

**PHILIPPINE NATIONAL RECORD (ATHLETICS)**  
As of November 6, 2016

<b>100 METERS</b>							
<b>PERFORMANCE/RESULT</b>			<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	10.25 / 0.0	ET	Eric Shawn Cray	10-Mar-83	Singapore	SEA Games	9-Jun-15
	10.2	HT	Tokal Mokalam	15-Jun-49	Marikina, Phils	National Open	20-Nov-73
WOMEN	11.28 / +0.9	ET	Lydia de Vega	26-Dec-64	Jakarta, Indonesia	SEA Games	11-Nov-87
	11.3	HT	Lerma Bulautitan	17-Oct-74	Manila, Phils	National Open	5-May-00
BOYS	10.74 / +1.0	ET	Daniel Noval	14-Jan-93	Bangkok, Thailand	Thailand Open Championships	2-Nov-12
	10.6	HT	Julio Bayaban	31-Jul-61	Marikina, Phils	National Open	19-Dec-79
GIRLS	11.75 / +0.7	ET	Princess Joy Griffey	03-Nov-87	Eugene, Oregon	US Junior Olympics	3-Jul-04
	11.7	HT	Lydia de Vega	26-Dec-64	Dipolog City, Phils	Palarong Pambansa	18-Mar-82
	11.7	HT	Chantal Issey Balani	26-Sep-82	Manila, Phils	National Open	5-May-00

<b>200 METERS</b>							
<b>PERFORMANCE/RESULT</b>			<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
<b>MEN</b>	<b>21.12 / +00.10</b>	<b>ET</b>	<b>Trenten Beram</b>	<b>01-Apr-96</b>	<b>Pasig, Phils</b>	<b>2016 PATAFA Time Trial</b>	<b>24-Jun-16</b>
	21.2	HT	Isidro del Prado	15-May-59	Manila, Phils	Other Local Meets	22-Dec-84
	21.2	HT	Ralph Waldy Soguilon	02-Oct-83	Manila, Phils	PATAFA-Colgate Weekly Relays	11-Nov-06
WOMEN	23.35 / -2.8	ET	Lydia de Vega	26-Dec-64	Walnut, USA	Southern Calif. Champ	10-May-86
	24.0s	HT	Lydia de Vega	26-Dec-64	Dipolog City, Phils	Palarong Pambansa	19-Mar-82
BOYS	21.84	ET	Raul Abangan	06-Sep-67	Manila, Phils	Inter-City Meet	11-Nov-84
	21.2	HT	Julio Bayaban	31-Jul-61	Marikina, Phils	National Open	9-May-80
GIRLS	23.54 / +1.2	ET	Lydia de Vega	26-Dec-64	Manila, Phils	XI SEA Games	11-Dec-81
	24.0s	HT		26-Dec-64	Dipolog City, Phils	Palarong Pambansa	18-Mar-82

<b>400 METERS</b>							
<b>PERFORMANCE/RESULT</b>			<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	45.57	ET	Isidro del Prado	15-May-59	Manila, Phils	Asean Cup	1-Dec-84
	46.8	HT	Isidro del Prado	15-May-59	Manila, Phils	AFP Olympics	23-Dec-84
WOMEN	54.18	ET	Zion Corrales-Nelson	11-Oct-98	Langley	British Columbia Champs	30-May-14
	54.2	HT	Lydia de Vega	26-Dec-64	Manila, Phils	Asean Cup	1-Dec-84
BOYS	48.81	ET	Ralph Waldy Soguilon	02-Oct-83	Manila, Phils	UAAP	16-12-2002
	48.4	HT	Ryan Bigyan	28-Oct-94	Dasmariñas, Phils	PATAFA Weekly Relays	26-Oct-13
GIRLS	54.18	ET	Zion Corrales-Nelson	11-Oct-98	Langley	British Columbia Champs	30-May-14
	55.2	HT	Lydia de Vega	26-Dec-64	Dipolog City, Phils	Palarong Pambansa	20-Mar-82

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<b>800 METERS</b>							
<b>PERFORMANCE/RESULT</b>			<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	1:47.77	ET	John Lozada	30-May-73	Manila, Phils	1st Asian Grand Prix	26-May-02
WOMEN	2:07.01	ET	Nenita Dungca	24-Oct-65	Bangkok, Thailand	SEA Games	13-Dec-85
BOYS	1:50.04	ET	Felizardo Sardenia	11-Oct-70	Changhua, Taiwan	Taipei Open Meet	28-May-89
GIRLS	2:10.08	ET	Serenata Saluan	05-Sep-92	Manila, Phils	UAAP	5-Feb-10

