

SENIOR BOWLERS FRIDAY NIGHT LEAGUE

President: Ray Manibusan (671-685-6622)
 Vice President: Pete Ladera (1-253-486-5165)
 Sec/Treas: Yvonne Acda (671-864-4795)

Secretary on Lane : 24

Today: February 27, 2026
 Standings as of Feb. 20, 2026 (37th week of 40)

TEAM STANDINGS				WON	LOST	T-PINS	Team Captain	<u>ARREARS</u>
1 # 1	Gannett-Pacific Daily News	122	63	108,725	Pete Ladera			
2 # 16	Spare Me	119	66	108,066	Mike Sanchez			
3 # 2	Hawk Strikers	115	70	108,699	Zaldy Ponce			
4 # 12	Todo Mauleg Plumbing	111	74	108,091	Rosen Miguel			
5 # 14	Batbarias	107	78	109,064	Art Salazar			
6 # 10	Tomador	105	80	107,458	Nelson Degala			
7 # 19	Cheers!	100.5	84.5	106,570	Walter Ortega			
8 # 9	The Wolf Creek	100	85	107,701	Mike Macam			
9 # 8	No Tap!	99.5	85.5	107,982	Manny Torre			
10 # 4	BFF	97	88	103,519	Jhay Pituc			
11 # 5	American Legion	92.5	92.5	107,387	Remy Matanane			
12 # 18	Smoke'n-Bowl'n	90	95	106,271	Liz Untalan			
13 # 6	OOPS!	84	101	107,296	Ray Manibusan			
14 # 17	Over/Under	83.5	101.5	102,867	Jim Pinaula			
15 # 15	Mangachong	82.5	102.5	105,422	Fina Mansapit			
16 # 13	Black Widow	81.5	103.5	103,401	Rick Torres			
17 # 11	Manamko/Manhoben	76	109	94,206	Mike Chamberlain			
18 # 3	GAMBOWLERS	75	110	103,842	Fran Gatan			
19 # 20	Never Give Up!	71	114	104,696	Art Dulla			
20 # 7	"Still Kicking"	39	146	93,207	Mike Ada	\$16.00		
TOTAL							\$16.00	

LANES:	5-6	7-8	9-10	11-12	13-14	15-16	17-18	19-20	21-22	23-24
2/27/2026 38th week	5-10	3-13	1-19	14-17	9-2	16-12	7-18	6-4	15-11	20-8
3/6/2026 39th week	7-13	10-12	16-18	8-9	17-4	3-19	5-1	2-15	20-6	11-14
3/13/2026 40TH week	PR	LAST	SEASON							

Review of Last Week's Bowling....		HDCP	HDCP	HDCP	HDCP	HDCP		HDCP	HDCP	HDCP	HDCP	HDCP	HDCP
		1	2	3	Total	Won	Team Name	1	2	3	Total	Won	
5-6	HAWK STRIKERS	916	1094	884	2894	1	↔ NO TAP!	1087	953	916	2956	4	
7-8	OVER/UNDER	898	1014	1009	2921	4	↔ MANAMKO MANHOI	961	919	942	2822	1	
9-10	MANGACHONG	891	993	981	2865	3.5	↔ THE WOLF CREEK	920	844	981	2745	1.5	
11-12	BLACK WIDOW	875	1021	911	2807	0	↔ SMOKE'N BOWL'N	972	1036	988	2996	5	
13-14	BATBARIAS	988	1008	870	2866	0	↔ OOPS!	990	1045	924	2959	5	
15-16	NEVER GIVE UP!	886	909	930	2725	0	↔ BFF	936	1017	969	2922	5	
17-18	CHEERS!	945	1064	1005	3014	1.5	↔ TOMADOR	1017	1064	947	3028	3.5	
19-20	SPARE ME!	924	938	994	2856	5	↔ "STILL KICKING"	903	843	863	2609	0	
21-22	GAMBOWLERS	907	932	949	2788	1	↔ G/PACIFIC DAILY NE	908	953	936	2797	4	
23-24	TODO MAULEG PLUMBING	904	939	964	2807	0	↔ AMERICAN LEGION	1008	981	1038	3027	5	

LAST WEEK'S TOP 15 MEN HOT SHOTS

Jess Muya	184/265/182=631	Alan Vitug	201/203/171=575	Brent Tibbatts	190/199/167=556
John Abad	192/256/178=626	Virgil Toledo	212/211/148=571	Jude Tenorio	189/187/179=555
Cris Leal	198/216/197=611	Ace Dela Cruz	198/203/166=567	Rodney Biare	178/211/165=554
Mike Duenas	201/188/219=608	Frankie S.A.	165/255/142=562	Manny Torre	215/165/173=553
Mike Sanchez	177/192/232=601	Zaldy Ponce	167/213/178=558	Noel Ponseca	212/158/179=549

