

#	NAME	ADDRESS	TEAM	Time	Strava Time	Video	PB	Notes	Form Guide / Notes
<b>2021 Philippines National 3000m Virtual Championships</b>									
Feb 19-21 (8am deadline on Sunday)									
Entries Close Feb 16									
<b>Male</b>									
National Record: Eduardo Buenavista 8:17.14 26 May, 2002 Asian Grand Prix, Manila									
National Junior Record: Nelson Cadiva 8:56.2 1979 ASEAN School Games, Singapore									
1	Braza, Alfrence	Iloilo	WIT /TRI-ACTIVESPORTS	8:51		Live		8:59.68 (oval) first run	Palarong Pambansa Champion 1500, 3000 / Rep Phi ASEAN Schools/ 10K BBGRUNPH Winner /5K PA/Talking Chinoy Winner
2	Sabellano, Edcarlou	Las Pinas City	Las Pinas CS Runners	8:57					2019 Philippines NCAA Champion 800 & 1500
3	Maldeguia, MJ	Negros	H12 Coaching	9:03		PENDING			18 yr old close to NJR born 2002. WV Silver in 2018 1500m
4	Martir, John Mark	Negros	H12 Coaching	9:17	9:17	Video			Aug 25, 2004
5	Duhac, Benjie	Agusan Del Sur	NGRC	9:18	9:18.34				
6	Revilla, Marikeven	Tabok Mandaue City, Cebu	Violet Runners	9:27					
7	Neri, Elbren	Tangub City	Pinoy Athletics	9:34		No		8:53 oval no road	UAAP Record Holder 800 /1500 2017 SEA Games 7th 1500 / PNG and National Champion 800 2016
8	Aguirre, Rogen	Iloilo	CPU Runners	9:34	9:34.20	Live			

9	Panganiban, Roberto	Bataan	Marivelles Runners	9:38				rerun at 5pm as Strava Malfunction	
10	Wagdos, Sonny	Lipa City Batangas	AETDC Mentors	9:42	9:42.17				
11	Lee, Edgar Jr	San Juan City	Team Heya	9:48	9:48				
12	Espinosa, Onyamerki	Tangub City	Pinoy Athletics	9:48					
13	Papel, Teolou	Tangub City	Pinoy Athletics	9:49					
14	Olmedo, Ginove	Himalayan City	Himalayan City	9:53					
15	Ayuco, Christian	Negros	H12 Coaching	10:00	10:00				
16	Marabe, Kristiane Lee	Himalayan City	Himalayan City	10:06					
17	Antiga, Glenn	Davao Del Norte	Samal Island Runners	10:14	10:14				Swapped with Christopher Tubog sick
18	ESPERANZA,ANTHONY	CAMARINES NORTE	CANTAFA	10:18					
19	Lallo, Leonel	CAMARINES NORTE	CANTAFA	10:19					
20	Obedencio ,April john D.	Gingooog city	Gingooog Road Runners Club	10:23	10:23				
21	Nepomuceno, Antiga	Davao Del Norte	Samal Island Runners	10:23					
22	Romarate, Jayboy	Davao Del Norte	Samal Island Runners	10:29	10:29				
23	Oate, Kristian	Bataan	Marivelles Runners	10:30					
24	Divingracia, John	CDO	Pinoy Athletics	10:30					
25	Madrid, Ruddy	Meycuayan Bulucan	Meycuayan Bulucan	10:33	10:33	Live			
26	Brutas, John Paul	CAMARINES NORTE	CANTAFA	10:33	Live		11:43		
27	Carado, Edgar	iloilo	Adamson University	10:37	10:37.16	Live			Phi Junior Champion 800 2019, 49 sec 400m man
28	Jaleco, Rowell	Iloilo	WVSU Runners	11:02					
29	Dordas, Gerwin	Iloilo	LPHNS Runners	11:10	11:10.83	Live			
30	Magno,Glen Emman	Camarines Sur	Rinconada	11:15	11:15	Live			
31	Roqueno, George Kevin L.	Cabuyao City Laguna	Sta. Rosa Runners	11:22	11:22				15 years old
32	Baguio, Jose Jezreel	Cebu City	GO4LESSTEAM	11:27	11:27.3				
33	Margate, Ramil	Davao Del Norte	Samal Island Runners	12:01					
34	Gengnagel, Ralf	Dasmaringas	Pinoy Athletics	12:21			15:48	12.16 video	
35	Dela Cruz, Scottie	Himalayan City	Himalayan City	12:31					
36	Giray, Sencris	Taguig City	Taguig City	12:45					
37	Billones, Kenneth	Calamba City	Team iSKOLAR Atletiks	12:54					
38	Zuniga, Brian	Calamba City	Team iSKOLAR Atletiks	12:54					
39	Habolin,Jhoner	Iloilo	WVSU Runners	13:01					
40	Suarnaba,Romel	Iloilo	WVSU	14:22					
41	Galve,Neils B.	Surigao City	CIT-UNIVERSITY	15:13					

