ATHLETICS MALTA NEWSLETTER - ISSUE 10 - MARCH 2026
Keeping you informed on developments, achievements, and upcoming events in Maltese athletics.

Event Highlights

Local: ***February 7 (Saturday)***
Pre-Season 2 U16-Seniors

Athletes continued their preparations for the new season at the second meet in the Athletics Malta Pre-Season series in Marsa, which attracted strong participation across a full programme of events.
The highlight of the meet was two youth national records by La Salle AC athletes. Matteo Gauci set a new Under 16 1000m record in 2:38.92, while Matthew Azzopardi broke the Under 18 600m record with 1:22.78.
The sprints were highly competitive, with Pembroke's Jorrin Busuttil clocking 7.06s in the 60m before winning the 300m in 34.81s. In the women's 60m, Claire Azzopardi was the only athlete under eight seconds, taking victory in 7.60s and later completing the 300m double in 40.01s. Rachid Chouhal (M50) and Neil Brimmer (M40) also set new age-category records in the 60m and 600m respectively.
In the field events, Mariah Barbara impressed in the Under 23 javelin with 33.90m, while 14-year-old Sophia Curmi delivered a standout 48.62m throw.

Local: ***February 15 (Saturday)***
U12/U14 Young Athletes TF Multi-Meet 4

The fourth edition of the Multi-Events meeting for the Under 12 and Under 14 age groups attracted a record 138 young athletes, creating a vibrant and energetic atmosphere throughout the day.
With children competing across four events each, clear progress was evident in all disciplines a strong reflection of the dedication, hard work and growing talent within the next generation of athletes.
Well done to all participants for their excellent performances, and sincere thanks to the committed volunteers whose invaluable support once again ensured the event's success.

Local: ***February 21 (Saturday)***
Pre-Season 3 U16-Seniors

The final pre-season meeting at Marsa Stadium saw two new national records and a host of strong performances, as over 130 athletes fine-tuned preparations for this weekend's Winter Athletics Championships.

Matthew Galea Soler (La Salle) set a national and Under-23 600m record with 1:17.93, while Jordan Pace clocked 39.11 in the 300m hurdles to claim both senior and Under-23 national records his second record-breaking run this season.

Omar El Aida Chaffey (Żurrieq) won the men's 60m in 6.85s ahead of Graham Pellegrini (7.12s) and Kurt Zahra (7.19s), with Pellegrini also taking the 300m in 34.59s. In the women's 60m, Alessia Cristina (Pembroke) triumphed in 7.94s, just ahead of Carey Spiteri (8.04s) and Under-16 athlete Leah Frendo (8.09s). Frendo went on to win the 300m in 42.14s.
Sophia Curmi impressed in the hammer throw, surpassing 50m for the first time (50.07m), just 20cm short of the national Under-16 best.

Local: ***February 28 (Saturday)***
Winter Championships U16-Seniors

The Maltese athletics season's opening chapter came to a close with the Athletics Malta Winter Championships, the traditional fixture that crowns the first national champions of the year. Sprinting dominated the headlines, as Omar El Aida Chaffey stormed to the men's 60m title in 6.90s, ahead of Graham Pellegrini and Luca Gerada, while Claire Azzopardi led the women's final in 7.69s. Thea Parnis Coleiro underlined her rising status by clocking a new U20 national record of 7.67s in the semi-finals before returning to win the 300m in 39.51s, with Azzopardi close behind. In the men's 300m, Matthew Galea Soler impressed with 33.80s, followed by Pellegrini and Jorrin Busuttil. Nathan Myers won the 600m as Matteo Gauci set a new national U16 national best, while Janet Richard dominated the women's race. Another standout run came from Matthew Azzopardi, whose 2:32.93 secured a new U18 national record in the 1,000m.

In the field events, Bradley Mifsud marked his return to form with a 52.80m winning throw, while Sana Grillo's 3.50m pole vault sealed CSSE Games qualification. The throws highlighted exciting young talent, with Thais Catania setting a new national U18 record in the javelin, and Sophia Curmi missing the national hammer record by just four centimetres with her 50.23m effort.

The strong early-season performances augur well for the outdoor campaign ahead, set to begin on 28.03.2026.

🏆 SPORTIVI NAZZJONALI Semifinalists

Athletics Malta is proud to announce that a number of its athletes, officials and representatives have progressed to the final stage of the Għażliet Sportivi Nazzjonali Awards, in recognition of their outstanding achievements throughout 2025.
Reaching the finals of these prestigious national awards is a significant honour, both for the individuals concerned and for Athletics Malta as a whole, and highlights the continued progress and excellence being demonstrated across all areas of the sport.

The Athletics Malta Finalists were:

- **Sportiv tas-Sena** – Jared Micallef
- **Żagħżugħa tas-Sena** – Thea Parnis Coleiro
- **Żagħżugħ tas-Sena** – Nick Bonett
- **Kowċ tas-Sena** – Rachid Chouhal
- **People's Choice Award** – Matthew Galea Soler

Unfortunately, we had no winners.