LAST WEEK'S TOP 15 WOMEN HOT SHOTS

Sheila Bangs	147/199/200=546	Gina S.N.	132/200/146=478	Rowena Ortega	158/158/143=459
Marie Velasco	159/171/168=498	Sol Ladera	158/154/160=472	Connie Untalan	169/140/146=455
Ina Lee	158/172/159=489	Malou Brigino	139/162/167=468	Fran Gatan	179/134/140=453
Tina Macam	169/140/180=489	Marlyn Requina	131/158/171=460	Liz Langas	133/183/137=453
Tracey San Agustin	186/167/128=481	Weng C.	162/140/157=459	Liz Untalan	146/182/117=445

PROPOSAL A-12 VOTES & PROPOSAL B-8 VOTES FOR THE PRIZE PROPOSALS 2025-2026 8TH SEASON.

***** TEAM CAPTAINS: PLEASE SUBMIT YOUR PAYMENT ENVELOPES BEFORE THE END OF THE FIRST GAME.

***** TEAM CAPTAINS: YOUR RESPONSIBLE TO MAKE SURE THAT ARREARS ARE PAID ON TIME!!!

PACER'S FEE: \$4.00 PER GAME. PLEASE INCLUDE IN YOUR PAYMENT ENVELOPE.

64 GAMES NEEDED TO QUALIFY FOR INDIVIDUAL AWARDS

**** N - NEW BOWLERS with GBC average

**** EST - New Bowlers Established Average (handicap computed weekly)

**** LSEH - Last Season Ending Handicap

Reminder: Handicap from last season can only go up by 8 points.

***** BLIND SCORES: USE THE BOWLER'S AVERAGE WITH THE MOST NUMBER OF GAMES. IF A TIE EXISTS, USE THE BOWLER WITH THE LOWER AVERAGE, LESS 10 PINS.

LSEH TEAM 1 G/Pacific Daily News					AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
36	Ladera, Pete C	145	44	6	50	148	140	135	423	9300	522	185	672	235	64	C			
32	Ladera, Sol	161	31	8	39	158	154	160	472	16932	583	234	724	281	105	WA			
33	Caser, Eddy	159	32	10	42				0	10542	536	211	656	251	66	B			
30	Camacho, Mel	166	27		27	136	181	163	480	17514	609	234	687	260	105	B			
20	Delfin, Oscar	170	24		24	157	132	156	445	17928	640	257	718	282	105	A			
	Ersando, Leody	187	10		10	162	199	175	536	19175	696	255	717	264	102	A			

LSEH TEAM 2 Hawk Strikers					AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
14	Ponce, Zaldy C	182	14		14	167	213	178	558	17491	635	235	689	257	96	A			
4	Mikel, Roman	194	4		4				0	19862	708	290	720	294	102	A			
24	Ponce, Bong	174	20		20	163	173	156	492	16226	689	255	761	280	93	A			
9	Abad, John	179	16		16	192	256	178	626	12952	626	256	677	273	72	A			
8	Biare, Rodney	186	11		11	178	211	165	554	14518	646	254	682	266	78	A			
6	Nicholas, Dan	188	9		9	146	171	137	454	18668	655	246	679	254	99	A			

LSEH TEAM 3 GAMbowlers					AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
30	Gatan, Fran C	164	28	2	30	179	134	140	453	15813	569	211	668	243	96	WA			
20	Duenas, Mike	175	20		20	201	188	219	608	18815	608	226	668	246	107	A			
36	Taimanglo, Bill	158	33		33	119	118	169	406	15223	554	220	662	256	96	C			
21	Roberto, Bill	183	13		13	123	214	181	518	16505	629	255	650	262	90	A			
27	Abasta, Henry	174.1	20		20				0	10795	638	246	698	266	62	B			
43	Martin, Andrew	148	41		41	150	143	105	398	10271	630	224	759	267	69	C			