42	Calambro, Jan Paolo Jose	Iloilo	WVSU Runners	15:32					
43	Flores ,Juncel	Iloilo	WVSU Runners	16:01					
44	Rebese, Vincent Andales	Cebu	Violet Team Runners	20:26					
45	Catedral,Ridhel Jhon M.	Lanao Del Norte	LDN Runner	DQ		No		No video doubtful 8:57 time	
46	Vasquez, Jerry	CAMARINES NORTE	CANTAFA	SCR				Replaced with Divina mahusay	
<b>Female</b>									
National Record: 9:48.5 Marietta Tabangin-Magno , 27 April 1990, Manila									
National Junior Record: 10:03.1 Meagey Ninura, 11 April 2016, Palarong Pambansa, Legazpi City									
1	Adaoag,Lany	Lingayen Pangasinan	Titus	10:53			11:19.32	PB	Winner of PA/Talking Chinoy 5k and MIVP Athlete 2009 National Junior Champion
2	Barcena, Nhea Ann	Bonifacio Global City Taguig	Barcena's Running Warriors	11:04	11:04	Instagram	?		4x Milo Half Marathon Champion / Former UAAP Record Holder 800 and 1500. 2005 SEA Games 800m. Asian Masters 5k Champion 2019
3	Magtubo, Edna	Iloilo	Iloilo Athletics	11:26			10:53.7	first run 11:54	2019 PRISAA Champion 1500 & 3000M
4	Fornea, Pawie	Cavite	Standard Ins /Navy	11:29	11:29	Check Video	NT		SEA Games Du
5	Alampayan, April Joy	Bohol	LAUM ATHLETES	11:29.3	11:29.3	Check Video	NT		GARMIN WATC
6	Pueyo,Ruby Gayle	Iloilo	WVSU	11.32			11:01	first run 11:42 / Time from Video Software strava issues	2000

									2018 and 2019 Palarong Pambansa Champion 800 & 1500 Sec Girls
7	De Lima,Lheslie	Camarines Sur	Rinconada	11:52			10:22.42		
8	Campoamar,Myline	Don Carlos Bukidnon	DCRC/BTR/BBG	11:58			?		
9	Diaz, April Rose	General Santos City	Riot/Hiya	12:00			?		
10	Mahusay, Divina	CAMARINES NORTE	CANTAFA	12:18					
11	Nemi, Janice	CAMARINES NORTE	CANTAFA	12:28					
12	Victor ,Samantha	Cagayan De Oro City	Pinoy Athletics	12:41	12:41	Live	13:28		5th in Milo Regionals 2019
13	Sarmiento ,Maria Lyka	Aklan	Pinoy Athletics	12:46			10:45		UAAP Medalist in 800, 1500, 3ks, 5k, 10k
14	Elijeran ,Jocelyn Davo	San Juan City	Megafiber /Heya	13:17	13:17				
15	Monoy ,Analyn	Aklan	Pinoy Athletics	13:26			11:29.65		2019 2nd WVRAA 3000m
16	Estinor ,Pia	Calapan City	Pinoy Athletics	13:27	13:27		?		
17	Sudario,MaryGrace C.	Iloilo	RASUC VI	13:31					
18	Parcia,Relene Joy	Iloilo	WVSU	13:33			?		
19	Aquilam,Princess Zyrah	Cagayan De Oro City	TeamShao	13:35	13:35	Live			11 years old
20	Lagrimas,Angeline	Camarines Sur	Rinconada	13:35	13:35	Live	12:03.0	first run 13:37	7th in the 1000M PA Fantasia Meet
21	Abellar, Reyva	Pasig	Team Titus	14:26			?	first run 16:06	Abellar Sisters
22	Abellar, Rishane	Pasig	Team Titus	14:32			?		Abellar Sisters
23	Tacuyan, Donita	Angeles City	Pinoy Athletics	14:37			?		
24	Melliza, Lovely Joy	Iloilo	City High	14:40			?		
25	Fabellon, Razibel	Angeles City	Pinoy Athletics	15:00			?		2018 National Champion High Jump, also UAAP 400m runner
26	Malazzab ,Reina	Fort Binifacio,Taguig City	Army Nurse	15:06			?		
27	BAGO,Russel Achacoso	Bohol	BISU- CCC Athletics	16:01					
28	Rebese, Rosemarie Andales	Cebu	Violet Team Runners	16:15					
29	Mendoza,Emberlyn	Fort Bonifacio,Taguig City	Army Nurse	19:01			?		
30	Gonzales,Cherry Mae	Fort Bonifacio ,Taguig City	Army Nurse	20:58			?		

31	Andrin ,Cherry	Lapu-Lapu City	Paksit Running	DNS			11:08.53	2019 CESAFI Champion 3000M
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