<b>1,500 METERS</b>							
<b>PERFORMANCE/RESULT</b>			<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	3:47.65	ET	Mervin Guarte	03-Aug-92	Palembang, Indonesia	26th SEA Games	13-Nov-11
WOMEN	4:24.87	ET	Marietta Tabangin	17-May-67	Changhua, Taiwan	Taipei Invitational Meet	28-May-89
BOYS	3:47.65	ET	Mervin Guarte	03-Aug-92	Palembang, Indonesia	26th SEA Games	13-Nov-11
GIRLS	4:35.46	ET	Marietta Tabangin	17-May-67	Singapore	4th Asean Cup	17-Aug-86

<b>3,000 METERS</b>							
<b>PERFORMANCE/RESULT</b>			<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	8:17.14	ET	Eduardo Buenavista	13-Oct-78	Manila, Phils	Asian Grand Prix -Manila Leg	26-May-02
WOMEN	9:48.5	HT	Marietta Tabangin	17-May-67	Manila, Phils	National Open	27-Apr-90
GIRLS	10:09.00	ET	Rosalinda Catulong	26-Jun-65	Marikina, Phils	National Open	26-May-80

<b>5000 METERS</b>							
<b>PERFORMANCE/RESULT</b>			<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	13:58.43	ET	Eduardo Buenavista	13-Oct-78	Busan, S. Korea	14th Asian Games	10-Oct-02
WOMEN	16:40.81	ET	Mercedita Manipol	19-May-80	Hanoi, Vietnam	SEA Games	10-Dec-03
BOYS	14:44.44	ET	Hector Begeo	19-Jun-64	New Delhi, India	9th Asian Games	12-Dec-82
GIRLS	18:14.70	ET	Bernardita Mag-aso	12-Apr-87	Manila, Phils	UAAP	12-Feb-06

<b>10000 METERS</b>							
<b>PERFORMANCE/RESULT</b>			<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	29:02.36	ET	Eduardo Buenavista	13-Oct-78	Busan, S. Korea	14th Asian Games	7-Oct-02
WOMEN	34:40.3	HT	Christabel Martes	15-Aug-79	Manila, Phils	National Open	17-May-01
BOYS	31:26.4	HT	Victor Idava	28-Jun-56	Marikina, Phils	1st Asian Championships	20-Nov-73
GIRLS	39:43.69	ET	Bernardita Mag-aso	12-Apr-87	Manila, Phils	UAAP	10-Feb-06

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<b>3000 METER STEEPLECHASE</b>							
<b>PERFORMANCE/RESULT</b>			<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	8:35.09	ET	Hector Begeo	19-Jun-64	Seoul, S. Korea	Olympic Games	26-Sep-88
BOYS	8:52.40	ET	Hector Begeo	19-Jun-64	New Delhi, India	Asian Games	26-Nov-82
WOMEN	11:04.84	ET	Jessica Lynn Barnard	10-May-90	Nay Pwi Taw, Myanmar	SEA Games	18-Dec-13
GIRLS	11:45.11	ET	Jessa Mangsat	10-Oct-92	Bacolod	National Games	26-May-11

<b>MARATHON (42.195KM)</b>							
<b>PERFORMANCE/RESULT</b>			<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	2:18:44		Eduardo Buenavista	19-Jan-62	Beppu, Japan	Beppu Oita Marathon	02 Feb.-04
<b>WOMEN</b>	<b>2:43.31</b>		<b>Mary Joy Tabal</b>	<b>23-Jul-89</b>	<b>Ottawa, Canada</b>	<b>Scotiabank Ottawa Marathon</b>	<b>29-May-16</b>
BOYS	2:25:50		Jimmy dela Torre		Manila, Phils	MILO Marathon	20-Feb-83
GIRLS	3:05:42		Judy Joy Pasaporte		Manila, Phils	PAL-Manila Marathon	20-Jan-91

<b>110 METER HURDLES</b>							
<b>PERFORMANCE/RESULT</b>			<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	14.12 / +0.2	ET	Patrick Ma Unso	29-Sep-92	Singapore	SEA Games	11-Jun-15
(.990m)	14.74 / +1.2	ET	Patrick Ma Unso	29-Sep-92	Manila, Phils	National Open	21-May-10
	14.7	HT	Patrick Ma Unso	29-Sep-92	Tarlac City	Palarong Pambansa	24-Apr-10
BOYS (99cm)	14.23 / -00.10	ET	Francis Medina	28-Jun-96	Santa Cruz, Laguna	2015 National Open	19-Mar-15

