ATHLETICS MALTA NEWSLETTER - ISSUE 9 - FEBRUARY 2026
Keeping you informed on developments, achievements, and upcoming events in Maltese athletics.

Event Highlights

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

A great day at the Matthew Micallef St John Stadium for the 5th Edition of the New Year's Meeting. Around, despite the challenging wind conditions. Nevertheless, the performances of 235 athletes, from U8 to Masters, who took part on a lovely sunny day in Marsa were excellent and the atmosphere was fantastic.

A new category record was set in the U16 Javelin by Amy Attard of Athletix Gozo, alongside multiple personal bests achieved by many young athletes.

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

The third edition of multi-events for the U12 and U14 age groups welcomed 128 young athletes, creating an exciting and energetic atmosphere filled with enthusiasm and fun. Progress is being seen across all events, highlighting the dedication, hard work, and emerging talent of our future stars.

Congratulations to all athletes on their excellent results, and sincere thanks to the dedicated volunteers whose commitment and support played a vital role in making this event a great success.

Local: January 24 (Saturday)
Pre Season 1 – U16 & Over

Pre-Season 1 got underway on a very windy day, marking the official opening of the athletics season with the first Athletics Malta–organised meet of the year. A total of 84 athletes took part, and despite the challenging weather conditions, performances were encouraging and of a high standard, auguring well for the season ahead. The meet also saw two category records fall, with Antoine Galea setting a new mark in the 600m and Lindsay Magro Garrett breaking the record in the 300m.

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

Ta' Qali Hosts Record-Breaking 10K National Championships

The third leg of the 2025-2026 National Road Running Series concluded on Sunday 25th January in Ta' Qali, seeing Gabriel Farrugia and Roberta Schembri emerge as the new 10K National Champions.

Farrugia's performance was the highlight of the day; his time of 30:19 established a new Under 23 national record and consolidated his lead at the top of the league standings. In the women's category, Roberta Schembri's victory (37:11) marks a triumphant return to the title she last held four years ago. Another record set during the day was by youngster Aliyah Galea (La Salle) who set a new national best in the Under 18 category with a 46:46 timing.

Road Running League Club Standings Update:
Men: Żurrieq Wolves hold a commanding lead thanks to Farrugia's dominance, leaving Evolve and Mellieħa AC to vie for the runner-up spot.
Women: Pembroke Athleta remains the team to beat, maintaining a significant lead over Evolve in their title defence

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🌟 International Event Highlights

Maltese Long-Distance Athletes Shine on the International Stage

Maltese long-distance athletes have delivered a series of outstanding performances across Europe and beyond, underlining the nation's growing presence on the international athletics scene.

On January 25, 2026, Gabriel Farrugia (Żurrieq Wolves AC) made headlines in Seville by shattering the Maltese Under-23 Half Marathon record. Clocking an impressive 1:07:00, Farrugia improved his own previous record, set in Valencia two years ago, by an impressive 42 seconds. Also competing in Seville, Simon Spiteri (St. Patrick's AC) further highlighted the depth of Maltese talent with an excellent 1:06:28 finish.

The momentum continued on February 1, 2026, in Italy, where Luke Micallef (Pembroke Athleta) produced a superb performance at the Interporto 10K in Bologna, finishing in a blistering 29:41. This result earned him 6th place overall and 1st place in the Over-35 category, confirming his status among Malta's elite endurance athletes.

Meanwhile, Maltese women's distance running also reached new heights through the exceptional achievements of Gina McNamara. On January 31, 2026, McNamara broke the Maltese Senior Women's 5km Road Race record, clocking 16:36 at the UAE Healthy Kidney 5K Run in Miami. This followed another landmark performance just weeks earlier, when she set a new Maltese Mile record with a time of 4:37.00 at La Milla Llanera in Puerto Rico on December 7, 2025 and an indoor mile record of 4:43.52 at the 2026 Bruce Lehane Scarlet and White Invitational Women's 1 Mile Run on 24th January 2026.

These consecutive successes signal a bright future for Maltese athletics, with a mix of experience and new generation of runners continue to break records and excel on the international stage.

Maltese breaking indoor records in the London Indoor Games

Maltese athletics continued its strong international presence at the London Indoor Games, with record-breaking performances highlighting another successful annual trip to one of Europe's premier indoor meetings. As has become tradition, Maltese athletes travelled to London in large numbers over two separate weekends, one dedicated to senior athletes and another focused-on youth categories, providing valuable high-level competition across all age groups.

