

Palau National Championships 2025 - 19/06/2025 to 21/06/2025**Koror National Stadium****Results****Event 1 Women 100 Metre Senior**

Name	Year Team	Finals
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Finals

1 Sydney Francisco	Palau	13.77
2 Teriana Chinn	Palau	15.42
3 Lloise Dominique Borres	Palau	15.94
4 Faith Etpison	Palau	16.11
5 Destiny Etpison	Palau	16.81
6 Dechel Ngirblekuu	Palau	17.48

Event 2 Women Discus Senior

Name	Year Team	Finals
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1 Faith Etpison	Palau	16.71m
2 Teriana Chinn	Palau	11.75m

Event 2 Men Javelin Senior

Name	Year Team	Finals
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1 Gian Anjelo Maluchluw	Palau	27.83m
2 Carlos Sifix	Palau	27.58m

Event 4 Men Discus Masters

Name	Year Team	Finals
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1 Albert Miller	Palau	24.60m
2 Ali Kwak	Palau	21.30m
3 Aaron Semaan	Palau	20.78m
4 Manny Serrano	Palau	15.79m

Event 4 Men Javelin Masters

Name	Year Team	Finals
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1 Achilles Pedro	Palau	33.12m
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Event 5 Women 400 Metre Senior

Name	Year Team	Finals
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1 Teriana Chinn	Palau	1:15.15
2 Kiralynn Ngirchomlei	Palau	1:19.29
3 Faith Etpison	Palau	1:21.68
4 Dechel Ngirblekuu	Palau	1:28.28

Event 5 Men 110 Metre Hurdles Senior

Name	Year Team	Finals
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1 Aron Pedro	Palau	21.00
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Palau National Championships 2025 - 19/06/2025 to 21/06/2025**Koror National Stadium****Results****Event 6 Men 400 Metre Senior**

Name	Year	Team	Finals	H#
1 Righteous Adaba		Palau	53.41	2
2 Elton Miguel Mangeron		Palau	55.46	1
3 Ali Kwak		Palau	56.27	2
4 Peace Adaba		Palau	57.23	1
5 Joshua Bai		Palau	59.75	1
6 Tas Setsuo		Palau	1:03.98	2
7 Syed Hussain		Palau	1:08.02	1

Event 7 Men 100 Metre Senior

Name	Year	Team	Finals
1 Gian Anjelo Maluchluw		Palau	12.00
2 Keilan Kenny		Palau	12.03
3 Ali Kwak		Palau	12.20
4 Joveniel Laciste		Palau	12.41
5 Pope Francisco		Palau	12.43
6 Elton Miguel Mangeron		Palau	12.51

Event 7 Men High Jump Senior

Name	Year	Team	Finals
1 Emmanuel Adaba		Palau	1.65m
2 Pope Francisco		Palau	1.60m
3 Ali Kwak		Palau	1.50m
4 Aron Pedro		Palau	J1.45m
5 Elton Miguel Mangeron		Palau	J1.45m

Event 8 Women 800 Metre Senior

Name	Year	Team	Finals
1 Kiralynn Ngirchomlei		Palau	3:11.90

Event 9 Men 800 Metre Senior

Name	Year	Team	Finals
1 Righteous Adaba		Palau	2:07.40
2 Emmanuel Adaba		Palau	2:10.80
3 Peace Adaba		Palau	2:11.10
4 Tas Setsuo		Palau	2:30.40
5 Shawn Colden		Palau	2:31.90
6 Steven Redchor		Palau	2:34.10
7 X Yanding		Palau	2:45.40

Event 9 Men 100 Metre Masters

Name	Year	Team	Finals
1 Aron Pedro		Palau	12.54
2 Peace Adaba		Palau	12.99

Palau National Championships 2025 - 19/06/2025 to 21/06/2025**Koror National Stadium****Results****....Event 9 Men 100 Metre Masters**

3	Yanding Guo	Palau	13.82
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Event 11 Men Long Jump Senior

	Name	Year	Team	Finals
1	Ali Kwak		Palau	5.07m
2	Carlos Sifix		Palau	5.05m
3	Clayton Kyota		Palau	4.37m

Event 11 Men Shot Put Senior

	Name	Year	Team	Finals
1	Kainan Mendiola		Palau	10.14m
2	Teriana Chinn		Palau	5.71m

Event 12 Women Shot Put Masters

	Name	Year	Team	Finals
1	Anna Roesler		Palau	6.72m
2	Tara Techemang-Whiting		Palau	6.36m
3	Teriana Chinn		Palau	5.71m
4	Sheena Carlson		Palau	5.69m

Event 12 Men Long Jump Masters

	Name	Year	Team	Finals
1	Jared Swart		Palau	4.64m

Event 13 Men Shot Put Masters

	Name	Year	Team	Finals
1	Albert Miller		Palau	8.87m
2	Yanding Guo		Palau	8.20m
3	Forest Whiting		Palau	7.88m

Event 14 Men 1500 Metre Senior

	Name	Year	Team	Finals
1	Righteous Adaba		Palau	4:37.62
2	Kraven Ngirchomlei		Palau	4:38.19
3	Peace Adaba		Palau	5:08.22

Event 15 Women 1500 Metre Senior

	Name	Year	Team	Finals
1	Kiralyynn Ngirchomlei		Palau	6:52.56

Palau National Championships 2025 - 19/06/2025 to 21/06/2025**Koror National Stadium****Results****Event 15 Men 100 Metre Senior**

