61	M 60	Unattached	5:54.51		
		481	Eusebio, Jose	64	M 60	Team Hukbong Kabitenyo	6:12.21		
		484	Gitacay, Felicito	62	M 60	Unattached	6:33.63		
		468	Banzon, Greg	60	M 60	De La Salle Alumni Athletics	6:36.65		
		465	Aplacador, Eustaquio	64	M 60	Unattached	6:53.46		

207	7:30am	1500m MEN			M55		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		425	Barcelo, Neri	57	M 55	Team Daniela	5:15.53		GOLD
		451	Quiogue, Armando	56	M 55	Team Daniela	5:49.29		SILVER
		434	Gadapan, Rodelio	55	M 55	Unattached	5:53.07		BRONZE
		421	Abay-Abay, Rey Ignatius	56	M 55	Unattached	5:59.26		
		446	Natano, Melbert	58	M 55	Unattached	6:03.21		
		442	Marce, Ariel	58	M 55	Lion City Athletics Club Inc.	7:04.08		
		435	Gallaza Jr., Arsenio	57	M 55	Unattached	7:40.47		
		444	Moreno, Ronilo	58	M 55	JD Training Performance Bulacan Masters	9:22.41		
		558	Cruz, Ramil		M 55	PSC-POC Media	9:22.51		
		440	Leona, Vergilio	59	M 55	JD Training Performance Bulacan Masters	DNS		
		441	Linang, Roberto	57	M 55	Team Daniela	DNS		
		457	Sugalan, Efren	59	M 55	JD Training Performance Bulacan Masters	DNS		

207	7:30am	1500m MEN			M50		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		396	Engbino, Desederio	54	M 50	Spectrum Runners	5:02.69		GOLD
		417	Tumpang, Pio	51	M 50	JD Training Performance Bulacan Masters	5:15.81		SILVER
		392	Ceralvo, Mansueto	53	M 50	Team Hukbong Kabitenyo	5:22.94		BRONZE
		409	Ragas, Aldwin	51	M 50	Philippine Air Force	5:22.97		
		406	Pagulayan, Marlo	52	M 50	First Sports-Northern Philippines Athletics	5:28.30		
		393	Doyle, Brett	50	M 50	Unattached	5:31.53		
		405	Nona, Allan	53	M 50	Dasmariñas City Joggers & Runners Club	6:11.44		
		391	Balbin, Leoncio Jr.	51	M 50	Unattached	DNS		
		408	Quiogue, Victor	52	M 50	Team Hukbong Kabitenyo	DNS		

208 7:30am			HAMMER THROW (6kg) MEN		M55		FINAL		
Lane	R/H	B/B	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		439	Koda, Toshihide Isaphil	55	M 55	Unattached	25.18m		GOLD
		438	Kobayashi, Hiroyuki	56	M 55	Unattached	22.27m		SILVER

208 7:30am			HAMMER THROW (6kg) MEN		M50		FINAL		
Lane	R/H	B/B	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		420	Yamasato, Masayuki	54	M 50	Unattached	14.61m		GOLD
		414	Suguitan, Jose Enrico Ricky	52	M 50	P.O.S.F (Pilipinas Obstacle Sports Federation)	10.97m		SILVER

209 7:30am			HAMMER THROW (5kg) MEN		M65		FINAL		
Lane	R/H	B/B	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		525	Noro, Yukihiro	65	M 65	Unattached	19.38m		GOLD

209 7:30am HAMMER THROW (5kg) MEN			M60			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		498	Obiena, Emerson	60	M 60	Unattached	DNS		

210 7:30am			HAMMER THROW (5kg) MEN			M60		
Lane	R/H	BIB	NAME	AGE	AG	TEAM		
			NO ENTRY					

211 7:30am		HAMMER THROW (5kg) MEN			M60					
Lane	R/H	BIB	NAME	AGE	AG	TEAM				
			NO ENTRY							

212 7:40am		1500m MEN			M 45		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS	
		353	Daga-As, Jojie	47	M 45	Team Hukbong Kabitenyo	4:43.37		GOLD	
		382	Torred, Demetrio Jr.	49	M 45	Spectrum Runners	4:43.46		SILVER	
		357	Elijeran, Nelson	49	M 45	Running Team Calabarzon	4:56.08		BRONZE	
		361	Fortes, Eddie	46	M 45	Elyu Eagle Masters Athletics Team	5:14.32			
		350	Canillo, Rovel	49	M 45	Philippine Air Force	5:35.44			
		364	Hidalgo Jr, Armando	46	M 45	Police	5:40.48			
		381	Sermona, Julius	45	M 45	Philippine Air Force	DNF			
		349	Bustamante, Rodel	45	M 45	Police	DNS			
		360	Fabros, Noel	48	M 45	First Sports-Northern Philippines Athletics	DNS			
		368	Masiglat, Almer	48	M 45	Unattached	DNS			

212 7:40am		1500m MEN			M40		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS	
		321	Lopez, Rene Boy	43	M 40	First Sports-Northern Philippines Athletics	5:06.33		GOLD	
		329	Rontal, Ricardo	44	M 40	JD Training Performance Bulacan Masters	5:17.98		SILVER	
		320	Lasibal Jr., Angelito	42	M 40	JD Training Performance Bulacan Masters	5:23.27		BRONZE	
		302	Bandalan, Aric	40	M 40	Unattached	5:47.18			
		313	Dinco, Leolito	42	M 40	Team Hukbong Kabitenyo	DNF			
		325	Or, Charles	41	M 40	P.O.S.F (Pilipinas Obstacle Sports Federation)	DNS			

213 8:00am		1500m MEN			M35		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS	
		287	Olivan, Greco	35	M 35	Muntinlupa Masters Athletic Team	4:50.48		GOLD	
		258	Carreon, John Louie	35	M 35	Macrunners	5:34.57		SILVER	
		268	Faustino, Mark John	36	M 35	Lion City Athletics Club Inc.	7:01.45		BRONZE	
		275	Guiquing, Jessie	36	M 35	First Sports-Northern Philippines Athletics	DNS			
		261	Constantino, Michael Ian	35	M 35	Philippine Air Force	DNS			

213 8:00am		1500m MEN			M 30		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS	
		239	Neri, Elbren	30	M 30	Spectrum Runners	4:19.8		GOLD	
		237	Manangan, John Rey	30	M 30	Elyu Eagle Masters Athletics Team	5:08.68		SILVER	
		249	Ulboc Jr, Christopher	33	M 30	Philippine Air Force	5:38.86		BRONZE	

214 8:00am		TRIPLE JUMP MEN			M45		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS	
		386	Yu, Charlie	47	M 45	Police	9.58m	-0.2	GOLD	
		344	Bagano, Danny	47	M 45	Elyu Eagle Masters Athletics Team	5.91m	-0.1	SILVER	
		358	Esquirdo, Melquaides	49	M 45	Police	DNS			

214 8:00am		TRIPLE JUMP MEN			M40		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS	
		303	Basco, Allan	42	M 40	JD Training Performance Bulacan Masters	11.43m	+0.2	GOLD	
		300	Balut Jr, Fernando	40	M 40	First Sports-Northern Philippines Athletics	9.89m	-0.3	SILVER	
		304	Buasen, Horace	43	M 40	First Sports-Northern Philippines Athletics	9.59m	-0.3	BRONZE	
		308	Crisostomo, Glyn	44	M 40	Unattached	7.29m	+0.1		

214 8:00am		TRIPLE JUMP MEN			M35		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS	
		291	Santos, Dario	39	M 35	First Sports-Northern Philippines Athletics	11.27m	+0.3	GOLD	
		272	Golimlim, Darryl	37	M 35	Team Hukbong Kabitenyo	10.15m	+0.2	SILVER	
		559	Marayag, Benigno		M 35	First Sports-Northern Philippines Athletics	DNS			

214 8:00am		TRIPLE JUMP MEN			M30		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		225	Endaya, Mark Anthony	31	M 30	Unattached	12.08m	+0.2	GOLD
		227	Flores, Norman	34	M 30	Police	11.39m	-0.1	SILVER
		219	Chu, Norberto Chert	34	M 30	Ateneo Lightning Loyola	DNS		
		250	Valdecañas, Adel	31	M 30	De La Salle Alumni Athletics	DNS		

215 8:00am		200m WOMEN			W70		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		205	Ogsimer, Rosalinda	77	W 75	Team Daniela	1:07.27		GOLD

216 8:00am		200m WOMEN			W65		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		200	Alberto, Rosario	66	W 65	Baguio Seniors Athletics Team	46.31		GOLD

217 8:00am		200m WOMEN			W60		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		194	Bayaban, Salve	61	W 60	Muntinlupa Masters Athletic Team	34.28		GOLD
		199	Vejano, Lorna	64	W 60	Philippine Air Force	41.34		SILVER

218 8:00am		200m WOMEN			W55		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		187	Lobos, Perla	59	W 55	Muntinlupa Masters Athletic Team	35.92		GOLD
		183	Andaya, Elaine	55	W 55	De La Salle Alumni Athletics	38.30		SILVER
		557	Miano-Ang, Nympha		W 55	PSC-POC Media	DNS		

219 8:00am		200m WOMEN			W50		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		176	Punelas, Elenita	54	W 50	Team Daniela	33.11		GOLD
		548	Avengoza, Maria Cecilia	54	W 50	P.O.S.F (Pilipinas Obstacle Sports Federation)	39.62		SILVER
		178	Sison, Rhina	53	W 50	Philippine Air Force	43.07		BRONZE
		180	Yacob, Rouchelle	51	W 50	Team Daniela	DNS		

220 8:00am		200m WOMEN			W45		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		168	Zinampan, Brenda	46	W 45	First Sports-Northern Philippines Athletics	30.27		GOLD
		165	Reynante, Cheryl	47	W 45	Muntinlupa Masters Athletic Team	34.73		SILVER
		161	Odanga, Rhodora	46	W 45	JD Training Performance Bulacan Masters	37.12		BRONZE
		158	Hernandez, Merlie	49	W 45	First Sports-Northern Philippines Athletics	39.70		