🌟 International Event Highlights

Maltese athletes also delivered strong performances abroad as the indoor season progresses.

Charlotte Wingfield clocked 7.64s on the 60m in Wales. In the US, Jeremy Zammit, representing UCLA, recorded 7.31m in the long jump at the Dr Martin Luther King Jr Invitational 2026, before going on to register a superlative 7.46m at the New Mexico Collegiate Classic 2026. In distance events, Mireya Bugeja ran 9:50.26 on the 3000m, Indianapolis, rounding off an encouraging series of performances on the international stage.

Another prestigious result for Malta was achieved by Rebecca Sare, who won gold in the long jump at the Open Masters Games in Abu Dhabi, with a 5.44m jump.

Historic Performances in Greece, It was a landmark day for Maltese athletics at an Indoor Meet in Paiania, Greece. Graham Pellegrini delivered a sensational run in the 200m, stopping the clock at 21.83 seconds to shatter the long-standing indoor national record. His performance not only broke the previous mark of 22.30 which had stood since 1998 but also established new Senior and U23 National Records. He went on to impress further in the 60m, posting a strong 7.08 seconds. Meanwhile, Claire Azzopardi continued her excellent form, recording the fastest 60m indoor time by a Maltese athlete this year with 7.57 seconds.
Two outstanding performances on the international stage, proudly representing Malta in Greece.

Jared Micallef shattered another national record at the Box Hill Burn event, en route to winning the 1000m race with 2:23.61. Last Summer, he had also broken the 800m national record at the Australian Championships in Perth, finishing fifth in 1:46.08. He is also the 1500m national record holder, set in Marsa, back in 2023, with a time of 3:44.48.

Other standout performances were delivered at opposite ends of the globe in our championships weekend, in Indianapolis, at the Big Ten Indoor Championships, Mireya Bugeja excelled in the 3000m, clocking 9:34.13 to set a new national record for the distance. Meanwhile, at the Tokyo Marathon, Luke Micallef continued his fine form with an outstanding 2:18:05 finish the second-fastest marathon time ever recorded by a Maltese athlete.

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February 21 (Saturday) - Balkan Senior Indoor Championships

A team of three athletes represented Malta at the Balkan Athletics Indoor Championships, with Thea Parnis, Claire Azzopardi and Jorrin Busuttil all competing in the 60m.
Claire Azzopardi led the Maltese performances with 7.73s, followed closely by Thea Parnis in 7.81s, while Jorrin Busuttil clocked 7.23s in the men's race.

📌 ORGANISATIONAL UPDATES

Athletics Malta has announced that its Annual General Meeting (AGM) will be held on 9 April 2026.
This will be an elective AGM, during which elections will take place for both the Council and the Executive Committee. Nominations are to be submitted in accordance with the established guidelines and within the stipulated timeframe.

Ongoing facilities Works & Projects

We are pleased to note that Project Green has continued assisting Athletics Malta in further greening the facility. Following the necessary pruning and clearing of overgrown vegetation, a number of mature cypress and oak trees were planted. Once fully established, these trees will provide additional shade and enhance the overall greenery of the venue.

National Team Training camps*:*

The National Team programme continued with an intensive training camp held between 19th and 24th February, covering virtually all disciplines, including hurdles, high jump, sprints, middle distance, throws, and pole vault.

We also held our first relay session as preparations begin for the 2026 season for both the men's and women's teams. Notably, new athletes have been introduced into the relay squads, ensuring continuity and long-term development for the years ahead.

In addition, several workshops were organised across different training venues, including St Aloysius College and San Andrea School. We remain committed to extending our outreach beyond our primary facility in order to maximise engagement and accessibility.

Collaboration with the National Sports School was further strengthened through dedicated sessions delivered to their students during the camp.

The next training camp is scheduled between 20th and 24th March and will focus primarily on track events and jumps.

Important Information for Athletes & Clubs

The track and field season continues.

Clubs are encouraged to observe registration deadlines and motivate their athletes to take part in this exciting upcoming season.

A kind reminder that the €20 athlete license fee should be sent to Athletics Malta before the opening of entries. This will help ensure a smooth and efficient registration process for all participants.

🌍 Upcoming Competitions

🗓️ Upcoming Competitions – March 2026

Local:

🗓️ March 14 (Saturday)
U12/U14 Young Athletes TF Multi-Meet 5

🗓️ March 28 (Saturday)
Open Challenge 1 - U16/U18/U20/Senior

International:

🗓️ March 14-15 (Saturday-Sunday)
European Throwing Cup, Nicosia (CYP)

🗓️ March 14-15 (Saturday-Sunday)
FISU Cross Country Championships, Cassino (ITA)

🗓️ March 20-22 (Friday-Sunday)
World Athletics Indoor Championships, Torun (POL)

🗓️ March 27-02 April
European Masters Indoor Championships, Torun (POL)

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Stay connected. Stay inspired.