<b>100 METER HURDLES</b>							
<b>PERFORMANCE/RESULT</b>			<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
WOMEN	13.65 / -0.6	ET	Sheena Atilano	14-Jun-80	Pune, India	Asian Grand Prix	27-Jun-07
	13.7	HT	Elma Muros-Posadas	14-Jan-67	Manila, Phils	Kasali National Champ	6-Nov-90
GIRLS	14.61 / +1.0	ET	Julie Rose Forbes	23-Jan-83	Manila, Phils	1st Asian Grand Prix	26-May-02
	15.0	HT	Julie Rose Forbes	23-Jan-83	Manila, Phils	National Open	5-May-00

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<b>400 METER HURDLES</b>							
<b>PERFORMANCE/RESULT</b>			<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
<b>MEN</b>	<b>48.98</b>	<b>ET</b>	<b>Eric Shauwn Cray</b>	<b>06-Nov-88</b>	<b>Madrid, Spain</b>	<b>2016 IAAF World Challenge</b>	<b>24-Jun-16</b>
WOMEN	57.57	ET	Elma Muros-Posadas	14-Jan-67	Singapore	Singapore Open	3-Aug-91
	57.8	HT	Elma Muros-Posadas	14-Jan-67	Manila, Phils	Kasali National Champ	26-Apr-90
BOYS	52.19	ET	Jaime Grafilo	23-Nov-62	Manila, Phils	SEA Games	11-Dec-81
	53.8	HT	Joven Mariano	03-Jul-72	Pampanga, Phils	National Open	23-Apr-91
GIRLS	1:01.07	ET	Jenny Rose Rosales	30-Nov-94	Dasmarinas	UAAP	8-Dec-13

<b>4 X 100 METER RELAY</b>							
<b>PERFORMANCE/RESULT</b>			<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	40.55	ET	Arnold Villarube	23 Mar.-80	Manila, Phils	SEA Games	29 Nov.05
			Ralph Waldy Soguilon	02 Oct.-83			
			Arbert Salcedo	22 Apr.-81			
			Henry Dagmil	01 Dec.-81			
WOMEN	45.29	ET	Rhoda Sinoro	28-May-68	Manila, Phils	SEA Games	2-Dec-91
			Edna Punelas	04-Nov-71			
			Elena Ganosa	28-Dec-59			
			Lydia de Vega-Mercado	26-Dec-64			
BOYS	43.03	ET	Florencio Sulaña	10-Oct-84	Manila, Phils	National Open	2-May-02
			Ralph Waldy Soguilon	02-Oct-83			
			Vinson Alday	08-Jul-83			
			Melchor Ayon-ayon	28-Feb-84			
	43.0	HT	Jonathan Lim	17-Mar-89	Manila, Phils	National Open	30-May-08
			Oliver Ocampo	03-Jun-91			
			Isidro del Prado; Jr	29-Aug-91			
			John Rey Vicente	02-Jan-89			
GIRLS	48.65	ET	Sharon Jizmundo	13-Jan-86	Manila, Phils	National Open	15-Apr-05
			Ma. Arianne Lunasco	09-May-86			
			Riezel Buenaventura	20-Apr-86			
			Zara dela Virgo	30-Jan-86			
GIRLS	48.7	HT	Honey Joy Ortaliz	11-Oct-84	Manila, Phils	National Open	18-May-01
			Cristy Ann Añonuevo	08-Nov-84			
			Rodelia Mejiliano	04-Feb-83			
			Catherine Perez	23-Dec-84			

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<b>4 x 400 METER RELAY</b>							
<b>PERFORMANCE/RESULT</b>			<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	3:06.58	ET	Isidro del Prado	15-May-59	Bangkok, Thailand	SEA Games	14-Dec-85
			Honesto Larce	04-Jul-56			
			Romeo Gido	29-Aug-61			
			Marlon Pagaliluan	23-Oct-61			
WOMEN	3:43.66	ET	Perla Balatucan	14-Mar-66	Bangkok, Thailand	Asean Relay	20-Dec-85
			Elena Ganosa	28-Dec-59			
			Agripina dela Cruz	09-Nov-60			
	3:40.9	HT	Nenita Dungca	24-Dec-65			
			Elma Muros	14-Jan-67			
			Perla Balatucan	14-Mar-65			
			Rhoda Sinoro	28-May-68			
BOYS	3:21.10	ET	Lydia De Vega	26-Dec-64			
			Ryan Bigyan	28-Oct-94	Pasig, Phils	POC-PSC National Games 2013	2-Jun-13
			John Cedric Montesser				
			Lopez Fernan				
Raymond Alferos	21-May-95						
GIRLS	3:55.10	ET	Rowena Monton	08-Sep-68	Hong Kong, CHN	2nd Intercity Athletic Meet	16-Dec-84
			Perla Balatucan	14-Mar-66			
			Nneita Dungca	24-Dec-65			
			Elma Muros	14-Jan-67			

