

MALTA AMATEUR ATHLETIC ASSOCIATION

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ATHLETICS MALTA NEWSLETTER

Issue No: 24

Date of issue: 3rd January, 2009



Dear Friends in Athletics,

While in our last Newsletter (No: 23) we published the Road Running Calendar, in this issue our readers will find the **Calendar for the Track and Field Events**, a total of 24 events. One will find listed 32 events in the Road Running Calendar, which brings the total to 56. Yes, one would note that we have quite a busy program for a voluntary organization. Naturally these do not include the weekly Council Meetings as well as various seminars and conferences that Council Members need to attend during the year.

We ended the year 2008 with a Training Camp for Sprinters which was conducted by **Mike Mcfarlane**. From the comments that we received from the participants it was a worthwhile exercise and most of the athletes have already asked us if we could make arrangements for a follow up to this training camp. We have in fact already discussed this subject with Mike but he has yet to confirm to us when he would be available. On page four one will find a selection of photographs that I took during the days of the training camp. These show some of the various exercises that the British Coach led our athletes through. Nothing is more satisfying than seeing athletes coming from the different local clubs working together as one team with one common goal – that of improving their personal performance, and all proud to be part of the National Team.

We are all looking at this year with anticipation knowing that apart from the GSSE, which to us are perhaps the most important, we have the Mediterranean Games, the European Team Competition (which is being held instead of the European Cup) and the EYOF Games apart from the European Indoor which this year are being held in Torino.

It is for this reason that we are also holding a seminar during the weekend of the 16 /17 January. This time the accent will be on the Throwing events and the lecturer/ instructor we will be having is **Paul Wilson** from Leeds who will be bring with him one of the best current British (female) Discus throwers, Jenny Scott. We must admit that we need to improve the level of the Throwing Events in Malta if we want to obtain better results when we participate in international competitions.

The results of the Memorial Joe M. Gerada remind us that this year our Association has lost a great friend, a hard worker who had the interest of athletics and that of the athletes at heart. Indeed he is gone, but not forgotten.

Yours in sport ,
Anthony Chircop

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MALTA AMATEUR ATHLETIC ASSOCIATION

TRACK AND FIELD CALENDAR 2009



				Open	Junior	Inter	Youth	Cadet	Kids	Cubs
1	Jan	17	Kids Athletics Meeting 1						x	x
2	Feb	7	Preseason 1	x	x	x	x	x		
3	Feb	14	Preseason 2	x	x	x				
4	Feb	21	Preseason 3	x	x	x				
5	Mar	7	Kids Athletics Meeting 2						x	x
6	Mar	14	Aggregate 1				x	x		
7	Mar	28	Aggregate 2	x	x	x	x	x		
8	Apr	15 (Wed)	International Meeting Young Athletes & Aggregate 3				x	x		
9	Apr	18	International meeting	x	x	x				
10	Apr	25	Aggregate 4	x	x	x	x	x		
11	May	1	Kids Athletics Meeting 3						x	x
12	May	2	Joe Bajada Memorial	x	x	x	x	x		
13	May	6 (Wed)	World Athletics Day School Programme						x	x
	May	7 (Thur)	World Athletics Day School Programme				x	x		
14	May	9	Aggregate 5	x	x	x	x	x		
15	May	16	Open & Vets Championships	x	x	x				
	May	17	Open & Vets Championships	x	x	x				
16	May	30	Cadets / Youths Championships & Aggregate 6				x	x		
	May	31	Cadets / Youths Championships & Aggregate 6				x	x		
17	Jun	24	Summer Meeting 1	x	x	x				
18	Jul	1	Pentathlon 1	x	x	x	x			
19	Jul	8	Clubs' League 1	x	x	x	x			
20	Jul	15	Clubs' League 2	x	x	x	x			
21	Jul	22	Clubs' League 3	x	x	x	x	x		
22	Jul	29	Pentathlon 2	x	x	x	x			
23	Aug	5	Summer Meeting 2	x	x	x	x	x		
24	Dec	29	Pembroke T & F Meeting							

"If you can't imagine it, you can't do it" - J. F. Kennedy

M.A.A.A. Seminar on Throwing Events

The MAAA is holding a seminar on Throwing events on Friday 16th and Saturday 17th January, 2009 for which the Association is inviting all Coaches, Club Officials and throws athletes. The theoretical part will be held at the MAAA Offices at Race Course Street Marsa, starting at 6.00pm, while the practical part will be held at the Marsa Track, the following day Saturday, 17th January at 9.00am. The Seminar will be conducted by Mr. Paul Wilson. He will be accompanied by Ms Jenny Scott, who will be doing some demonstrations of the throws during Saturday's practical session.



