ATHLETICS MALTA NEWSLETTER - ISSUE 12 - MAY 2026
Keeping you informed on developments, achievements, and upcoming events in Maltese athletics.

Event Highlights

Local: ***April 11 (Saturday)***
Open Challenge 2 - U16/U18/U20/Senior

Sprints and hurdles headlined the second Challenge Meeting at the Marsa track, with 144 athletes competing in a strong display of local talent.

Ben Salnitro impressed by stepping up to the senior 110m hurdles, clocking 14.94s (106.7cm) to set new U20 and U23 national records. In the women's 100m, Claire Azzopardi won in 11.77s, achieving the qualifying standards for the Balkan Championships and the Mediterranean Games, ahead of Thea Parnis Coleiro (12.03s) and Charlotte Wingfield (12.04s).

Parnis Coleiro returned to win the 200m in 24.30s, achieving an important milestone in the the qualifying standard for the World U20 Championships. In the men's 100m, Omar El Aida Chaffey took victory in 10.71s, just ahead of Graham Pellegrini, who set a personal best of 10.75s and achieved the qualifying standard for the Balkan Championships, and Jacob El Aida Chaffey (10.95s).

Pellegrini later claimed the 200m in 21.41s to further confirm his qualification for the Balkan Championships, with Omar El Aida Chaffey finishing second in 21.71s.

Local: ***April 18 (Saturday)***
U12/U14 Young Athletes TF Multi-Meet 6

The sixth edition of the Multi-Events meeting for the Under 12 and Under 14 age groups brought together 116 young athletes, creating a lively and engaging atmosphere throughout the day.

With each athlete competing across four events, encouraging progress was evident across all disciplines, reflecting the continued development and commitment of the next generation. A standout moment came from Jack Herrera Role, who set a new national best in the 400m obstacles.

Well done to all participants for their efforts and performances, and sincere thanks to the dedicated volunteers whose support once again ensured the smooth running of the event.

Local: ***April 25 (Saturday)***
Open Challenge 3 + 10km National Champs

Luke Micallef and Ritienne Zammit secured the 10K national titles at Marsa, with Micallef clocking 30:34.65 to also set a new Over-35 record. He finished ahead of Isaac Leo Attard and Charlton Debono, while Zammit posted a strong 38:32.75 in the women's race.

At Challenge Meeting Three, two category records highlighted the action, with Benjamin Salnitro setting a new Under-20 mark in the 110m hurdles (99.1cm) in a time of 14.16s and Sophia Curmi breaking the Under-16 hammer throw record (55.23m). The 100m events saw Omar El Aida Chaffey (10.71s) and Claire Azzopardi (11.66s NWI) take victories, while Thea Parnis Coleiro later won the 200m in 25.12s.

Elsewhere, Matthew Galea Soler (47.45s) and Martha Spiteri (57.58s) impressed in the 400m, Kayleigh Anne Ellul ran 15.26s in the 100m hurdles, and Ali El Fannouri won the Under-18 400m hurdles in 54.30s

---

Road Running League

Local*: April 19 (Sunday)*
5km - National Championships Road

Gabriel Farrugia stole the spotlight at the 5K National Championships held around Ta' Qali, delivering a record-breaking performance and securing CSSE qualification. The 21-year-old Żurrieq Wolves athlete clocked 14:26, setting new senior and U23 national records while claiming both the race victory and his first National Road Running League title after five consecutive wins this season.

Simon Spiteri followed in 14:33 to also secure CSSE qualification, with Luke Micallef placing third.

In the women's race, Isaura Camilleri claimed her first national 5K title in 17:37, ahead of Ritianne Zammit and Roberta Schembri, setting up an exciting finale in the league standings. In the club competition, Żurrieq Wolves strengthened their position at the top, with Mellieħa AC in second and Evolve Endurance Club in third, while Pembroke maintained the lead in the women's standings.

🌟 International Event Highlights

News From our athletes abroad

Jared Micallef impressed at the Australian Championships held at Sydney Olympic Park, placing fifth overall in the 800m with a time of 1:47.83.

Mireya Bugeja delivered an outstanding performance at the Wake Forest Invitational in North Carolina, USA, winning the women's 1500m in 4:23.22 and setting a new Under-23 national record. Mireya has now also achieved a very important **MQS** for the World Under 20 Championship.

