

<u>EVENTS</u>	<u>ATHLETE</u>	<u>SCHOOL</u>	<u>MARK</u>	<u>WIND</u>	<u>DATE</u>	<u>Place</u>
Ammended as of 8 December 2022						
By ATFS Vice President Andrew Pirie						
<a href="http://www.pinoyathletics.info">www.pinoyathletics.info</a>						
<b>MENS</b>						
<b>100M</b>	Ysrael Jugueta	UE	10.4	HT	?	17-Sep-94 Manila
	Ralph Waldy Soguilon	DLSU	10.56	ET	nwr	4-Dec-02 Manila
	Jomar Udtohan	UP	10.78	ET	1.2	28-Nov-18 Pasig
<b>200M</b>	Ralph Waldy Soguilon	DLSU	21.43	ET	nwr	18-Feb-05 Manila
	Jesson Ramil Cid	FEU	21.82	ET	0.2	5-Dec-12 Pasig
<b>400M</b>	Joyme Sequita	ADU	47.26	ET		1-Dec-18 Pasig
<b>800M</b>	Elbren Neri	UST	1.52.85	ET		7-Dec-14 Pasig
<b>1500M</b>	Elbren Neri	UST	3.57.22	ET		21-Feb-16 Pasig
<b>5K</b>	Josh Buenavista	UP	15.16.37	ET		2-Dec-22 Pasig
<b>10K</b>	Josh Buenavista	UP	32:08 30	ET		1-Dec-22 Pasig
<b>3KS</b>	Christopher Ulboc	FEU	9.24.98	ET		6-Feb-09 Manila
<b>5K Walk</b>	Lambert Padua	UST	24.07.15	ET		20-Feb-16 Pasig
	Carlos De Imus	UST	23.05.29	ET		2022 Pasig
<b>10k Walk</b>	Anthony Dandan	ADU	50.22.5	HT		20-Feb-05 Manila
	John Arandia	NU	50.19.20	ET		2022 Pasig
<b>110M Hurdles</b>	Clinton Kingsley Bautista	FEU	14.34	ET	0.2	11-Feb-18 Pasig
<b>400M Hurdles</b>	Clinton Kingsley Bautista	FEU	52.81	ET		11-Feb-17 Pasig
<b>4x100m</b>	Univ of the Philippines		41.77	ET		30-Nov-18 Pasig
	Leoniel Tigdig					
	Jomar Udtohan					
	Jaime Mejia					
	John Carlo Yuzon					
<b>4x400m</b>	Univ of the Philippines		3.17.04	ET		2-Dec-18 Pasig

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	Jaime Mejia					
	Jomar Udtohan					
	John Carlo Yuzon					
	Edwin Giron Jr.					
<b>Long Jump</b>	Janry Ubas	FEU	7.39m		9-Feb-17	Pasig
<b>Triple Jump</b>	Rone Malipay	FEU	15.29m	0.7	30-Nov-18	Pasig
<b>High Jump</b>	Janry Ubas	FEU	2.04m		6-Dec-14	Pasig
<b>Pole Vault</b>	Ernest John Obiena	UST	5.46m		17-Feb-16	Pasig
<b>Shotput</b>	Tyrone Flores	NU	14.07m		28-Nov-18	Pasig
	Tyrone Flores	NU	14.14m		30-Nov-22	Pasig
<b>Discus</b>	Ed Delina	UP	44.97m		2022	Pasig
<b>Javelin</b>	Javier Luis Gomez	UP	60.66m		8-Feb-08	Manila
<b>Hammer</b>	Arniel Ferrera	ADMU	55.67m		20-Feb-05	Manila
<b>Decathlon</b>	Janry Ubas	FEU	6529pts	ET	7-Dec-14	Pasig

\*NB Hand Times only included if a) They are better than the original by .24 or greater for 100-400 events or .14 or greater for 400 events up

\*NB Hand Times which have an electronic time present in the official result will not be included for record purposes

## WOMENS

<b>100m</b>	Jenny Rose Rosales	UE	11.90	ET	0.5	6-Dec-14	Pasig
	Lianne Diana Pama	UST	11.74	ET	0.4	30-Nov-22	Pasig

