ATHLETICS MALTA NEWSLETTER - ISSUE 13 - June 2026
Keeping you informed on developments, achievements, and upcoming events in Maltese athletics.

Event Highlights

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

The final edition of the Multi-Events meeting for the Under 12 and Under 14 age groups brought together 116 young athletes, marking the conclusion of this season's Multi-Event League in a lively and engaging atmosphere.

With each athlete competing across four events, encouraging progress was evident across all disciplines, highlighting the continued development and commitment of the next generation.

This final meeting brings the Multi-Event League to a close, with focus now shifting towards the Youth National Championships taking place later this month.

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.

May 9 (Saturday)
Open Challenge 4

Bradley Mifsud and Jordan Pace set new national records during the fourth Challenge Meeting at the Athletics Stadium, highlighting another strong day for Maltese athletics.

Mifsud (Pembroke) improved his own discus national record with a throw of 56.53m, while Savio's Jordan Pace clocked 52.81s in the 400m hurdles, lowering the national best by almost two seconds within a year.

Rush AC's Thea Parnis impressed once again, setting a new Under 20 national record in the 100m with 11.75s and achieving the MQS for the Under 20 World Championships. Alessandra Gasparelli won the race ahead of Claire Azzopardi, who later claimed victory in the 200m in 24.08s.

In the 400m events, Thea Parnis Coleiro won the women's race in 57.08s, while Isaac Bonnici posted 48.99s in the men's race

May 16 (Saturday)
Open Challenge 5

Pembroke Athleta sprinter Graham Pellegrini produced the standout performance at the fifth Athletics Malta Challenge Meeting, clocking 10.69s in the 100m to record the fastest Maltese time of the year. He also completed a sprint double by winning the 200m in 21.77s.

In the women's sprints, Claire Azzopardi claimed victories in both the 100m (11.62s) and 200m (23.89s), finishing ahead of Thea Parnis Coleiro in both events.

The meeting also saw two Under-16 national best performances. Thomas Neil Attard clocked 15.17s in the 100m hurdles, while Matteo Gauci ran 1:59.88 in the 800m, finishing behind race winner Julian Zarb (1:55.60).

Among the field events, Sophia Curmi impressed with a 53.36m hammer throw (3kg), while Kareem Luca Chouhal threw 51.65m with the senior 7.26kg hammer.

Despite challenging wind conditions, Isaac Bonnici recorded 49.19s in the 400m, while Zarb continued his strong form in the 800m.

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

A total of 222 young athletes competed at the National Youth Athletics Championships at the Marsa Athletics Track, producing several outstanding performances and record-breaking achievements.

Sophia Curmi set a new Under-16 national best in the hammer throw with 55.44m and completed a throwing treble by also winning the shot put and discus. Two championship records were also established, with Ella Borg Degiorgio clearing 2.90m in the Under-16 pole vault and Asia Psaila throwing 25.74m in the Under-14 discus.

Thomas Neil Attard narrowly missed an Under-16 national best in the 100m hurdles after running 14.70s, with the performance invalidated by a wind reading of 2.1m/s.

Matteo Gauci enjoyed a remarkable championship, winning the 200m, 400m, 800m and 1500m, while also placing third in the 100m. Sprint titles went to Nicole Balzan (Under-16 girls 100m an d 200m), Jamie Borg (Under-16 boys 100m and long jump), Kaine Micallef (Under-14 boys 100m) and Martina Mintoff (Under-14 girls 100m).

In the distance events, Jack Herrera Role dominated the Under-14 category, winning the 1000m and high jump while finishing second in the 75m hurdles and long jump.

Rush AC completed a clean sweep of the relay races, winning all Under-14 and Under-16 boys' and girls' events ahead of Pembroke Athleta.

🌟 Road Running League

Garmin S2P Edition - Mellieha AC 5K Series

Żurrieq Wolves End Rivals' Dominance to Claim Road Running League Title Żurrieq Wolves Athletic Club have been crowned champions of the Athletics Malta Road Running League, securing the men's and mixed team titles and bringing an end to the recent dominance of Mellieħa AC and Evolve Endurance Club. The latter two clubs, who had shared top honours in recent seasons, were forced to settle for second and third place respectively this year. While the triumph reflects a strong collective effort, young standout Gabriel Farrugia proved decisive, contributing the bulk of his team's points. Farrugia won five of the six races this season, sealing the individual men's league title for the first time in his career.