<b>HIGH JUMP</b>							
<b>PERFORMANCE/RESULT</b>			<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	2.17		Sean Guevara	05-Jun-76	Manila, Phils	National Open	15-Apr-05
WOMEN	1.81		Narcisa Atienza	29-Oct-79	Philsport, Ultra	Colgate Weekly Relay	14-Aug-05
BOYS	2.16		Luis Juico	16-Jun-69	Sacramento, USA	Other Overseas Meet	5-Jun-87
<b>GIRLS</b>	<b>1.69</b>		<b>Kaylene Mosqueda</b>	<b>02-Feb-98</b>	<b>ULTRA, Pasig City</b>	<b>PSC-PATAFA Weekly Relay</b>	<b>23-Oct-16</b>

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<b>POLE VAULT</b>						
<b>PERFORMANCE/RESULT</b>		<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	5.55	Ernest John Obiena	17-Nov-95	Singapore	78th Singapore Open	29-Apr-16
WOMEN	4.11	Deborah Samson	17-Oct-81	Cerritos, USA	Invitational Champs	22-Mar-08
BOYS	5.21	Ernest John Obiena	17-Nov-95	Pasig City, Phils	PATAFA Weekly Relay	28-Sep-14
GIRLS	3.40	Emily Obiena	28-Feb-98	Singapore	78th Singapore Open	29-Apr-16

<b>LONG JUMP</b>						
<b>PERFORMANCE/RESULT</b>		<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	7.99/ +0.7	Henry Dagmil	07-Dec-81	Eagle Rock, USA	Jim Bush Southern Cal USATF Champ.	8-Jun-08
<b>WOMEN</b>	<b>6.72 / +0.8</b>	<b>Marestella Torres</b>	<b>20-Feb-81</b>	<b>Almaty, Kazakstan</b>	<b>Kazakstan National Open</b>	<b>5-Jul-16</b>
BOYS	7.41	Joebert Delicano	16-Jan-80	Darwin, Aus.	Arafura Games	28-Apr-99
GIRLS	6.06	Elma Muros	14-Jan-67	Kuwait	5th Asian Athletics Championships	6-Nov-83

<b>TRIPLE JUMP</b>						
<b>PERFORMANCE/RESULT</b>		<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
<b>MEN</b>	<b>16.29</b>	<b>Mark Harry Diones</b>	<b>03-Jan-93</b>	<b>ULTRA, Pasig City</b>	<b>PSC-PATAFA Weekly Relay</b>	<b>6-Nov-16</b>
WOMEN	12.67	Marestella Torres	20-Feb-81	Manila, Phils	National Open	3-Jun-04
BOYS	15.53	Joebert Delicano	16-Jan-80	Darwin, Aus.	Arafura Games	23-May-99
GIRLS	12.55	Felyn Dolloso	09-Mar-93	Dumaguete City	2nd POC-PSC National Games	31-May-12

<b>SHOT PUT</b>						
<b>PERFORMANCE/RESULT</b>		<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	16.74	Eliezer Sunang	20-Apr-73	Bangkok, Thailand	Thailand Open	3-Sep-13
WOMEN	13.92	Consuelo Salibio Lacusong	19-Jan-54	Cebu City, Phils	National Open	22-Jun-75
BOYS	15.58	Eliezer Sunang	27-Jan-85	Manila, Phils	National Open	4-Jun-04
GIRLS	12.30	Marlyn Dionio	09-Apr-78	Bacolod	National Games	27-Oct-97

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<b>DISCUS THROW</b>						
<b>PERFORMANCE/RESULT</b>		<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	52.10	Fidel Repizo	24-Apr-59	Manila, Phils	Sea Games	1-Dec-91
WOMEN	54.71	Josephine Dela Viña	15-Apr-56	Bakersfield, USA	Other Local Meet	10-Jul-71
BOYS	44.35	Arniel Ferrera	22-Mar-81	Manila, Phils	National Open	6-May-00
GIRLS	48.42	Josephine Dela Viña	15-Apr-46	Manila, Phils	National Open	17-Apr-65

