



**TAEKWONDO**

**POOMSAE (INDIVIDUAL MEN) GROUP A**

Rank	Name of Athlete	Team	Medal
1	ABRIO, Aldrew	REGION VII	Gold
2	ILAO, Karl Emmanuel	CAR	Silver
3	STA. ANA, James Philip	REGION V	Bronze

**POOMSAE (INDIVIDUAL MEN) GROUP B**

Rank	Name of Athlete	Team	Medal
1	LUZADA, Marc Colin	REGION X	Gold
2	MENCIO, Troy Jr.	CAR	Silver
3	DIAZ, Jonyx	REGION XII	Bronze

**PONSAE (INDIVIDUAL WOMEN) GROUP A**

Rank	Name of Athlete	Team	Medal
1	REGALA, Mikee Rose	REGION VI	Gold
2	LOMBOY, Jelly	REGION XII	Silver
3	DAYUDAY, Nicole	REGION VII	Bronze

**PONSAE (INDIVIDUAL WOMEN) GROUP B**

Rank	Name of Athlete	Team	Medal
1	MACASERO, Menchit	CAR	Gold
2	REBIBIS, Leanne Fae	REGION V	Silver
3	BLANCO, Althea Wendy	REGION XII	Bronze

**PONSAE (MIXED PAIR)**

Rank	Name of Athlete	Team	Medal
1	ROSAOT, Earnest Alvin/LOMBOY, Jelly	REGION XII	Gold
2	ABRIO, Aldrein/CORAN, Carmela	REGION VII	Silver
3	ALCARDE, Ian Gabriel/ANZANO, Shemiah	REGION VI	BRONZE

  
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TAEKWONDO

POOMSAE (TEAM MEN)

Rank	Name of Athlete	Team	Medal
1	STA. ANA, John Philip / BERSABAL, Jay-vee OLAGUERA, Norbert	REGION V	Gold
2	ROSAOT, Earnest Alvin / GARUA, Jenan DIAZ, Jonix	REGION XII	Silver
3	CALAGNOT, Vince John Philip ABRIO, Aldrein / PERALES, Roel III	REGION VII	Bronze

POOMSAE (TEAM WOMEN)

Rank	Name of Athlete	Team	Medal
1	LOMBOY, Jelly / BLANCO, Althea Wendy ROSAOT, Therese Marie	REGION XII	Gold
2	REGALA, Mikee Rose / ANZANO, Shemiah RUIZ, Paula Ann	REGION VI	Silver
3	PRAMIS, Keanne Marielle DUDAY, Kay Portia / MACAJERO, Menchit	CAR	Bronze

  
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**TAEKWONDO**

**FIN WEIGHT (MEN)**

Rank	Name of Athlete	Team	Medal
1	BAYANON, Whinny	CAR	Gold
2	DAPAT, Japeth	REGION VI	Silver
3	DOMINGO, Den Derick	REGION II	Bronze
3	OLAGUERA, Norbert Dayle	REGION VI	Bronze

**FLY WEIGHT (MEN)**

Rank	Name of Athlete	Team	Medal
1	AMANG, Leandro James	REGION VII	Gold
2	ABRIZA, Ariel Mark	REGION IV-A	Silver
3	ILAO, Carl Emmanuel	CAR	Bronze
3	CALIAO, Gerlan	REGION XI	Bronze

**BANTAM WEIGHT (MEN)**

Rank	Name of Athlete	Team	Medal
1	VILLANUEVA, Einstine	REGION XI	Gold
2	LEOSALA, John Meller	REGION V	Silver
3	GARCIA, Jenan	REGION XII	Bronze
3	LOPEZ, Roberto	REGION I	Bronze

**FEATHER WEIGHT (MEN)**

Rank	Name of Athlete	Team	Medal
1	STA. ANA, James Philip	REGION V	Gold
2	VILLAFRANCA, Juphin	REGION XII	Silver
3	DIORESMA, Russel John	REGION XI	Bronze
3	ALAB, John Fritch	REGION VI	Bronze

**LIGHT WEIGHT (MEN)**

Rank	Name of Athlete	Team	Medal
1	PEREZ, John Khobbie	REGION III	Gold
2	JASMIN, Jeffy	CARAGA	Silver
3	ESPIRITU, Justyve Raul	REGION XI	BRONZE
3	MAGNAYE, Bryle Reynielle	REGION IV-A	BRONZE

  
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TAEKWONDO

WELTER WEIGHT (MEN)

