

## Negros Regional Qualifiers for WV Palaro: Diesto Fastest Girl ; Compiled Results

(article originally by Cyrus Garde [Negros Daily Bulletin](#) but due to several errors reported edited by the expert hand of Pirie Enzo)

**Batang Pinoy** and international athlete veteran (did not compete overseas to my knowledge) Mary Anthony Diesto of AREA 8 ([NOPSSCEA](#)) and Johnly Ison of Area 7 (Bacolod City) already collected three gold medals each, but Area 5 continues to dominate in elementary division in the ongoing athletics competition of the 2012 Palarong Panlalawigan at Panaad Park and Sports Stadium.



Mary Anthony Diesto one of the few Batang Pinoy Champions sent by the POC to attend the London Olympics

Aside from collecting three gold medals, Diesto of [Bacolod Tay Tung High School](#) was the tournament fastest secondary girl topping the 100-meter clocking (**12.4 hand timed**) ~~12.37 seconds~~, while Christopher Lirazan of Area 7 (Bacolod City) was the fastest secondary boy winning the 100 meters in (**10.9 hand timed**) ~~10.88 seconds~~. It was Lirazan's second gold medal after dominating the 400 meters **\*51.7 ht** (~~45.67 seconds~~) on Monday.

In the elementary division Arnel Gentega of Area 5 was the fastest boy clocking 12.6 ht ~~12.58 seconds~~ in 100 meters, while teammate Alliah Loren Garlando in the elementary girls with a time of 13.5 ht ~~13.47 seconds~~ in the century dash. It was Gentega's second gold medal after dominating the elementary long jump (5.13 meters) on Monday.

Diesto dominated the secondary girl's long jump (4.87 meters) on Monday and ruled the triple jump in 11.39 meters yesterday, including the century dash.

Ison was unstoppable in three events winning the secondary boys' long jump on Monday (6.74 meters) and dominated the triple jump (13.24 meters) and 400 hurdles (**58.6 seconds**).

Area 7 (Bacolod City) was still up in the secondary boys' division with 5 gold medals, while Area 8 (NOPSSCEA) in the secondary girls' with 4 gold medals.

In elementary division, Area 5 ([Hinigaran](#), Isabela, [La Castellana](#), Moises Padilla, Binalbagan and [Himamaylan City](#)) top both the division with two gold medals in the boys' and 3 gold medals in the girls' divisions. Area 4 (Bago, [Pulupandan](#), Valladolid, La Carlota, San Enrique and Pontevedra) also got two gold medals in the elementary boys and a bronze, but Area 5 got 3 silver medals and a bronze.

Other winners in the second day of athletics actions in elementary were; Arlo Tenero of AREA 4 in elementary boys' 400-hurdle (**1:12.8** seconds); Judipher Caranza of Area 2 in triple jump (10.64 meters); Charlie Tiano of Area 1 in discuss throw (20.99 meters).

Rhealyn Flores of Area 5 won her second gold medal after dominating the elementary girls' discus throw in 24.00 meters yesterday to follow up her first gold medal in shot put in 8.45 meters on Monday. Mary Jane Hiligan of Area 1 also won her second gold medal in 400 hurdles (**1:13.8** seconds) after winning the 100 hurdles (**18.6** second) Monday, while and Erica Billones of Area 2 (Cadiz, Sagay, Manapla) won in triple jump (9.58 meters) yesterday.

In secondary boys'; Kholince Gedalanga of Area 5 won the gold medal in discus throw with a heave of iron plated disc of 34.09 meters to duplicate his Monday's performance of winning the secondary boys' shot put (12.52 meters) and Johny Mayongue a twin brother of Jonie Mayongue of Area 1 for winning the 3,000 steeple chase in **10:38.4** seconds.

Jonie also won the 5, 000 meters (**17:13.6** seconds) on Monday. Nina Abadilla of Area 1 won the secondary girls' 3, 000 meters in **11:35.4** seconds; Kim Cyra Pedrina ([younger sister of Keizel](#)) of Area 3, who claimed the bronze in 400 meters won by Lovielyn Pamatian (**1:01.6**) of Area 4 on Monday, came back to dominate the 400 hurdles in **1:08.6** seconds, while teammate Aira Teodesio won the discus throw with a distance of 32.33 meters. Teodesio settled for silver behind Luz Delfin of Area 5 in secondary girls' shot put on Monday.

Today's athletic events offers 16 gold medals in elementary and secondary boys' and girls' high jump; elementary and secondary boys' and girls' javelin throw; elementary and secondary boys' and girls' 200 meters; and elementary and secondary boys' and girls' 1,500 meter run.\*

## NEGROS REGIONAL QUALIFIERS PARTIAL RESULTS

*2012 Palarong Panlalawigan at Panaad Park and Sports Stadium. Qualifiers for this represent Negros at the WVRAA meet to qualify for WVRAA team for Palaro.*

\*Blue means performance good enough to be ranked on 2012 Rankings

### Girls Elementary

100m: 1 Alliah Loren Garlando (Area 5) 13.5s, 2 Miguela Lamag (01) (area 2) 13.8s

200m: 1 Claire Abellano (area 3) 27.7s, 2 Jessica De la Cruz (area 1) 27.8s, 3 Garlando 29.0s

400m: 1 Ma Therese Gula (area 2) 1:04.5s

100 Hurd: 1 Mary Jane Hiligan (01) (area 1) 18.6s

400 Hurd: 1 Hiligan 1:13.8s, 2 Camille Villaruel (area 3) 1:16.5s, 3 Rechel Emplio (area 2) 1:18.9

Long Jump: 1 Lamag 4.40m, 2 Erika Billones (01) (area 2) 4.24m, 3 Syrah Mae Raffols (area 6) 4.04m

