

Age	Athlete Name	Time	Wind	DOB	Meet	Venue	Date
100M Womens							
35-39	Elma Muros Posadas	12.30		14.01.67	Asian Masteres	Bangalore	2006
40-44	Brenda Zinampan	14.86	-0.1	17.01.78	National Open	Ilagan	2018
45-49	Lerma Elmira	13.09		1967	Asian Masters	Singapore	2016
50-54	Aurora Ramos	14.68			Asian Masters		2012
55-59	Lorna Vejano	19.85		09.12.59	National Open	Sta. Cruz	2015
60-64	April Unso	16.95	-0.1	13.04.57	National Open	Ilagan	2018
200M Womens							
40-44	Brenda Zinampan	30.75	1.3	17.01.78	National Open	Ilagan	2019
45-49	Elenita Punelas	30.38	1.3	11.06.70	National Open	Ilagan	2019
50-54	Salve C. Bayaban	32.44	-0.7	22.06.63	National Open	Ilagan	2018
400M Womens							
35-39	Ronjen Sofia	1:16.11		13.10.81	National Open	Ilagan	2017
40-44	Victoria Calma	1:08.28		17.05.74	National Open	Ilagan	2017
45-49	Judith Staples	1:46.19		01.10.69	National Open	Ilagan	2019
50-54	Perla Lobos	1:33.07		14.03.65	National Open	Ilagan	2018
55-59	Helen Castillo	1:33.08			Asian Masters		2012
60-64	April Unso	1:34.69		13.04.57	National Open	Ilagan	2019
800M Womens							
35-39	Victoria Calma	2:36.83			Asian Masters		2012
40-44	Cristabel Martes	2:35.78		1979	National Open	Ilagan	2019
1000M Womens							
35-39	Myline Campoamor	4:09.42		27.02.86	Pinoyathletics Natioanl 1000m	Valencia City	27.07.21
40-44	Rosemarie Rebese	5:23.0		1978	Pinoyathletics National 1000m C	Cebu	31.07.21
1500M Womens							
35-40	Nheann Barcena	5:18.83		19.01.82	National Open	Ilagan	2019
40-44	Maricar Gammad	5:53.96		13.03.75	National Open	Ilagan	2019

50-54	Ma. Carmencita Obmina-Maulia	7:42.54		22.07.65	National Open	Ilagan	2018		
55-59	Lorna Vejano	7:46.95		09.12.59	National Open	Ilagan	2019		
5000M Womens									
35-39	Cristabel Martes	18:36.15		1979	National Open	Ilagan	31 Mar 17		
40-44	Maricar Gammad	22:42.85		13.03.75	National Open	Ilagan	2017		
45-49	Judith Staples	31:08.04		01.10.69	National Open	Ilagan	2019		
50-54	Lorna Vejano	28:23.62		09.12.59	National Open	Sta Cruz	2015		
55-59	Lorna Vejano	28:57.54		09.12.59	National Open	Ilagan	2017		
10000M Womens									
35-39	Christabel Martes	38.40.52		1979	National Open	Ilagan	30.03.17		
40-44	Christabel Martes	40.52.16		1979	Weekly Relays	New Clark City	1.09.19		
Half Marathon									
35-39	Christabel Martes	1h23.45		1979	Milo	Urdaneta	16.07.17		
40-44	Christabel Martes	1h29.09		1979	SM Run	Cebu	16.02.20		
Marathon									
35-39	Christabel Martes	2h59.29		1979	Milo Final	Laog	9.12.18		
40-44	Christabel Martes	3h05.40		1979	Milo Final	Tarlac City	19.01.20		
55-59	Lorna Vejano	4h58.39			World Champs	Lyon	2015		
2000m Steeple									
35-39	Christabel Martes	7:37.16		1979	Asian Masters	Singapore	2016		
40-44	Maricar Gammad	9:52.87		13.03.75	National Open	Ilagan	2018		
3000m Steeples									
35-39	Christabel Martes	12:26.9		1979	National Open	Pasig	07.04.16		
40-44	Maricar Gammad	14:25.63		13.03.75	National Open	Ilagan	2019		
100 Hurdles									
35-39	Narcisca Atienza	14.82	0.2	29.10.79	SEA Games	Nvapitdaw	15.12.13		
High Jump									