Rank	Name of Athlete	Team	Medal
1	MENCIO, Troy Jr.	CAR	Gold
2	PUMIHIK, Jaypee	REGION II	Silver
3	ONATO, Toebeth	REGION XI	Bronze
3	IMPORTANTE, Mark	REGION XII	Bronze

MIDDLE WEIGHT (MEN)

Rank	Name of Athlete	Team	Medal
1	FELICIANO, Christian Jake	REGION II	Gold
2	MAMACLAY, Jenuel Vince	REGION XII	Silver
3	TAYONGTONG, Bryan	REGION XI	Bronze
3	SEDILLO, Spencer	REGION VII	Bronze

HEAVY WEIGHT (MEN)

Rank	Name of Athlete	Team	Medal
1	AGUDA, Lester Dale	REGION IV-A	Gold
2	STA. ANA, Jason Paolo	REGION V	Silver
3	PASUMBAL, Christian	REGION III	Bronze
3	ESTOQUE, GEVEREALLE	REGION XI	Bronze

  
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**TAEKWONDO**

**FIN WEIGHT (WOMEN)**

Rank	Name of Athlete	Team	Medal
1	DUDAY, Kaye Portia	CAR	Gold
2	LODORIA, Lea Mae	REGION X	Silver
3	MENDOZA, Alyzza Mae	REGION V	Bronze
3	ANZANO, Shemalah Angel	REGION VI	Bronze

**FLY WEIGHT (WOMEN)**

Rank	Name of Athlete	Team	Medal
1	ALBANIA, Honey Isabel	REGION XI	Gold
2	LESAGUIS, Angelie	REGION VI	Silver
3	PRAMIS, Keanne Marielle	CAR	Bronze
3	BAG-O, Providence Dayen	REGION X	Bronze

**BANTAM WEIGHT (WOMEN)**

Rank	Name of Athlete	Team	Medal
1	REGALA, Mikee Rose	REGION VI	Gold
2	LOMBOY, Jelly	REGION XII	Silver
3	DAYUDAY, Nicole	REGON VII	Bronze
3	ENOSEBIO, Jenny Rose	CAR	Bronze

**FEATHER WEIGHT (WOMEN)**

Rank	Name of Athlete	Team	Medal
1	MACASERIO, Menchit	CAR	Gold
2	VIDALLON, Gaga Nicole	REGION VI	Silver
3	PERRIOLS, Kleo	REGION XI	Bronze
3	GUIAMEL, Mechaela	REGION XII	Bronze

**LIGHT WEIGHT (WOMEN)**

Rank	Name of Athlete	Team	Medal
1	DE LEON, Janne	REGION V	Gold
2	JESURO, Shy	REGION XI	Silver
3	ALI, Cinderella	REGION XII	BRONZE
3	DALASA, Annie	CAR	BRONZE

  
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WELTER WEIGHT (WOMEN)

Rank	Name of Athlete	Team	Medal
1	DELFIN, Maria Lea	REGION IV-A	Gold
2	ACHAWEN, Charlynnne	CAR	Silver
3	GIMENEZ, Rizza	REGION VII	Bronze
3	BLANCO, Althea Wendy	REGION XII	Bronze

MIDDLE WEIGHT (WOMEN)

Rank	Name of Athlete	Team	Medal
1	AMORIN, Princess	REGION X	Gold
2	ABUG, Sienna	REGION XI	Silver
3	REBIBIS, Leanne	REGION V	Bronze
3	ROSAOT, Therese Marie	REGION XII	Bronze

HEAVY WEIGHT (WOMEN)

Rank	Name of Athlete	Team	Medal
1	VILLEJO, Patricia Jhoy	REGION XI	Gold
2	TIBUG, Reginedel	REGION XII	Silver
3	LEGASPI, Arielle	REGION VI	Bronze
3	WABE, Chirrica Joy	REGION VX	Bronze

  
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**TAEKWONDO**

**POOMSAE (INDIVIDUAL BOYS) GROUP A**

Rank	Name of Athlete	Team	Medal
1	AUSTRIA, Emmanuel Christopher	REGION V	Gold
2	DESIERTO, Xyruss	REGION VI	Silver
3	ABELLA, Daniel Kristian	REGION X	Bronze

**POOMSAE (INDIVIDUAL BOYS) GROUP B**

Rank	Name of Athlete	Team	Medal
1	GUZMAN, Kyslev	REGION II	Gold
2	PALOMPON, John Patrick	REGION VI	Silver
3	ESCOTON, Mark Normans	REGION X	Bronze

