ATHLETICS MALTA NEWSLETTER - ISSUE 15 –August - September 2026
Keeping you informed on developments, achievements, and upcoming events in Maltese athletics.

As we publish Issue 15, our August–September 2026 edition, we bring another memorable athletics season to a close a season marked by outstanding performances, important milestones, national records and continued progress for Maltese athletics.

Throughout the past months, our athletes have represented Malta with pride on both the local and international stage. From promising young athletes gaining valuable international experience to established competitors achieving personal bests and national records, their performances continue to demonstrate the growing strength and potential of our sport.
The achievements of this season are the result of a collective effort. Behind every performance are countless hours of dedication from our athletes and coaches, together with the invaluable contribution of officials, volunteers, clubs, parents and everyone who works tirelessly to support athletics in Malta.

August and September also provided opportunities for our younger athletes to compete internationally, gain experience and create memorable moments for Maltese athletics. These experiences are an important part of their development and provide a strong foundation for the future.

As one season comes to an end, preparations for the next are already underway. Athletics Malta remains committed to raising standards, increasing participation and creating further opportunities for athletes at every level, while continuing to invest in the long-term development of our sport.

We look back on the 2026 season with pride and gratitude, while looking forward with enthusiasm to the challenges and opportunities ahead.

We hope you enjoy Issue 15 as we celebrate the achievements, people and moments that continue to shape the future of Maltese athletics.

International Event Highlights

📅 July 16-19
European Athletics U18 Championships

Malta was represented by Matthew Azzopardi and Nick Bonett at the European Athletics U18 Championships, held in Rieti, Italy, from 16–19 July 2026, bringing together some of Europe's most promising young athletes.

Matthew Azzopardi competed in the men's 800m, clocking 1:54.94 in the opening round and finishing 7th in his heat. Nick Bonett lined up in the men's 400m, where he recorded 50.59 seconds, finishing 8th in Heat 3.

Both athletes proudly represented Malta at one of the leading championships for Europe's U18 athletes, gaining valuable experience competing at continental level and adding another important international appearance for Malta's emerging generation of athletes.

📅 Aug 5-9
World Athletics U20 Championships

Malta was represented by Thea Parnis Coleiro, Benjamin Salnitro and Mireya Bugeja at the World Athletics U20 Championships, held at the iconic Hayward Field in Eugene, Oregon, from 5–9 August 2026. Competing against the world's leading U20 athletes, the Maltese trio produced encouraging performances, including a new national record and a season's best.

Thea Parnis Coleiro took on both sprint events. In the 100m, she clocked 11.89 seconds, finishing 6th in her heat and 50th overall in a large international field. She returned for the 200m, where she delivered a season's best of 24.09 seconds, placing 4th in her heat and an impressive 38th overall in the world championship field.

Benjamin Salnitro produced one of the highlights for Malta in the men's 110m hurdles, crossing the line in 13.78 seconds, to finish 4th in his heat. His performance established a new Malta U20 national record and placed him 30th overall at the World U20 Championships.

Mireya Bugeja competed in the women's 1500m, recording 4:25.04 to finish 11th in her heat. When the results from all three heats were combined, Mireya was ranked 28th overall in the championship field.

Competing on the world stage against the very best athletes of their generation represents an important achievement in itself. With a national U20 record, a season's best and strong overall championship rankings, Thea, Benjamin and Mireya represented Malta with pride and demonstrated the continued progress of the country's emerging generation of athletes.

🗓 Aug 10-16
European Athletics Championships

Malta was proudly represented by Claire Azzopardi and Jared Micallef at the European Athletics Championships in Birmingham, held at the Alexander Stadium from 10–16 August 2026. Competing amongst Europe's leading athletes on one of the continent's biggest stages, both athletes delivered determined performances in Maltese colours.

Claire Azzopardi competed in the women's 100m, clocking 11.88 seconds and finishing 8th in her heat, while Jared Micallef lined up in the men's 800m, producing an excellent season's best of 1:46.89 to finish 7th in his heat. Their participation at this prestigious championship marked another important international appearance for Maltese athletics and provided further valuable experience at the highest level of European competition.

