

New Philippine National Records (2012)

By Pirie Enzo

Below is a summary of New Philippine Track and Field Records Set in 2012

Men's 110m Hurdles



Patrick Unso

New Record: Patrick Unso 14.49s 29.09.92 Vietnane, Laos, ASEAN University Games Laos 15.12.12

Previous Record: Patrick Unso 14.58s Palembang, Indonesia, SEA Games 2011

Men's Pole Vault

***Exceeded But Not Counted as Athlete had not acquired passport**

Caleb Monticalvo 5.03m 28.07.89 Los Angeles, CCAA T&F Champs 03.05.12 *No Phi Passport at time of Record

Standing Record: Edward Lasquette 5.00m 31.12.71 Barcelona, Olympic Games 05.08.92

Men's U/20 100m Dash



Daniel Noval

New Record: Daniel Noval 10.74s (Semis) Born 14.01.93 Rangsit Thailand Open 04.11.12

New Record: Daniel Noval 10.79s (Heats) Rangsit Thailand Open 04.11.12

Previous Record: Ralph Waldy Soguilon 10.82s / +1.0 Born 02.10.83 Asian Juniors, BS Begawan Brunei 19.07.12

Men's U/20 Pole Vault

New Record: Ernest John Obiena 4.50m Born 17.11.95 Pasig, UAAP 04.12.12

New Record: Ernest John Obiena 4.45m Pasig, Weekly Relay Finals 24.11.12

New Record: Ernest John Obiena 4.40m Pasig, Weekly Relays 17.11.12

New Record: Ernest John Obiena 4.31m Pasig, Phil Chinese Meet 13.02.12

New Record (indoors): Ernest John Obiena 4.41m Taipei, Invitational 23.03.12

Previous Record: Adel Valdecenas 4.30m Born 03.12.92 Hong Kong, City Games 02.07.11

Women's Hammer Throw



Loralie Sermona

New Record: Loralie Amahit Sermona 50.23m Born 01.11.81 Hong Kong, Invitational 01.07.12

New Record: Loralie Amahit Sermona 50.03m Dumaguete, PNG 30.05.12

Previous Record: Loralie Amahit Sermona 49.79m Korat, 24th SEA Games 10.12.07

Women's U/20 Triple Jump



Felyn Dolloso

New Record: Felyn Dolloso 12.55m Born 09.03.93 Dumaguete, PNG 31.05.12

Previous Record: Marestella Torres 12.43 Born 20.02.81 Manila, UAAP 12.07.00

Women's U/20 Pole Vault



Natasha Nalus

New Record: Natasha Marie Nalus 3.10m Born 29.03.94 Pasig, UAAP

New Record: Natasha Marie Nalus 2.95m Pasig, Weekly Relays 10.11.12

Old Record: Katrina Baron 2.90m Born 16.07.92 Pasig, Weekly Relays 01.11.12

Exceeded but not counted

Alyana Nicolas 3.20m Born 29.08.94 Gilroy, CCS Finals 12.06.12 *No Phi Passport at time of record

Natasha Marie Nalus 3.00m Bacolod, Uni Games 25.10.12 *Uni Games not PATAFSA sanctioned

Women's U/20 Javelin



Evalyn Palabrica

New Record Evalyn Palabrica 45.43m Born 22.07.94 Vietnane, Laos, ASEAN University Games 14.12.12

New Record: Evalyn Palabrica 44.73m Pasig, UAAP 05.12.12

Old Record: Rosie Villarito 44.54m Born 08.10.79 Manila, National Open 08.06.98

[For a complete list of Philippine National Records in Track and Field please go here](#)

Please note this is an old article quite a bit of this information might be out of date now. Feel free to comment.

2012 Season Leaders Final

8th and Final Report on 2012 Season Leader

Women's

100M Kyla Richardson (98) 12.00 +0.0 Norwalk 24.06.12

200M Richardson (98) 24.12 Norwalk 24.06.12

400M Jenny Rose Rosales (94) 56.03 UAAP, Pasig 06.12.12

800M Josie Malacad 2:17.08 UAAP, Pasig 10.02.12

1500M Flordeliza Donos 4:46.85 PNG, Dumaguete .05.12

5K Donos 17:44.84 PNG, Dumaguete 31.05.12

10K (Track) Jho-ann Banayag 37:36.27 PNG, Dumaguete 29.05.12

(Road) Aileen Tolentino 37:30 Tetra Pak, Taguig 18.11.12

Half Marathon (21k) Mary Grace Delos Santos 1:24.14 Manila 04.03.12 (amended)

