

1969 MICROLYMPICS  
Individual and Team Medal Winners

Event	GOLD	SILVER	BRONZE
Men's Basketball	Palau	Truk	Marianas
Men's Volleyball	Marshalls	Palau	Yap
Men's Baseball	Palau	Truk	Marianas
Women's Volleyball	Marianas	Palau	Ponape
Men's Table Tennis Singles	Fountain Inok Marshalls	Augustine Moses Ponape	Dave Atalig Marianas
Men's Table Tennis Doubles	Inok and Kabua Marshalls	Moses and Franklin Ponape	Atalig and Calvo Marianas
Hero - All Around	Katsuchi Skang Palau	Papius Kumangai Palau	Peter Tuwun <del>Truk</del> Yap
Sailing	Ponape	Yap	Truk
Padding	Ponape	Truk	
Men's Tennis Singles	Kaleb Meliil Palau	Oscar deBram Marshalls	Ted Capella Marshalls
Men's Tennis Doubles	Marshalls deBram and Capella	Ponape Moses and Franklin	Palau Swei and Meliil

Event	GOLD	SILVER	BRONZE
Men's 100 m	Eliezer Sebalt Palau 11.1	Tadasi Sakuma Palau 11.2	Gabriel Walter Palau 11.3
Men's 200m	Eliezer Sebalt Palau 23.5	Gabriel Walter Palau 24.1	Avin Chero Truk 24.4
Men's 400 m	Eliezer Sebalt Palau 53.8	Cleofas Iyar Palau 55.0	Karno Kumo Truk 57.1
Men's 800m	Cleofas Iyar Palau 2:11.3	Karno Kumo Truk	Antonio Spencer Ponape
Men's 1500 m	Ishiro Hairnes Ponape 4:40.9	Alyko Peiso Ponape 4:44.3	William Osima Palau 4:44.5
Men's 3000 m	Ishiro Hairnes Ponape 10:33.3	Elia Kual Palau 10:51.0	Isidro Hairnes Ponape 10: 5
Men's 5000 m	Ishiro Hairnes Ponape 18:18.8	Silas Ngirabiang Palau 18:52.4	Elia Kual Palau 18:56.5
Men's 10,000 m	Ishiro Hairnes Ponape 39:38.8	Alyko Peiso Ponape 39:44.1	Elia Kual Palau 40:14.3
Men's 110 m HR	Dave Emil Palau 17.3	Tony Towai Palau 17.6	Mike Zakios Marshallis 18.4
Men's 400 m relay	Palau 45.7	Ponape 47.0	Truk 47.8
Men's 1600 m relay	Palau 3:39.7	Ponape 3:55.0	Truk 3:59.5
Men's Discus	Samuel Butelbai Palau 105' 12"	Oketang Ngirailab Palau 99' 8"	Carwin Edwin Ponape 99' 0"
Men's Javelin	Singeru Techur Palau 167' 9"	Teofilus Joshua Palau 167' 0"	Samuel Butelbai Palau 163' 4"

Event	GOLD	SILVER	BRONZE
Men's Shot Put	Carwin Edwin Ponape 38' 8"	Jess Pua Marianas 35' 2"	Oketang Ngirialat Palau 34' 4"
Men's Long Jump	Mike Zaklos Marshalls 19' 10"	William Ngiraikelau Palau 19' 9½"	Solomen Ruben Truk 19'
Men's High Jump	Henry Edwin Ponape 5' 8"	Tony Towai Palau 5' 8"	Yamada- Yap 5' 6"
Men's Triple Jump	William Ngirakelau Palau 43' 9"	Paulus Kumangai Palau 41' 10"	Simeon Wilson Ponape 40' 9"
Men's Pole Vault	Filomeno Ngirbedul Palau 10' 6"	Tony Towai Palau 10'	Nachimu Sourk Truk 9' 6"
Women's 100 m	Clara Joshua Palau 13.5	Atalia Chuken Truk 13.8	Ines Iasuo Truk 13.9
Women's 200 m	Notune Albert Ponape 28.7	Clara Joshua Palau 30.1	Ines Iasuo Truk 30.3
Women's 400 m	Notune Albert Ponape 71.7	Menros Amru Truk 72.2	Royal Oltor Ponape 75.8
Women's 400 m relay	Truk 56.8	Ponape 57.4	Palau 57.6
Women's High Jump	Julia Franz Palau 4' 2"	Margarita Ngirakemerang Palau 4' 1"	Kautiang Mikel Palau 4' 1"
Women's Long Jump	Julia Franz Palau 14' 5"	Clara Joshua Palau 14' 1½"	Maraka Kamien Truk 12' 8"