221 8:00am		200m WOMEN			W40		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		144	Salaysay, Honey Joy	40	W 40	JD Training Performance Bulacan Masters	30.48		GOLD
		138	Marcos, Revelyn	42	W 40	First Sports-Northern Philippines Athletics	33.99		SILVER
		142	Rima, Leda	42	W 40	Team Hukbong Kabitenyo	DNS		
		143	Ronquillo, Mary Grace	43	W 40	Elyu Eagle Masters Athletics Team	DNS		
		141	Ong, Shelialyn	40	W 40	Philippine Air Force	DNS		
		142	Rima, Leda	42	W 40	Team Hukbong Kabitenyo	DNS		

222 8:00am		200m WOMEN			W35		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		133	Tejares, Milky Mae	38	W 35	P.O.S.F (Pilipinas Obstacle Sports Federation)	30.43		GOLD
		128	Magalona, Lorely	39	W 35	Philippine Air Force	31.92		SILVER
		114	Balares, Janicel	38	W 35	Police	32.08		BRONZE
		118	Carpio, Louella Patricia	39	W 35	Unattached	36.54		

223 8:00am		200m WOMEN			W30		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
6	4	105	Balacano, Yrna	30	W 30	Police	29.53		GOLD

224 8:30am 200m MEN			M 75			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
2		546	Balaba, Brigilio	78	M 75	City Of Baguio	51.67		GOLD

224 8:30am 200m MEN			M 70			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
3		537	Muloc, Usman	71	M 70	Unattached	35.99		GOLD
4		542	Suarez, Willy	74	M 70	Unattached	41.55		SILVER

225	8:30am	200m MEN			M65		FINAL		
225	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
1		519	Fernandez, Vitaliano	68	M 65	Macrunners	31.01		GOLD
2		533	Ucab, Jaime	66	M 65	Unattached	31.14		SILVER
3		521	Lobos, Arnel	68	M 65	Muntinlupa Masters Athletic Team	31.33		BRONZE
4		506	Advincula, Demetrio	65	M 65	Baguio Seniors Athletics Team	31.39		
5		514	Birse, David	65	M 65	Unattached	35.39		
6		522	Lozano, Eduardo	67	M 65	Dasmariñas City Joggers & Runners Club	38.28		
7		517	Dichoso, Renato	68	M 65	Unattached	38.47		

226	8:30am	200m MEN			M60		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
2		485	Gordon, Colin	64	M 60	Spirit Runners	28.91		GOLD
3		472	Bayaban, Julio	63	M 60	Muntinlupa Masters Athletic Team	31.31		SILVER
4		466	Balcita, Guillermo William Jr.	61	M 60	City Of San Fernando La Union Athletics Masters	32.29		BRONZE
5		477	Cruz, Victorino	63	M 60	Unattached	40.68		
6		500	Salonga, Victor	63	M 60	JD Training Performance Bulacan Masters	1:00.83		
7		493	Lontok, Jojo	60	M 60	Unattached	DNS		
8		504	Viason Jr. Romeo	64	M 60	Team Daniela	DNS		

227 8:30am 200m MEN			M 55			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
1		452	Radaza, Eddie	55	M 55	Unattached	28.86		GOLD
2		422	Aguila, Virgilio	55	M 55	Police	31.76		SILVER
3		432	Diman, Maulani Diman	58	M 55	Unattached	DNS		BRONZE

228 8:30am		200m MEN			M50		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		413	Sakai, Hironobu	50	M 50	Unattached	27.53		GOLD
		409	Ragas, Aldwin	51	M 50	Philippine Air Force	28.21		SILVER
		400	Lagustan, Edmund	51	M 50	Lion City Athletics Club Inc.	29.05		BRONZE
		399	Go, Albert	52	M 50	Team Daniela	29.26		
		387	Aoay, Ramil	51	M 50	City Of San Fernando La Union Athletics Masters	29.52		
		405	Nona, Allan	53	M 50	Dasmariñas City Joggers & Runners Club	30.29		
		402	Lozares, Reuben	51	M 50	San Sebastian College Alumni Athletics	31.35		
		407	Perfecio, Jessie	51	M 50	Dasmariñas City Joggers & Runners Club	35.72		
		388	Apal, Rico	53	M 50	Police	DNF		
		419	Wong, Martin	53	M 50	Unattached	DNS		
		394	Empiedad, Oscar Jr.	53	M 50	Unattached	DNS		
		410	Raymundo, Macrino	50	M 50	First Sports-Northern Philippines Athletics	DNS		
		389	Apostol, Frederick	53	M 50	JD Training Performance Bulacan Masters	DNS		

229	8:30am	200m MEN			M45		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		341	Arboleda, Lino	46	M 45	University of the Philippines	26.15		GOLD
		372	Oliveros, Arturo Jr	49	M 45	San Sebastian College Alumni Athletics	26.61		SILVER
		374	Pelaez, Pmsg Michael	47	M 45	Police	26.76		BRONZE
		379	Robles, Emmanuel	47	M 45	JD Training Performance Bulacan Masters	27.44		
		353	Daga-As, Jojie	47	M 45	Team Hukbong Kabitenyo	28.30		
		385	Victoriano, Michael	48	M 45	San Sebastian College Alumni Athletics	DNS		
		371	Oberez, Jordan	45	M 45	Philippine Air Force	DNS		
		378	Rivera, Jose Alther	47	M 45	Unattached	DNS		
		365	Lampa, Rolando	49	M 45	Team Daniela	DNS		

230	8:30am	200m MEN			M40		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		314	Dino, Arman	40	M 40	Philippine Air Force	24.81		GOLD
		301	Banatao, Aaron Jayxen	41	M 40	Police	25.61		SILVER
		302	Bandalan, Aric	40	M 40	Unattached	26.19		BRONZE
		244	Rivera, Joel	43	M 40	First Sports-Northern Philippines Athletics	27.36		
		337	Zamora, Felipe Jose Iii	43	M 40	Unattached	28.54		
		307	Chaudhary, Rajat	43	M 40	Unattached	DNS		
		335	Urayenza, Bryan	43	M 40	Police	DNS		
		308	Crisostomo, Glyn	44	M 40	Unattached	DNS		

231	8:30am	200m MEN			M35		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		253	Alejan Jr, Edgardo	37	M 35	Philippine Air Force	24.26		GOLD
		293	Tamayo, Yourke	38	M 35	Philippine Air Force	24.51		SILVER
		292	Silloco, Mark Philipp	35	M 35	Lion City Athletics Club Inc.	24.73		BRONZE
		276	Haresco, James	39	M 35	Lion City Athletics Club Inc.	26.00		
		280	Lim, Ferdinand	39	M 35	Philippine Air Force	26.37		
		278	Javier, Blas	39	M 35	JD Training Performance Bulacan Masters	27.61		
		290	Quintos, Jose	38	M 35	Ateneo Lightning Loyola	28.81		
		285	Nipahoy, Jerson	37	M 35	First Sports-Northern Philippines Athletics	29.69		
		274	Gregorio, James Michael	38	M 35	Ateneo Lightning Loyola	31.01		
		275	Guiquing, Jessie	36	M 35	First Sports-Northern Philippines Athletics	DNS		
		314	Dino, Arman	40	M 40	Philippine Air Force	DNS		
		264	Domingo, Francis	38	M 35	City Of San Fernando La Union Athletics Masters	DNS		
		260	Constantino, Christopher	39	M 35	Ateneo Lightning Loyola	DNS		
		288	Olonan, Gasbamel	39	M 35	P.O.S.F (Pilipinas Obstacle Sports Federation)	DNS		

232 8:30am		200m MEN			M30		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		222	Del Prado, Isidro Jr	33	M 30	Philippine Air Force	23.93		GOLD
		212	Bigyan, Ryan	30	M 30	Philippine Air Force	24.15		SILVER
		215	Capinpin, Joseph	32	M 30	Ateneo Lightning Loyola	24.79		BRONZE
		217	Castro, Jonathan	34	M 30	JD Training Performance Bulacan Masters	26.41		
		235	Lopez, Jeremiah Aaron	33	M 30	JD Training Performance Bulacan Masters	31.59		
		234	Lizardo, Raymond	30	M 30	Police	DNS		
		244	Rivera, Joel	43	M 40	First Sports-Northern Philippines Athletics	DNS		
		226	Fernandez, Jerome	30	M 30	Philippine Air Force	DNS		
		236	Manalang, John Jerome	32	M 30	JD Training Performance Bulacan Masters	DNS		

234		3:30PM		HAMMER THROW (7.26kg) MEN			M45		FINAL	
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS	
		373	Pagulayan, Christopher	47	M 45	Elyu Eagle Masters Athletics Team	18.61m		GOLD	
		378	Rivera, Jose Alther	47	M 45	Unattached	14.95m		SILVER	

234		3:30PM		HAMMER THROW (7.26kg) MEN			M40		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS		
		317	Ferrera, Arniel	43	M 40	Philippine Air Force	45.88m		GOLD		
		326	Pangue, Ariel	44	M 40	Team Hukbong Kabitenyo	9.98m		SILVER		
		319	Lalwani, Arvind	44	M 40	Unattached	DNS				

234		3:30PM		HAMMER THROW (7.26kg) MEN			M35		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS		
		269	Flores, Matthew	35	M 35	Ateneo Lightning Loyola	35.61m		GOLD		

234		3:30PM		HAMMER THROW (7.26kg) MEN			M30		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS		
		220	De Guzman, Rodolfo	32	M 30	Elyu Eagle Masters Athletics Team	24.50m		GOLD		
		231	Hey, John Christopher	32	M 30	Ateneo Lightning Loyola	15.40m		SILVER		

235 3:30PM 400m MEN			M 75			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		546	Balaba, Brigilio	78	M 75	City Of Baguio	1:52.9		GOLD

235 3:30PM 400m MEN			M 70			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		536	Igay, Sofronio	72	M 70	Philippine Air Force	1:33.9		GOLD

