

Philippines National and National Junior Records

as of 25th April, 2021

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www.pinoyathletics.info**Philippines Mens Records in Athletics**

100m	10.25	0	Eric Chauwn Cray	6-Nov-88	SEA Games	Singapore	9-Jun-15	Dual/US
200m	20.84	0.1	Trenten Beram	1-Apr-96	SEA Games	Kuala Lumpur (MAS)	23-Aug-17	Dual/US
400m	45.57		Isidro Del Prado	15-May-59	ASEAN Cup	Manila	1-Dec-84	
800m	1.47.52		Carter Lilly	19-Oct-95	Bryan Clay Invitational	Azusa (USA)	19-Apr-19	Dual/US
1500m	3.47.65		Mervin Guarte	3-Aug-92	SEA Games	Palembang (INA)	13-Nov-11	
3000m	8.17.14		Eduardo Buenavista	13-Oct-78	Asian Grand Prix	Manila	26-May-02	
5000m	13.58.43		Eduardo Buenavista	13-Oct-78	Asian Games	Busan (KOR)	10-Oct-02	
10000m	29.02.36		Eduardo Buenavista	13-Oct-78	Asian Games	Busan (KOR)	7-Oct-02	
3000m steeple	8.35.09		Hector Begeo	19-Jun-64	Olympic Games	Seoul (KOR)	28-Sep-88	
Half Marathon	1.03.42		Eduardo Buenavista	13-Oct-78	Incheon Half Marathon	Incheon (KOR)	27-Mar-05	
Marathon	2.18.44.00		Eduardo Buenavista	13-Oct-78	Beppu Oila Marathon	Beppu (KOR)	1-Feb-04	
110H	13.78	1.6	Clinton Kinsley Bautista	5-Nov-92	SEA Games	Hanoi (VIE)	16-May-22	
400H	48.98		Eric Chauwn Cray	6-Nov-88	World Challenge Series	Madrid (ESP)	23-Jun-16	Dual/US
4x100	39.11		National Team		SEA Games	Kuala Lumpur (MAS)	25-Aug-17	
			Anfernee Lopena	2-Nov-94				
			Archand Bagsit	23-Dec-90				
			Trenten Beram	1-Apr-96				Dual/US
			Eric Chauwn Cray	6-Nov-88				Dual/US
4x400m	3.06.58		National Team		SEA Games	Bangkok (THA)	14-Dec-85	
			Isidro Del Prado	15-May-59				
			Honesto Larce	4-Jul-56				
			Romeo Gido	29-Aug-61				
			Marlon Pagaliluan	23-Oct-61				

4x800m	7.42.20	National Team		Vietnam Open	Ho Chi Minh (VIE)	26-Jul-14	
		Wenlie Maulas		26-Jun-89			
		Paul Billones		7-Sep-90			
		Christopher Ulboc		23-Nov-90			
		Mervin Guarte		3-Aug-92			
High Jump	2.17m	Sean Guevarra		5-Jun-76	National Open	Manila	15-Apr-05
Pole Vault	5.94m	Ernest John Obiena		17-Nov-95	World Championships	Oregon (USA)	24-Jul-22
Long Jump	7.99m	0.2 Henry Dagmil		7-Dec-81	Jim Bush Southern	Eagle Rock (USA)	7-Jun-08
Triple Jump	16.70m	0.8 Mark Harry Diones		3-Jan-93	National Open	Ilagan	1-Apr-17
Shotput	20.40m	William Morrison		23-Nov-96	High Performance	Bloomington (US)	22 Jun 19
Discus	52.10m	Fidel Repizo		24-Apr-59	SEA Games	Manila	1-Dec-91
Javelin	72.93m	Danilo Fresnido		8-Oct-72	SEA Games	Vientiane (LAO)	17-Dec-09
Hammer	68.66m	Caleb John Stuart		7-Sep-90	Ben Brown	Fullerton (USA)	13-Mar-15
Decathlon	7469pts	Aries Toledo		2-Nov-93	Sea Games	Hanoi (VIE)	15-May-22
10k walk	44.28.08t	Sonny Diaz		22-Jul-72	SEA Games	Changmai (THA)	10-Dec-95
20k walk	1.33.50.9	Michael Embuedo		21-Sep-77	National Open	Lingayen	11-May-09
50k walk	4.22.38.00	Saturnino Salazar		15-Jun-61	National Open	Lingayen	19-May-97