Marathon (42k) Delos Santos 2:49.29 Milo Marathon, Manila 11.12.12

3k Steeple Carmen Dalyn 11:43.04 UAAP, Pasig 06.12.12

100H Michelle P. Loterte (93) 14.96 UAAP, Pasig 04.12.12

400H Malacad 1.01.90 Thai Open, Rangsit 03.11.12

HJ Narcisca Atienza 1.77m PNG, Dumaguete

PV Riezel Buenaventura 3.90m Korea 02.06.12

LJ [Marestella Torres](#) 6.62m AGP, Thailand 14.05.12

TJ Katherine Khay Santos 12.62m PNG, Dumaguete 29.05.12

JT Rosie Villarito 48.84m Hong Kong Invite 02.07.12

SP Narcisca Atienza 11.40m LAGUNA Trials .05.12

DT Maika De Oro (94) 38.96m Dumaguete, PNG 28.05.12

HT Lorale Amahit Sermona 50.23m Hong Kong (NR) 01.07.12

4x100m Phi Team 47.84 (Santos, Olarita, Rosales (94), Loquinto), Rangsit, Thailand

4x400m Phi Team 3:48.63 (Pedrina, Malacad, Rosales (94), Olarita), Rangsit, Thailand

5k Walk April Pedrozo 27:59.63 Pasig, UAAP 10.02.12

Men's

100m Daniel Noval (93) 10.74 Thai Open, Rangsit (NJR)

200m Archand Basit 21.67 +0.7 PNG, Dumaguete

400m Bagsit 47.44 AGP, Thai

800m Mervin Guarte 1.52.19 PNG, Dumaguete

1500m Guarte 3.55.85 Asian All Stars, Almaty, Kazakhstan

5K Rene Herrera 14.41.11 Olympic Games, London

10K Julius Sermona 31:09.44 PNG, Dumaguete

Half Marathon (21k) Languido Junel 1:11.56 Milo Cebu 28.10.12

3ks Rene Herrera 9:05.84 PNG, Dumaguete

110H Patrick Unso 14.49 Vietnane, Laos (NR)

400H Junrey Bano 51.84 Asian All Stars, Almaty, Kazakhstan

PV Caleb Monticalvo 5.03m CSAA Meet, Los Angeles (surpasses phi record, passport required)

HJ Manuel Lasangue 2.10m PNG, Dumaguete

LJ [Henry Dagmil](#) 7.71m PNG, Dumaguete

TJ Joebert Delicano 15.20m LAGUNA Trials

SP Eleazer Sunang 15.58m PNG, Dumaguete

DT Arneil Ferrera 41.88m PNG, Dumaguete

HT Ferrera 56.93m Thai Open, Rangsit

JT Danilo Fresnido 64.47m PNG, Dumaguete

4x100m Laguna Team 41.32 (Bano, Bagsit, Dagmil, Alejan)

4x400m RP Team 3.13.70 (Bano, Alejan, Nierras, Bagsit)

Head to Head Best Athletes in 2012: Guidelines how it works?

This is a power ranking comparing the performances of all the best athletes in Philippines in Track and Field. By doing so it draws a comparison between athlete's performances in different events.

The athlete Rank, is the overall ranking of the athlete. The athletes name is listed with family name first and then first name. Also under name is the relay event. The event column lists the athlete's event. In some cases an athlete might appear twice if they have another event being scaled/compared. Athletes names appear in bold for their best event. An athlete is only being ranked based on the primary event. 2012 Perf = the athletes best performance in year 2012.

SG is the SEA Games Bronze Medal Performance Standard, or bronze medal performance from 2011 which is the basis of this list. % of last SG Bronze is how the athlete is scaled on this list. The % shows how close they are to making the standard. Some athletes as you notice have surpassed this standard already so are over 100%. Notes show if the athlete medal last sea games, and what medal standard status they currently hold. It also notes down the status of athletes if they are overseas based.

The list also intends to list coaches attached to the athlete once that data becomes available.

Please also note for distance events they have been calculated in total seconds for the event e.g. 1 minute 40 seconds is 60s (1 min) + 40s = 100s. Because the spreadsheet would not allow conversion of minutes and second performances into %.