236		3:30PM		400m MEN		M65		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS	
		519	Fernandez, Vitaliano	68	M 65	Macrunners	1:13.17		GOLD	
		506	Advincula, Demetrio	65	M 65	Baguio Seniors Athletics Team	1:15.10		SILVER	
		514	Birse, David	65	M 65	Unattached	1:19.57		BRONZE	
		508	Alacar, Severino	67	M 65	City Of Baguio	1:31.49			

237 3:30PM 400m MEN			M60			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		485	Gordon, Colin	64	M 60	Spirit Runners	1:06.50		GOLD
		480	Ebreo, Giovanni	61	M 60	Muntinlupa Masters Athletic Team	1:13.32		SILVER
		468	Banzon, Greg	60	M 60	De La Salle Alumni Athletics	1:19.84		BRONZE
		504	Viason Jr. Romeo	64	M 60	Team Daniela	DNS		

238	3:30PM	400m MEN			M50		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		409	Ragas, Aldwin	51	M 50	Philippine Air Force	1:02.12		GOLD
		400	Lagustan, Edmund	51	M 50	Lion City Athletics Club Inc.	1:02.99		SILVER
		393	Doyle, Brett	50	M 50	Unattached	1:03.11		BRONZE
		405	Nona, Allan	53	M 50	Dasmariñas City Joggers & Runners Club	1:08.73		
		402	Lozares, Reuben	51	M 50	San Sebastian College Alumni Athletics	1:18.24		
		407	Perfecio, Jessie	51	M 50	Dasmariñas City Joggers & Runners Club	1:22.42		
		419	Wong, Martin	53	M 50	Unattached	DNS		

238	3:30PM	400m MEN			M55		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		452	Radaza, Eddie	55	M 55	Unattached	1:05.18		GOLD
		556	Guffey, Frank	57	M 55	Unattached	1:06.92		SILVER
		447	Nebrida, Joseph	58	M 55	De La Salle Alumni Athletics	1:41.54		BRONZE
		457	Sugalan, Efren	59	M 55	JD Training Performance Bulacan Masters	DNS		
		423	Alcantara, Rodolfo	57	M 55	JD Training Performance Bulacan Masters	DNS		

240	3:30PM	400m MEN			M45		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		341	Arboleda, Lino	46	M 45	University of the Philippines	59:11		GOLD
		374	Pelaez, Pmsg Michael	47	M 45	Police	1:00.53		SILVER
		379	Robles, Emmanuel	47	M 45	JD Training Performance Bulacan Masters	1:01.20		BRONZE
		353	Daga-As, Jojie	47	M 45	Team Hukbong Kabitenyo	1:01.46		
		366	Magalona, Gerald	45	M 45	Philippine Air Force	1:09.74		
		383	Tumaliuan, Joel	46	M 45	First Sports-Northern Philippines Athletics	1:18.35		
		368	Masiqlat, Almer	48	M 45	Unattached	DNS		

241	3:30PM	400m MEN			M40		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		314	Dino, Arman	40	M 40	Philippine Air Force	57:23		GOLD
		301	Banatao, Aaron Jayxen	41	M 40	Police	59:90		SILVER
		244	Rivera, Joel	43	M 40	First Sports-Northern Philippines Athletics	1:02.79		BRONZE
		337	Zamora, Felipe Jose Iii	43	M 40	Unattached	1:03.61		
		334	Tiqui, Jefren	43	M 40	First Sports-Northern Philippines Athletics	1:08.29		
		304	Buasen, Horace	43	M 40	First Sports-Northern Philippines Athletics	1:08.69		

242 3:30PM 400m MEN			M35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		263	Damasco, Don	37	M 35	University of the Philippines	58:69		GOLD
		257	Camacho, Miguel	35	M 35	University of the Philippines	58:73		SILVER
		273	Gongob, Patrick	36	M 35	Philippine Air Force	1:01.44		BRONZE
		275	Guiquing, Jessie	36	M 35	First Sports-Northern Philippines Athletics	DNS		
		270	Gacad, Darwin	36	M 35	City Of San Fernando La Union Athletics Masters	DNS		

243	3:30PM	400m MEN			M30		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		239	Neri, Elbren	30	M 30	Spectrum Runners	52:76		GOLD
		212	Bigyan, Ryan	30	M 30	Philippine Air Force	53.52		SILVER
		222	Del Prado, Isidro Jr	33	M 30	Philippine Air Force	53.89		BRONZE
		229	Gayta, Job	33	M 30	JD Training Performance Bulacan Masters	53.91		
		237	Manangan, John Rey	30	M 30	Elyu Eagle Masters Athletics Team	1:00.66		
		235	Lopez, Jeremiah Aaron	33	M 30	JD Training Performance Bulacan Masters	1:13.78		
		236	Manalang, John Jerome	32	M 30	JD Training Performance Bulacan Masters	DNS		
		244	Rivera, Joel	43	M 40	First Sports-Northern Philippines Athletics	DNS		

244	3:30PM	POLE VAULT MEN			M30		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		250	Valdecañas, Adel	31	M 30	De La Salle Alumni Athletics	3.50m		GOLD
		247	Sugue, John Kevin	33	M 30	De La Salle Alumni Athletics	3.40m		SILVER
		240	Nishizaki, Kazuya	30	M 30	Unattached	3.40m		BRONZE
		221	De Macuta, Jihan	32	M 30	JD Training Performance Bulacan Masters	2.45m		
		224	Diche, Jayson	31	M 30	JD Training Performance Bulacan Masters	2.10m		

244 3:30PM POLE VAULT MEN			M 35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		296	Tolin, Kenneth Christian	38	M 35	Police	1.70m		GOLD

244 3:30PM POLE VAULT MEN			M 40			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		315	Dorompili, Brian	44	M 40	San Sebastian College Alumni Athletics	1.50m		GOLD
		310	Dayo, Edward	43	M 40	Police	DNS		
		332	Singh, Gurdip	44	M 40	Unattached	DNS		

244 3:30PM POLE VAULT MEN			M 45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		351	Chee, Antonio Jr.	49	M 45	Elyu Eagle Masters Athletics Team	3.10m		GOLD
		374	Pelaez, Pmsg Michael	47	M 45	Police	2.75m		SILVER

244 3:30PM POLE VAULT MEN			M 50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		413	Sakai, Hironobu	50	M 50	Unattached	3.50m		GOLD
		414	Suguitan, Jose Enrico Ricky	52	M 50	P.O.S.F (Pilipinas Obstacle Sports Federation)	2.10m		SILVER

244 3:30PM POLE VAULT MEN			M 55			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		449	Obiena, Edward	58	M 55	Unattached	2.45m		GOLD
		439	Koda, Toshihide Isaphil	55	M 55	Unattached	2.30m		SILVER

244 3:30PM POLE VAULT MEN			M 60			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		498	Obiena, Emerson	60	M 60	Unattached	3.70m		GOLD
		497	Murai, Koji	64	M 60	Macrunners	2.90m		SILVER
		477	Cruz, Victorino	63	M 60	Unattached	1.50m		BRONZE

244 3:30PM POLE VAULT MEN			M 65			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		509	Ambat, Dennis	65	M 65	De La Salle Alumni Athletics	2.10m		GOLD
		532	Tugade, Sonny	65	M 65	De La Salle Alumni Athletics	NM		

245 4:00pm 400m WOMEN			W 75			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		205	Ogsimer, Rosalinda	77	W 75	Team Daniela	2:19.28		GOLD

245 4:00pm 400m WOMEN			W 65			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		202	Veloya, Adie	65	W 65	Dasmariñas City Joggers & Runners Club	2:07.47		GOLD

245 4:00pm 400m WOMEN			W 60			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		199	Vejano, Lorna	64	W 60	Philippine Air Force	1:40.57		GOLD
		196	Ilagan, Carolyn	63	W 60	Dasmariñas City Joggers & Runners Club	2:11.29		SILVER

245 4:00pm 400m WOMEN			W 55			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		192	Rayala, Margie	57	W 55	Team Hukbong Kabitenyo	2:06.12		GOLD
		186	Hitalia, Celma	59	W 55	Muntinlupa Masters Athletic Team	DNS		

249 4:00pm 400m WOMEN			W 50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		178	Sison, Rhina	53	W 50	Philippine Air Force	1:44.18		GOLD

249 4:00pm 400m WOMEN			W 50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		168	Zinampan, Brenda	46	W 45	First Sports-Northern Philippines Athletics	1:08.89		GOLD
		156	Gammad, Maricar	49	W 45	First Sports-Northern Philippines Athletics	1:18.73		SILVER
		165	Reynante, Cherryl	47	W 45	Muntinlupa Masters Athletic Team	1:39.68		BRONZE
		158	Hernandez, Merlie	49	W 45	First Sports-Northern Philippines Athletics	DNS		
		161	Odanga, Rhodora	46	W 45	JD Training Performance Bulacan Masters	DNS		

251 4:00pm 400m WOMEN			W40			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		147	Sofla, Ronijen	43	W 40	Police	1:20.10		GOLD
		143	Ronquillo, Mary Grace	43	W 40	Elyu Eagle Masters Athletics Team	2:26.12		SILVER

252 4:00pm 400m WOMEN			W 35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		128	Magalona, Lorely	39	W 35	Philippine Air Force	1:10.88		GOLD
		129	Magango, Emma	38	W 35	Police	1:13.78		SILVER
		114	Balares, Janicel	38	W 35	Police	1:19.61		BRONZE
		125	Gounder, Priyadarshini Perumal	37	W 35	Unattached	DNS		

252 4:00pm 400m WOMEN			W 35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		113	Udaundo, Jahnzel	33	W 30	Police	1:17.72		GOLD

254 4:30pm HAMMER THROW (4kg) WOMEN			W40			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		142	Rima, Leda	42	W 40	Team Hukbong Kabitenyo	8.54m		GOLD