**PONSAE (INDIVIDUAL GIRLS) GROUP A**

Rank	Name of Athlete	Team	Medal
1	AGALOOS, Jammie Hannah	REGION VI	Gold
2	SANTIAGO, Zyka Angelika	REGION II	Silver
3	GALLEGO, January Faith	REGION X	Bronze

**PONSAE (INDIVIDUAL GIRLS) GROUP B**

Rank	Name of Athlete	Team	Medal
1	DIASNES, Cindy Joy	REGION VI	Gold
2	QUATO, Trecia Mae	REGION XI	Silver
3	GAVIDA, Gladys Marie	REGION XI	Bronze

**PONSAE (MIXED PAIR)**

Rank	Name of Athlete	Team	Medal
1	AGUIRRE, Zachary / TUNGALA, Sophia Marie	REGION VI	Gold
2	AGDIPA, Isabella Ricci / GUZMAN, Vince Christopher	REGION II	Silver
3	ABELLA, Daniel Kristian / GALLEGO, January Faith	REGION X	BRONZE

  
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POOMSAE (TEAM BOYS)

Rank	Name of Athlete	Team	Medal
1	DISIERTO, Xyruss / PALANPON, John Patrick AGGUIRE, Zachary	REGION VI	Gold
2	GUZMAN, Vince / GUZMAN, Lance GUZMAN, Kysle	REGION II	Silver
3	AUSTRIA, Emmanuel Christopher      ALARKON, Kevin / BERSADAL, Justin	REGION V	Bronze

POOMSAE (TEAM GIRLS)

Rank	Name of Athlete	Team	Medal
1	AGALOOS, Jammie Hannah / DIANES, Cindy TUNGALA, Sophia Marie	REGION VI	Gold
2	AGDIPA, Isabella Ricci/BAYO, Maria Mercedes / SANTIAGO, Zyka Angelica	REGION II	Silver
3	MADI, Megan Alexandra / AMODIA, Angielyn May / LLIMORAN, Vierra Trixia	REGION XI	Bronze

  
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**TAEKWONDO**

**FIN WEIGHT (BOYS)**

Rank	Name of Athlete	Team	Medal
1	AGUILAR, Antonio Jose	REGION VI	Gold
2	URGEL, Xander	REGION XI	Silver
3	ABELLA, Daniel Kristian	REGION X	Bronze
3	DAYA, Luigi James Mattew	REGION IV-A	Bronze

**FLY WEIGHT (BOYS)**

Rank	Name of Athlete	Team	Medal
1	RECABAR, Jeiber Lark	REGION VI	Gold
2	DE CHAVES, Israel Martin	REGION IV-A	Silver
3	BESMONTE, Don Denito	REGION VI	Bronze
3	TAYAG, Symon Cris Dixon	REGION III	Bronze

**BANTAM WEIGHT (BOYS)**

Rank	Name of Athlete	Team	Medal
1	HORLADOR, Adriano III	REGION VI	Gold
2	AGUSTIN, Chonder Tom	REGION III	Silver
3	LAURUZ, Julius	REGION IV-A	Bronze
3	HANIAGAN, Alexis	REGION X	Bronze

**FEATHER WEIGHT (BOYS)**

Rank	Name of Athlete	Team	Medal
1	DELOS REYES, Jan Ellyze	REGION XI	Gold
2	BERSABAL, Justin	REGION V	Silver
3	GUZMAN, Vince Christopher	REGION II	Bronze
3	AGAPOLO, John Paolo	REGION VI	Bronze

**LIGHT WEIGHT (BOYS)**

Rank	Name of Athlete	Team	Medal
1	RIGALA, Mikko Micahel	REGION VI	Gold
2	TAMBULIAN, Rey Jr.	REGION XI	Silver
3	ESPINA, RJ Hendrix	REGION IV-A	BRONZE
3	NOMO, John Rey	REGION VI	BRONZE

  
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**TAEKWONDO**

**WELTER WEIGHT (BOYS)**

Rank	Name of Athlete	Team	Medal
1	CO, Pierce Aldwin	REGION IV-A	Gold
2	GUZMAN, Kyslen Ernest	REGION II	Silver
3	ANDO, Jayson	REGION X	Bronze
3	ESCOTON, Mark Norman	REGION XI	Bronze

**LIGHT WEIGHT (BOYS)**

Rank	Name of Athlete	Team	Medal
1	VILLAMORA, John Brenner	REGION V	Gold
2	PAYURAN, Rylan Kyle	REGION III	Silver
3	MARQUEZ, Renier	REGION IV-A	Bronze
3	JEROCHO, Jade Allen	REGION X	Bronze

