

## Three Filipinas make Vietnam Final

*Pirie Enzo*

The [Ho Chi Minh](#) International Athletic in Vietnam July 10-12 attracted nine countries and twenty local teams. With Hong Kong the remainder where predominantly south-east Asian nations. However the three Filipina entries in the 400m Josie Malacad, Lorna Olarita and Keizel Pedrina all made it through to the finals. It has probably been the best part of a decade to fifteen years possibly longer since we have had three Filipina 400m runners make a final at an invitational overseas event.

Malacad and Olarita finished with the silver and the bronze, while Pedrina finished back in 6th place. Malacad improved her best time from [UAAP](#) from 58.57 to 57.04 this year. She had also run a 57.4 hand timed 400m which was the only indication up till now she could break 58 seconds. Malacad has been the national champion in the 400 Hurdles for the past few years.

Olarita from Cebu improved her best time from the PNG from 57.57 to 57.51. And is gradually reducing her best performances with this the 4th time this year she has clocked 57. Olarita was 2nd at the National Games and is the PRISAA Champion.

Meanwhile National Champion Keizel Pedrina (56.88 at the PNG), clocked 59.55 back in 6th. Pedrina however should bounce back for a rematch with the other two at the National Open.

## Philippines Women's 4x400 Chances at SEA Games

Certainly if we are going to aim for a relay team at SEA Games. The Women's 4x100 is out of the question the bronze standard is 45.12, which is below the 45.29 national record. (The athletes that ran the 45.29 where De Vega, Ganosa, Sinoro and Punelas). Punelas was the slowest runner with a time of 12.11, while the other three where sub 11.90 runners.

Local stocks are drained in this event with the quickest being Kat Santos at 12.17 (specialist long jumper). Even with filam athletes qualifying will be a struggle as they will not be able to practice the changes which are important in the 4x100 relays.

The only viable solution is the women's 4x400 where even overseas based athletes, and those based outside Manila rely solely on their raw speed and the changes are not as crucial.

Analyzing the women's 4x400 the bronze standard for SEA Games is 3.45.03 or 56.2 per runner, whereas the silver standard is 3.44.65 or 56.1 per runner with the gold standard at 55.25 per runner or 3.41.35 (nb. 3.45, 3.44, 3.41 mean 3 minutes 45 etc...).

Also take into account (#2, #3, #4) are going off a rolling start which can be up to a one second improvement per runner depending on hand offs. While hand offs are important they do not take as much fine tuning as they do in the 4x100 which is almost a daily rigorous routine.

If we look at the top six active sprinters including the ones from the states based on personal best time

Griffey 55.96, Apelar 56.84, Pedrina 56.88, Malacad 57.04, Olarita 57.51, Rosales 57.54. (some hand times added +.14 for conversion to electronic times).

Based on this model we get 3.46.72 (that is not assuming the fact that Griffey has split 53.5 in relays, she has only ran the 400 once in 2008, and can gain up to three seconds with good changes). so let's say even with modest fly-ins that time is 3.45.72. With the top 4 you are reliant on changes improving as raw speed is enough.

If you just go with the four local athletes Pedrina 56.88, Malacad 57.04, Olarita 57.51, Rosales 57.54.

Would get a total time of 3.48.97, which means not only would rely on improved changes but also the athletes improving as these are the youngest of the four that is not out of the question but may seem a little bit more risqué.

## Conclusion for 4x4 Philippines Women's



Lorna Olarita, Keizel Pedrina Krizia Apelar

This is definitely an event which needs to be developed, as the PATAFA has the opportunity to create a legacy in this event, to bring excitement and hope back into the hearts and minds of the general public. Looking at the performances from the last sea games Bronze (56.2 per runner)

and Silver (56.1 per runner) are so close we may as well go for at least the silver medal. That means next year is the year performances need to be registered either at the PNG or Nat Open or a major meet. The average time of the top four must be 56.1 or below or the total time if they manage to get four to run together before SEA games must be below 3.45.03. Firstly we are assuming that the Filams Griffey and Apelar will commit to being part of this lineup by making an appearance at the National Championships. They both have so far up to date with Apelar winning the 200m (25.04) in 2012, and Griffey the 200m (25.24) in 2011.

Certainly if some of the local runners are displaced in this event, they are still young with Malacad, Olarita and Jenny 20, 20 and 18 years old. So definitely having 5-6 runners in this event going for sea games qualification will help boost the event, and the prospect of new talent emerging can also not be ruled out.

The bottom line is by allowing this to happen and creating a legacy in this event and an investment in the future, you establish a continuity of champions which could very well lead to the gold medal in the women's 4x4 in 2015 and even possible individual qualifiers in the 400 (bronze standard 55.28). If a surplus of runners is gained in the 400m, then they can branch out to 200, 400 Hurdles and 800 which are the complimentary events.

## **Other Results from Vietnam**

The best performer in the Phi Contingent was Josie Malacad who won Gold in the 400 Hurdles in a PB of 1:02.30 (sea games qualifier is 59.64), she also picked up gold in the 4x400 to go with the bronze she won. Below are the full results of the Filipino Contingent. Maureen Emily Schrivjers also did well to make the semi-finals of the 200m in a Best time of 25.74 in the heats (she is ranked #3 this year behind National Champion Krizia Leah Apelar 25.04 and UAAP Champion & National Junior Champion Jenny Rose Rosales). Below are the results of Filipino athletes at this meet.

### **Full Results of Filipino Athletes at the 19th Ho Chi Minh City Invitational Athletics Meet July 10-12 in Vietnam**

PB = Personal Best time

100m h1 4th Hanelyn Loquinto 12.71 (-0.3)

200m sf2 Maureen Emily Schrivjers **25.74** (PB) (-0.2) 8th Schrivjers 25.81 (-0.1);

400m h1 Josie Malacad 57.87 (PB), Keizel Pedrina 58.60.

h2. Olarita 58.87

400m final Malacad (PB) 57.04 2nd, Olarita 57.51 (PB) 3rd, Pedrina 59.55 6th.

TJ 6th Katherine Khay Santos 11.95m

4x100m relay final 48.68 (Olarita, Santos, Schrivjers and Pedrina) 3rd

400H final Malacad 1:02.30 1st

HJ final Schrivjers 1.50m 7th

4x400m final (Schrivjers, Pedrina, Malacad, Olarita) 4:00.19 1st

LJ Santos 6.05m 2nd

Full Results are available below

[\*\*HCMC T&F OPEN Result 2012\*\*](#)

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