254 4:30pm HAMMER THROW (4kg) WOMEN			W35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		122	Ferrera, Kenneth Grace	35	W 35	Philippine Air Force	29.87m		GOLD
		123	Gammag, Maricris	39	W 35	Police	22.33m		SILVER
		125	Gounder, Priyadarshini Perumal	37	W 35	Unattached	DNS		

254 4:30pm HAMMER THROW (4kg) WOMEN			W30			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		113	Udaundo, Jahnzel	33	W 30	Police	23.67m		GOLD

255 4:30pm HAMMER THROW (3kg) WOMEN			W70			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		203	Lavandia, Erlinda	72	W 70	City Of Baguio	20.85m		GOLD

255 4:30pm HAMMER THROW (3kg) WOMEN			W50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		170	Claravall, Drolly	54	W 50	Unattached	DNS		

257 5:00pm 10000m MEN			M 30			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		211	Bagamasbad, Randell	31	M 30	Running Team Calabarzon	49:51.00		GOLD

257 5:00pm 10000m			M 35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		284	Nerza, Anthony	35	M 35	Philippine Air Force	35:51.37		GOLD
		287	Olivan, Greco	35	M 35	Muntinlupa Masters Athletic Team	36:21.09		SILVER
		295	Teh, Romnick	35	M 35	Unattached	40:03.07		BRONZE
		271	Galam, Allan	39	M 35	First Sports-Northern Philippines Athletics	43:40.68		
		282	Maravilla, Angelo	38	M 35	Unattached	45:35.37		
		283	Miguel, Albert	38	M 35	JD Training Performance Bulacan Masters	49:51.22		
		265	Dugos, Lito	38	M 35	Police	DNS		
		294	Tan, Kevin Neil	36	M 35	Unattached	DNS		

258 5:00pm TRIPLE JUMP WOMEN			W 30			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		105	Balacano, Yrna	30	W 30	Police			

258 5:00pm TRIPLE JUMP WOMEN			W 35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		117	Bulan, Maricel	38	W 35	First Sports-Northern Philippines Athletics	7.91m		GOLD

258 5:00pm TRIPLE JUMP WOMEN			W 40			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		142	Rima, Leda	42	W 40	Team Hukbong Kabitenyo	7.91m		GOLD

258	5:00pm	TRIPLE JUMP WOMEN			W 45		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		168	Zinampan, Brenda	46	W 45	First Sports-Northern Philippines Athletics	8.34m		GOLD
		152	Buncad, Rachelle	48	W 45	First Sports-Northern Philippines Athletics	NM		
		158	Hernandez, Merlie	49	W 45	First Sports-Northern Philippines Athletics	DNS		

259 5:45pm 10000m WOMEN			W75			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		205	Ogsimer, Rosalinda	77	W 75	Team Daniela	1:18:11.14		GOLD

261 5:45pm 10000m WOMEN			W60			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		195	Doneza, Marlene	62	W 60	Running Team Calabarzon	1:12:31.50		GOLD
		196	Ilagan, Carolyn	63	W 60	Dasmariñas City Joggers & Runners Club	1:21:44.72		SILVER
		197	Olivo, Celerina	63	W 60	Dasmariñas City Joggers & Runners Club	1:39:51.00		BRONZE

262 5:45pm 10000m WOMEN			W55			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		190	Nicolas, Evelyn	57	W 55	Running Team Calabarzon	57:28.57		GOLD
		191	Obmina-Muaña, Ma. Carmencita	59	W 55	De La Salle Alumni Athletics	1:06:58.00		SILVER
		186	Hitalia, Celma	59	W 55	Muntinlupa Masters Athletic Team	DNS		

263 5:45pm 10000m WOMEN			W50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		169	Alan, Vidi	52	W 50	Dasmariñas City Joggers & Runners Club	53:47.40		GOLD
		179	Vinuya, Catherine	52	W 50	P.O.S.F (Pilipinas Obstacle Sports Federation)	57:38.53		SILVER
		178	Sison, Rhina	53	W 50	Philippine Air Force	1:00:41.65		BRONZE
		177	Ramos, Rozalinda	54	W 50	Lion City Athletics Club Inc.	1:04:21.00		

264 5:45pm 10000m WOMEN			W45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		153	Elijeran, Jocelyn	47	W 45	Running Team Calabarzon	46:29.79		GOLD
		164	Reyes, Imelda	48	W 45	Police	57:09.44		SILVER
		162	Panalangin, Grace	48	W 45	Running Team Calabarzon	1:04:39.70		BRONZE
		160	Martes, Christabel	45	W 45	Baguio Seniors Athletics Team	DNS		

265 5:45pm 10000m WOMEN			W40			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		115	Barcena, Nhea Ann	42	W 40	Philippine Air Force	42:38.68		GOLD
		149	Vergara, Gregoria	42	W 40	First Sports-Northern Philippines Athletics	55:10.11		SILVER
		139	Medina, Felmar	42	W 40	JD Training Performance Bulacan Masters	57:58.68		BRONZE
		148	Tenedero, Rochelle	44	W 40	Lion City Athletics Club Inc.	1:05:39.50		
		136	Malihan, Melanie	40	W 40	Running Team Calabarzon	DNS		

266 5:45pm 10000m WOMEN			W35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		128	Magalona, Lorely	39	W 35	Philippine Air Force	50:35.50		GOLD
		120	Corpuz, Mary Grace	37	W 35	Dasmariñas City Joggers & Runners Club	52:38.23		SILVER
		119	Chanjueco, Angelica	35	W 35	Unattached	DNS		

267 5:45pm 10000m WOMEN			W30			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		101	Adaoag, Lany	33	W 30	Spectrum Runners	46:20.46		GOLD
		103	Allan, Ma Rhodora	33	W 30	Dasmariñas City Joggers & Runners Club	52:05.61		SILVER

233 9:00am		4x100 Mixed Relay		M30-W30		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		228	Francisco, Robert	31	M 30	Police	51.45		GOLD
		113	Udaundo, Jahnzel	33	W 30	Police			
		227	Flores, Norman	34	M 30	Police			
		105	Balacano, Yrna	30	W 30	Police			
		212	Bigyan, Ryan	30	M 30	Philippine Air Force	52.58		SILVER
		112	Tahil, Hannika	30	W 30	Philippine Air Force			
		222	Del Prado, Isidro Jr	33	M 30	Philippine Air Force			
		128	Magalona, Lorely	39	W 35	Philippine Air Force			
		279	Laurent, Dondon	36	M 35	Macrunners	1:03.93		BRONZE
		181	Abueg, Myra Luzviminda	55	W 55	Macrunners			
		258	Carreon, John Louie	35	M 35	Macrunners			
		106	Cabaldo, Mary Joy	32	W 30	Macrunners			

233 9:00am		4x100 Mixed Relay		M35-W35		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		293	Tamayo, Yourke	38	M 35	Philippine Air Force	51.53		GOLD
		121	Doños, Flordeliza	37	W 35	Philippine Air Force			
		280	Lim, Ferdinand	39	M 35	Philippine Air Force			
		115	Barcena, Nhea Ann	42	W 40	Philippine Air Force			
		299	Arca, Garry	40	M 40	JD Training Performance Bulacan Masters	51.79		SILVER
		132	Sonido, Aiza	36	W 35	JD Training Performance Bulacan Masters			
		254	Alfonso, John Michael	36	M 35	JD Training Performance Bulacan Masters			
		144	Salaysay, Honey Joy	40	W 40	JD Training Performance Bulacan Masters			
		291	Santos, Dario	39	M 35	First Sports-Northern Philippines Athletics	1:01.27		BRONZE
		117	Bulan, Maricel	38	W 35	First Sports-Northern Philippines Athletics			
		285	Nipahoy, Jerson	37	M 35	First Sports-Northern Philippines Athletics			
		149	Vergara, Gregoria	42	W 40	First Sports-Northern Philippines Athletics			

233 9:00am		4x100 Mixed Relay		M40-W40		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		303	Basco, Allan	42	M 40	JD Training Performance Bulacan Masters	57.10		GOLD
		161	Odanga, Rhodora	46	W 45	JD Training Performance Bulacan Masters			
		379	Robles, Emmanuel	47	M 45	JD Training Performance Bulacan Masters			
		139	Medina, Felmar	42	W 40	JD Training Performance Bulacan Masters			
		300	Balut Jr, Fernando	40	M 40	First Sports-Northern Philippines Athletics	58.90		SILVER
		135	Evangelista, Josephine	43	W 40	First Sports-Northern Philippines Athletics			
		304	Buasen, Horace	43	M 40	First Sports-Northern Philippines Athletics			
		138	Marcos, Revelyn	42	W 40	First Sports-Northern Philippines Athletics			
		301	Banatao, Aaron Jayxen	41	M 40	Police	1:00.38		BRONZE
		147	Sofla, Ronijen	43	W 40	Police			
		422	Aguila, Virgilio	55	M 55	Police			
		150	Ansag, Rosalyn	45	W 45	Police			

233 9:00am		4x100 Mixed Relay		M45-W45		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		437	Isidro, Marlon	58	M 55	First Sports-Northern Philippines Athletics	55.90		GOLD
		156	Gammad, Maricar	49	W 45	First Sports-Northern Philippines Athletics			
		383	Tumaliuan, Joel	46	M 45	First Sports-Northern Philippines Athletics			
		168	Zinampan, Brenda	46	W 45	First Sports-Northern Philippines Athletics			
		399	Go, Albert	52	M 50	Team Daniela	59.00		SILVER
		159	Madamba, Hazel	48	W 45	Team Daniela			
		363	Gacula, Jeefer	47	M 45	Team Daniela			
		176	Punelas, Elenita	54	W 50	Team Daniela			

