ATHLETICS MALTA NEWSLETTER – ISSUE 8 – JANUARY 2026
Keeping you informed on developments, achievements, and upcoming events in Maltese athletics.

Event Highlights

Local: Multi Event 2 – 06.12.2025

The second edition of the **Multi-Event Competition** for the U12 and U14 categories brought together an impressive **126 young athletes**, creating a vibrant atmosphere filled with enthusiasm and determination. The event showed excellent performances across all disciplines, reflecting the hard work and potential of our rising stars.

Well done to all athletes for their fantastic results, and a heartfelt thank you to the dedicated volunteers whose support and commitment made this event a true success.

Local: Joe Gerada Memorial – 13.12.2025
17th Edition of the JOE GERADA MEMORIAL T&F MEETING

The annual Joe Gerada Memorial Meeting organised by Pembroke Athleta is normally considered as the last chance of each year for athletes to stamp their highest mark in their respective age category before they step up to next one for the next athletics season. And indeed they did It was a great day for local athletics and a total of nine (9) Category National records and National Bests were broken during yesterday's Meet at the Marsa Athletics Stadium, which saw the participation of more than 220 athletes, coming from 9 local Athletics Clubs, 3 Local Schools and a team of 8 young athletes from the Aleksandrow Sports School in Lodzki, Poland.

The meeting offered 45 Track & Field events for the various Age Categories from Under 12s up to Seniors.
The New National Records and Category Bests registered on the day.

- Senior & U23 300mH N.R. - JORDAN PACE (SAV) - 39.13s
- U23 60m N.R. - BEPPE GRILLO (PEM) - 6.79s
- U23 Javelin N.R. - MARIAH BARBARA (LSA) - 33.72m
- U18 60m National Best - LUCA GERADA (RUS) - 7.10s
- U18 800m National Best - MATTHEW AZZOPARDI (LSA) - 1:56.00
- U16 Javelin National Best - AMY ATTARD (ATX) - 30.65m
- U16 60m National Best - JACQUES BORG (PEM) - 7.16s
- U16 Pole Vault National Best - ELLA BORG DEGIORGIO (PEM) - 3.00m
- M60 Javelin N.R. - NIKOLAY DIMITROV - 37.00m

WELL DONE to these achievers and all the other participants to end the year 2025 in style.

International: European Cross Country Championships (EAA) Road – 14.12.2025

Historic Breakthrough for Malta's Long-Distance athletes at European Cross Country Championships

LAGOA, PORTUGAL – Long-distance athletes Luke Micallef and Gabriel Farrugia reached new heights at the 2025 European Cross Country Championships.

Competing in a field of nearly 650 athletes from 36 nations, the duo delivered Malta's most successful showing in the history of the event, providing a significant boost of confidence for the future of long distance running in Malta.

In a highly competitive Senior Men's 7.5km race, experienced athlete Luke Micallef delivered a remarkable performance, crossing the finish line in 64th place. Micallef finished ahead of competitors from historically strong distance-running nations, including Portugal , Denmark, Poland, Lithuania, Luxembourg and Turkey, showcasing his elite form following his recent Masters O35 Half-Marathon National Record. The Senior race was won by Spain's Thierry Ndikumwenayo, who claimed a dramatic gold medal after a thrilling sprint finish ahead of world 10,000m champion Jimmy Gressier of France.

Gabriel Farrugia also made history in the Men's U23 6km race, achieving highest-ever ranking for a Maltese athlete in the Men's U23 category, surpassing his own previous achievements in the U20 category, Farrugia demonstrated great tenacity by outperforming runners from nations like Portugal, Austria, Poland, Turkey, Slovenia, Latvia, Bulgaria and Lithuania. The U23 Men's title was clinched by Ireland's Nick Griggs, who became the first Irishman to win an individual gold medal in the history of the event, leading his team to the team title.
The results are a testament to the dedication of both athletes and the continued development efforts by Athletics Malta and the Maltese Olympic Committee

🏆 MOC Sport Awards – Celebrating Our Outstanding Athletes 07.12.2025

The Malta Olympic Committee proudly recognised our athletes for their remarkable achievements throughout this year's successful journey. From GSSE podium finishes to special honors, each award reflects dedication, passion, and excellence in athletics.