Name	Year Team	Heats	H#
Heats			
1 Tyson Chinn	Palau	11.70Q	2
2 Gian Anjelo Maluchluw	Palau	12.04Q	1
3 Ali Kwak	Palau	11.93Q	2
4 Elton Miguel Mangeron	Palau	12.44Q	1
5 Keilan Kenny	Palau	12.08q	2
6 Joveniel Laciste	Palau	12.74q	1
7 Achilles Pedro	Palau	12.84	2
8 Clayton Kyota	Palau	13.13	1
9 Zane Llilau	Palau	13.45	2
10 Rhye Ngirausui	Palau	13.73	1
11 Manny Serrano	Palau	14.42	2

Event 15A Mixed 1500 Metre Masters

Name	Year Team	Finals
Finals		
1 Jared Swart	M Palau	5:24.15
2 Shawn Colden	M Palau	5:39.62

Event 16 Women 200 Metre Senior

Name	Year Team	Finals
1 Teriana Chinn	Palau	31.76
2 Faith Etpison	Palau	33.53
3 Destiny Etpison	Palau	34.09
4 Lloise Dominique Borres	Palau	34.61
5 Dechel Ngirblekuu	Palau	36.60
6 Yan Cai	Palau	42.55

Event 16 Women 60 Metre Masters

Name	Year Team	Finals	H#
1 Anna Roesler	Palau	9.26	1
2 Misako Yokota	Palau	9.73	2
3 Harumi Furuhata	Palau	11.16	1
4 Joy Guo	Palau	11.34	1
5 Jall X	Palau	11.36	2
6 Samantha (Telly) Bells	Palau	11.89	1
6 Sheena Carlson	Palau	11.89	2
8 Maggie Wicker	Palau	12.51	2
9 Ohana X	Palau	12.85	2
10 Tojima Setsuko	Palau	12.98	1

Event 17 Men 200 Metre Senior

Name	Year Team	Finals	H#
1 Righteous Adaba	Palau	23.92	1
2 Ali Kwak	Palau	24.38	1

Palau National Championships 2025 - 19/06/2025 to 21/06/2025**Koror National Stadium****Results****....Event 17 Men 200 Metre Senior**

3	Keilan Kenny	Palau	24.57	1
4	Elton Miguel Mangeron	Palau	24.80	1
5	Pope Francisco	Palau	25.17	3
6	Peace Adaba	Palau	25.82	3
7	Joveniel Laciste	Palau	26.24	2
8	Achilles Pedro	Palau	26.69	3
9	Clayton Kyota	Palau	26.94	3
10	Zane Llilau	Palau	27.47	2
11	Manny Serrano	Palau	28.54	2
12	Rhye Ngirausui	Palau	29.11	2

Event 17 Men 60 Metre Masters

Name	Year Team	Finals
1 Yanding Guo	Palau	8.58
2 Gomer Miguelle	Palau	9.56

Event 20 Women 800 Metre Race Walk Masters

Name	Year Team	Finals
1 Anna X	Palau	5:02.92
2 Yizako X	Palau	5:17.87
3 Tara Techemang-Whiting	Palau	5:26.79
4 Harumi Furuhashi	Palau	5:29.15
5 Paula Mason	Palau	5:46.25
6 Ulai Ikesiil	Palau	6:16.05
7 Samantha (Telly) Bells	Palau	6:30.58
8 Yan Cai	Palau	6:31.18
9 Joy Guo	Palau	7:04.04
10 Peoria Koshiba	Palau	7:47.27

Event 21 Women 4x100 Metre Relay Senior

Team	Finals
1 Palau 'B'	1:04.75
1) Faith Etpison	2) Kiralynn Ngirchomlei
3) Dechel Ngirblekuu	4) Lloise Dominique Borres
2 Palau 'A'	1:09.79
1) Destiny Etpison	2) Teriana Chinn
3) Yan Cai	4) Joy Guo

Event 21 Men 800 Metre Race Walk Masters

Name	Year Team	Finals
1 Jordan X	Palau	7:11.57
2 Judah X	Palau	8:02.84
3 Albert Leach	Palau	8:04.36

Palau National Championships 2025 - 19/06/2025 to 21/06/2025**Koror National Stadium****Results****Event 22 Women 4x400 Metre Relay Senior**

Team		Finals
1 Palau 'A'		5:34.46
1) Faith Etpison	2) Kiralynn Ngirchomlei	
3) Dechel Ngirblekuu	4) Lloise Dominique Borres	

Event 22 Men 4x100 Metre Relay Senior

Team		Finals
1 Palau 'C'		48.87
1) Manny Serrano	2) Tas Setsuo	
3) Clayton Kyota	4) Righteous Adaba	
2 Palau 'B'		52.36
1) Zane Llilau	2) Elton Miguel Mangeron	
3) Achilles Pedro	4) Peace Adaba	
-- Palau 'A'		DQ
1) Pope Francisco	2) Joveniel Laciste	
3) Keilan Kenny	4) Ali Kwak	

Event 23 Men 4x400 Metre Relay Senior

Team		Finals
1 Palau 'C'		3:52.84
1) Joshua Bai	2) Keilan Kenny	
3) Pope Francisco	4) Righteous Adaba	
2 Palau 'B'		3:56.40
1) Ali Kwak	2) Emmanuel Adaba	
3) Zane Llilau	4) Elton Miguel Mangeron	
3 Palau 'A'		4:07.24
1) Tyson Chinn	2) Rhye Ngirausui	
3) Tas Setsuo	4) Peace Adaba	