233 9:00am		4x100 Mixed Relay		M50-W50		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		392	Ceralvo, Mansueto	53	M 50	Team Hukbong Kabitenyo	1:04.72		GOLD
		178	Sison, Rhina	53	W 50	Philippine Air Force			
		452	Radaza, Eddie	55	M 55	Unattached			
		169	Alan, Vidi	52	W 50	Dasmariñas City Joggers & Runners Club			
		424	Alcantara, Ronald	59	M 55	P.O.S.F (Pilipinas Obstacle Sports Federation)	1:05.23		SILVER
		179	Vinuya, Catherine	52	W 50	P.O.S.F (Pilipinas Obstacle Sports Federation)			
		414	Suguitan, Jose Enrico Ricky	52	M 50	P.O.S.F (Pilipinas Obstacle Sports Federation)			
		548	Avengoza, Maria Cecilia	54	W 50	P.O.S.F (Pilipinas Obstacle Sports Federation)			

233 9:00am		4x100 Mixed Relay		M55-W55		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		521	Lobos, Arnel	68	M 65	Muntinlupa Masters Athletic Team	1:00.88		GOLD
		187	Lobos, Perla	59	W 55	Muntinlupa Masters Athletic Team			
		472	Bayaban, Julio	63	M 60	Muntinlupa Masters Athletic Team			
		194	Bayaban, Salve	61	W 60	Muntinlupa Masters Athletic Team			

233 9:00am		4x100 Mixed Relay		M60-W60		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		522	Lozano, Eduardo	67	M 65	Dasmariñas City Joggers & Runners Club	1:24.78		GOLD
		196	Ilagan, Carolyn	63	W 60	Dasmariñas City Joggers & Runners Club			
		461	Abellera, Renato Nestor	63	M 60	Dasmariñas City Joggers & Runners Club			
		202	Veloya, Adie	65	W 65	Dasmariñas City Joggers & Runners Club			

301 5:30am 10000m MEN

M75

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		547	Payumo, Orlando	77	M 75	Running Team Calabarzon	1:05:00.26		GOLD
		546	Balaba, Brigilio	78	M 75	City Of Baguio	1:09:18.12		SILVER

301 5:30am 10000m MEN

M70

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		539	Ramirez, Fernando	71	M 70	Dasmariñas City Joggers & Runners Club	53:16.58		GOLD
		543	Tan, Benjamin	71	M 70	Muntinlupa Masters Athletic Team	55:54.71		SILVER
		617	Tuyay, Henry		M 70	Unattached	DNF		
		545	Villavicencio, Ponciano	71	M 70	JD Training Performance Bulacan Masters	DNF		
		538	Navarette, Eduardo	72	M 70	JD Training Performance Bulacan Masters	DNS		

301 5:30am 10000m MEN

M65

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		511	Banares, Rudy	66	M 65	JD Training Performance Bulacan Masters	46:30.07		GOLD
		518	Escaño, Virgilio	65	M 65	Baguio Seniors Athletics Team	48:03.83		SILVER
		513	Bernabe, Felix	67	M 65	Baguio Seniors Athletics Team	48:27.20		BRONZE
		531	Torres, Gregorio	67	M 65	Unattached	1:00:33.69		
		505	Abiera, Ramon	66	M 65	Macrunners	DNS		
		516	Dela Rama, Rogaciano	68	M 65	JD Training Performance Bulacan Masters	DNS		

301 5:30am 10000m MEN

M60

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		550	Perez, Geoffrey C.	62	M 60	Baguio Seniors Athletics Team	43:01.19		GOLD
		486	Huevos, Rey	60	M 60	JD Training Performance Bulacan Masters	43:36.32		SILVER
		467	Bantang, Gerry	61	M 60	Team Daniela	44:20.25		BRONZE
		481	Eusebio, Jose	64	M 60	Team Hukbong Kabitenyo	45:18.79		
		471	Barsaga, Ely	63	M 60	JD Training Performance Bulacan Masters	46:11.16		
		470	Barolo, Rafael	60	M 60	Running Team Calabarzon	47:50.96		
		488	Jereza, Manuel Noli	60	M 60	Macrunners	57:27.71		
		482	Galvez, Eduardo	63	M 60	JD Training Performance Bulacan Masters	DNS		

302 6:30am 10000m MEN

M55

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		425	Barcelo, Neri	57	M 55	Team Daniela	41:56.20		GOLD
		457	Sugalan, Efren	59	M 55	JD Training Performance Bulacan Masters	43:09.35		SILVER
		459	Tubes, Edgardo	57	M 55	Philippine Air Force	45:48.39		BRONZE
		421	Abay-Abay, Rey Ignatius	56	M 55	Unattached	45:48.83		
		448	Nicod-Am, Raymundo	55	M 55	First Sports-Northern Philippines Athletics	46:50.65		
		452	Radaza, Eddie	55	M 55	Unattached	49:08.40		
		460	Velado, John	59	M 55	Lion City Athletics Club Inc.	52:56.15		
		450	Oraye, Jaime	59	M 55	JD Training Performance Bulacan Masters	53:30.92		

302 6:30am 10000m MEN

M50

FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		396	Engbino, Desederio	54	M 50	Spectrum Runners	38:47.56		GOLD
		411	Raza, Asad	50	M 50	Unattached	40:29.22		SILVER
		392	Ceralvo, Mansueto	53	M 50	Team Hukbong Kabitenyo	42:40.65		BRONZE
		406	Pagulayan, Marlo	52	M 50	First Sports-Northern Philippines Athletics	44:31.59		
		408	Quiogue, Victor	52	M 50	Team Hukbong Kabitenyo	45:31.44		
		391	Balbin, Leoncio Jr.	51	M 50	Unattached	46:47.41		
		405	Nona, Allan	53	M 50	Dasmariñas City Joggers & Runners Club	56:33.78		
		417	Tumpang, Pio	51	M 50	JD Training Performance Bulacan Masters	DNF		
		397	Epong, Allan	50	M 50	JD Training Performance Bulacan Masters	DNS		

303 6:30am		DISCUS THROW (1.5kg) MEN			M55		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		433	Fotohi, Reza	57	M 55	Unattached	30.70m		GOLD
		449	Obiena, Edward	58	M 55	Unattached	29.09m		SILVER
		439	Koda, Toshihide Isaphil	55	M 55	Unattached	28.23m		BRONZE
		453	Ronquillo, Bryan	58	M 55	Elyu Eagle Masters Athletics Team	21.66m		
		437	Isidro, Marlon	58	M 55	First Sports-Northern Philippines Athletics	20.00m		
		438	Kobavashi. Hirovuki	56	M 55	Unattached	DNS		

303 6:30am DISCUS THROW (1.5kg) MEN			M50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		401	Lopez, Emmanuel	52	M 50	Unattached	22.95m		GOLD
		420	Yamasato, Masayuki	54	M 50	Unattached	16.59m		SILVER
		414	Suguitan, Jose Enrico Ricky	52	M 50	P.O.S.F (Pilipinas Obstacle Sports Federation)	15.33m		BRONZE

304 6:30am DISCUS THROW (1.0kg) MEN			M65			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		534	Villa, Juan	67	M 65	De La Salle Alumni Athletics	34.76m		GOLD
		525	Noro, Yukihiro	65	M 65	Unattached	27.27m		SILVER
		509	Ambat, Dennis	65	M 65	De La Salle Alumni Athletics	23.60m		BRONZE
		528	Reves, Frank	65	M 65	De La Salle Alumni Athletics	17.58m		

304 6:30am		DISCUS THROW (1.0kg) MEN			M60		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		498	Obiena, Emerson	60	M 60	Unattached	34.51m		GOLD
		497	Murai, Koji	64	M 60	Macrunners	25.96m		SILVER
		463	Agra, Alberto	61	M 60	P.O.S.F (Pilipinas Obstacle Sports Federation)	25.24m		BRONZE
		475	Cardano, Edmundo Jose	62	M 60	Philippine Air Force	21.82m		
		487	Ibrahim, Mustafa	63	M 60	Unattached	20.59m		

305 7:30am 10000m MEN			M45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		382	Torred, Demetrio Jr.	49	M 45	Spectrum Runners	38:09.22		GOLD
		361	Fortes, Eddie	46	M 45	Elyu Eagle Masters Athletics Team	39:14.24		SILVER
		353	Daga-As, Jojie	47	M 45	Team Hukbong Kabitenyo	39:38.45		BRONZE
		366	Magalona, Gerald	45	M 45	Philippine Air Force	43:38.67		
		352	Dacutanan, Roy	45	M 45	Philippine Air Force	45:29.42		
		338	Alcantara, Mario	47	M 45	JD Training Performance Bulacan Masters	DNF		
		339	Angupa, Martiniano	48	M 45	Unattached	DNF		
		342	Atenas, Jeffrey	46	M 45	JD Training Performance Bulacan Masters	DNS		
		360	Fabros, Noel	48	M 45	First Sports-Northern Philippines Athletics	DNS		
		368	Masiqlat, Almer	48	M 45	Unattached	DNS		

305 7:30am 10000m MEN			M40			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		322	Madrid Jr., Ruddy	40	M 40	Unattached	38:10.24		GOLD
		330	Sabal, Elmer	42	M 40	Unattached	39:22.77		SILVER
		336	Zaldua, Gerald	42	M 40	Team Daniela	40:59.06		BRONZE
		320	Lasibal Jr., Angelito	42	M 40	JD Training Performance Bulacan Masters	42:20.17		
		315	Dorompili, Brian	44	M 40	San Sebastian College Alumni Athletics	49:47.18		
		308	Crisostomo, Glyn	44	M 40	Unattached	DNS		

306 8:00am DISCUS THROW (1.0kg) WOMEN W70						FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		203	Lavandia, Erlinda	72	W 70	City Of Baguio	16.18m		GOLD

306 8:00am DISCUS THROW (1.0kg) WOMEN					W60					FINAL	
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS		
		198	Pellosis, Francia	60	W 60	JD Training Performance Bulacan Masters	14.09		GOLD		

306 8:00am DISCUS THROW (1.0kg) WOMEN			W55		FINAL				
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		184	Chapman, Jill	55	W 55	Unattached	21.19m		GOLD
		193	Staples, Judith	55	W 55	Unattached	19.68m		SILVER