🥉 **GSSE– Athletics**
Mireya Bugeja, Ian Paul Grech, Luke Micallef.
🥈 **GSSE Silver – Athletics**
Claire Azzopardi, Luke Bezzina, Isaac Bonnici, Nick Bonett, Alessia Cristina, Jemima Farley, Matthew Galea Soler, Beppe Grillo, Jared Micallef, Thea Parnis Coleiro, Rebecca Sare, Martha Spiteri, Janet Richard, Kurt Zahra.
Relay Teams:
• *4x100m Women:* Claire Azzopardi, Thea Parnis Coleiro, Janet Richard, Alessia Cristina.
• *4x400m Mixed:* Martha Spiteri, Janet Richard, Jared Micallef, Isaac Bonnici.
• *4x400m Men:* Isaac Bonnici, Nick Bonett, Matthew Galea Soler, Jared Micallef.
• *4x100m Men:* Luke Bezzina, Kurt Zahra, Matthew Galea Soler, Beppe Grillo.
🥇 **GSSE Gold – Athletics**
Beppe Grillo, Gina McNamara.
🏆 **Accomplishment Award – Athletics**
Gina McNamara, Jared Micallef.
⭐ **Special Award – Athletics**
Kayleigh Ellul, Matthew Galea Soler, Matteo Gauci, Claire McNamara, Thea Parnis Coleiro, Rachela Pace, **U15 Relay Team:** Carey Spiteri, Kayla Slack, Leah Frendo, Kristina Azzopardi.

📌 ORGANISATIONAL UPDATES

Amendments to the Statute:
The proposed amendments to the statute have now been circulated to the Clubs for their review and eventual discussion in preparation for the next AGM in the first trimester of 2026.

Athletes of the year selection criteria
The updated selection criteria for the Athletes of the year 2025-2026 have been circulated to the Clubs.

We are proud to share that Athletics Malta has officially been certified by AIMS - Authority for Integrity in Maltese Sport, an important milestone for our federation and the entire athletics community.

Athletics Malta formally recognised by AIMS

This certification means that Athletics Malta is now formally recognised under Maltese law as a fully compliant sports organisation. In simple terms, it gives the federation the legal status it needs to operate professionally, access national funding, support clubs and athletes, and take part in programmes that help develop the sport both locally and abroad.

For our athletes, coaches, clubs and parents, this is a stamp of trust and good governance. It confirms that our structures, documentation and management meet the standards required by AIMS, standards designed to safeguard sport, strengthen transparency and protect everyone involved.

We're grateful to all the volunteers and administrators who worked to complete this process. 🇲🇹



Ongoing facilities Works & Projects

We are currently carrying out maintenance and upgrade works at the track, including:

- Parts of the front and rear façades have been maintained and repainted.
- Issues related to rainwater ingress have been addressed.
- Thanks to the contribution of three athletes, **Shanesia Azzopardi, Mariah Vella, and Marina Georgiades**—who dedicated their time to voluntary work with AM, the track line markings are being refreshed, having faded considerably over time.
  We welcome volunteers who wish to dedicate time or undertake projects with us through various available schemes, particularly **SOK projects**, **MCAST**, and **University of Malta voluntary work credits**.
- Special thanks also go to our groundsmen, **Leli and Marcel**, who continue to care for and maintain our facility in more ways than one.
- Allow us also to remind everyone to take care of the facility, particularly stacking all weights in the weights room when finished and respecting fellow athletes and the cleaners when using the toilets and shower room facilities.

National Team Training camps*:*

Athletics Malta continued its Training Camps program, complemented by a series of educational workshops aimed at further developing and supporting our coaching community.

Prof. Antonio Laguardia delivered an insightful workshop on jumping ability, a fundamental skill applicable across all athletics disciplines, from sprinting and jumping events to throws and endurance.
Prof. Nicola Silvaggi conducted two sessions: one focusing on activities that coaches can implement with young athletes aged 6–10 to enhance general motor skill development, and a second practical session centered on strength development for athletes aged 10–14.
Prof. Fabio Pilori also contributed by introducing pole vault fundamentals to coaches working with young athletes.

Participation in these workshops was very encouraging, and we would be more than happy to receive feedback and suggestions to further develop and expand this program. Our aim is to continue delivering high-quality educational opportunities led by some of the best coaches available in their respective fields.

These workshops were held alongside dedicated training sessions for National Team athletes, ensuring a comprehensive and integrated development approach for both coaches and athletes.

Athletics Malta remains committed to ensuring that the progress being registered, particularly in international performances, serves as a catalyst for the legacy we aspire to leave for our young athletes, fostering sustained growth, development, and excellence within the local athletics community.

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 – January 2026**

🗓️ January 3 (Saturday)
TF New Year's Meeting Rush Athletic Club

🗓️ January 10 (Saturday)
TF U12/U14 Young Athletes TF Multi-Meet 3

🗓️ January 24 (Saturday)
Pre Season 1 – **U16 & Over**

Local 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.