Philippines Womens Records

100m	11.27	1.5	Kristina Marie Knott	25-Sep-95	Drake Blue Oval Showcase	Des Moines (USA)	29-Aug-20	Dual/US
200m	23.01	0	Kristina Marie Knott	25-Sep-95	SEA Games	New Clark City (PHI)	7-Dec-19	Dual/US
400m	53.81		Kayla Anise Richardson	17-Apr-98	Mt Sac	Walnut (USA)	14-Apr-17	Dual/US
800m	2.06.75		Jessica Lynn Barnard	10-Jun-90	Portland Track Festival	Portland (USA)	12-Jun-16	Dual/US
1500m	4.24.87		Marietta T. Magno	17-May-67	Taipei Invitational	Changhua (TPE)	27-May-89	
3000m	9.48.5		Marietta T. Magno	17-May-67	National Open	Manila	27-Apr-90	
5000m	16.40.81		Mercedita Manipol-Fetalvero	19-May-80	SEA Games	Hanoi (VIE)	10-Dec-03	
10000m	34.40.3		Cristabel Martes	15-Aug-79	National Open	Manila	17-May-01	
Half Marathon	1h16.27.4		Mary Joy Tabal	13-Jul-89	Scotia Bank Marathon	Ottawa (CAN)	28-May-17	
Marathon	2h43.31		Mary Joy Tabal	13-Jul-89	Scotia Bank Marathon	Ottawa (CAN)	29-May-16	
3000m Steeples	10.22.49		Jessica Lynn Barnard	10-Jun-90	Payton Jordan	Stanford (USA)	1-May-16	Dual/US
100 Hurd	13.65	-0.6	Sheena Atilano	14-Jun-80	Asian Grand Prix	Pune (IND)	27-Jun-07	

400 Hurd	56.44	Robyn Lauren Brown	27-Jul-94	SEA Games	Hanoi (VIE)	17-May-22	
4x100m	44.57	National Team		SEA Games	New Clark (PHI)	9-Dec-19	
		Zion Corrales-Nelson	10-Nov-98				Dual/US
		Kayla Anise Richardson	17-Apr-98				Dual/US
		Kyla Ashley Richardson	17-Apr-98				Dual/US
		Kristina Marie Knott	25-Sep-95				Dual/US
4x400	3.43.41	National Team		SEA Games	New Clark (PHI)	10-Dec-19	
		Eloiza Luzon	3-Feb-96				
		Jessel Lumapas	10-Oct-00				
		Maureen Emily Schrijvers	17-Jun-95				
		Robyn Lauren Brown	27-Jul-94				Dual/US
	3.40.9	National Team		ASEAN Relay	Manila	17-May-93	
		Elma Muros	14-Jan-67				
		Perla Balatucan	14-Mar-66				
		Rhoda Sinoro	28-May-68				
		Lydia De Vega-Mercardo	26-Dec-64				
High Jump	1.81m	Narcisca Atienza	29-Oct-79	PATAFA Weekly Relays	Pasig	14-Aug-05	
Pole Vault	4.30m	Natalie Uy	25-May-21	USA T&F Open	Praire View	26-May-21	Dual/US
Long Jump	6.72m	0.8 Marestella Torres	20-Feb-81	Kazakhstan Open	Almaty (KAZ)	4-Jul-16	
Triple Jump	12.92m	1.3 Marisa Kwiatkowski	3-Jun-96	NCAA Div 1 West Champs	Sacramento (USA)	26-May-18	Dual/US
Shotput	13.92m	Consuela Lacusong	19-Jan-54	National Open	Cebu City	22-Jun-75	
Discus	54.71m	Josephine De La Vina	15-Apr-46	Local Meets	Bakersfield (USA)	10-Jul-71	Dual/US
Hammer	56.30m	Shiloh Corrales-Nelson	6-Jul-01	Pac 12 Meet	Davis (USA)	14-May-22	Dual/US
Javelin	53.75m	Geralyn Amandoron	18-Oct-78	National Open	Manila	18-May-01	
Heptathlon	5381	Sarah Dequinan	14-Jan-67	SEA Games	Hanoi (VIE)	16-17-May-22	
3k Walk	15.37.87	Adjennie Delos Santos		UAAP	Manila	2005	
5k Walk	26.48.3	Rosalie Quinto	6-Oct-65	National Open	Manila	30-May-84	
10k Walk	52.48.8t	Rosalie Quinto	6-Oct-65	National Open	Manila	20-Apr-93	