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<b>200m</b>	Jenny Rose Rosales	UE	24.47	ET	-0.7	6-Dec-13 Dasmaringas
	Lianne Diana Pama	UST	24.35	ET	-0.3	2022 Pasig
<b>400m</b>	Jenny Rose Rosales	UE	54.45	ET		9-Dec-14 Pasig
<b>800m</b>	Sereneta Saluan	UST	2.10.08	ET		5-Feb-10 Manila
<b>1500m</b>	Nhea Ann Barcena	UST	4.40.01	ET		17-Dec-02 Manila
<b>3000m</b>	Florida Gonzales	FEU	11.28.5	HT		7-Feb-08 Manila
<b>5000m</b>	Mercidita Manipol	UE	17.59.22	ET		17-Dec-02 Manila
<b>10000m</b>	Mercidita Manipol	UE	37.37.15	ET		16-Dec-02 Manila
<b>3000m Steeples</b>	Joida Gagnao	FEU	11.10.36	ET		30-Nov-18 Pasig
<b>3K Walk</b>	Adjienne Delos Santos	UST	15.37.87	ET		20-Feb-05 Manila
<b>5K Walk</b>	Florida Gonzales	FEU	27.27.73	ET		5-Feb-09 Manila
<b>100m Hurdles</b>	Melissa Escoton	DLSU	14.34	ET	0.7	2-Dec-18 Pasig
<b>400m Hurdles</b>	Edna Punelas	FEU	1.00.0	HT		19-Feb-93 Manila
	Jenny Rose Rosales	UE	1.00.15	ET		10-Dec-14 Pasig
<b>4x100m</b>	University of Santo Tomas	FEU	47.35	ET		9-Dec-14 Pasig
	Michelle Loterte					
	Glaiza Salcedo					
	Happy Denuyo					
	Eloiza Luzon					
<b>4x400m</b>	Universty of the East	UE	3.50.36	ET		8-Dec-13 Dasmaringas
	Carmela Leonardo					
	Neslee Angco					
	Alloydia Kezia Devoma					
	Jenny Rose Rosales					
<b>4x400m</b>	De La Salle University	DLSU	3.50.33	ET		2022 Pasig
	Jessel Lumapas					
	Erica Ruto					
	Bernalyn Bejoy					
	Hannah Delotavo					

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<b>TJ</b>	Marestella Torres	FEU	6.15m		16-Dec-02	Manila
<b>HJ</b>	Angel Carino	DLSU	12.72m	-0.5	30-Nov-18	Pasig
<b>PV</b>	Josefa Ligmayo	FEU	1.72m		30-Nov-18	Pasig Hepta
<b>SP</b>	Riezel Buenaventura	FEU	3.40m		12-Jul-08	Manila
<b>JT</b>	Jamela De Asis	UST	12.91m		2022	Pasig
<b>DT</b>	Evalyn Palabrica	FEU	48.25m		7-Dec-14	Pasig
<b>HT</b>	Reah Joy Sumalpong	UE	43.18m		10-Feb-17	Pasig
<b>HEPTA</b>	Aira Teodosio	UST	46.12m		28-Nov-18	Pasig
<b>BOYS</b>	Josefa Ligmayo	FEU	4630pts		2-Dec-18	Pasig
<b>100M</b>	Kent Francis Jardin	ADU	11.05	ET 1.2	30-Nov-22	Pasig
<b>200M</b>	Jaime Mejia	UPIS	22.60	ET -0.6	6-Dec-13	Dasmarinas
<b>400M</b>	Jaime Mejia	UPIS	49.46	ET	7-Dec-13	Dasmarinas
<b>800M</b>	John Lloyd Cabalo	NU	1.58.22	ET	28-Nov-18	Pasig Heats
<b>1500M</b>	James Orduna	UE	4.07.17	ET	11-Feb-18	Pasig
<b>3K</b>	Alex Bautista	UE	9.46.6	HT	16-Feb-85	Manila
	Kyle Davison Narido	UE	10.00.65	ET	5-Dec-12	Pasig

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<b>5K</b>	James Orduna	UE	15.51.72	ET	11-Feb-18	Pasig
<b>2KS</b>	Kyle Davison Narido	UE	6.53.43	ET	6-Dec-12	Pasig
<b>3KS</b>	James Darrell Orduna	UE	9.45.08	ET	9-Feb-18	Pasig
<b>3k Walk</b>	John Yuri Jumaday	ADU	14.31.93	ET	2022	Pasig
<b>5k Walk</b>	Carlo De Imus	UST	27.21.67	ET	28-Nov-18	Pasig
<b>110M Hurdles</b>	Patrick Unso	UST	14.88	ET	4-Feb-10	Manila
	Edgie Garbin	UE	14.88	ET	0	2-Feb-18 Pasig
<b>400M Hurdles</b>	Jaime Mejia	UPIS	54.78	ET	8-Dec-13	Dasmarinas
<b>4x100m</b>	Univ of Santo Tomas Baxter Aromin Romel Bautista Roel Hera Raphael Peralta		43.81	ET	30-Nov-18	Pasig
<b>4x400m</b>	Adamson University Edgar Carado Denmark Dacunes Derreck Gomba Louie Agawa	ADU	3.28.48	ET	2-Dec-18	Pasig
<b>Long Jump</b>	Ilac Diaz	ADMU	6.97m		13-Jan-91	Manila
<b>Triple Jump</b>	Kent Francis Jardin	ADU	14.15m	-0.3	30-Nov-22	Pasig