🗓 Aug 22- Sept 3
World Masters Athletics Championships

Malta was represented by Charlton Debono at the World Masters Athletics Championships, held in Daegu, South Korea, from 22 August to 3 September 2026. The championships brought together Masters athletes from across the globe for one of the most prestigious events on the international Masters athletics calendar.

Debono delivered an excellent performance in the Half Marathon, completing the distance in 1:13:14. His performance earned him an impressive 7th place in the M40 age category, while also placing him 9th overall across all age categories in the race.

A top ten finish on the world stage represents a significant achievement, with Debono's 7th place in the M40 category and 9th overall marking another proud international result for Malta and Maltese Masters athletics.

🗓 21 August to 3 September 2026
The XX Mediterranean Games

Malta was represented by seven athletes in the athletics programme at the XX Mediterranean Games in Taranto, Italy, held from 30 August to 3 September 2026: Claire Azzopardi, Dillon Cassar, Matthew Galea Soler, Jared Micallef, Luke Micallef Perconte, Graham Pellegrini and Jeremy Zammit.

One of Malta's strongest performances came in the Men's Half Marathon, where Luke Micallef Perconte finished an excellent 6th overall in 1:07:16, closely followed by compatriot Dillon Cassar, who secured 7th place in 1:09:17. Having two Maltese athletes finish inside the top seven at the Mediterranean Games was an impressive conclusion to Malta's athletics campaign.

In the Men's Long Jump, Jeremy Zammit produced a season's best of 7.61m, another notable performance for the Maltese contingent. On the track, Jared Micallef contested the 800m, recording 1:48.06 and finishing 6th in his heat, while Matthew Galea Soler clocked 47.18 seconds in the 400m, his second-fastest performance of the season.

Claire Azzopardi and Graham Pellegrini represented Malta across the sprint events. Azzopardi recorded 12.40 seconds in the 100m, while Pellegrini clocked 11.05 seconds in the 100m before returning to record 21.81 seconds in the 200m.

The Games provided another important opportunity for Malta's leading athletes to compete on a major international stage.

🗓️ 19-20 September 2026
World Road Running Championships – Copenhagen 2026

Malta was represented by Luke Micallef and Simon Spiteri in the Men's Half Marathon at the World Athletics Road Running Championships, held in Copenhagen, Denmark, on 19–20 September 2026.

Luke Micallef produced a strong performance, completing the Half Marathon in 1:05:17 to finish 92nd overall in the World Championship field, securing a top-100 finish on the world stage. Simon Spiteri followed with 1:06:45, placing 102nd overall.

The performances saw both Maltese athletes complete the championship race among a strong international field, adding another World Championship appearance for Malta in international road running.

🌟 Other Top performances overseas by Maltese athletes

📅 27–30 August 2026
European Kids Athletics Games (EKAG) 2026

Malta's young athletes enjoyed a positive showing at the European Kids Athletics Games (EKAG) in Brno, held from 27–30 August 2026 with various clubs being represented in this competition. This competition featured more than 2,500 athletes from 26 countries.

Represented Clubs and performances

Aloysians Athletics Club

Aloysians Athletics Club was proudly represented at the European Kids Athletics Games in Brno, Czech Republic, with its young athletes producing a number of excellent performances and personal bests against strong international competition.

Among the performances, Benjamin Gusman recorded two PBs, highlighted by a remarkable five-second improvement in the 300m, clocking 40.54s to finish second in his heat and 27th overall in his age category out of 85 athletes. He also ran a 60m PB of 7.96s, narrowly missing the final by 0.1s, and jumped 4.74m in the Long Jump. Anes Benallal also achieved two PBs, running 39.51s in the 300m to finish second in his heat and improving his previous best by one second. He also set a 60m PB of 8.26s and jumped 4.98m in the Long Jump. Jake Galea recorded PBs in both the 60m (8.54s) and 1500m (5:52), while Andrea Mifsud achieved three PBs in the 60m (10.43s), Long Jump (3.12m) and Ball Throw (29.61m).

Luisa Camilleri set a Long Jump PB of 3.52m, while Ella Grech and Elena Abela also improved their 300m bests, with times of 47.62s and 50.21s respectively. A standout field-event performance came from Katrina Grech, who threw 19.29m in the Javelin, improving on the National Championships Record she had set earlier this year. Luke Attard completed a strong series of performances, recording 3.78m in the Long Jump, 9.33s in the 60m and 2:47.38 in the 800m.

