ATHLETICSMALTANEWSLETTER- ISSUE 11- APRIL 2026
Keeping you informed on developments, achievement ,and upcoming events in Maltese athletics.

Event Highlights

Local: ***March 14 (Saturday)***
U12/U14 Young Athletes TF Multi-Meet 5

The fifth edition of the multi-events meeting for the Under-12 and Under-14 age groups attracted a record 137 young athletes, creating a vibrant and energetic atmosphere throughout the day.

With participants competing across five events each, clear progress was evident across 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: ***March 28 (Saturday)***
Open Challenge 1 - U16/U18/U20/Senior

The outdoor season got off to a strong start with Challenge Meeting 1, where 117 athletes competed bravely in difficult, windy conditions. Despite the challenges, performances were highly encouraging ahead of a busy season of international competitions.

Highlights included three category national bests, with Sophia Curmi breaking the U16 hammer throw record, Amy Attard setting a new U16 javelin mark, and Lisa Marie Bezzina claiming the W45 3000m national record. Challenge Meeting 2 set for 11th April 2026.

🌞 Road Running League

March 8 (Sunday)

Gabriel Farrugia tightened his grip on the 2026 Road Running League title following a dominant start-to-finish victory at the "Beat Your PB" 10k. The Żurrieq Wolves athlete also improved his Under-23 national record with a blistering time of 30:14. Mark Herrera (32:49) and Jean Claude Rondon (33:09) rounded out the podium.

In the female category, Lisa Bezzina (Pembroke) returned to victory in 37:55, with Isaura Camilleri (Zurrieq Wolves AC) confirming her strong recent condition coming in second with 38:09. Monalisa Camilleri (Libertas AC) took third spot in 39:59.

League Standings:

- **Male Category:** Gabriel Farrugia holds a commanding lead over Evolve Endurance duo Aidan Tanti and Charlton Debono.
- **Female Category:** Roberta Schembri (Evolve Endurance Club) remains the favorite for the title, though Isaura Camilleri (Zurrieq Wolves) has climbed into second.with Rosalie Borg (Pembroke Athleta) in third.
- **Clubs:** Żurrieq Wolves have extended their lead in the men's division, while Pembroke Athleta maintains a comfortable cushion in the women's standings.

🌞 International Event Highlights

News From our athletes abroad

Our athletes delivered a series of impressive performances abroad over the weekend, highlighting the progress of the nation's talent on the international stage.

Jared Micallef clocked 1:47.18 in the 800m at the Adelaide Invitational in Australia, achieving the Minimum Qualifying Standards for the CSSE and the Commonwealth Games in Glasgow this July. The result builds on Micallef's strong season, coming just weeks after setting a national record in the 1000m.

In the United States, Rachela Pace jumped 6.03m in the long jump at the 2026 UTSA Invitational at the Park West Athletic Center in San Antonio, Texas. Assisted by a +3.5m/s wind, the national record holder showed excellent early-season form. She then backed this up with an even more impressive 6.30m (1.4m/s) at the Charles Austin Classic, in San Marcos, Texas.

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

At this year's European Throwing Cup, Bradley Mifsud was the sole representative, competing in the Men's Discus event. Bradley recorded a best throw of 51.84 metres, gaining valuable experience against a strong field of European throwers and continuing to represent Maltese athletics on the international stage.

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

At the FISU Cross Country Championships held in Cassino on March 14–15, Malta's sole participant, David Borg, delivered a solid performance in the men's individual long race. Competing against a strong field of 100 student-athletes, he finished in 44th place with a time of 32:24. His effort on a challenging course reflects determination and resilience, proudly representing Malta and showcasing the continued progress of Maltese endurance running on the international stage.

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

As our only participant at the World Athletics Indoor Championships in Kujawy Pomorze, Gina McNamara delivered a commendable performance in the 1500m, finishing in 4:30.19 against a highly competitive international field. We are proud to have her represent us in such a prestigious stage.

