ATHLETICS MALTA NEWSLETTER – ISSUE 7 – DECEMBER 2025
Keeping you informed on developments, achievements, and upcoming events in Maltese athletics.

Event Highlights

Local: Multi Event 1 - 08.11.2025.

Our season opened on **08.11.2025** with a fantastic multi-event meet 1 which marks a series of events for the **U12 and U14** categories, drawing an impressive **135 young athletes**. The event ran smoothly from start to finish, showcasing strong performances and promising early-season form across both age groups.

A heartfelt thank you goes out to all the volunteers and helpers whose dedication and support played a key role in making the day such a success.

International: Ravenna Half Marathon – 09.11.2025

Maltese athletes delivered outstanding results at the Half Marathon in Ravenna, Italy. **Luke Micallef** produced a remarkable run, clocking **1:04:57**, the second-fastest time ever recorded by a Maltese athlete over the distance, and setting a new **Over 35 National Record** in the process.

Meanwhile, **Simon Spiteri** continued his upward trajectory with an impressive personal best of **1:07:30**, further highlighting the strong progress of Malta's long-distance runners on the international stage

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Athletes of the Year Awards Night – 28.11.2025

The **Athletes of the Year Awards Night** was held on **28 November 2025**, celebrating outstanding performances across all levels of Maltese athletics. A total of **58 awards** were presented across categories from **U14 to Senior**, with **Jared Micallef** and **Gina McNamara** honoured as **Athletes of the Year**.

In the Masters category, **11 awards** were presented, with emerging winners **Rachid Chouhal** and **Antonella Chouhal** recognised for their achievements.

Additionally, **7 special awards** highlighted exceptional performances and contributions throughout the year.

The evening also celebrated coaching excellence, with **2 Coaches of the Year awards** presented in collaboration with **European Athletics**, recognising their dedication, commitment, and positive impact on both athletics and the wider community.

📌 ORGANISATIONAL UPDATES

Meeting with Club Presidents:
Club Meeting: Meeting 18th November 2025

The **second Club Presidents' Meeting** was held on **18.11.2025**, during which the association provided updates on its ongoing projects and outlined recent progress. Newly formed sub-committees were introduced, with representatives from several groups giving brief overviews of their roles and objectives.

The meeting also included a discussion on the amendments to the statute that have been submitted for review, which will be circulated to clubs for their perusal and subsequently put to a vote at the next AGM. The next Club Presidents' Meeting is scheduled for **3rd February 2026**.

Ongoing facilities Works & Projects

- Athletics Malta is pleased to announce that the Athletics Stadium is now fully connected directly to the EneMalta substation, marking a significant milestone in enhancing the stadium's infrastructure and supporting future events and training activities.
- More greening of the facility being designed with Project Green
- Improvement to the Ventilation and plumbing systems in changing rooms – Quote being evaluated
- Installation of ventilation grills in several areas – Quote approved
- Development of software for track digital access system– being worked on
- General maintenance and upgrades underway, including plastering, installation of thresholds, fixing doors, fixing of gutters, etc

National Team Training camps*:*

Another 4 **training camps** also came to an end this month, each providing athletes with valuable preparation and development opportunities. Across the four camps, athletes benefited from focused training sessions, expert guidance, and an environment designed to help them elevate their performance. These intensive programmes not only supported their immediate training goals but also contributed meaningfully to their long-term potential and readiness for upcoming competitions

- Pole Vault (PV) Training Camp – Malta: 31 October – 2 November 2025
- Throws Training Camp – Malta: 20–23 November 2025
- Training Camp – Formia: 21–26 November 2025

Next Training Camps:

- Training Camp – Malta: 12–16 December 2025
- Throws Training Camp – Malta: 18–21 December 2025
- Pole Vault (PV) Training Camp – Malta: 19-21 December 2025

Athletics Malta remains committed to ensuring that this major international event will leave a lasting legacy for our young athletes, fostering continued growth and excellence within the local athletics community.

Road Running League

Road Running League: 2nd Leg – 9th November 2025

The second leg of the Athletics Malta Road Running League delivered another exciting day of racing in Żabbar. **Gabriel Farrugia** continued his dominant start to the season, securing a second consecutive win with a swift **14:55** over 5km. He was followed by **Aidan Tanti** (15:40) and **Tommy Wallbank** (15:53), who completed the men's podium.

In the women's race, **Ritianne Zammit** of Pembroke celebrated her first-ever league victory, clocking **18:37**. Teammate **Lisa Bezzina** and Mellieħa's **Joelle Cortis** battled closely for the remaining podium places, both finishing in **18:58**.

With this result, Farrugia now enjoys a strong lead in the men's overall standings, while the women's league remains wide open, with six different athletes featuring across the first two podiums.

In the club rankings, **Żurrieq** extended their advantage in the men's category, while **Mellieħa AC** climbed to second place. Pembroke's consistent performances keep them firmly on course in their defence of the women's title.

🏁 The league now moves to its midpoint on **18 January**, featuring a **10km race** that will also serve as the **National Championship**.

📣 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 licence 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 – December 2025

📅 December 6 (Saturday)
TF U12/U14 Young Athletes TF Multi-Meet 2

Track & Field U12/U14 Young Athletes Multi-Meet
📅 December 13 (Saturday)
Joe Gerada Memorial

📅 December 14 (Sunday)
Road – European Cross Country Championships (EAA)

Gabriel Farrugia (U23 Race) and Luke Micallef (Senior Race) have been selected to represent Malta at the European Cross Country Championships. They will be accompanied by team official Vince Farrugia. We wish them every success in their races.

📅 Upcoming Competitions - January 2026

Local Track:
📅 January 03 (Saturday)
Track & Field – Rush Athletic Club Track & Field Meeting
📅 January 24 (Saturday)
Track & Field – Pre-Season 1 (U16–Seniors)

Loal Road:
January 18 (Sunday) Road – 10km National Championships – AM Ta' Qali

International:
📅 January 10 (Saturday)
International – World Athletics Cross Country Championships, Tallahassee, FL (USA)

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Stay connected. Stay inspired.