LSEH TEAM 4 BFF					AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
18	Pituc, Jhay C	166	27		27	130	192	134	456	15445	607	245	661	271	93	A			
	Concepcion, Weng	147	42		42	162	140	157	459	12826	520	193	661	234	87	WA			
27	Bascos, Conrad	166	27		27	173	173	196	542	16514	592	242	670	277	99	B			
43	Brigino, Malou	153	37		37	139	162	167	468	11953	540	211	662	257	78	WB			
26	Brigino, Rey	166	27		27	172	190	155	517	15007	630	278	729	311	90	B			
38	Dela Paz, Cora	156	35		35				0	10355	523	200	635	236	66	WA			
	Acosta, Flor	133	53		53				0	2001	452	185	632	245	15				

LSEH TEAM 5 AMERICAN LEGION					AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
46	Matanane, Remy C	145	44		44				0	12377	525	201	657	245	85	WB			
48	Balagtas, Ding	140	48	10	58	160	125	151	436	12079	500	193	674	251	86	C			
39	Requina, Cesar	155	36	10	46	201	170	164	535	15879	558	226	704	275	102	C			
50	Pangelinan, Joe	143	45	10	55	126	124	161	411	7326	477	198	631	253	51	C			
48	Villagomez, John	132	50	10	60				0	5550	445	170	625	230	42	C			
22	Lee, Ina	161	30		30	158	172	159	489	4994	542	190	635	212	31	WA			
	Requina, Marlyn	145	44		44	131	158	171	460	14394	517	202	631	240	99	WA			

LSEH TEAM 6 OOPS!					AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
28	Manibusan, Ray C	162	30		30	137	180	172	489	13954	606	221	702	253	86	B			
44	Tosco, Rosita	150	40	7	47	135	144	148	427	13065	513	213	663	262	87	WB			
16	San Agustin, Frankie	179	16		16	165	255	142	562	19349	673	278	709	290	108	A			
20	Naputi, David A.	172	22		22	215	147	182	544	17242	590	222	659	243	100	A			
10	Aquino, Arlan	182	14		14				0	13723	643	268	679	280	75	A			
39	San Agustin, Tracey	155	36		36	186	167	128	481	13088	530	195	638	231	84	WA			

LSEH TEAM 7 "Still Kicking"					AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
36	Ada, Mike C	148	41	1	42	142	140	144	426	15139	555	207	663	243	102	C			
18	Eyoel, Jesse-\$16	170	24		24	153	179	180	512	18366	611	268	688	293	108	A			
	Munoz, Rosario(Terry)	98	60		60	101	67	96	264	8291	346	150	526	210	84	WB			
	Guevarra, Peter	125	50		50	162	112	98	372	6786	453	189	603	239	54	C			
60	Molinos, Rhonna	119	60		60	a109	a109	a109	a327	7506	418	187	598	247	63	WB			

LSEH TEAM 8 - NO TAP					AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
20	Torre, Manny C	176	19		19	215	165	173	553	18520	628	236	685	256	105	A			
46	Untalan, Connie	142	46		46	169	140	146	455	9865	513	209	672	262	69	WB			
24	Toledo, Virgil	174.5	20	1	21	212	211	148	571	14661	577	214	652	235	84	B			
39	Acda, Yvonne	152	38	4	42	178	124	136	438	10641	519	212	642	254	70	WA			
23	Tenorio, John	176	19		19	a166	a166	a166	a498	12199	618	236	681	256	69	A			
	Platz, John	171	23		23				0	11306	615	237	687	261	66	A			
	Caasi, Nixon	177	18		18				0	5862	656	246	728	270	33	A			

LSEH TEAM 9 - THE WOLF CREEK					AVE	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
	Macam, Mike C	161	31		31				0	3398	552	198	663	235	21			
35	Macam, Tina	160	32		32	169	140	180	489	16380	521	206	617	238	102	WA		
27	Gutierrez, Nick	168	25		25	187	143	153	483	16978	627	226	711	254	101	B		
38	Fabella, Fort	162	30	10	40	144	118	a153	262	12033	576	227	693	268	74	C		
56	Gutierrez, Lillian	123	60		60				0	5178	416	162	596	222	42	WB		
18	Barba, Jun	177	18		18	147	147	175	469	14368	616	248	667	266	81	A		
28	Vilaga, Manny	159	32	6	38	122	145	169	436	15757	546	212	663	251	99	B		

LSEH TEAM 10 Tomador					AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
	26 Degala, Nelson C	167	26		26				0	11577	604	234	682	260	69	B			
28	Catbagan, Josie	162	29		29				0	15151	607	235	700	263	93	WA			
8	Vitug, Alan	178	16		16	201	203	171	575	17641	632	227	680	243	99	A			
25	Ongpauco, Carlos	172	22		22	133	223	159	515	12611	609	235	678	256	73	B			
26	Cariaso, Rene	165	28		28	168	159	176	503	12881	572	204	656	232	78	B			
36	Dumapit, Ariel	166	27		27	186	159	124	469	10981	566	216	659	244	66	C			
	Bangayan, Gene	147	42	10	52	179	170	167	516	8832	519	217	693	270	60	C			