**MIDDLE WEIGHT (BOYS)**

Rank	Name of Athlete	Team	Medal
1	VILLAMENTE, Jurey	REGION X	Gold
2	GANCERO, Clarence	REGION VI	Silver
3	SANTIAGO, Angelo Gener	REGION IV-B	Bronze

**LIGHT HEAVY WEIGHT (BOYS)**

Rank	Name of Athlete	Team	Medal
1	MISA, Alfred Joseph	REGION III	Gold
2	MARINAS, Earl Paul	REGION X	Silver
3	GUZMAN, Lance Hubert	REGION II	Bronze
3	EVANGELISTA, John Lester	REGION IV-A	Bronze

**HEAVY WEIGHT (BOYS)**

Rank	Name of Athlete	Team	Medal
1	MASCON, Rodrigo Jr.	REGION XI	Gold
2	CADAREDO, Gabriel Julio	REGION X	Silver
3	PAMBID, Rouel	REGION II	Bronze
3	DONADO, John Dale	REGION IV-A	Bronze

  
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**TAEKWONDO**

**FIN WEIGHT (GIRLS)**

Rank	Name of Athlete	Team	Medal
1	BERMEJO, Angela Joy Marie	REGION VI	Gold
2	ARANETA, Angelika Mae	REGION III	Silver
3	GALLEGO, January Faith	REGION X	Bronze
3	SANTIAGO, Zyka Angelika	REGION II	Bronze

**FLY WEIGHT (GIRLS)**

Rank	Name of Athlete	Team	Medal
1	MACLA, Megan Alexandra	REGION XI	Gold
2	BELISARIO, Mary Grace	REGION VI	Silver
3	AGDIPA, Isabella	REGION II	Bronze
3	MACANA, Honey Queen	REGION X	Bronze

**BANTAM WEIGHT (GIRLS)**

Rank	Name of Athlete	Team	Medal
1	LIMORAN, Vierra Trixia	REGION XI	Gold
2	MONTIL, Jessica	REGION X	Silver
3	ESTEVEZ, Antionette Dane	REGION IV-B	Bronze
3	ANDAYA, Jamaica	REGION IV-A	Bronze

**FEATHER WEIGHT (GIRLS)**

Rank	Name of Athlete	Team	Medal
1	LADA, Kelly Ann	REGION XI	Gold
2	HIJILLA, Shasanne	REGION VI	Silver
3	BERSABAL, Althea Yvette	REGION VI	Bronze
3	LOBRES, Angel Mae	REGION IV-A	Bronze

**LIGHT WEIGHT (GIRLS)**

Rank	Name of Athlete	Team	Medal
1	ONATO, Trecia Mae	REGION XI	Gold
2	BONUS, Kenshin	REGION V	Silver
3	ANONAT, Meri Hannafe	REGION IX	BRONZE
3	LABORTE, Kaye	REGION X	BRONZE

  
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**WELTER WEIGHT (GIRLS)**

Rank	Name of Athlete	Team	Medal
1	LITONILLA, Christine	REGION II	Gold
2	MURILLO, Erica Monique	REGION IV-A	Silver
3	VILLANUEVA, Fame	REGION III	Bronze
3	POSADA, Sofia Gabrielle	REGION V	Bronze

**LIGHT MIDDLE WEIGHT (GIRLS)**

Rank	Name of Athlete	Team	Medal
1	ALOC, Kwyn Gabrielle	REGION V	Gold
2	MONTECALVO, Frances Pauline	REGION IV-A	Silver
3	HERNANI, Marnes	REGION X	Bronze

**MIDDLE WEIGHT (GIRLS)**

Rank	Name of Athlete	Team	Medal
1	SUMANGA, Ana Margarita	REGION IV-A	Gold
2	LISAO, Pearl Dyne	REGION VI	Silver
3	LEE, Giselle	REGION IX	Bronze

**HEAVY WEIGHT (WOMEN)**

Rank	Name of Athlete	Team	Medal
1	DINERO, Czarylle	REGION VI	Gold
2	CHUA, Sheila	REGION IV-B	Silver
3	MAGBOD, Elma Maureen	REGION IV-A	Bronze
3	GAVIOLA, Gladys Marie	REGION X	Bronze

**HEAVY WEIGHT (WOMEN)**

Rank	Name of Athlete	Team	Medal
1	ILAGAN, Maria Fatima	REGION IV-A	Gold
2	ORBITA, Bea Joy	REGION XI	Silver
3	CABASAG, Kimberly Ann	REGION II	Bronze
3	STEVES, Allyssa Nicole	REGION IV-B	Bronze

  
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