For track events the formula is $SG/2012\ Perf \times 100 = \% \text{ off last SEA Games bronze}$

For field events the formula is $2012\ Perf/SG \times 100 = \% \text{ off last SEA Games bronze}$

Analysis of Male Athletes

	A	B	C	D	E	F	G
1	Rank	Name	Event	2012 Perf	SG	% off last SG Bronze	Notes
2							
3		Monticalvo, Caleb	PV	5.03	4.70	107.02%	SG Silver Std/Fil Heritage
4		Cid, Jesson Ramil	Deca	6951	6602	105.29%	SG Silver Std/Run for Change Athlete
5		Alorro, Julio	PV	4.91	4.70	104.47%	SG Bronze Std/Fil Heritage
6		Dagmil, Henry	LJ	7.71	7.61	101.31%	SG Silver/SG Bronze std
7		Bagsit, Archand	400m	47.44	47.97	101.12%	SG Silver/SG Gold Std, 4x4 Relay
8		Lasangue, Manuel	HJ	2.10	2.08	100.96%	SG Silver Std
9		Sermona, Julius	10K	1869.44	1882.40	100.69%	SG Bronze Std
10		4x400 Mens		193.7	194.90	100.62%	SG Gold
11							
12		Cid, Jesson Ramil	400m	48.05	47.97	99.83%	4x4 Relay/Run for Change Athlete
13		Ferrera, Arniel	HT	56.93	57.04	99.81%	SG Silver
14		Bano, Junrey	400H	51.84	51.70	99.73%	4x4 Relay
15		Herrera, Rene	5K	884.11	881.30	99.68%	
16		Guarte, Mervin	800m	112.19	111.28	99.19%	SG Silver
17		Alejan, Edgardo	400m	48.41	47.97	99.09%	4x4 Gold SG
18		Bagsit, Archand	200m	21.67	21.46	99.03%	
19							
20		Nierras, Julius	400m	48.51	47.97	98.89%	4x4 Gold SG
21		Herrera, Rene	3ks	545.87	537.88	98.54%	SG Gold
22		Maulas, Wenlie	800m	112.95	111.28	98.52%	Run for Change Athlete
23							

In 2012 seven athletes were over 100% in the rankings. Fil-Heritage Pole Vaulter Caleb Monticalvo who has just secured a phi passport and was ranked second in South East Asia in his event heads the list with 107, Decathlete Jesson Ramil Cid who was two points off the decathlon national record is ranked second with 105, and Fil-Heritage Pole Vaulter Julio Alorro who has submitted dual citizenship details to PATAFPA was ranked third with 104 as well as being Second in South East Asia in his event. SEA Games Silver medalists Henry Dagmil and Archand Bagsit were tied at 101 Long Jump and 400m.

Manual Lasangue who has the sea games silver standard also had 101. Followed by Veteran Julius Sermona in the 10k. Adding to the list of exceeding the 100% was the 4x4 Men's Relay team.

The Relay Team with Bagsit (101), Cid (99), Alejan (99), Nierras (99) and Bano (99 towards the 400 Hurdles) was also highly ranked individually. SEA Games Silver Medalist Arniel Ferrera was very close to qualifying in the Hammer (99). Rene Herrera and Mervin Guarte have performed better this year in their secondary events Herrera in the 5k rather than 3ks and Guarte in the 800 rather than the 1500. Also new on the list was Wenlie Maulas.

Del Prado, Isidro	400m	49.01	47.97	97.88%	Run for Change Athlete	
Buenavista, Eduardo	10K	1923.97	1882.40	97.84%		
Alejan, Edgardo	200m	21.94	21.46	97.81%		
4x100 Mens		41.32	40.41	97.80%		
Del Prado, Isidro	200m	21.99	21.46	97.59%	Run for Change Athlete	
Noval, Daniel	100m	10.74	10.47	97.49%	National Junior Record	
Guarte, Mervin	1500m	235.85	229.48	97.30%	SG Silver	
Fresnido, Danilo	JT	64.47	66.27	97.28%	SG Bronze	
Castentano, Cesar	10K	1935.82	1882.40	97.24%		
Unso, Patrick	200m	22.12	21.46	97.02%		
Margallo, Jerome	PV	4.56	4.70	97.02%		
Herida, Romnick	200m	22.15	21.46	96.88%		
Bhardos, Jhonrey	400m	49.53	47.97	96.85%	Run for Change Athlete	
Marayag, Benigno	LJ	7.37	7.61	96.85%	SG Bronze	
Poliquit, Rafael	10K	1944.87	1882.40	96.79%		
Buenavista, Eduardo	5K	911.59	881.30	96.68%		
Sermona, Julius	5K	913.05	881.30	96.52%		
Unso, Patrick	110H	14.65	14.14	96.52%		
Cid, Jesson Ramil	400H	53.64	51.70	96.38%	Hand Timed/Run for Change Athlete	
Alzona, Abraham	200m	22.27	21.46	96.36%	Run for Change Athlete	
Dagmil, Henry	100m	10.88	10.47	96.23%		
Cid, Jesson Ramil	100m	10.88	10.47	96.23%		
Unso, Jose	400H	53.74	51.70	96.20%	Hand Timed	
Bhardos, Jhonrey	200m	22.33	21.46	96.10%	Run for Change Athlete	
Unso, Patrick	400H	53.82	51.70	96.06%		
Lobos, Pearnel	200m	22.36	21.46	95.97%		
Halog, Jonelle	100m	10.91	10.47	95.97%	Fil Heritage	
Tuliao, Robin	100H	14.74	14.14	95.93%		
Delicano, Joebert	LJ	7.29	7.61	95.80%		
Fuentes, Julian	LJ	7.29	7.61	95.80%		
Poliquit, Rafael	5K	925.1	881.30	95.27%	Hand Timed/Run for Change Athlete	
	Bagsit, Archand	100m	11.00	10.47	95.18%	
	Pido, Gustl	JT	63.03	66.27	95.11%	
	Ulboc, Christopher	3ks	565.98	537.88	95.04%	Run for Change Athlete
	Herida, Romnick	100m	11.02	10.47	95.01%	