306 8:00am DISCUS THROW (1.0kg) WOMEN			W50		FINAL				
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		170	Claravall, Drolly	54	W 50	Unattached	19.63m		GOLD
		173	Marza, Grizelda	50	W 50	Macrunners	13.17m		SILVER

306 8:00am DISCUS THROW (1.0kg) WOMEN			W45		FINAL				
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		162	Panalangin, Grace	48	W 45	Running Team Calabarzon	12.15m		GOLD
		163	Relizan, Michelle	49	W 45	Elyu Eagle Masters Athletics Team	DNS		

306 8:00am DISCUS THROW (1.0kg) WOMEN			W40		FINAL				
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		149	Vergara, Gregoria	42	W 40	First Sports-Northern Philippines Athletics	11.49m		GOLD

306 8:00am DISCUS THROW (1.0kg) WOMEN			W35		FINAL				
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		123	Gammag, Maricris	39	W 35	Police	24.57m		GOLD
		117	Bulan, Maricel	38	W 35	First Sports-Northern Philippines Athletics	17.95m		SILVER

306 8:00am DISCUS THROW (1.0kg) WOMEN			W30		FINAL				
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		113	Udaundo, Jahnzel	33	W 30	Police	26.01m		GOLD

310 8:30am 80m HURDLES (0.762m)			W45		FINAL				
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		168	Zinampan, Brenda	46	W 45	First Sports-Northern Philippines Athletics	14.78		GOLD
		152	Buncad, Rachelle	48	W 45	First Sports-Northern Philippines Athletics	41.38		SILVER
		158	Hernandez, Merlie	49	W 45	First Sports-Northern Philippines Athletics	DNS		

310 8:30am 80m HURDLES (0.762m)			W40		FINAL				
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		142	Rima, Leda	42	W 40	Team Hukbong Kabitenyo	36.37		GOLD
		141	Ong, Shelialyn	40	W 40	Philippine Air Force	DNS		

311 8:40am 100m HURDLES (0.840m)			W30		FINAL				
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		111	Que-Aguilar, Precious	32	W 30	P.O.S.F (Pilipinas Obstacle Sports Federation)	19.17		GOLD

312 8:50am 100m HURDLES (0.840m)			M65		FINAL				
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		521	Lobos, Arnel	68	M 65	Muntinlupa Masters Athletic Team	19.71		GOLD
		506	Advincula, Demetrio	65	M 65	Baguio Seniors Athletics Team	29.92		SILVER

312 8:50am 100m HURDLES (0.840m)			M60		FINAL				
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		464	Amador, Anthony Vincent	62	M 60	De La Salle Alumni Athletics	23.32		GOLD
		485	Gordon, Colin	64	M 60	Spirit Runners	40.47		SILVER
		487	Ibrahim, Mustafa	63	M 60	Unattached	DNS		

313 9:00am 100m HURDLES (0.914m)			M55		FINAL				
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		452	Radaza, Eddie	55	M 55	Unattached	21.83		GOLD
		437	Isidro, Marlon	58	M 55	First Sports-Northern Philippines Athletics	1:10.15		SILVER

313 9:00am 100m HURDLES (0.914m)			M50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		387	Aoay, Ramil	51	M 50	City Of San Fernando La Union Athletics Masters	21.28		GOLD
		414	Suguitan, Jose Enrico Ricky	52	M 50	P.O.S.F (Pilipinas Obstacle Sports Federation)	22.04		SILVER

314 9:10am 110m HURDLES (0.991m)			M45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		363	Gacula, Jeefer	47	M 45	Team Daniela	23.37		GOLD

314 9:10am 110m HURDLES (0.991m)			M40			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		321	Lopez, Rene Boy	43	M 40	First Sports-Northern Philippines Athletics	31.16		GOLD

314 9:10am 110m HURDLES (0.991m)			M35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		293	Tamayo, Yourke	38	M 35	Philippine Air Force	16.77		GOLD
		267	Eugenio, Ericson	39	M 35	First Sports-Northern Philippines Athletics	22.56		SILVER

314 9:10am 110m HURDLES (0.991m)			M30			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		228	Francisco, Robert	31	M 30	Police	15.91		GOLD
		247	Sugue, John Kevin	33	M 30	De La Salle Alumni Athletics	20.50		SILVER
		248	Uichico, Timothy	31	M 30	De La Salle Alumni Athletics	21.05		BRONZE

315		9:20am		4x400 Relay		W30		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS	
		113	Udaundo, Jahnzel	33	W 30	Police	5:04.84		GOLD	
		114	Balares, Janicel	38	W 35	Police				
		147	Sofla, Ronijen	43	W 40	Police				
		105	Balacano, Yrna	30	W 30	Police				
		128	Magalona, Lorely	39	W 35	Philippine Air Force	5:22.56		SILVER	
		103	Allan, Ma Rhodora	33	W 30	Dasmariñas City Joggers & Runners Club				
		120	Corpuz, Mary Grace	37	W 35	Dasmariñas City Joggers & Runners Club				
		101	Adaoag, Lany	33	W 30	Spectrum Runners				

315 9:20am 4x400 Relay			W40				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		138	Marcos, Revelyn	42	W 40	First Sports-Northern Philippines Athletics	6:00.16		GOLD
		156	Gammad, Maricar	49	W 45	First Sports-Northern Philippines Athletics			
		149	Vergara, Gregoria	42	W 40	First Sports-Northern Philippines Athletics			
		168	Zinampan, Brenda	46	W 45	First Sports-Northern Philippines Athletics			

315 9:20am 4x400 Relay			W45				FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		195	Doneza, Marlene	62	W 60	Running Team Calabarzon	7:06.11		GOLD
		190	Nicolas, Evelyn	57	W 55	Running Team Calabarzon			
		162	Panalangin, Grace	48	W 45	Running Team Calabarzon			
		153	Elijeran, Jocelyn	47	W 45	Running Team Calabarzon			

316 9:30am 4x400 Relay			M45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		338	Alcantara, Mario	47	M 45	JD Training Performance Bulacan Masters	5:15.07		GOLD
		342	Atenas, Jeffrey	46	M 45	JD Training Performance Bulacan Masters			
		348	Beltran, Danny Dexter	46	M 45	JD Training Performance Bulacan Masters			
		379	Robles, Emmanuel	47	M 45	JD Training Performance Bulacan Masters			

316 9:30am 4x400 Relay			M50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		408	Quiogue, Victor	52	M 50	Team Hukbong Kabitenyo	4:48.10		GOLD
		392	Ceralvo, Mansueto	53	M 50	Team Hukbong Kabitenyo			
		452	Radaza, Eddie	55	M 55	Unattached			
		396	Engbino, Desederio	54	M 50	Spectrum Runners			
		417	Tumpang, Pio	51	M 50	JD Training Performance Bulacan Masters	5:02.41		SILVER
		473	Cabral, Alfredo	60	M 60	JD Training Performance Bulacan Masters			
		397	Epong, Allan	50	M 50	JD Training Performance Bulacan Masters			
		495	Maclang, Juanchito	60	M 60	JD Training Performance Bulacan Masters			

316 9:30am 4x400 Relay				M55		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		451	Quiogue, Armando	56	M 55	Team Daniela	5:02.18		GOLD
		489	Lacdao, Marcelo	60	M 60	Team Daniela			
		454	Rosin, Enrico	58	M 55	Team Daniela			
		526	Pedregosa, Edgardo	67	M 65	Team Daniela			
		486	Huevos, Rey	60	M 60	JD Training Performance Bulacan Masters	6:07.36		SILVER
		538	Navarette, Eduardo	72	M 70	JD Training Performance Bulacan Masters			
		516	Dela Rama, Rogaciano	68	M 65	JD Training Performance Bulacan Masters			
		457	Sugalan, Efren	59	M 55	JD Training Performance Bulacan Masters			

316 9:30am 4x400 Relay				M65		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		506	Advincula, Demetrio	65	M 65	Baguio Seniors Athletics Team	5:54.70		GOLD
		517	Dichoso, Renato	68	M 65	Unattached			
		508	Alacar, Severino	67	M 65	City Of Baguio			
		518	Escaño, Virgilio	65	M 65	Baguio Seniors Athletics Team			

316 9:30am 4x400 Relay				M30		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		208	Andresio, Alvin Lloyd	30	M 30	Philippine Air Force	3:48.56		GOLD
		212	Bigyan, Ryan	30	M 30	Philippine Air Force			
		226	Fernandez, Jerome	30	M 30	Philippine Air Force			
		222	Del Prado, Isidro Jr	33	M 30	Philippine Air Force			
		257	Camacho, Miguel	35	M 35	University of the Philippines	3:59.46		SILVER
		263	Damasco, Don	37	M 35	University of the Philippines			
		216	Capistrano, Jose Lorenzo	31	M 30	University of the Philippines			
		246	Soriano, Gabriel	30	M 30	University of the Philippines			
		306	Carreon, Juny Rex	44	M 40	Police	4:14.66		BRONZE
		364	Hidalgo Jr, Armando	46	M 45	Police			
		252	Velasco, Ivan	34	M 30	Police			
		228	Francisco, Robert	31	M 30	Police			

316 9:30am 4x400 Relay				M35		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		293	Tamayo, Yourke	38	M 35	Philippine Air Force	3:57.14		GOLD
		280	Lim, Ferdinand	39	M 35	Philippine Air Force			
		273	Gongob, Patrick	36	M 35	Philippine Air Force			
		314	Dino, Arman	40	M 40	Philippine Air Force			
		297	Ucag, Eddie Boy	35	M 35	JD Training Performance Bulacan Masters	4:16.28		SILVER
		278	Javier, Blas	39	M 35	JD Training Performance Bulacan Masters			
		283	Miguel, Albert	38	M 35	JD Training Performance Bulacan Masters			
		254	Alfonso, John Michael	36	M 35	JD Training Performance Bulacan Masters			
		271	Galam, Allan	39	M 35	First Sports-Northern Philippines Athletics	4:26.54		BRONZE
		267	Eugenio, Ericson	39	M 35	First Sports-Northern Philippines Athletics			
		285	Nipahoy, Jerson	37	M 35	First Sports-Northern Philippines Athletics			
		291	Santos, Dario	39	M 35	First Sports-Northern Philippines Athletics			