(\*Garlando reported as 5.13m and winning event is a typographical error)

Triple Jump: 1 Billones (area 2) 9.58m, 2 Reina Del Rosario (02) (area 2) 9.50m, 3 Rosemarie Salazar (area 1) 9.03m

High Jump: 1 Lamag 1.25m, 2 Seyarrah Geni Uytiepo (area 7) 1.25m, 3 Natividad Taquiso (area 5) 1.25m

Shotput: 1 Rhealyn Flores (area 5) 8.45m, 2 Xianelle Antangres (area 5) 8.44m, 3 Jenencel Paran (area 1) 8.41m

Discus: 1 Flores (area 5) 24.00m, 3 Quezie Brigole (area 2) 22.28m

### Boys Elementary

100m: 1 Arnel Gentega (Area 5) 12.6s

200m: 1 Jev Ternal (area 7) 27.0s, 2 Joey Glaraga (area 2) 27.2s, 3 Christian Andrei Baniel (NOPSSCEAA) 27.9s

400m: 1 Joey Gallarga (area 2) 1:03.9s

1500m: 1 Rogie Palmes (area 1) 5:07.2, 2 Neil Billones (area 3) 5:13.7, 3 Richie Estampador (area 5) 5:13.8

400 Hurd: 1 Arnel Tenero (area 4) 1:12.8s, 2 Lester Joseph Pillada 1:13.9s, 3 Janry Punzalan 1:15.4s

Triple Jump: 1 Judipher Caranza (area 2) 10.64m

High Jump 1 Caranza 1.75m

Shotput: 1 John Oliver Bonsato (area 8) 7.79m

Discus: 1 Charlie Tiano (area 1) 20.99m, 2 Dodjie Guanzon (area 5) 20.90m, 3 Cyril Trompeta (area 3) 20.80m

### **Girls Secondary**

100m: 1 [Mary Anthony Diesto \(97\) \(NOPSCEAA\) 12.4s](#), 2. [Shaira Hernandez \(96\) \(NOPSCEAA\) 12.6s](#), 3. Erma Rose Gamao (96) (Escalante) 12.7s

200m: Joycie Beranio (01) (area 7) 26.3s, 2. Hernandez 26.3s, 3. Kenia Pearl Perfas 26.8s

400m: 1 Louielyn Patmaitan (97) (area 4) 1:01.6, 2 Beranio 1:02.0, 3. Kim 'CYRA' Pedrina (area 3) 1:02.7

1500m: Patmaitan 5:08.7, 2 Nina Abadilla (99) (area 1) 5:20.89, 3 Jayda Mae Lorega (area 2) 5:25.8

3000m: 1 Abadilla 11:35.4s, 2 Jeramie Marabio (area 1) 11:40.4s, 3 Mary Grace Lallen (area 7) 11:47.41s

100 Hurd: 1 Rocel Pahilanga (NOPSCEAA) 16.3s

400 Hurd 1 Pedrina 1:08.6s, 2 Perfas 1:08.7s, 3 Jennifer Asumbrado 1:09.9s

Long Jump: 1 Diesto 4.87m

Triple Jump: 1 [Diesto 11.39m](#), 2 Ailyn Tumbali (area 4) 10.79m, 3 Kimberly Natan (area 2) 10.68m

High Jump: 1 Neslie Torres (area 5) 1.45m, 2 Hernandez 1.40m, 3 Nikki Joy Daquido (area 3) 1.35m

Shotput: 1 [Luz Delfin \(area 5\) 10.39m](#), 2 Aira Teodosio (area 3) (\*under sized shotput), 3 Revy Lambarte (area 4) 8.42m

Discus: 1 Teodosio 32.33m, 2 Reizel Josol (area 1) 27.89m, 3 Riva Cario (area 7) 27.73m

Javelin: 1 Elisha Mae Cabugason (area 4) 33.20m, 2 Jenny Agohayon (area 1) 31.81m, 3 Dianne Grace Zayco (area 5) 30.09m

**Boys Secondary**

100m: 1 Christopher Lirazan (96) 10.9s, 2 Jay Patrick Nietes (NOPSCEAA) 11.1s, Jeffer Silitota (area 4) 11.3s

200m: 1 Lirazan 22.5s, 2 Silitota 23.5s, Nietes 23.6s

400m: 1 Lirazan 50.9s

5k: 1 Jonie Mayongue (area 1) 17:13.6s

3k Steeple: 1 Johnny Mayongue (area 1) 10:38.4s, 2 Jose Lapuos (area 3), 3 Joshua Reyes (area 5)

100 Hurd: 1 Enrick Empleo (NOPSCEAA) 15.7s

400 Hurd: 1 Johnly Ison (Bacolod City) 58.6s, 2 Rodolf Dave Orbita (area 4) 59.9s, 3 Empleo 1:00.2

Long Jump: Ison 6.74m

Triple Jump: 1 Ison 13.24m, 2 Cesar Fernandez (area 2) 12.84m, 3 Ronie Lowel Salvador (area 1) 12.76m

High Jump: 1 Alexis Soquipo (area 7) 1.70m, 2 Fernandez 1.65m, 3 Anthony Aragon (area 2) 1.65m

Shotput: 1 Kholince Gedalanga (area 5) 12.52m, 2 Joebe Panhilason (NOPSCEAA) 11.71m, 3 Klimber Katalbas (area 4) 11.56m

Discus: 1 Gedalanga 34.09m, 2 Jason Ramos (area 4) 27.88m, 3 Panhilason 26.88m

Javelin: 1 Katalbas 46.54m, 2 Alvin Sembrano (area 1) 44.59m, 3 Fritz Magallano (area 5) 42.76m

## Sources & Related Articles

[Palaro 2013 - Cebu City](#) (pinoyathletics.com)

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