(Please click to enlarge), all in all 45 names appeared on these Rankings. This next list rates athletes 95-98%. 95% towards SEA Games target was used as the threshold benchmark. One thing evident was the number of emerging sprinters between 95-98%.

Also three SEA Games medalists from the Last SEA Games appeared in the 95-98 brackets Marayag, Fresnido and Guarte.

All in all men's Field seems to be relatively safe for now, with the need to develop new talents once some of the older team members decide to retire in a few years time. Men's Track also seems relatively stable again with the need to develop new talents in the longer distances once

the old guard decides to retire. However it's evident that there is a new generation of distance runners coming through.

	A	B	C	D	E	F
1	Rank	Athlete Name	Performance	Bronze Criteria	% Bronze	Notes
2	1	Torres, Marestella	6.62	6.25	105.92%	Gold SEA
3	2	Villarito, Rosie	48.84	46.73	104.52%	Gold Std/Silver SEA
4	3	Sermona, Loralie	50.23	49.69	101.09%	Bronze Std/Bronze SEA
5	4	Atienza, Narcisca	5206	5196	100.19%	Silver Std
6	5	Buenaventura, Riezel	3.90	3.90	100.00%	Bronze Std
7						
8	6	Santos, Katherine	6.19	6.25	99.04%	Bronze SEA
9						
10	7	4x400 Relay	228.63	225.03	98.43%	
11						
12	8	Malacad, Josie	56.45	55.28	97.93%	
13	9	Richardson, Kyla	12.00	11.73	97.75%	Fil-Heritage Athlete
14	10	Apelar, Krizia Leah	56.84	55.28	97.26%	Hand Timed
15	11	Pedrina, Keizel	56.88	55.28	97.19%	
16						
17		Richardson, Kyla	24.81	24.06	96.98%	
18	13	Banayag, Jhoanne	2256.29	2176.84	96.48%	
19		Santos, Katherine	12.17	11.73	96.38%	
20		Malacad, Josie	61.90	59.64	96.35%	
21	14	Olarita, Lorna	57.51	55.28	96.12%	
22		Apelar, Krizia Leah	25.04	24.06	96.09%	Fil-Heritage Athlete
23	15	Delos Santos, Mary Grace	2269.46	2176.84	95.92%	
24	16	Loquinto, Hanelyn	12.33	11.73	95.13%	
25	17	Rosales, Jenny Rose	12.34	11.73	95.06%	

Analysis of Female Athletes

Veteran field events Marestella Torres (106), Rosie Villarito (104) and Loralie Sermona (101), alongside veteran Heptathlete Narcisca Atienza (101) were the top 4. Riezel Buenaventura tied the SEA Games standard. Behind them was SEA Games Bronze medalist Katherine Khay Santos on 99%.

The list demonstrates as well the relative success of a women's 4x4 whose time of 3:48.63 albeit 3s off the SEA Games Standard had the fastest time since 1993. Josie (98), Krizia (97), Keizel (97), Lorna (96) were all ranked in the 400. Jenny rose was the other member of the 4x4 in

Thailand rather than Krizia. Jenny obviously ran a lot better in the relay than she has in an individual 400m this year.

14 year old Fil-Heritage athlete Kyla Richardson was ranked for both the 100 (98) and 200 (97). Grace Delos Santos and Banayag were ranked in the 10k. Also Loquinto and Jenny rose scraped in for the 100m.

The urgency in women's is more so than in Men's, as only 17 Filipina athletes exceeded 95% towards the standards, whereas 45 Filipino Men. It can be argued however that a lot of the Men's were in the same event which shows more depth in certain event types. However Women's Track last SEA Games had 0 Medals in events from 100m to Marathon, including Relays and Hurdles and 0 women in 2012 reach the qualification standard.

[*The next article will discuss ways and suggestions to improve the output of Women's Track.](#)