316 9:30am 4x400 Relay				M40		FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		374	Pelaez, Pmsg Michael	47	M 45	Police	4:15.70		GOLD
		386	Yu, Charlie	47	M 45	Police			
		422	Aguila, Virgilio	55	M 55	Police			
		301	Banatao, Aaron Jayxen	41	M 40	Police			
		244	Rivera, Joel	43	M 40	First Sports-Northern Philippines Athletics	4:35.79		SILVER
		304	Buasen, Horace	43	M 40	First Sports-Northern Philippines Athletics			
		334	Tiqui, Jefren	43	M 40	First Sports-Northern Philippines Athletics			
		321	Lopez, Rene Boy	43	M 40	First Sports-Northern Philippines Athletics			
		329	Rontal, Ricardo	44	M 40	JD Training Performance Bulacan Masters	5:02.34		BRONZE
		444	Moreno, Ronilo	58	M 55	JD Training Performance Bulacan Masters			
		299	Arca, Garry	40	M 40	JD Training Performance Bulacan Masters			
		320	Lasibal Jr., Angelito	42	M 40	JD Training Performance Bulacan Masters			

317 3:30pm POLE VAULT WOMEN			W35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		116	Buenaventura, Riezel	38	W 35	Unattached	3.25m		GOLD "New Record"

317 3:30pm POLE VAULT WOMEN			W45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		168	Zinampan, Brenda	46	W 45	First Sports-Northern Philippines Athletics	1.95m		GOLD
		155	Ferrera, Christine	49	W 45	Unattached	0.97m		SILVER
		152	Buncad, Rachelle	48	W 45	First Sports-Northern Philippines Athletics	NM		

317 3:30pm POLE VAULT WOMEN			W45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		193	Staples, Judith	55	W 55	Unattached	1.75m		GOLD

318 3:30pm 3000m STEEPLE CHASE (0.914m) MEN			FINAL						
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		421	Abay-Abay, Rey Ignatius	56	M 55	Unattached	13:43.72		GOLD
		427	Bautista Jr., Rizaldo	56	M 55	Unattached	17:31.79		SILVER
		458	Ticzon, Edison	56	M 55	Macrunners	17:38.46		BRONZE
		444	Moreno, Ronilo	58	M 55	JD Training Performance Bulacan Masters	DNF		
		425	Barcelo, Neri	57	M 55	Team Daniela	DNS		
		424	Alcantara, Ronald	59	M 55	P.O.S.F (Pilipinas Obstacle Sports Federation)	DNS		

318 3:30pm 3000m STEEPLE CHASE (0.914m) MEN			FINAL						
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		406	Pagulayan, Marlo	52	M 50	First Sports-Northern Philippines Athletics	13:40.75		GOLD
		392	Ceralvo, Mansueto	53	M 50	Team Hukbong Kabitenyo	13:49.03		SILVER
		408	Quiogue, Victor	52	M 50	Team Hukbong Kabitenyo	13:56.10		BRONZE
		387	Aoay, Ramil	51	M 50	City Of San Fernando La Union Athletics Masters	15:39.90		

318 3:30pm 3000m STEEPLE CHASE (0.914m) MEN			FINAL						
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		353	Daga-As, Jojie	47	M 45	Team Hukbong Kabitenyo	12:07.45		GOLD
		357	Elijeran, Nelson	49	M 45	Running Team Calabarzon	12:23.87		SILVER
		361	Fortes, Eddie	46	M 45	Elyu Eagle Masters Athletics Team	12:47.35		BRONZE
		366	Magalona, Gerald	45	M 45	Philippine Air Force	14:06.52		
		346	Barcelon, James	47	M 45	P.O.S.F (Pilipinas Obstacle Sports Federation)	14:39.05		
		348	Beltran, Danny Dexter	46	M 45	JD Training Performance Bulacan Masters	14:44.51		
		367	Manzo, Anand	48	M 45	Unattached	15:27.37		
		360	Fabros, Noel	48	M 45	First Sports-Northern Philippines Athletics	DNS		
		382	Torred, Demetrio Jr.	49	M 45	Spectrum Runners	DNS		

318 3:30pm 3000m STEEPLE CHASE (0.914m) MEN			FINAL						
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		316	Fantilaga, Carlito	41	M 40	Team Hukbong Kabitenyo	12:24.69		GOLD
		321	Lopez, Rene Boy	43	M 40	First Sports-Northern Philippines Athletics	12:26.96		SILVER
		329	Rontal, Ricardo	44	M 40	JD Training Performance Bulacan Masters	13:42.88		BRONZE
		320	Lasibal Jr., Angelito	42	M 40	JD Training Performance Bulacan Masters	14:35.25		
		306	Carreon, Juny Rex	44	M 40	Police	15:13.65		
		313	Dinco, Leolito	42	M 40	Team Hukbong Kabitenyo	DNS		

318 3:30pm 3000m STEEPLE CHASE (0.914m) MEN**FINAL**

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		257	Camacho, Miguel	35	M 35	University of the Philippines	15:14.22		GOLD
		256	Asias, Zanwer	36	M 35	Lion City Athletics Club Inc.	17:58.30		SILVER
		264	Domingo, Francis	38	M 35	City Of San Fernando La Union Athletics Masters	DNS		BRONZE
		272	Golimlim, Darryl	37	M 35	Team Hukbong Kabitenyo	DNS		
		275	Guiquing, Jessie	36	M 35	First Sports-Northern Philippines Athletics	DNS		

318 3:30pm 3000m STEEPLE CHASE (0.914m) MEN**FINAL**

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		237	Manangan, John Rey	30	M 30	Elyu Eagle Masters Athletics Team	13:09.68		GOLD
		216	Capistrano, Jose Lorenzo	31	M 30	University of the Philippines	15:27.56		SILVER
		241	Pajenar, Gerson	32	M 30	JD Training Performance Bulacan Masters	18:37.43		BRONZE

319 3:45pm 2000m STEEPLE CHASE (0.762m) MEN**FINAL**

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		538	Navarette, Eduardo	72	M 70	JD Training Performance Bulacan Masters	10:53.99		GOLD
		543	Tan, Benjamin	71	M 70	Muntinlupa Masters Athletic Team	11:35.11		SILVER

319 3:45pm 2000m STEEPLE CHASE (0.762m) MEN**FINAL**

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		506	Advincula, Demetrio	65	M 65	Baguio Seniors Athletics Team	9:46.79		GOLD
		529	Sta Rosa, Rene	66	M 65	Philippine Air Force	10:42.42		SILVER
		508	Alacar, Severino	67	M 65	City Of Baguio	13:55.94		BRONZE

319 3:45pm 2000m STEEPLE CHASE (0.762m) MEN**FINAL**

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		490	Laguinlin, Rolando	60	M 60	First Sports-Northern Philippines Athletics	9:09.70		GOLD
		479	Ducay, Sonny	61	M 60	Unattached	9:16.99		SILVER
		503	Valenzuela, Jesus Hess	63	M 60	Unattached	10:08.71		BRONZE
		473	Cabral, Alfredo	60	M 60	JD Training Performance Bulacan Masters	10:09.19		
		461	Abellera, Renato Nestor	63	M 60	Dasmariñas City Joggers & Runners Club	12:48.91		

320 4:30pm DISCUS THROW (2kg) MEN**M45****FINAL**

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		145	Salaysay, Phil	45	M 45	JD Training Performance Bulacan Masters	32.68m		GOLD
		378	Rivera, Jose Alther	47	M 45	Unattached	28.73m		SILVER
		383	Tumaliuan, Joel	46	M 45	First Sports-Northern Philippines Athletics	26.18m		BRONZE
		373	Pagulayan, Christopher	47	M 45	Elyu Eagle Masters Athletics Team	19.79m		

320 4:30pm DISCUS THROW (2kg) MEN**M40****FINAL**

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		317	Ferrera, Arniel	43	M 40	Philippine Air Force	36.22m		GOLD
		300	Balut Jr, Fernando	40	M 40	First Sports-Northern Philippines Athletics	22.35m		SILVER
		326	Pangue, Ariel	44	M 40	Team Hukbong Kabitenyo	14.56m		BRONZE
		318	Gregorio, John Alexander	42	M 40	Ateneo Lightning Loyola	DNS		

320 4:30pm DISCUS THROW (2kg) MEN**M30****FINAL**

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		215	Capinpin, Joseph	32	M 30	Ateneo Lightning Loyola	33.60m		GOLD
		220	De Guzman, Rodolfo	32	M 30	Elyu Eagle Masters Athletics Team	31.46m		SILVER
		214	Camba, Cristituto	33	M 30	Muntinlupa Masters Athletic Team	DNS		
		210	Arceo, Michael Angelo	31	M 30	JD Training Performance Bulacan Masters	DNS		

319 5:00pm 2000m STEEPLE CHASE (0.762m) WOMEN**FINAL**

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		156	Gammad, Maricar	49	W 45	First Sports-Northern Philippines Athletics	10:28.17		GOLD
		166	Sescon, Romelita	48	W 45	Team Hukbong Kabitenyo	13:58.70		SILVER

319 5:00pm 2000m STEEPLE CHASE (0.762m) WOMEN
FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		115	Barcena, Nhea Ann	42	W 40	Philippine Air Force	8:43.97		GOLD
		135	Evangelista, Josephine	43	W 40	First Sports-Northern Philippines Athletics	10:44.13		SILVER

319 5:00pm 2000m STEEPLE CHASE (0.762m) WOMEN
FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		110	Manansala, Aileen	31	W 30	JD Training Performance Bulacan Masters	10:10.77		GOLD
		106	Cabaldo, Mary Joy	32	W 30	Macrunners	10:59.82		SILVER