Paul Wilson

Paul Wilson is the Throws coach at City of York Athletic Club, Mencap England, Yorkshire and Humberside Regional Performance Squad, Leeds Met University where he is also their Throws Co-Ordinator. He is also a qualified Weight lifting coach. He has under his charge athletes of all ages and standards of athletes in Shot Putt, Discus and Javelin and also Multi Event athletes. Paul, who is 36 years old and stands 6ft 4 inches tall, has been involved in athletics since he was 13 when he won his first discus competition. He has always been a discus thrower but have tried other throws as well. He had won the County Championships a total of 8 times and still holds the Championship record from 1989 that is since he was 16.

He has also won Northern Championship titles at all age groups in the discus. His personal bests are 44.18m (1.25kg - age 14), 54.24m (1.5kg - age 16), 48.36m (1.75kg) age 18 and 46.49m (with the 2Kg - age 18). He had a serious knee injury in 1991 and which meant that he was never able to train as hard as or as well as before the injury. He started coaching at that time when he was still training but became more heavily involved in coaching in 2000. He obtained his coaching qualifications and have now almost finished his Level 3 coach award.

The level of athletes he is coaching and their achievements are listed below: -

Marcus Gouldbourne Age 27, 2008 Rank 2 UK Senior Discus. England and Great Britain International. PB Discus 58.69m, Shot 17.29m;

Les Richards Age 22, 2005/6/7 Rank 1 UK U23 Discus, 2008 Rank 5 Senior Discus and Shot. England and Great Britain International. PB Discus 56.78m, Shot 17.21m.

Jenny Scott Age 20, 2007/8 Rank Top 3 UK Under 20/23 Discus. England and Great Britain International. Competed for Great Britain in the 2007 European U20 Championships. PB Discus 49.27m, Shot 11.99m, Javelin 32.09m

Will Lambourne Age 19, 2008 Rank 3 UK Under 20 Decathlon. Great Britain International. PB inDecathlon 6463 points.

Beth Staniland Age 20, England and Great Britain International Under 20 Heptathlon. PB Heptathlon 4786 Points, Javelin 41.03m, Shot 12.41m.

Paul Allsopp Age 17, 2007 Rank 2 UK Under 17 Javelin, 2008 Rank 3 UK Under 20 Javelin. England International. PB 700g Javelin 68.59m and 800g Javelin 60.37m

Naida Bromley Age 22, England and Great Britain Heptathlon International Under 20. PB Heptathlon 5278 Points and Javelin 44.46m

Rebecca Tunnicliffe, 2008 Rank 2 UK Under 15 Javelin. Age 13 and Under 15 UK Championship Bronze Medalist Javelin 2008. PB Javelin 600g 36.27m.



Jenny Scott

Jenny Scott has won County, Regional and National titles for the Discus Throw and has represented both England and Great Britain at Under 20 level. In 2008 Jenny represented the England senior team in Belgium.

Jenny is 20 years old, stands six feet tall and weighs just over 10 stones, and has a personal best of 50m. In 2007 Jenny competed for Great Britain at the European Under 20 Championships in Hengelo. She is hoping that in 2009 she would participate in the European U23 Championships in Lithuania and also to qualify to compete for England in the 2010 Commonwealth Games which are scheduled to be held in India.

TRAINING CAMP FOR SPRINTERS

The MAAA with the collaboration of the Maltese Olympic Committee organized a training camp for sprinters (100m, 200m and 400m) between the 23rd December 2008 and the 2nd January 2009.