The standout performances included Jorrin Busuttil, who delivered an outstanding 22.40s in the 200m on 17 January 2026, breaking both the U20 and U23 Maltese indoor records in the same race. Middle-distance success followed with Matthew Azzopardi, who set a new U18 indoor 800m record with a time of 1:58.93 on 18 January. Field events also saw record-breaking performances, with Antonella Chouhal establishing a new Women's W45 indoor Shot Put record of 8.74m.

The youth weekend proved equally successful. Amy Barberi broke the U14 indoor Shot Put (3kg) record with a throw of 8.51m, while Thomas Neil Attard set a new U16 indoor 60m Hurdles record under UK rules, clocking 9.57s. In the high jump, Timothy Rizzo Naudi cleared 1.61m to establish a new U16 indoor record. Distance events saw a trio of performances, with Aurora Desira (U14) running 2:30.40, Karina Mia Peresso (U16) clocking 2:26.05, and Jack Herrera Role (U14) producing an excellent 2:20.62, all setting new Maltese indoor records in the 800m.

These achievements once again underline the value of international exposure at events such as the London Indoor Games, as Maltese athletes across all age groups continue to raise standards and rewrite the national record books.

🏆 SPORTIVI NAZZJONALI Semifinalists

Athletics Malta Well Represented at the Għażliet Sportivi Nazzjonali Awards

Athletics Malta is proud to announce that several of its athletes, officials, and representatives have reached the semi-final stage of the Għażliet Sportivi Nazzjonali Awards, a significant achievement that reflects the outstanding work and success achieved throughout **2025**. Reaching the semi-finals of these national awards is a notable honour, both on an individual level and for Athletics Malta as a whole, and underlines the continued progress and excellence being shown across all areas of the sport.

The Athletics Malta semi-finalists are:

- **Sportiv tas-Sena** – Jared Micallef
- **Sportiva tas-Sena** – Gina McNamara
- **Żagħżugħa tas-Sena** – Thea Parnis Coleiro
- **Żagħżugħ tas-Sena** – Nick Bonett
- **Tim tas-Sena** – Athletics Team European Team Championships
- **Uffiċjal tas-Sena** – Antonella Chouhal
- **Kowċ tas-Sena** – Rachid Chouhal
- **People's Choice Award** – Matthew Galea Soler

All semi-finalists have been invited to attend the official certificate presentation ceremony, as communicated by the organisers.

Athletics Malta congratulates all those nominated on this well-deserved recognition and looks forward to building on these successes during the current season.

📌 ORGANISATIONAL UPDATES

Meeting with Club Presidents:
The Presidents Club Meeting was also scheduled for 3rd February 2026.

It has also been confirmed that the next AGM will take place on 9th April 2026.

Ongoing facilities Works & Projects

Landscaping Works by Project Green

The Ministry for the Environment, Energy and Regeneration of the Grand Harbour, through Project Green, is currently assisting Athletics Malta with a number of initiatives. These are mainly related to the pruning of all trees, removal of dead trees and stumps, trimming of vegetation, and the planting of new trees.

The work carried out is already visible, and further works are envisaged in the near future.

A special thanks also goes to the Works Division for assisting with soil levelling works.

Water Dispensers from EWA

A contract with EWA has been signed for the provision of two water dispensers at our facility, which will be available for use by all free of charge. Preparatory works will be carried out so that these dispensers can be installed as soon as possible.

Risk Assessment and Related Interventions

Athletics Malta has carried out a risk assessment of the facility. A number of remedial interventions are already underway to ensure that the facility is safer for all users. However, while every effort is being made to maintain the facility to the highest possible standard, it remains everyone's responsibility to act diligently. All underage athletes must be supervised at all times.

Furthermore, everyone is expected to help keep the facility in good order, particularly the gym areas. Please act responsibly when using these spaces.

National Team Training camps*:*

During January, we hosted a Pole Vault training camp in Malta for our young vaulters.

A further training camp, covering practically all athletic events, will be held in Malta between 19 and 24 February 2026. Details have already been circulated to all coaches and clubs so that interest can be registered for organisational purposes.

📣 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 – February 2026

Local:

🗓️ February 7 (Saturday)
Pre-Season 2 U16-Seniors

🗓️ February 15 (Saturday)
U12/U14 Young Athletes TF Multi-Meet 4

🗓️ February 21 (Saturday)
Pre-Season 3 U16-Seniors

🗓️ February 28 (Saturday)
Winter Championships U16-Seniors

International:

🗓️ February 14 (Saturday)
Balkan U20 Indoor Championships (cancelled)

🗓️ February 21 (Saturday)
Balkan Senior Indoor Championships

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Stay connected. Stay inspired.