20k Walk	1.47.52R	Melinda Manahan	14-Aug-73	AAA	Manila	22-Sep-03
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Philippines Junior Mens Records in Athletics

100m	10.74	1.8 Daniel Noval	14-Jan-93	Thai Open	Bangkok (THA)	04.11.12	
	10.3	Ralph Waldy Soguilon*	3-Oct-83	Weekly Relays	Manila	2002	
200m	21.84	Raul 'Romeo' Abanagan	6-Sep-67	Intercity Meet	Manila	11-Nov-84	
	21.2	Julio Bayaban	31-Jul-61	Other Local Meets	Marikina	9-May-80	
400m	48.75	Alhyran Labita	29-Apr-01	Weekly Relays	New Clark (PHI)	1-Sep-19	
	*48.4	Ryan Bigyan	28-Oct-94	Weekly Relays	Dasmaringas	26-Oct-13	
800m	1.50.04'	Felizardo Sardenia	11-Oct-70	Taipei Open	Changhua (TPE)	28-May-89	
1500m	3.47.65	Mervin Guarte	3-Aug-92	SEA Games	Palembang (INA)	13-Nov-11	
3000m	8.44.1	Hector Begeo	19.06.64	ASEAN Schools	Kuala Lumpur	1983	
5000m	14.44.44	Hector Begeo	19-Jun-64	Asian Games	New Delhi (IND)	12-Dec-82	
10000m	31.26.4	Victor Idava	28-May-56	1st Asian Champs	Marikina	20-Nov-73	
3K Steeples	8.52.40	Hector Begeo	19-Jun-64	Asian Games	New Delhi (IND)	26-Nov-82	
Marathon	2:25:16	Jimmy De la Torre	1963	Milo Marathon	Iloilo	30-May-82	
110m Hurdles	14.58	Patrick Unso	29-Sep-92	SEA Games	Palembang (INA)	13-Nov-11	1.05m
	14.23	Francis Medina	28-Jul-96	National Open	Santa Cruz	19-Mar-15	.991m
	13.8	Francis Medina	28-Jul-96	Weekly Relays	Pasig	19-Sep-15	.991m
400m Hurdles	52.19	Jaime Grafillo	23-Nov-62	SEA Games	Manila	11-Dec-81	SR Height
High Jump	2.16m	Luis Juico	16-Jun-69	State High School Meet	Sacramento (USA)	15-Jun-87	Dual/US
Pole Vault	5.21m	Ernest John Obiena	17-Nov-95	Weekly Relays	Pasig	28-Sep-14	
Long Jump	7.43m	1.5 Jose Jerry Belibestre	29-May-98	National Open	Ilagan	31-Mar-17	
Triple Jump	15.53m	Joebert Delicano	16-Jan-80	Arafura Games	Darwin (AUS)	23-May-99	
Shotput	14.64m	Salavador Atienza	30-Oct-74		Manila	27-Sep-93	7.26kg
	15.58m	Eliezer Sunang	27-Jan-85	National Open	Manila	4-Jun-04	6kg
Discus	45.11m	Ed Delina	15-Mar-00	Weekly Relays	Pasig	7-Oct-18	1.75kg
Hammer Throw	47.91m	Arniel Ferrera	22-Mar-81	National Open	Manila	6-May-00	7.26kg
Javelin	63.26m	Dandy Gallenero	28-May-78	National Games	Cebu City	18-Dec-97	800g
	66.39m	James Lozanes	99	ASEAN Schools	Singapore	2017	700g
Decathlon	6094	Jesson Ramil Cid	31-Dec-91	National Open	Manila	21-22-May-10	

4x100m	42.66	Western Visayas Team		Palarong Pambansa	Davao City	2-May-19
		Vince Buhayan	13-Mar-01			
		Angelo Gepilga	17-Jan-01			
		Ralph Anthony Lego	25-Jan-01			
		Tristan Plotria	26-May-01			
4x400m	3.18.45	National School Team		ASG	Kuala Lumpur	24-Jul-18
		Labita Alhyran	29-Apr-01			
		Jhovian Calixto	16-Apr-00			
		Kenneth Corpuz	23-Apr-00			
		Veruel Verdadero	10-Jun-01			
5000m Walk	26.39.40	Marl Anthony Salinas	9-Feb-89	UAAP	Manila	8-Feb-08
10000m Walk	51.32.7	Eusebio Engcoy			Manila	20-Apr-93
20000m Walk	1.48.51.3	Jeron Narag	6-Apr-92	National Open	Lingayen	11-May-09
1000m	2:41.64	John Mark Martir	25-Aug-04	Pinoyathletics National 1000m	Bago City	23-Jul-21