<b>JAVELIN THROW</b>						
<b>PERFORMANCE/RESULT</b>		<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	72.93	Danilo Fresnido	08-Oct-72	Vientiane, Laos	25th Seagames	17-Dec-09
WOMEN	53.75	Geralyn Amandoron	18-Oct-78	Manila, Phils	National Open	18-May-01
BOYS	63.26	Dandy Gallenero	28-May-78	Cebu City	Phil.National Games	18-Dec-97
GIRLS	44.54	Rosie Villarito	08-Oct-79	Manila, Phils	National Open	8-Jun-98

<b>HAMMER THROW</b>						
<b>PERFORMANCE/RESULT</b>		<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	65.63	Caleb John Christian Stuart	07-Sep-90	Singapore	SEA Games	9-Jun-15
WOMEN	50.55	Loralie Sermona	01-Nov-81	Pune, India	Asian Championships	5-Jul-13
BOYS	47.91	Arniel Ferrera	22-Mar-81	Manila, Phils	National Open	6-May-00
<b>GIRLS</b>	<b>43.39</b>	<b>Aira Teodosio</b>	<b>15-Aug-97</b>	<b>ULTRA, Pasig City</b>	<b>PSC-PATAFA Weekly Relay</b>	<b>6-Nov-16</b>

<b>DECATHLON</b>						
<b>PERFORMANCE/RESULT</b>		<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	7069	Jeson Ramil Cid	31-Dec-91	Manila	Philippine National Games	22-May-14
		10.89; 7.05; 11.71; 1.97; 48.16; 15.52; 26.67; 4.10; 47.63; 4:35.88				
BOYS	***5535 pts	Dario De Rosas	08-Sep-63	Baguio City	RP-US Dual Meet	19-Dec-82
		11.4; 6.64; 9.06; 1.70; 52.3; 17.7; 25.88; 3.90; 38.72; 5:15.1				
**** Based on 1984 scoring table senior implements and height of hurdles.						
BOYS	6094 pts	Jesson Ramil Cid	31-Dec-91	Manila, Phils	National Open	22-May-10
		11.57; 6.53; 9.86; 1.86; 51.43; 15.57; 31.95; 3.10; 35.56; 4:36.50				

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<b>HEPTATHLON</b>						
<b>PERFORMANCE/RESULT</b>		<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
WOMEN	5346 pts.	Elma Muros Posadas	14-Jan-76	Bangkok,Thailand	Asian Games	14-Dec-98
GIRLS	4150 pts.	Sarah Dequinan	07-Oct-96	Santa Cruz, Laguna	2015 National Open	22-Mar-15

<b>5000 METER WALK</b>						
<b>PERFORMANCE/RESULT</b>		<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
WOMEN	25:19.9	HT	Rosalie Quinto-Demigo	06-Oct-65	Manila, Phils	Other Local Meet
GIRLS	26:48.3	HT	Rosalie Quinto-Demigo	06-Oct-65	Manila, Phils	National Open

<b>10000 METER WALK</b>						
<b>PERFORMANCE/RESULT</b>		<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	44:28.08		Sonny Diaz	22-Jul-72	Changmai,Thailand	Sea Games
WOMEN	52:48.8		Rosalie Quinto	06-Oct-65	Manila, Phils	National Open
BOYS	51:32.7		Eusebio Engcoy	22-Mar-81	Manila, Phils	National Open
GIRLS	59:29.1		Maricel Diaz	31-Mar--87	Manila, Phils	National Open

<b>20KM WALK</b>						
<b>PERFORMANCE/RESULT</b>		<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	1:33:50.9	Road	Michael Embuedo	21-Sep-77	Lingayen, Pangasinan	National Open
	1:35:01	Oval	Sonny Diaz	22-Jul-72	Cebu City	Phil.National Games
WOMEN	2:16:13.12	Oval	Melinda Delos Reyes	14-Aug-73	Santa Cruz, Laguna	2015 National Open
	1:47:52	Road	Melinda Manahan		RMSC, Manila	Asian Track & Field Championship
BOYS	1:48:51.3	Road	Joren Narag	06-Apr-92	Lingayen, Pangasinan	National Open

<b>50KM WALK</b>						
<b>PERFORMANCE/RESULT</b>		<b>NAME OF ATHLETE</b>	<b>BORN</b>	<b>VENUE</b>	<b>COMPETITION</b>	<b>DATE</b>
MEN	4:22:38	Road	Saturnino Salazar	15-Jun-61	Lingayen, Phils.	National Open