322 5:15pm 4x100 Relay
M30
FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		208	Andresio, Alvin Lloyd	30	M 30	Philippine Air Force	46.71		GOLD
		226	Fernandez, Jerome	30	M 30	Philippine Air Force			
		212	Bigyan, Ryan	30	M 30	Philippine Air Force			
		222	Del Prado, Isidro Jr	33	M 30	Philippine Air Force			
		238	Movilla, Jonathan	31	M 30	JD Training Performance Bulacan Masters	51.73		SILVER
		221	De Macuta, Jihan	32	M 30	JD Training Performance Bulacan Masters			
		235	Lopez, Jeremiah Aaron	33	M 30	JD Training Performance Bulacan Masters			
		217	Castro, Jonathan	34	M 30	JD Training Performance Bulacan Masters			
		228	Francisco, Robert	31	M 30	Police	54.36		BRONZE
		227	Flores, Norman	34	M 30	Police			
		252	Velasco, Ivan	34	M 30	Police			
		251	Valdenarro, Alvin	30	M 30	Police			
		220	De Guzman, Rodolfo	32	M 30	Elyu Eagle Masters Athletics Team	57.58		
		373	Pagulayan, Christopher	47	M 45	Elyu Eagle Masters Athletics Team			
		361	Fortes, Eddie	46	M 45	Elyu Eagle Masters Athletics Team			
		237	Manangan, John Rey	30	M 30	Elyu Eagle Masters Athletics Team			

322 5:15pm 4x100 Relay
M35
FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		280	Lim, Ferdinand	39	M 35	Philippine Air Force	48.09		GOLD
		314	Dino, Arman	40	M 40	Philippine Air Force			
		259	Chaneco, Henry	37	M 35	Philippine Air Force			
		253	Alejan Jr, Edgardo	37	M 35	Philippine Air Force			
		297	Ucag, Eddie Boy	35	M 35	JD Training Performance Bulacan Masters	51.27		SILVER
		278	Javier, Blas	39	M 35	JD Training Performance Bulacan Masters			
		283	Miguel, Albert	38	M 35	JD Training Performance Bulacan Masters			
		254	Alfonso, John Michael	36	M 35	JD Training Performance Bulacan Masters			
		271	Galam, Allan	39	M 35	First Sports-Northern Philippines Athletics	53.18		BRONZE
		286	Nipahoy, Jimson	37	M 35	First Sports-Northern Philippines Athletics			
		285	Nipahoy, Jerson	37	M 35	First Sports-Northern Philippines Athletics			
		291	Santos, Dario	39	M 35	First Sports-Northern Philippines Athletics			

322 5:15pm 4x100 Relay
M40
FINAL

Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		306	Carreon, Juny Rex	44	M 40	Police	52.66		GOLD
		301	Banatao, Aaron Jayxen	41	M 40	Police			
		377	Repil, Ricky	48	M 45	Police			
		364	Hidalgo Jr, Armando	46	M 45	Police			
		244	Rivera, Joel	43	M 40	First Sports-Northern Philippines Athletics	54.74		SILVER
		334	Tiqui, Jefren	43	M 40	First Sports-Northern Philippines Athletics			
		300	Balut Jr, Fernando	40	M 40	First Sports-Northern Philippines Athletics			
		304	Buasen, Horace	43	M 40	First Sports-Northern Philippines Athletics			
		299	Arca, Garry	40	M 40	JD Training Performance Bulacan Masters	55.68		BRONZE
		320	Lasibal Jr., Angelito	42	M 40	JD Training Performance Bulacan Masters			
		355	Dela Cruz, Arnold	46	M 45	JD Training Performance Bulacan Masters			
		303	Basco, Allan	42	M 40	JD Training Performance Bulacan Masters			

322 5:15pm		4x100 Relay			M45		FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		386	Yu, Charlie	47	M 45	Police	51.49		GOLD
		370	Moral, Nathaniel	46	M 45	Police			
		422	Aguila, Virgilio	55	M 55	Police			
		374	Pelaez, Pmsg Michael	47	M 45	Police			
		385	Victoriano, Michael	48	M 45	San Sebastian College Alumni Athletics	55.54		SILVER
		356	Eguia II, Rodolfo	48	M 45	San Sebastian College Alumni Athletics			
		402	Lozares, Reuben	51	M 50	San Sebastian College Alumni Athletics			
		372	Oliveros, Arturo Jr	49	M 45	San Sebastian College Alumni Athletics			
		338	Alcantara, Mario	47	M 45	JD Training Performance Bulacan Masters	57.86		BRONZE
		342	Atenas, Jeffrey	46	M 45	JD Training Performance Bulacan Masters			
		348	Beltran, Danny Dexter	46	M 45	JD Training Performance Bulacan Masters			
		379	Robles, Emmanuel	47	M 45	JD Training Performance Bulacan Masters			

322 5:15pm 4x100 Relay			M50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		392	Ceralvo, Mansueto	53	M 50	Team Hukbong Kabitenyo	56.77		GOLD
		452	Radaza, Eddie	55	M 55	Unattached			
		551	Academia, Trece	55	M 55	Philippine Air Force			
		403	Magcawas, Randy	50	M 50	Philippine Air Force			
		417	Tumpang, Pio	51	M 50	JD Training Performance Bulacan Masters	59.00		SILVER
		397	Epong, Allan	50	M 50	JD Training Performance Bulacan Masters			
		444	Moreno, Ronilo	58	M 55	JD Training Performance Bulacan Masters			
		495	Maclang, Juanchito	60	M 60	JD Training Performance Bulacan Masters			
		437	Isidro, Marlon	58	M 55	First Sports-Northern Philippines Athletics	1:11.10		BRONZE
		490	Laguinlin, Rolando	60	M 60	First Sports-Northern Philippines Athletics			
		410	Raymundo, Macrino	50	M 50	First Sports-Northern Philippines Athletics			
		406	Pauglavan, Marlo	52	M 50	First Sports-Northern Philippines Athletics			

322 5:15pm 4x100 Relay			M55			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		491	Lazo, Gerald	62	M 60	De La Salle Alumni Athletics	1:15.62		GOLD
		485	Gordon, Colin	64	M 60	Spirit Runners			
		478	Da Silva, Roberto Jose	62	M 60	De La Salle Alumni Athletics			
		430	Chan, Jocson	57	M 55	De La Salle Alumni Athletics			

322 5:15pm		4x100 Relay		M60			FINAL		
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		521	Lobos, Arnel	68	M 65	Muntinlupa Masters Athletic Team	59.52		GOLD
		492	Loi, Riccardo	64	M 60	Unattached			
		480	Ebreo, Giovanni	61	M 60	Muntinlupa Masters Athletic Team			
		472	Bayaban, Julio	63	M 60	Muntinlupa Masters Athletic Team			
		497	Murai, Koji	64	M 60	Macrunners	59.65		SILVER
		466	Balcita, Guillermo William Jr.	61	M 60	City Of San Fernando La Union Athletics Masters			
		498	Obiena, Emerson	60	M 60	Unattached			
		487	Ibrahim, Mustafa	63	M 60	Unattached			

322 5:15pm 4x100 Relay			M65			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		506	Advincula, Demetrio	65	M 65	Baguio Seniors Athletics Team	1:09.42		GOLD
		517	Dichoso, Renato	68	M 65	Unattached			
		508	Alacar, Severino	67	M 65	City Of Baguio			
		518	Escaño, Virgilio	65	M 65	Baguio Seniors Athletics Team			

322 5:15pm 4x100 Relay			M70			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		546	Balaba, Brigilio	78	M 75	City Of Baguio	1:19.49		GOLD
		537	Muloc, Usman	71	M 70	Unattached			
		536	Igay, Sofronio	72	M 70	Philippine Air Force			
		539	Ramirez, Fernando	71	M 70	Dasmariñas City Joggers & Runners Club			

322 5:45pm 4x100 Relay			W30			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		114	Balares, Janicel	38	W 35	Police	59.25		GOLD
		113	Udaundo, Jahnzel	33	W 30	Police			
		147	Sofla, Ronijen	43	W 40	Police			
		105	Balacano, Yrna	30	W 30	Police			

322 5:45pm 4x100 Relay			W35			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		124	Gesmundo, Joanne Michelle	37	W 35	JD Training Performance Bulacan Masters	1:02.26		GOLD
		132	Sonido, Aiza	36	W 35	JD Training Performance Bulacan Masters			
		139	Medina, Felmar	42	W 40	JD Training Performance Bulacan Masters			
		144	Salaysay, Honey Joy	40	W 40	JD Training Performance Bulacan Masters			
		149	Vergara, Gregoria	42	W 40	First Sports-Northern Philippines Athletics	1:08.09		SILVER
		135	Evangelista, Josephine	43	W 40	First Sports-Northern Philippines Athletics			
		117	Bulan, Maricel	38	W 35	First Sports-Northern Philippines Athletics			
		138	Marcos, Revelyn	42	W 40	First Sports-Northern Philippines Athletics			

322 5:45pm 4x100 Relay			W45			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		156	Gammad, Maricar	49	W 45	First Sports-Northern Philippines Athletics	1:12.83		GOLD
		152	Buncad, Rachelle	48	W 45	First Sports-Northern Philippines Athletics			
		158	Hernandez, Merlie	49	W 45	First Sports-Northern Philippines Athletics			
		168	Zinampan, Brenda	46	W 45	First Sports-Northern Philippines Athletics			

322 5:45pm 4x100 Relay			W50			FINAL			
Lane	R/H	BIB	NAME	AGE	AG	TEAM	RESULTS	WV	REMARKS
		201	Rosale, Emelie	67	W 65	Muntinlupa Masters Athletic Team	1:11.84		GOLD
		187	Lobos, Perla	59	W 55	Muntinlupa Masters Athletic Team			
		172	Gacula, Maria Vendetta	52	W 50	Muntinlupa Masters Athletic Team			
		194	Bayaban, Salve	61	W 60	Muntinlupa Masters Athletic Team			