The Games provided our athletes with valuable international experience and another important step in their continued development.

Athletix AC

Athletix AC Gozo was represented at the European Kids Athletics Games in Brno by Amy Attard and Keilen Borg, with both athletes competing across several events.

Amy Attard recorded a personal best of 9.80m in the Shot Put and followed this with another PB of 33.62m in the Javelin. She also competed in the 300m, where she clocked 45.38 seconds.

Keilen Borg competed in the sprint events, recording 7.93 seconds in the 60m and 40.71 seconds in the 300m.

The competition provided another valuable international outing for the Gozitan athletes, with personal bests and solid performances recorded across the four days of competition.

La Salle Athletics Club

La Salle Athletics Club was represented by six athletes at the European Kids Athletics Games in Brno.

Liam Schembri competed in the 60m, 150m and 800m, recording personal bests of 8.36 in the 60m and 20.29 in the 150m. Emma Cuschieri Bartolo also registered two PBs, clocking 1:57.40 in the 600m and 9.26 in the 60m, while Jack Liam Delia achieved a PB of 2:07.88 in the 600m, alongside appearances in the 60m and Long Jump.

Katarina Mangion contested the 150m and 800m, while Elizabeth Ferranti and Victoria Ferranti represented the club in the Shot Put and Javelin.

The competition provided another opportunity for La Salle's young athletes to gain international experience, with several personal bests recorded during the four days in Brno.

Rush Athletic Club

Among the highlights was Asia Psaila's silver medal in the Ball Throw, after recording a 53.25m personal best in qualification. Amy Barberi also produced an outstanding result in the Javelin, throwing 23.17m to establish a new Malta U14 National Record, pending ratification.

Several
Rush Athletic Club athletes also featured prominently in the finals. Jake Caruana narrowly missed out on a medal in the Ball Throw, finishing 4th overall after throwing 58.21m in qualification. Martina Suda and Hazel Muscat also progressed to the Ball Throw final, with Hazel finishing 5th overall after recording a personal best of 48.28m in qualification. Elisa Ellul reached the Long Jump final, while Nathan Bonnici produced a strong series of performances,

finishing 4th in the Long Jump final with a PB of 5.34m and also progressing to the finals of both the 60m and 150m. Luke Spiteri also reached the 60m final, placing 7th overall. The Girls' 4x60m Relay team, featuring Elisa Ellul, Amy Barberi, Martina Mintoff and Asia Psaila, also qualified for the final, adding another final appearance for the Rush contingent.

The competition concluded with another podium finish for Rush athletes as Thomas Debono, Nathan Bonnici, Jake Caruana and Luke Spiteri formed Malta's Boys' 4x60m Relay team, claiming silver in 30.52 seconds, just 0.03 seconds outside the Malta national best.

Overall, the Rush contingent returned from Brno with two silver medals, a national record, several final appearances and numerous personal bests, making it a positive international experience for the club's young athletes.

9 September 2026
Donato Sabia Memorial – Italy

Malta enjoyed a double victory at the National Athletics Meeting dedicated to the late Donato Sabia, held in Lauria, Italy. Jared Micallef won the 800m in 1:47.50, while Matthew Galea Soler claimed victory in the 400m in 47.61.

The meeting held particular significance for Maltese athletics. Sabia, a two-time Olympic finalist and one of Italy's leading 400m and 800m athletes, lived in Malta with his family between 1998 and 2001 and coached several Maltese athletes during his time on the island. He passed away in 2020.

It was therefore a fitting tribute to see Maltese athletes take victory in both the 400m and 800m, the two events in which Sabia himself had excelled, while continuing to honour the lasting connection he established with athletics in Malta.

National Team Training camps

Platinum Young Athletes Training Camp - Cles, Italy

Athletics Malta's Platinum Young Athletes completed a six-day training camp in Cles, Italy, bringing together a group of athletes aged 14 to 17 for a programme combining athletic development, education and team building.

Throughout the camp, the young athletes worked on mobility, running mechanics, footwork, hurdles, sprinting, throws and strength, benefiting from sessions delivered by Maltese coaches together with specialist Italian coaches.