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<b>High Jump</b>	Juan Carlos Artificio	ADMU	2.00m		20-Dec-93	Manila
<b>Pole Vault</b>	Johnrey Magallanes	UST	3.89m		8-Feb-18	Pasig
<b>Shotput</b>	Gary Santiago	UST	13.64m	6kg	10-Feb-12	Pasig
	Carlo Ocampo	ADMU	10.12m	7.26kg		
<b>Discus</b>	Alvin Cepeda	UE	33.73m	1.5kg	27-Jan-11	Manila
	Brian Almas	UE	41.18m	1.75kg	28-Nov-18	Pasig
	Jeffrey Young	UST	32.84m	2kg	20-Feb-82	Manila
<b>Javelin</b>	Joshua Patalud	DLSZ	54.29m	700g	6-Dec-12	Pasig
	Daniel Rambacal	ADU	55.80m	800g	30-Nov-18	Pasig
<b>Hammer</b>	Matt Crespo	ADMU	41.18m		12-Jul-12	Pasig
<b>Pentathlon</b>	Mark Anthony Intal	ADMU	1995pts		22-Feb-04	Manila
<b>Octathlon</b>	Dean Michael Roxas	ADMU	4433pts		10-Feb-08	Manila
<b>Decathlon</b>	Romer Magcalayo	UE	5464pts		29-Nov-18	Pasig
<b>GIRLS</b>						
<b>100M</b>	Ellah Therese Sirilan	UE	12.44	0.5	8-Feb-17	Pasig
	Eliza Cuyom	NU	12.44	-0.4	28-Nov-18	Pasig
<b>200M</b>	Jessel Lumapas	NU	25.05	-0.3	28-Nov-18	Pasig
<b>400M</b>	Jessel Lumapas	NU	57.47		30-Nov-18	Pasig
<b>800M</b>	Jieann Calis	UST	2.15.14		8-Feb-17	Pasig

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<b>1500M</b>	Jieann Calis	UST	4.43.73		12-Feb-17	Pasig
<b>3000M</b>	Jieann Calis	UST	10.50.79		9-Feb-17	Pasig
<b>2000Stp</b>	Abegail Manzano	NU	7.32.99		30-Nov-18	Pasig
<b>100m Hurdles</b>	Eliza Cuyom	NU	14.95	1	2-Dec-18	Pasig
<b>400m Hurdles</b>	Ellah Therese Sirilan	UE	1.05.11		11-Feb-17	Pasig
<b>Long Jump</b>	Daniela Desepeida	UE	4.89m		11-Feb-17	Pasig
<b>Triple Jump</b>	Jeanne Arnibal	UST	11.66m	0	2022	Pasig
<b>High Jump</b>	Daniela Desepeida	UE	1.57m		12-Feb-17	Pasig
	Quinn Garcia	UE	1.57m		11-Feb-18	Pasig
<b>Pole Vault</b>	Ma. Khrizzie Ramos	UST	2.50m		28-Nov-18	Pasig
<b>Shotput</b>	Daniella Daynata	DLSU	11.15m		9-Feb-17	Pasig
<b>Discus</b>	Daniella Daynata	DLSU	38.31m		7-Feb-18	Pasig
<b>Javelin</b>	Daniella Daynata	DLSU	38.74m		12-Feb-17	Pasig
<b>Hammer</b>	Jazen Arano	UE	31.52m		2022	Pasig
<b>2000M Walk</b>	Ma Anita Villauneva	UE	11.18.72		28-Nov-18	Pasig
<b>4x100</b>	National University		49.50		30-Nov-18	Pasig

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	Eliza Cuyom					
	Mica Cabaddu					
	Jessel Lumapas					
	Pamela Jaime					
<b>4x400</b>	National University		4.03.50		2-Dec-18	Pasig
	Princess Uriarte					
	Princess Barcelon					
	Abegail Manzano					
	Jessel Lumapas					