ATHLETICS MALTA NEWSLETTER – ISSUE 3 AUGUST 2025

Keeping you informed on developments, achievements, and upcoming events in Maltese athletics.

📌 ORGANISATIONAL UPDATES

📅 **EGM Announcement:** The Extraordinary General Meeting will be held on **21st August 2025**

👤 Darren Micallef appointed as Interim President until EGM.

🗳️ Nominees for President: Mario Bonello and Darren Micallef.

📚 **Officials Course:** We've sent out an email with a link to the World Athletics online course for national officials. Interested people can register and follow up with practical sessions.

🎉 **Exciting News:** Malta will host the **2027 Youth Olympic Games** — a major milestone for Maltese athletics

🌍 EVENT HIGHLIGHTS

🏆 National Championships Recap

Championships 2025: Huge Success!

The 2025 Championships were a fantastic success, bringing together 163 athletes from U18 to Masters in an exciting showcase of talent and determination. It was an action-packed event with many category records smashed and plenty of personal bests across the board.

The younger age groups especially stood out with some truly impressive performances, giving us a glimpse of a very bright future. The energy, passion, and team spirit made it an unforgettable experience for everyone involved.

A heartfelt thank you goes out to all the athletes, coaches, helpers, and everyone who contributed behind the scenes. Your passion, dedication, and teamwork made this another truly successful and memorable event. We couldn't have done it without you.

🇪🇺 INTERNATIONAL REPRESENTATION

July 13 – Balkan U20 Championships (Alba Iulia, ROU) - 3 *athletes selected*

Strong Showing for Malta at the Balkan U20 Championships in Romania

Malta was proudly represented by three athletes—Benjamin Salnitro, Isaac Bonnici, and Mireya Bugeja—at the Balkan U20 Championships held in Craiova, Romania.

Benjamin Salnitro opened the day with a personal best in the 110m hurdles, clocking 14.37 s to place 8th. He later returned to the track for the 100m, where he improved his PB once again with a time of 11.33 seconds.

In the 800m, Isaac Bonnici delivered a strong performance from the start and even better in the Final 200m of the race, finishing 5th in 1:52.86, just 0.34 seconds shy of his personal best.

Mireya Bugeja wrapped up the day with a gutsy effort in the 1500m, narrowly missing out on the podium by just 0.22 seconds, finishing in 4:26.97.

Malta's participation in this prestigious competition was marked by impressive performance and personal bests, offering invaluable international experience to the young athletes.

July 14–20 – FICEP-FISEC 2024 (Budapest, HUN) – *25 athletes selected*

Maltese athletes delivered an outstanding performance across various events, achieving excellent results that included personal bests, final placings, and an impressive medal haul.

Thea Parnis shone brightly, winning gold in the 100m with a new Games Record, as well as gold in the 200m and the 4x100m relay.

Nick Bonett claimed gold in the 400m, silver in the 4x100m, and another gold in the Swedish Relay, which set new national records in the U18, U20, and U23 categories, along with a Games Record.

Andrea Grech took silver in the 200m, was part of the silver-winning 4x100m team, and contributed to the record-breaking gold medal in the Swedish Relay.

The girls' 4x100m relay team -Marina Georgiades, Carey Spiteri, and Cheziane Debattista, also claimed gold, while the boys' 4x100m team - Nick Bonett, Andrea Grech, Carl Zammit Bondin, and Luigi Spina—secured silver.

The Swedish Relay team, composed of Cheziane Debattista, Andrea Grech, Carey Spiteri, and Nick Bonett, made history with gold and new national records in U18, U20, U23 categories, as well as a Games Record.

The Rest of the Team competed very well most of the athletes doing personal bests and passed for the Finals.

These outstanding results reflect the incredible talent, hard work, and determination of Malta's athletes, marking a truly memorable and record-breaking championship.

July 17–20 – European U23 Championships (Bergen, NOR) 2 *athletes selected*

Beppe Grillo recorded a time of 10.81 (-1.1w) in the 100m heats. Unfortunately, he wasn't able to line up for the 200m.

Rachela Pace competed in both horizontal jumps, with marks of 12.56m in the triple jump and 6.06m in the long jump.

Both athletes gave it their best in a tough field.

July 16–27 – World University Games – FISU (Berlin, GER) 7 *athletes selected*

Matthew Galea Soler advanced to the 400m Semi-Final, setting a new National Record (NR) in the heats with a time of 46.82s. He went on to deliver a fantastic run in the semi-final, clocking 46.63s, setting another lifetime best and NR.

Martha Spiteri competed in the 400m, finishing her race in 56.60s.

Jordan Pace took part in the 400m hurdles, completing the race in 55.43s.

Beppe Grillo ran in the 200m, finishing 5th in his heat with a solid time of 21.51s.

Rachela Pace delivered a historic result in the Triple Jump, securing a place in the final and finishing 11th overall—a remarkable achievement.

Isaac Bonnici competed in the 800m, delivering a strong performance and smashing both the U20 and U23 National Records with a time of 1:52.03.

Mireya Bugeja also shone in the 1500m, breaking the U20 and U23 National Records with an exceptional time of 4:26.85.

These great results are a testament to the hard work, passion, and talent of Malta's athletes, making this championship a truly special and memorable one.

July 20–26 – European Youth Olympic Festival – EYOF (Skopje, MKD) 1 *athletes selected*

Thea Parnis, the only competitor for Malta, passed for the semifinal of the 100m. In the semifinal she clocked a time of 11.91s.

In the 200m in the heats she finished 2nd with a new NR U18 U20 time of 24.15s. In the semifinal

This outstanding performance reflects Thea Parnis's incredible talent, determination and hard work.

July 26–27 – Balkan Senior Championships (Volos, GRE) 7 *athletes selected*

Omar El Aida Chaffey competed in the 100m heats, recording a time of 10.84s.

Kurt Zahra also ran in the 100m, clocking 11.41s.

Kareem Luca Chouhal took part in the Hammer Throw, completing 3 attempts with a best mark of 45.96m.

Benjamin Salnitro competed in the 400m hurdles, finishing in 57.35s.

Gina McNamara, who placed 4th in the 800m, ran a personal best of 2:02.85.

Dillon Cassar competed in the 5000m, recording a time of 14:41.05.

Simon Spiteri followed in the same race, finishing in 14:50.83.

Bianca Shoemake competed in the Hammer Throw, completing 6 attempts and achieving a best distance of 46.79m.

Benjamin Salnitro returned for the 110m hurdles but unfortunately did not finish the race.

Gina McNamara was back on track for the 1500m, finishing 4th once again, this time with a season's best of 4:16.62

Our athletes delivered determined and commendable performances, overcoming travel fatigue and tight schedules to proudly represent Malta on the international stage.

🗓️ UPCOMING EVENTS

INTERNATIONAL COMPETITIONS

August 7-10 – European U20 Championships- 5 athletes selected

Next Issue September 2025

Stay connected. Stay inspired.