The final race of the campaign, organised by Mellieħa AC and attracting over 400 athletes along the Sliema to Pietà route, saw Luke Micallef (Pembroke AC) take victory in 14:53. Charlton Debono (Evolve Endurance Club) finished second in 15:20, with Alexander Nelson third in 15:23. Debono's result secured him second place overall in the league standings, edging Tommy Wallbank (Mellieħa) on countback after they finished level on points. In the women's race, Isaura Camilleri (Żurrieq) led the local field in 17:27, ahead of Roberta Schembri (Evolve) in 17:55. Despite Camilleri's strong performance and personal best, Schembri clinched the overall women's league title on cumulative time after both athletes ended the season level on points. Ritienne Zammit (Evolve) finished third overall.

🌟 International Event Highlights

🗓️ May 23 (Saturday)
European 10,000 (La Spezia-ITA)

Luke Micallef was the sole Maltese representative at the European Athletics 10,000m Cup in La Spezia, accompanied by coach Ivan Roshnov.

Micallef delivered an excellent performance, finishing 16th overall in a highly competitive field and recording a personal best of 30:30.39. Congratulations to Luke on another strong international result for Malta.

🗓️ May 30 (Saturday)
European Challenger championships (Monaco)

Team Malta has achieved a fantastic second place at the European Challenger Athletics Championships held at the Stade Louis II in Monaco with a strong tally of 111 points, ahead not only of a number of GSSE countries, but also larger sporting federations such as Armenia, Georgia, Albania, Azerbaijan, Kosovo and Montenegro.

Formerly known as the Championships for Small States of Europe, this European competition brings together 17 European federations with an array of top European talent. Malta obtained this point tally by virtue of three gold medals, four silver and four bronze.

Malta's gold medallists were Graham Pellegrini (200m), Benjamin Salnitro (110m hurdles) and Jared Micallef (800m). Gabriel Farrugia (5000m), Gina Mcnamara (800m), Sana Grillo (Pole Vault) and the Swedish relay women's team brought home silver, while Matthew Azzopardi (1500m), Nicolai Bonello (Pole Vault), Claire Azzopardi (200m) and Omar El Aida Chaffey (100m) secured a bronze medal.

Three national records were also broken during these events. Two of these National open records were set by U20 athletes, auguring well for the future. Benjamin Salnitro set a new 110m hurdles national record (107cm), en route to winning the race in 14.52s. A second national record was also in the hurdles, this time in the women's 400mh with Emma Anastasia Scerri clocking 1:04.59s. The Swedish relay women's team (100m/200m/300m/400m), consisting of Claire Azzopardi, Thea Parnis, Charlotte Wingfield and Martha Spiteri set a national record at 2:10.24.

At Under 23 level, Gabriel Farrugia continued to lower his national U23 record, this time stopping the clock at 14:35.15 in the 5,000m.

The Maltese delegation was led by Athletics Malta President Mario Bonello and team leader Antonella Chouhal and supported by a number of coaches and medical staff. Team Malta's participation was supported by the Maltese Olympic Committee and SportMalta.

Ongoing facilities Works & Projects

Some updates from our last newsletter

1. The tender for the improved accessibility of our facility has now closed and is in the evaluation stage. We hope to have a selected contractor in the near future so that their works are taken in hand as soon as possible.
2. The second tender for the lift has also now been published and is online on the e-tendering portal. This should facilitate access to the 1st floor level offices in the very near future.
3. The drinking fountain is now in place thanks to the support we received from EWA.
4. The runner flooring in the Calisthenics area is now also installed. Please make sure that this area is used responsibly and under supervision.
5. The Containers for the club storage have also been delivered. We look forward to have them organized for the clubs very soon, with adequate lockers etc.

National Team Training camps*:*

We are currently planning for the youth (platinum athletes) training camp abroad. This is to take place in the beginning of August. We will provide further details in the following issues.

The relay teams are also preparing for the upcoming international competitions, mainly the Balkan senior Championships.

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 – June 2026

Local	International
June 6 (Saturday) Open Challenge 6	June 5-7 Ljubjana-Kamnik (SLO) European Off-Road Running Championships
June 20 (Saturday) Open Challenge 7	June 13-14 (Saturday/Sunday) Mannheim (GER) Bauhaus Junior Gala
June 27 (Saturday) Open Challenge 8 5km National Champs U12/U14 Young Athletes TF Summer Meet 1	June 13 (Saturday) Malta (MLT) EAP Malta
	June 20-21 (Saturday-Sunday) Volos (GRE) Balkan Senior Championships

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Stay connected. Stay inspired.