

For the average person on the street who does not know much about Track and Field they probably still think that [Lydia De Vega Mercado](#) and Elma Muros Posadas are still in the national team. However Posadas is still keeping actively in between her coaching at UE by competing at Masters level athletics. Muros who was carrying an injury won the 100m in 13.87. The 45 year old UE Coach who has not competed for several years battled through this to win the gold medal for the Philippines once more.



A table of Legendary Female Athletes

The woman who succeeded Muros as SEA Games Champion in 2003, National Coach [Lerma Elmira Gabito](#) debuted in the M35 division. The 38 year old won the 100m and her winning leap of 5.50m in the Woman's Long Jump was good enough to be ranked #5 in 2012 against athletes a decade or more younger. Gabito effort was a games record for W35.

Erlindia Lavandia who was the SEA Games Javelin Champion from 1977 to 1981, and 1985. Won the gold medal in the W60 Javelin and also in the Shot-put

Victorina Calma won silver in the 800/1500m W35.

National 800m Record Holder John Lozada collected two silvers in the Men's 800/1500m event for Men's 35. While Antonio Chee improved his personal best to 3.80m to capture the silver in the M35 Pole Vault.

Brothers Emerson and Edward Obiena took Gold and Silver in the Pole Vault. National Coach Emerson at 48 years of age is still the defending national champion in that event although he didn't jump as well here as he was carrying an injury.

In the M55 division former national hurdler Arnel Lobos was third in the Men's 100 Hurdles. National Coach Agustin 'Danny' Jarina won the bronze in the Men's Hammer. Aurora Ramos finished with silver in W50 100m.



Making her debut at Veteran Level was National Coach Lerma Gabito

[Full results can be found here](#)

Muros-Posadas leads PH track squad

Written by Cecil C. Noguera from the Manila Times



Elma Muros

(Nov 2) The country's seasoned tracksters are all set to compete in the 17th Asian Masters Athletics Championships scheduled on November 2 to 7 at the [Taipei City](#) National Stadium in [Taiwan](#).

With the presence of long jump queen [Elma Muros](#)-Posadas, pole vaulter Emerson Obiena and thrower Erlinda Lavandia in the lineup, the Philippine delegation is looking to earn at least 10 gold medals.

"We are optimistic of our chances since we really have a strong lineup for this event," said National Masters and Seniors Athletic Association of the Philippine chief Manny Ibay.

Muros-Posadas won a total of 15 gold's medals during her stint in the Southeast Asian Games. She also claimed gold medal in the 2011 World Masters held in Sacramento California along with Obiena and Lavandia, who also topped their respective events.

Joining them are Elenita Punelas, Lerma Bulautan-Gabito, Antonio Chee, Agustin Jarina, Arnel Lobos, Aurora Ramos, Cornillo Villarta, Edward Obiena, Helen Castillo, John Lozada, Jose Ang, Julio Bayaban, Lorna Vejano, Maria Jeanette Obiena, Margarito Banigued, Nenita Leal, Perla Lobos, Ray Prestoza, Renato Fontanilla, Reynaldo Tomas, Roel Ano, Rosejean Yparraguirre, Salve Bayaban, Victoria Calma and Wilfredo Adiaz.

“These athletes were victorious during their times and we’re thankful that they’re still there competing, giving honors to our country,” said Philippine Amateur Track and Field Association President Go Teng Kok.

28 countries more have confirmed attendance in the six-day meet with 25 events to be disputed in different age-groups.

<http://www.manilatimes.net/index.php/sports/top-sports-news/34353-muros-posadas-leads-ph-track-squad>

We also had talk about possibly bringing back even more 'Legends of the Past' to the PNG.