35-39	Narcisca Atienza	1.76m		1979	SEA Games	Nyapitdaw	16.12.13		
Long Jump									
35-39	Marestella Sunang	6.41m		1981	Asian Masters	Singapore	2016		
40-44	Lerma Elmira	5.23m			Asian Masters	Singapore	2016		
45-49	Elenita Punelas	4.05m			National Open	Ilagan	2018		
50-55	Aurora Ramos	3.88m			Asian Masters		2012		
Shotput									
35-39	Narcisca Atienza	12.29m		29.10.79	SEA Games	Nyapitdaw	15.11.14		
	Narcisca Atienza	12.29m		29.10.79	National Open	Ilagan	30.03.17		
40-44	Narcisca Atienza	12.55m		29.10.79	National Open	Ilagan	07.03.19		
45-49	Drolly Claraval	7.46m		20.10.69	National Open	Ilagan	2018		
50-54	Elma Muros Posadas	9.24m		14.01.67	National Open	Ilagan	2018		
60-64	Erlinda Lavandia	9.49m		09.04.52	Asian Masters		2012		
65-69	Erlinda Lavandia	7.89m		09.04.52	National Open	Ilagan	2018		
Discus									
35-39	Narcisca Atienza	36.38m		29.10.79	Weekly Relays	New Clark	12.12.15		
40-44	Narcisca Atienza	38.46m		29.10.79	National Open	Ilagan	06.03.19		
45-49	Drolly Claravall	20.21m		20.10.69	National Open	Ilagan	2019		
60-64	Erlinda Lavandia	24.00m					2012		
65-69	Erlinda Lavandia	20.20m			National Open	Ilagan	2018		
Javelin									
35-39	Rosie 'Arr' Villarito	49.13m		29.10.79	Weekly Relay Finals	Pasig	16.11.14	600 grams	
40-44	Erlinda Lavandia	44.20m			Asian Masters	Jakarta	1994		
45-49	Erlinda Lavandia	39.92m			Asian Masters	Okinawa	1998		
55-59	Erlinda Lavandia	34.47m			Asian Masters	Kuala Lumpur	2010		
60-64	Erlinda Lavandia	32.26m			Asian Masters		2012		
Heptathlon									
35-39	Narcisca Atienza	4823		29.10.79	Natiopnal Open	Santa Cruz	2015		
MENS									

100M									
35-39	Yourke Tamayo	12.27	0	1986	Pinoyathletics SprinTopia	Binan	2021		
	Joebert Delicano	11.74	2.1	1980	National Open	Sta. Cruz	2015		
40-44	Fidel Gallenero	12.19	1.1	30.04.73	National Open	Sta. Cruz	2015		
45-49	Fidel Gallenero	12.55	0.6	30.04.73	National Open	Ilagan	2019		
50-54	Julio Bayaban	12.79	1.1	31.07.61	National Open	Sta. Cruz	2015		
55-59	Julio Bayaban	13.43	-0.6	31.07.61	National Open	Ilagan	2018		
60-64	Arnel Lobos	13.97	0.4	19.07.56	National Open	Ilagan	2019		
65-69	Felizardo Juaniza	17.05	0.4	04.09.49	National Open	Ilagan	2019		
200m									
35-39	Junrey Bano	24.50	-1.3	16.06.84	National Open	Ilagan	2019		
40-44	Rodrigo Tanuan	25.15	-1.0	03.06.77	National Open	Ilagan	2019		
45-49	Edward Kho	26.44	-1.0	21.03.73	National Open	Ilagan	2019		
55-59	Julio Bayaban	27.13	-0.1	31.07.61	National Open	Ilagan	2018		
65-69	Felizardo Juaniza	36.22		04.09.49	National Open	Ilagan	2019		
70-74	Dennis Scott	38.61		29.09.48	National Open	Ilagan	2019		
400M									
35-39	Julius Nierras	48.31		14.07.79	PNG	Pasig	17.05.14		
40-44	Edward Kho	59.11		21.03.73	World Masters	Torun (POL)	29.04.19		
45-49	Edward Kho	58.81		21.03.73	National Open	Ilagan	2019		
50-54	Guillermo Balcita	1:18.10		13.02.63	National Open	Ilagan	2017		
60-64	Rey Antoque	1:28.98		10.07.55	National Open	Ilagan	2019		
70-74	Dennis Scott	1:23.01		29.09.48	National Open	Ilagan	2019		
800M									
35-39	Hernanie Sore	2:03.10		28.11.80	National Open	Ilagan	2017		
40-44	Julius Sermona	2:13.71		12.07.78	National Open	Ilagan	2019		
45-49	Romeo Marquez	2:31.86		20.04.72	National Open	Ilagan	2017		
50-54	Hernanito Pineda	2:41.25			National Open	Ilagan	2017		
60-64	Edgardo Pedregosa	2:39.14		07.08.57	National Open	Ilagan	2019		