LSEH TEAM 11 Manamko Manhoben					AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
50	Chamberlain, Mike C	123	50	6	56	114	139	94	347	11268	465	181	630	236	91	C			
49	Chamberlain, Pete	132	50	5	55				0	7141	472	180	634	234	54	C			
44	Uncangco, John	140	48	10	58	150	117	148	415	15596	497	190	671	249	111	C			
28	Tenorio, Jude	166	27		27	189	187	179	555	17453	583	223	667	251	105	B			
50	Uncangco, Greg	143	45		45				0	10305	462	231	603	276	72	C			
32	Uncangco, Roque	156	35		35	156	149	152	457	11702	545	206	641	238	75	B			
	Lujan, Doris	100	60		60	115	90	132	337	4412	391	160	571	220	44	WB			

LSEH TEAM 12 Todo Mauleg Plumbing					AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
29	Miguel, Rosen C	162	30		30	171	169	135	475	13981	570	208	657	237	86	B			
35	Perez, Bal	154	36	4	40	149	174	153	476	9741	531	204	657	246	63	C			
25	Sobrevilla, Tony	168	25	5	30	155	165	200	520	15837	619	223	712	254	94	B			
22	Martinez, Gomes	175	20		20	124	155	156	435	14723	678	247	729	258	84	A			
26	Banico, Bernie	167	26	3	29	158	129	173	460	15083	581	206	669	237	90	B			
12	Baker, Robert	179	16		16				0	14553	665	267	719	285	81	A			

LSEH TEAM # 13 Black Widow					AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
31	Torres, Rick C	166	27		27	134	155	115	404	17945	573	247	655	274	108	B			
26	Okada, Dan	168	25		25				0	6076	566	223	644	243	36	B			
39	Morellano, Ruben	159	32		32	133	166	159	458	12406	555	213	651	251	78	C			
36	Cepeda, Joe	146	43	5	48	125	166	168	459	15423	603	219	750	268	105	C			
36	Langas, Liz	155	36	1	37	133	183	137	453	15392	516	228	624	265	99	WA			
44	Leon Guerrero, Carmen	146	43	2	45				0	10983	503	218	641	264	75	WB			
24	Lizama, Kelly	165	28	2	30	178	179	160	517	1986	517	191	604	219	12				

LSEH TEAM # 14 Batbarias					AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
31	Salazar, Art C	161	31	5	36				0	6629	572	223	689	258	41	B			
28	San Nicolas, Gina	161	31		31	132	200	146	478	15006	627	232	723	264	93	WA			
4	Dela Cruz, Albert	196.1	3		3	198	203	166	567	21774	697	249	697	253	111	A			
10	Ponseca, Noel	192	6		6	212	158	179	549	17868	673	267	688	267	93	A			
2	Tibbatts, Brent	195	3		3	190	199	167	556	17033	666	255	681	260	87	A			
	Cruz, Dave	181	15		15	198	190	154	542	15800	660	256	708	272	87	A			

LSEH TEAM 15 Mangachong		AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
60	Mansapit, Fina C	117	60	6	66	147	123	124	394	8564	454	169	652	235	73	WB
30	Murphy, Joe	162	30		30	134	166	197	497	16611	578	232	671	262	102	B
47	Clements, Yolly	146	43		43				0	11023	526	210	661	255	75	WB
25	Meno, Jess	167	26		26	141	189	173	503	18076	622	236	706	261	108	B
36	Mariano, Anthony	153	37	7	44	116	135	123	374	17049	550	202	676	243	111	B
45	Santos, Ray	147	42	1	43	144	171	155	470	9703	496	190	634	231	66	C

LSEH TEAM 16 Spare Me		AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
0	Sanchez, Mike C	186	8		8	177	192	232	601	20658	636	247	660	255	111	A
30	Fejeran, Dave	161	31	9	40				0	13079	564	225	687	265	81	B
47	Acda, Romy	147	42	10	52	146	150	128	424	10899	492	197	663	254	74	C
36	Bukikosa-Esplana, Shannon	159	32		32	144	131	159	434	8636	556	217	658	252	54	WA
24	Tenorio, Manuel	166	27		27				0	9469	589	225	661	249	57	B
26	Tenorio, Frank	162	30	10	40	126	157	186	469	13622	558	204	681	245	84	B
32	Pastrana, Eric	158	33	7	40	169	146	127	442	10912	525	215	642	255	69	B