Philippines Junior Womens National Records

100M	11.65	1.0	Kayla Anise Richardson	17-Apr-98	CIF-SS	Cerritos (USA)	23-Apr-15	Dual/US
200M	23.54	1.2	Lydia De Vega	26-Dec-64	21st SEA Games	Manila	11-Dec-81	
400M	53.81		Kayla Anise Richardson	17-Apr-98	Mt Sac	Walnut (USA)	14-Apr-17	Dual/US
800M	2.09.9		Serenata Saluan	5-Sep-92	CHED	Manila	25-Feb-10	
	2.10.08		Serenata Saluan	5-Sep-92	UAAP	Manila	5-Feb-10	
1500M	4.35.70		Marietta T. Magno	17-May-67	4th ASEAN Cup	Singapore	24-Aug-86	
3000M	10.03.1		Meagey Ninura	13-Sep-99	Palarong Pambansa	Legazpi	11-Apr-16	
5000M	18.14.70		Bernardita Mag-aso	12-Apr-88	UAAP	Manila	12-Feb-06	
10000M	38.33.2		Jessa Mangsat	10-Oct-92	National Games	Bacolod	24-May-11	
Marathon	3h12.38		Geraldine Sialza	11-May-83	Milo	Manila	8-Dec-02	
3000m st	11.45.11		Jessa Mangsat	10-Oct-92	National Games	Bacolod	26-May-11	
100M Hurd	14.52	0.0	Karen Janario	7-Apr-99	ASEAN Schools	Marikina	3-Dec-14	SR Height
400M Hurd	1.01.07		Jenny Rose Rosales	30-Nov-94	UAAP	Dasmarinas	8-Dec-13	
High Jump	1.74m		Evangelene Caminong	17-Sep-00	ASEAN Schools	Kuala Lumpur (MAS)	21-Jul-18	

Pole Vault	3.45m		Emily Jean Obiena	28-Feb-98	Open	Orvieto (ITA)	21-Jul-17	
Long Jump	6.11m		Elma Muros	14-Jan-67	SEA Games	Bangkok	13-Dec-85	
Triple Jump	12.63m		Marisa Kwiatkowski	3-Jun-96	Other Meets	Palo Alto (USA)	11-Apr-15	
Shotput	13.07i		Shiloh Corrales-Nelson	6-Jul-01	Mountain T's Invitational	Flagstaff, USA	13-Jan-20	Dual/Canada
Discus	48.42m		Josephine Dela Vina	15-Apr-46	National Games	Manila	17-Apr-65	
Hammer	50.35m		Shiloh Corrales-Nelson	7-Jul-01	NACAC U23 Champs	Richmond	18-May-19	Dual/Canada
Javelin	45.74m		Cerah Moren	22-Jul-99	USTF Meet	San Mateo (USA)	11-Jun-17	Dual/US 600 grams
	49.18m		Ana Katherine Quitoy	2001	ASEAN Schools	Kuala Lumpur (MAS)	22-Jul-17	500 Grams
Heptathlon	4533		Nene Gamo	22-Feb-64		Singapore	1-2-Jun-83	
4x100m Relay	48.06		RP School Team		ASEAN Schools	Kuala Lumpur (MAS)	22-Jul-18	
			Jesel Lumapas	12-Oct-00				
			Eliza Antonio Cuyom	21-Aug-00				
			Decerie Niala	2001				
			Angel Ann Pranisa	4-Feb-04				
4x400m Relay	3:54.0		Calabarzon Team		Palarong Pambansa	Vigan	20-Apr-18	
			Charlaine De Ocampo	10-May-03				
			Charmaine De Ocampo	10-May-03				
			Erica Marie Ruto	30-Mar-04				
			Jessel Lumapas	12-Oct-00				
5k walk	26.48.3	HT	Rosalie Quinto	6-Oct-85	National Open	Manila	30-May-84	
10k walk	59.21.1	HT	Maricel Diaz	31-Mar-87	National Open	Manila	15-Apr-05	