1500M								
35-39	Hernanie Sore	4:14.36	28.11.80	National Open	Ilagan	2018		
40-44	Julius Sermona	4:22.59	12.07.78	National Open	Ilagan	2019		
45-49	Mansueto Ceralvo	5:04.32	04.04.71	National Open	Ilagan	2019		
50-54	Sixlo Ducay	5:16.34	12.01.68	National Open	Ilagan	2019		
55-59	Rodolfo Tacadino	5:40.91	07.05.63	National Open	Ilagan	2018		
60-64	Edgardo Pedregosa	5:30.18	07.08.57	National Open	Ilagan	2019		
70-74	Dennis Scott	6:39.40	29.09.48	National Open	Ilagan	2019		
3000M								
70-74	Dennis Scott	14:40.42	29.09.48	Asian Masters Championships	Sabah (MAS)	2019		
5000M								
70-74	Dennis Scott	25:23.60	29.09.48	Asian Masters Championships	Kuching (MAS)	2019		
10000M								
35-39	Julius Sermona	32.56.33	1979	National Open	Sta. Cruz	2015		
40-44	Eduardo Buenavista	34.45.86	13.01.78	National Open	Ilagan	06.03.19		
45-49	Romeo Marquez	38:09.70	20.04.72	National Open	Ilagan	2017		
50-54	Hernando Pineda	39:26.02		National Open	Ilagan	2017		
55-59	Rodolfo Tacadino	43:37.23	07.05.63	National Open	Ilagan	06.03.19		
65-69	Dennis Scott	49:49.55	29.09.48	Asian Masters Championships	Rugao (CHN)	2017		
	*Dennis Scott	48:34:00	29.09.48	Milo Marathon 10K	General Santos City	2017		
70-74	Dennis Scott	50:40.73	29.09.48	National Open	Ilagan	06.03.19		
Half Marathon								
35-39	Eduardo Buenavista	1h08.09	13.01.78	Half Marathon	Incheon (KOR)	05.10.14		
65-69	Dennis Scott	1h49.32	29.09.48	Masters World Championships	Daegu (KOR)	2017		
70-74	Dennis Scott	1h54.33	29.09.48	Milo National Finals	Laoag	2018		
Marathon								

35-39	Eduardo Buenavista	2h24.11		13.01.78	Chartered	Hong Kong	25.01.15		
2K Steeples									
65-69	Dennis Scott	10:18.18		29.09.48	Asian Masters Championships	Rugao (CHN)	2017		
70-74	Dennis Scott	10:27.56		29.09.48	Asian Masters Championships	Kuching (MAS)	2019		
3K Steeples									
35-39									Rene 2016?
40-44	Eduardo Buenavista	10:53.52		13.10.78	National Open	Ilagan	2019		
45-49	Marlo Pagulayan	13:00.34		09.07.72	National Open	Ilagan	2019		
50-54	Melchor Carig	15.20.25		13.03.68	National Open	Ilagan	2018		
55-59	Demetrio Advincula	14:31.88		28.10.59	National Open	Ilagan	2019		
110 Hurdles									
55-59	Arnel Lobos	18.11			Asian Masters		2012		
400 Hurdles									
35-39	Antonio Chee	1:10.15			Asian Masters		2012		
Pole Vault									
40-44	Emerson Obiena	4.93m		1964	Taipei				
45-49	Emerson Obiena	3.60m		1964	Asian Masters		2012		
50-54	Emerson Obiena	4.05m		1964	World Masters	Lyon	2015		
High Jump									
35-39	Alonzo Jardin	1.65m		1976	National Open	Sta. Cruz	2015		
40-44	Alonzo Jardin	1.70m		1976	National Open	Ilagan	2017		
65-69	Elmer Reyes	1.50m		1950	National Open	Sta. Cruz	2015		
Long Jump									
35-39	Joebert Delicano	6.84m	0.3	16.01.80	National Open	Sta. Cruz	2015		
40-44	Alonzo Jardin	5.72m	0.6	25.01.76	National Open	Ilagan	2017		

45-49	Edward Obiena	5.28m			Asian Masters		2012		
50-54	Guillermo Balcita	4.15m	1.4	13.02.63	National Open	Ilagan	2017		
55-59	Guillermo Balcita	4.73m	-0.3	13.02.63	National Open	Ilagan	2018		
60-64	Arnel Lobos	4.88m	-0.3	19.07.56	National Open	Ilagan	2018		
Shotput									
35-39	Nixon Mas	13.55m		11.01.72	National Open	Manila	2010		
40-44	Nixon Mas	13.17m		11.01.72	Philippine National Games	Pasig	29.05.13		
45-49	Nixon Mas	11.94m		11.01.72	National Open	Ilagan	2019		
50-54	Emerson Obiena	10.19m		04.11.64	National Open	Ilagan	2018		
60-64	Reynato Unso	7.45m		25.04.57	National Open	Ilagan	2019		
Discus									
35-39	Nixon Mas	42.46m		11.01.72	National Open	Lingayen	2009		
40-44	Nixon Mas	41.44m		11.01.72	Philippine National Games	Dumaguete	28.05.12		
45-49	Nixon Mas	36.15m		11.01.72	National Open	Ilagan	2019		
50-54	Edward Obiena	33.40m		20.01.66	National Open	Ilagan	2018		
60-64	Reynato Unso	31.10m		25.04.57	National Open	Ilagan	2019		
Hammer									
55-59 (6kg)	Agustin Jarina Jr.	35.30m			Asian Masters		2012		
Javelin									
35-39	Danilo Fresnido	72.93m		1972	Vietiane	SEA Games	2009		
40-44	Danilo Fresnido	67.23m		1972	Thai Open	Bangkok	07.09.13		
5000m Walk									
40-44	Roel Ano	33:36.80		25.03.77	National Open	Ilagan	2018		
55-59	Gerry Baniqued	33:36.80		16.09.59	National Open	Ilagan	2018		
20k Walk									
40-44	Roel Ano	2h18.00		25.03.77	National Open	Ilagan	2017		