Event	GOLD	SILVER	BRONZE
Women's 25 yd Free	Bergen Ponape 14.3	Doses Ponape 14.3	Rosario Ponape 15.0
Women's 50 yd Free	Doses Ponape 31.5	Bergen Ponape 31.7	Guerrero Marianas 24
Women's 25 yd Breast	Daniel Ponape 20.6	Doses Ponape 21.3	Milne Marshalls 21
Women's 25 yd Back	Rosario Ponape 17.3	Bergen Ponape 17.4	Camacho Marianas 21
Women's 75 yd Medley Relay	Ponape 51.1	Marianas 56.1	Marshalls 61
Women's 200 yd Free Relay	Ponape 2:18	Marianas 2:37.8	
Men's 100 yd Free	K. Skang Palau 56.0	Tadong Palau 57.0	Ehpel Ponape 58.2
Men's 50 yd Free	Banderif Palau 25.0	Nielcas Ponape 25.1	K. Skang Palau 25.1
Men's 25 yd Free	Danielle - Palau Nicolas - Ponape 11.0		Inoke Ponape 11.0
Men's 50 yd Butterfly	Ngirakesau Palau 30.2	Sebaklim Palau 32.1	E. Ruluked Palau 33
Men's 50 yd Breast	Heterback Truk 34.0	Camacho Marianas 35.3	Santos Ponape 36
Men's 50 yd Back	S. Skang Palau 31.9	Jonathan Ponape 32.9	Ngirakesau Palau 33
Men's 200 yd Free	Tadong Palau 2:17.5	T. Ruluked Palau 2:21.3	Heterback Truk 2:2
Men's 200 yd Free Relay	Palau 2:01.8	Ponape 2:07.1	Truk 2:
Men's 200 yd Medley Relay	Palau 1:40.9	Ponape 1:44.5	Yap 1:

SWIMMING - FINALS  
1969 Microlymmas

Men's 200 Medley relay

1	Palau	2:01.8	(*)
2	Ponape	2:07.1	
3	Truk	2:12.6	
4	Yap	2:18.0	
5	Marianas	2:24.5	

Women's 75 Medley relay

1	Ponape	51.1	(*)
2	Marianas	56.1	
3	Marshallis	1:09.3	

Men's 100 yd. Freestyle

1	Skang	Pal	56.0	(*)
2	Tadong	Pal	58.2	
3	Ehpel	Pon	59.2	
4	Wulgar	Pon	61.6	
5	Sebalkin	Pal	62.5	
6	Ludrick	Pon		

Women's 25 yd freestyle

1	Bergen	Pon	14.3	(*)
2	Doses	Pon	14.3	(*)
3	Rossario	Pon	15.0	
4	Guerrero	Mari	15.0	
5	Camacho	Mari	18.7	
6	Hogopes	Mari	18.9	

Men's 25 yd Freestyle

1	Ni Olua	Pal	11.0	(*)
2	Bandarii	Pal	11.0	(*)
3	Luoke	Pon	11.3	
4	Ruluked	Pal	11.6	
5	Santos	Pon	11.8	
6	Skang	Pal	13.3	

Men's 50 yd Butterfly Record (J. Noel - 29.3)  
Palau

1	Ngirakesau	Pal	30.2	
2	Sebalkin	Pal	33.1	
3	Ruluked	Pal	33.2	
4	Jonathan	Pon	33.3	
5	Skang	Yap	34.7	
6	Tenoto	Mari	35.0	

Women's 50 yd Freestyle

1	Doses	Pon	31.5	(*)
2	Bergen	Pon	31.7	
3	Guerrero	Mari	34.0	
4	Hairens	Pon	37.4	
5	Desebel	Mari	40.3	

Men's 50 yd Freestyle Record (K. Skang - 24.3)

1	Bandarii	Pal	25.0	
2	Nicholas	Pon	25.1	
3	K. Skang	Pal	25.3	
4	Ludrick	Pon	26.3	
5	Ruluked	Pal	26.6	
6	Daniel	Pon	26.8	

Women's 25 yd Breast Stroke

Record - Daniel 19.8

1	Daniel	Pon	20.6	
2	Doses	Pon	21.3	
3	Milne	Mari	21.7	
4	Hairens	Pon	21.9	
5	Desevel	Mari	22.0	
6	Guerrero	Mari	23.2	

Men's 50 yd Breast Stroke

1	Hetebuk	Truk	34.0	(*)
2	Camacho	Mari	35.3	
3	Santos	Pon	36.2	
4	Iodge	Truk	36.2	
5	Daniel	Pon	37.3	
6	Kudrick	Pon	38.8	

(\*) Micronesia Record

Women's 25 yd Backstroke

1	Rosario	Pon	17.3	(*)
2	Eergsu	Pon	17.4	
3	Camacho	Mari	20.0	
4	Hairens	Pon	20.4	
5	Villagomez	Mari	21.5	
6	Hilne	Mari	25.3	

Men's 10 yd Backstroke

1	S. Oung	Pal	31.9	(*)
2	Jomman	Pon	32.9	
3	Nyirakesau	Pal	33.5	
4	Kutrag	Yap	33.5	
5	William	Pon	34.3	

Men's 200 yd Freestyle

<u>Palau - Yapong -</u>				2:17.2
1	Tadong	Palau	2:17.5	
2	Kuluked	Palau	2:21.3	
3	Heterbusk	Truk	2:29.7	
4	Harebang	Pal	2:29.8	

Women's 200 yd Freestyle Relay

1	Ponape	2:18.0	(*)
2	Marianas	2:37.8	

Men's 200 yd Freestyle Relay

1	Palau	1:40.9	(*)
2	Ponape	1:44.5	
3	Yap	1:52.3	
4	Truk	1:57.5	