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

Malta was represented by a determined team of five in the 2026 European Masters Indoor Championships in Toruń, competing against over 3,500 athletes from 52 countries.

Neil Brimmer (M40) and Dario Mangion (M35) both finished 12th in the 800 m, Lourdes Muscat (W40) placed 30th in the 60 m, and Rachid Chouhal (M50) impressed with 5th in the long jump before withdrawing from the 60 m semifinals due to injury. Veteran Antonella Chouhal narrowly missed the podium in the W45 hammer and weight throw, finishing 4th in both events.

📌ORGANISATIONAL UPDATES

Athletics Malta Annual General Meeting (AGM) will take place on **9 April 2026 at 18:30** at the Marsa Sport Malta Complex.

The following nominations have been received for the respective posts:

President

- Mario Bonello

Secretary

- Antonella Chouhal

Treasurer

- Mitchell Garreth
- Stefania Cilia Caligari

Council Members

- Alan Camilleri
- Alan Zammit
- Tiziana Zammit
- Luca Falzon
- Karl Farrugia
- John Attard Kingswell
- Joseph Mallia
- Matthew Micallef
- Stefania Cilia Caligari

Members are encouraged to attend the AGM and take part in the discussions and decisions that will shape the future of athletics in Malta.

Ongoing facilities Works & Projects

Publication of Accessibility Tenders

We are pleased to announce that the tender for the bridges, staircase, and related finishing works has now been compiled and is to be issued in the coming days. This will be followed shortly by the publication of the tender for the lift, which will provide fully accessible access to all areas of the stadium. This project is being financed by the Planning Authority through the Urban Development Fund.

Launch of Indoor Facility Exhibition

Following the agreement and collaboration between Athletics Malta and the University of Malta, third-year students reading for a Bachelor in Built Environment have carried out a comprehensive study on how the warm-up track could be roofed to provide an all-weather training facility. The proposed projects will be exhibited in the Call Room.

Drinking Fountains

Following the agreement signed with the Energy and Water Agency (EWA) under the Ilma Għalik scheme, works are expected to commence in the coming days on the installation of two free water dispensers, providing clean drinking water for all users.

Preparator works for the Athletes' Hang out area

We are pleased to note that preparatory upgrading works have commenced in the room earmarked as the Athletes' Hangout Area. We would like to thank the Athletes' Commission for their valuable input in creating a space designed by athletes, for athletes.

National Team Training camps*:*

Pole Vault training camp
From the 1st to the 4th April, Athletics Malta will host another Pole Vault training camp for its established athletes as well as for young athletes who wish to try this particular event

Youth Training camp
The first in a series of youth training camps will be held on the 7th and 8th of April 2026, bringing together approximately 30 of our top young athletes across sprinting, middle-distance, hurdles, and throwing events.

This camp will also feature the participation of leading international coaches, including Nicola Vizzoni, silver medallist in the hammer throw at the Sydney 2000 Olympic Games; Claudia Coslovich, Italian national record holder in the javelin; and Giorgio Ripamonti, a highly respected Italian hurdling coach.

These coaches will work alongside our senior technical team—comprising Mario Bonello, Kevin Galea, and Antonio Laguradia—and the youth technical team, chaired by Kevin Galea and including Rachid Chouhal, Ian Paul Grech, Tiziana Zammit, Matthew Croker, Luca Falzon, and Jeremy Spiteri, with the aim of further developing local expertise in high-level coaching and talent identification.

📣 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 – April 2026

Local:

📅 April 11(Saturday)
Open Challenge 2

📅 April 18 (Saturday)
U12/U14 Young Athletes TF Multi-Meet 6

📅 April 19 (Sunday)
5km - National Championships Road

📅 April 25 (Saturday)
Open Challenge 3 + 10km National Champs

International:

📅 April 19 (Sunday)
Balkan Marathon Championships

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Stay connected. Stay inspired.