Dillon Cassar produced a brilliant marathon performance in Rotterdam, clocking 2:17:49 to record the second-fastest Maltese marathon time ever.

Gabriel Farrugia and Simon Spiteri delivered excellent performances at the Lille 10km road race, both producing standout times against a strong international field. Spiteri led the Maltese duo home in a superb 29:41, while Farrugia followed closely in 30:01 (setting a new U23 record), with both athletes recording fantastic performances over the distance.

April 19 (Sunday)
Balkan Marathon Championships

Cancelled

📌 ORGANISATIONAL UPDATES

Athletics Malta AGM

Mario Bonello has been confirmed as President of Athletics Malta, securing his first full four-year term following his initial appointment in August 2025. Antonella Chouhal was also confirmed as Secretary General, with both positions uncontested.

The new Council also includes Stefania Cilia Caligari as Treasurer, alongside members Alan Camilleri, Karl Farrugia, Alan Zammit, John Attard Kingswell, and Tiziana Zammit, following Darren Micallef's departure after five years as Treasurer.

In his address, Bonello highlighted progress in strengthening the federation's structure, increasing participation, and expanding both competition and road running calendars, with 26 track meets and 60 road races organised over the past year. He also noted continued investment in youth development, education, safeguarding, and infrastructure.

Looking ahead, focus was placed on preparations for the Malta Youth International Athletics Festival and the 2027 Commonwealth Youth Games. Members also approved statute amendments aimed at modernising governance and strengthening the Association's framework.

New Council Elected Composition

President

- Mario Bonello

Secretary

- Antonella Chouhal

Treasurer

- Stefania Cilia Caligari

Council Members

- Alan Camilleri
- Alan Zammit
- Tiziana Zammit
- John Attard Kingswell
- Karl Farrugia

Ongoing facilities Works & Projects

We are pleased to note that the works on our National facility are also moving forward:

1. We have the exhibition of the Projects by the Students of the Faculty of the Build Environment for the Roofing of the Warm-up track exhibited in the Call room. We invite everyone to have a look at the interesting projects. We look forward for these to be the precursor of the actual real project for this area.

2. We have published the 1st tender to provide accessibility for the upper areas of the facility. The tender can be accessed here:
   https://www.etenders.gov.mt/epps/cft/prepareViewCfTWS.do?resourceId=13677399
   This is a major project for the Association as we look forward to continue to improve the standard of our facility, also through additional tenders we will be issuing.

3. In the coming days we should have:
   a. the installation of the drinking water fountain
   b. The installation of the runner flooring for the calisthenics area
   c. In delivery of more clubs' equipment storage

National Team Training camps*:*

Youth National Team Training Camp – Part 1

Half of the Youth National Team was engaged in a Training Camp held between the 7 and 8 April as part of a new initiative aimed at strengthening the future of the sport locally. The camp was designed to create a high-performance environment for young athletes and focused on key disciplines including throws, hurdles, middle-distance, and sprints.

A number of experienced Italian coaches were involved in the programme, including Antonio Laguardia, Giorgio Ripamonte, Claudia Coslovich, and Olympic medallist Nicola Vizzoni.

Athletes were hosted at the Mediterranean College of Sport, while the programme also included educational workshops by the Authority for Integrity in Maltese Sport.

The initiative marks an important step in the continued development of young Maltese athletes and the wider athletics structure in Malta.



Relay Training progresses

During the same period as the youth camp, the senior relay team was also engaged in its relay program as preparations began for upcoming international commitments. Karl Farrugia and Prof. Antonio Laguardia led the group of male and female athletes, which also saw the inclusion of new talent within the squad.

📢 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 – May 2026

Local:

📅 May 2 (Saturday)
U12/U14 Young Athletes TF Multi-Meet 7

📅 May 9 (Saturday)
Open Challenge 4

📅 May 16 (Saturday)
Open Challenge 5

📅 May 23-24 (Saturday- Sunday)
U12/U14 Young Athletes TF National Champs
U16 Championships

International:

📅 May 21 (Thursday)
Balkan Marathon Championships (Apatin-SRB)

📅 May 30 (Saturday)
Championships of the Small States of Europe AASSE (Monaco)

Next Issue June 2026

Stay connected. Stay inspired.