LSEH TEAM 17 Over/Under		AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
17	Pinaula, Jim C	141	25		25	137	170	159	466	9351	590	227	665	252	66	B
16	Nalandasan, Edgar	181	15		15	142	143	170	455	17279	671	276	713	292	95	A
28	Velasco, Marie	153	36		36	159	171	168	498	8738	549	234	657	270	57	WA
24	Tagle, Manny	174	20		20				0	11507	646	258	686	282	66	A
22	Bangs, Sheila	163	29		29	147	199	200	546	15562	561	223	651	245	95	WA
16	Gumataotao, Mike	172	22		22				0	12092	644	256	701	276	70	A
20	Leal, Cris	186	11		11	198	216	197	611	16253	683	269	736	289	87	A

LSEH TEAM 18 Smoke'n-Bowl'n		AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
49	Untalan, Liz C	132	54		54	146	182	117	445	9947	460	182	625	237	75	WB
39	Untalan, Ben-Co-C	150	40		40	141	141	225	507	15239	552	225	675	265	101	C
24	Parel, Frank	165	28		28	191	200	133	524	16878	603	232	687	261	102	A
35	Santiago, Alex	172	22		22	162	181	181	524	15029	634	246	693	262	87	C
34	Cabarles, Charlie	147	42		42				0	9001	531	210	633	244	61	C
12	Palileo, Manny	185	12		12	a175	a175	a175	a525	20072	670	254	706	266	108	A

LSEH TEAM #19 Cheers!		AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
25	Ortega, Walter C	161	31		31	146	151	232	529	14576	578	232	656	263	90	B
0	Muya, Jesus	186	8		8	184	265	182	631	17877	685	289	685	291	96	A
37	Ortega, Rowena	149	40		40	158	158	143	459	14839	530	199	662	239	99	WA
26	Panlasigui, Jr. Raul	168	25		25	161	174	166	501	9589	564	223	642	250	57	B
41	Pugay, Ted	148	41		41				0	998	400	158	523	199	8	C
28	Javier, Arnold	170	24		24	168	188	154	510	15821	612	235	696	265	93	B
27	Arias, Romy	162	30	6	36				0	14585	596	234	704	271	90	B

LSEH TEAM 20 Never Give Up!		AVE	HC	Bonus	Total	1	2	3	TTL	Total PINS	High Series	High Gam	Hi-Hcp Series	Hi-Hcp Game	Gms	DIV
38	Dulla, Art C	146	43		43	133	119	135	387	13651	541	213	655	256	93	C
50	Mangao, Maria	135	52		52				P	9349	465	192	624	244	69	WB
44	Santos, Natalie	141	47		47				0	4663	451	169	589	213	33	WB
45	Gamboa, Frank	147	42		42	138	114	181	433	15039	549	210	669	251	102	B
	Chargualaf, Ray	143	45		45	146	160	118	424	13759	519	203	654	251	96	C
36	Hernandez, Arnold	153	37		37	140	153	109	402	13836	522	221	624	255	90	C
26	Quitugua, Anthony	161	31		31	133	167	191	491	15062	591	237	663	261	93	B

MEN'S "A" DIV. 170 ave & above

High Average	Ace Dela Cruz	196.3
Scratch Series	Roman Mikel	708
Scratch Game	Jess Muya	289
Handicap Series	Bong Ponce	761
Handicap Game	Jesse Eyoel	293

MEN'S "B" DIV. 169-159

High Average	Virgil Toledo	174.5
Scratch Series	Nick Gutierrez	627
Scratch Game	Rey Brigino	278
Handicap Series	Tony Sobrevilla	712
Handicap Game	Conrad Bascos	277

MEN'S "C" DIV 158 & Below

High Average	Alex Santiago	172
Scratch Series	Andrew Martin	630
Scratch Game	Greg Uncangco	231
Handicap Series	Joe Cepeda	750
Handicap Game	Cesar Requina	275

WOMEN'S "A" DIV. 150 ave & above

Fran Gatan	164
Gina San Nicolas	627
Josie Catbagan	235
Sol Ladera	724
Marie Velasco	270

WOMEN'S "B" DIV. 149 Ave & below

Malou Brigino	153
Yolly Clements	526
Rose Tosco	213
Connie Untalan	672
Carmen Leon Guerrero	264

MOST IMPROVED BOWLERS

MEN:

WOMEN: