ATHLETICS MALTA NEWSLETTER – ISSUE 4 SEPTEMBER 2025
Keeping you informed on developments, achievements, and upcoming events in Maltese athletics.

📌 ORGANISATIONAL UPDATES

Mario Bonello confirmed as new President of association
No election was need since Darren Micallef withdrew his nomination

A Message from the New President

Dear Athletics Malta community,
It is a true honour to serve Athletics Malta as President after many years of involvement in our sport. I would like to thank Darren for also contesting the election and for the many valuable discussions we have shared over the years. These exchanges gave me the opportunity to shape my vision for Athletics Malta, share it with the clubs, and, most importantly, listen to your ideas on the challenges we face at both grassroots and elite levels.

Athletics in Malta has a proud and remarkable history. From the first official meeting of the Malta Amateur Athletic Association in Valletta in 1928 to Austin Cassar-Torreggiani becoming our first Olympian in 1936, from Gerald Degaetano's bronze medal at the GSSE in 1989 to Carol Walsh's silver at the Mediterranean Games in 1997, and more recently, Matthew Galea Soler's historic performance at the European Youth Olympic Festival in 2022, our athletes have consistently carried the Maltese flag with pride. The record-breaking results at the GSSE in 2023 and 2025, along with strong performances at the European Team Championships, underline the dedication and hard work of our athletes, coaches, clubs, and all those who continue to support athletics in Malta.

Of course, progress brings its own challenges, especially in the areas of facilities and coaching. Yet these challenges are also positive signs, showing that the growth of our sport is real and tangible. With the support of Government, SportMalta, the Malta Olympic Committee, and the public, we are in a strong position to continue moving forward. Looking ahead, we must never rest on our laurels. By working together—clubs, the Association, athletes, and regulators—we can achieve even more. Our vision must be shared, and our focus must remain firmly on the athletes: helping them reach their full potential while upholding values such as integrity and respect. At the same time, we must involve more people from the clubs in our administration, particularly within sub-committees, so that together we can build a stronger foundation for the future.

Finally, I wish to extend my heartfelt thanks to former President Aldrin Cassar for ensuring continuity within the Association during challenging times. I now look forward to working closely with the Athletics Malta Committee, together with the executive members Antonella and Darren, as well as all committee members and clubs, to continue strengthening the stature of athletics in Malta.

Respectfully,
Mario Bonello
President, Athletics Malta

🌟 Event Highlights

The European U20 Championships, held between the 7th and 10th of August, brought together five of Malta's most promising young athletes who delivered memorable performances on the continental stage. At the heart of the team's success was Matthew Galea Soler, who gave Malta a moment to remember in the men's 400m. After storming through the semifinal with a superb time of 46.84s, he lined up against Europe's very best in the final and once again rose to the occasion, running 46.91s to finish fifth overall.

For a Maltese athlete to place among the top five juniors in Europe is nothing short of historic, and Matthew achieved this milestone with remarkable composure and determination.

He was not alone in flying the flag high. In the men's 800m, Isaac Bonnici brought further excitement by breaking both the U20 and U23 national records with a superb run of 1:51.96, dipping under 1:52 for the first time.

Meanwhile, Mireya Bugeja displayed her trademark grit in the women's 800m, delivering another strong performance, while Benjamin Salnitro gained valuable international experience as he tackled the demanding 400m hurdles against a tough field. On the sprinting side, Thea Parnis proudly represented Malta, clocking 12.28s in the 100m despite a heavy headwind, and 24.83s in the 200m, further proof of the growing depth of talent we are now seeing across different events.

Together, these performances made Tampere a turning point for Maltese athletics. From Galea Soler's top-five finish to Bonnici's record-breaking run, and from consistency to first-time experiences, Team Malta showed clearly that we belong on this stage.

🗓️ Road Running League

The Road Running League is set to kick off soon, bringing together athletes from across Malta for another exciting season of competition and camaraderie. We wish the best of luck to all participants 🏃‍♂️🏃‍♀️ and look forward to seeing strong performances, great sportsmanship, and enthusiastic participation throughout the series

Date	**Race & Location**	**Distance**
26 October 2025	Pembroke Athleta Run for Mental Health – Marsascala	10km
29 November 2025	La Salle AC Zabbar 5K	5km
18 January 2026	AM National Championship – Ta' Qali	10km
08 March 2026	Corsa Beat Your PB – Ta' Xbiex	10km
19 April 2026	AM National Championship – Ta' Qali	5km

International Competitions

On the global stage, Malta will be represented at the World Championships in Tokyo, which will be held from the 13th to the 21st of September 2025. Middle-distance specialist **Jared Micallef** has been chosen to carry the Maltese colours in this prestigious competition. His selection is a reflection of his commitment and hard work, and we look forward to cheering him on as he competes against the very best in the world.

Next Issue October 2025

Stay connected. Stay inspired.