Development continued beyond the track, with activities including a tree-top adventure course, rafting and a mountain hike to 2,200m. Each activity was designed to encourage teamwork, communication, confidence, resilience, responsibility and independence.
The camp forms part of the long-term development programme of Athletics Malta's Youth Technical Committee, which aims not only to support athletic performance but also to help young athletes develop the qualities required to grow both as competitors and individuals.

Athletics Malta thanks Kevin Galea, Jeremy Spiteri and Luca Falzon, together with Technical Consultant Antonio Laguardia and Italian specialist coaches Giorgio Ripamonte and Sergio Bounvecchio, for their contribution throughout the camp.

Better athletes. Stronger individuals. One team.

📣 Upcoming Training Camps & Technical Visits

Athletics Malta will welcome a number of international coaches and technical experts to Malta during October, providing further training and development opportunities for athletes and coaches.

- Nicola Silvaggi
  8–11 October 2026
  Training and technical development sessions for athletes and coaches.
- Antonio Laguardia
  9–12 October 2026
  Technical sessions and development activities as part of his ongoing work with Athletics Malta.
- Fabio Pilor – Pole Vault(tbc)
  14–17 October 2026
  Specialised Pole Vault training and technical sessions for athletes and coaches.

📢 Further details, including schedules, eligible participants and registration information, will be circulated to clubs once finalised.

LEARNING & OPPORTUNITIES

Become a National Athletics Referee

Interested in getting more involved in athletics? Athletics Malta is encouraging new officials to take the first step towards becoming a National Athletics Referee.

With the new season approaching, now is the ideal time to get started. World Athletics offers interactive online courses for technical officials, allowing you to learn at your own pace and begin your chosen officiating pathway.

Simply access the World Athletics Technical Officials platform, select “Discover More”, create your e-learning account and choose the pathway that interests you.

👉 World Athletics Technical Officials Platform:
https://worldathletics.org/about-iaaf/our-sport/technical-officials

Whether you are already involved in athletics or completely new to officiating, this is a great opportunity to develop new skills, contribute to the sport and become part of the team that makes our competitions possible.

Join the Athletics Malta Starting Team

Athletics Malta is inviting expressions of interest from individuals who would like to join our Starting Team and become involved in the organisation and delivery of athletics competitions.

No previous experience is required - full training will be provided to those selected. Members of the Starting Team will also receive remuneration when assisting at Athletics Malta competitions.

📧 Email: secretary@athleticsmalta.com
📱 WhatsApp: +356 7927 0476

If you are interested in athletics and would like to experience competitions from a different perspective, this is a great opportunity to get involved and become part of the team behind the action.

Important Information for Athletes & Clubs

With the 2026–2027 season starting soon and the road running season set to commence shortly, clubs are reminded that athlete licence renewals will soon be required.

Clubs are encouraged to complete the renewal process and register their athletes within the stipulated deadlines to ensure eligibility for competition from the start of the season.

A kind reminder that the €20 athlete licence fee must be paid to Athletics Malta before entries open. Timely renewal and payment will help ensure a smooth and efficient registration process for all participants.

Athletics Malta Road Running League 2026/2027

Athletics Malta has announced the 2026/2027 Road Running League, retaining the six-race format featuring three 5km and three 10km races on World Athletics-certified courses.

The League gets underway as follows:

- **Nadur 10K – 1 November 2026**
- **Rush AC Safi 5K – 6 December 2026**
- **National 10K Championship, Ta' Qali – 24 January 2027**
- **St Patrick's AC 10K – 19 March 2027**
- **National 5K Championship, Ta' Qali – 11 April 2027**
- **Libertas AC 5K, Mosta – 23 May 2027**

The League will once again feature both individual and club competitions and provides a season-long platform for competitive and recreational road runners.

Upcoming Competitions

Upcoming Competitions – October/November 2026

Local	International
Dec 6 - 5km - Rush AC	Dec 13 - European Cross Country Championships - Belgrade (SRB)
Dec 12 - U12/U14 Young Athletes TF Multi-Meet 2 (for season 2027)	
Dec 19 - Joe Gerada Memorial	

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Stay connected. Stay inspired.