The training camp was held under the direction of very experienced British Coach and ex Olympic finalist Mike McFarland, who led the athletes through some very tough exercises and speed drills as can be seen from these photos.



MEMORIAL JOE M. GERADA

Matthew Micallef St. John Athletic Stadium – 20th December, 2008

Event 1 Girls 12-13 600m

Pos. No./Name	Yr	Club	Time
1 40 Cremona, Clarissa	95	Pembroke Athleta	2:01.2h
2 9 Debattista, Brenda	96	Allcomers Aloysians	2:01.6h
3 28 Bonavia, Charlotte	96	Pembroke Athleta	2:05.8h
4 67 Sapiano, Angeline	96	Pembroke Athleta	2:08.6h
5 14 Pace, Ylenia	95	Allcomers Aloysians	2:14.2h

Event 2 Boys 12-13 600m

Pos. No./Name	Yr	Club	Time
1 259 Fenech Salerno, Benji	96	Pembroke Athleta	1:42.1h
2 303 Caruana, Andrea	95	Savio A C	1:51.6h
3 305 Dalli, Kurt	96	Savio A C	2:03.6h
4 315 Tanti, Alexander	96	Savio A C	2:07.1h

Event 4 Men Javelin Throw

Pos. No./Name	Yr	Club	Category	Distance
1 246 Callus, Jean Paul	80	Pembroke Athleta		54.27m
2 309 Gauci, Luke	92	Savio A C	I	27.22m
3 283 Saliba, Philippe	93	Pembroke Athleta	Y	27.04m

Event 5 Women Junior Triple Jump

No./Name	Yr	Club	Distance	Wind
75 Pace, Alessandra	90	Zurrieq Wolves	11.37m	1.3

Event 7 Women, Mile

Pos. No./Name	Yr	Club	Category	Time
1 61 Pace, Hannah	93	Pembroke Athleta	Y	6:19.29
2 43 Fava, Gwen	85	Pembroke Athleta		6:21.25
3 11 Grech, Marylin	88	Allcomers Aloysians		6:22.29
4 4 Zammit, Tiziana	92	A S Libertas	I	6:23.58
5 3 Montesin, Maria Chiara	92	A S Libertas	I	6:25.77
6 5 Agius, Lara	92	Allcomers Aloysians	I	6:50.31
7 34 Buttigieg, Maria	89	Pembroke Athleta	J	7:14.07

Event 8 Men, Mile

Pos. No./Name	Yr	Club	Category	Time
1 307 Farrugia, Matthew	88	Savio A C		4:56.18
2 221 Moghrabi, Stephen	88	Allcomers Aloysians		5:08.22
3 223 Sant, Bertrand	93	Allcomers Aloysians	Y	5:24.40
4 266 Gatt, Kurstin	92	Pembroke Athleta	I	5:40.20
5 284 Sammut, Julian	94	Pembroke Athleta	Y	5:52.9

Event 9 Women 60m

Pos. No./Name	Yr	Club	Category	Time	Wind	H#		
1	25	Attard, Charlene	87	Pembroke Athleta		7.86	2.1	1
2	69	Scerri, Lara	88	Pembroke Athleta		8.04	2.1	1
3	71	Vella, Tamara	93	Pembroke Athleta	Y	8.32	2.1	1
4	62	Pace Cocks, Jana	93	Pembroke Athleta	Y	8.46	2.1	1
5	68	Sare, Rebecca	91	Pembroke Athleta	I	8.48	2.1	1
6	20	Borg, Janice	92	Junior College Msida	I	8.53	2.1	1
7	58	Micallef, Deborah	93	Pembroke Athleta	Y	8.63	2.6	2
8	51	Gauci Borda, Daniela	94	Pembroke Athleta	Y	8.66	2.6	2
9	38	Cilia, Sasha	94	Pembroke Athleta	Y	8.85	2.6	2
10	50	Gauci, Jessica	93	Pembroke Athleta	Y	9.04	2.6	2
11	23	Alden, Stephanie	91	Pembroke Athleta	I	9.12	2.1	1
12	45	Ferrando, Maria	94	Pembroke Athleta	Y	9.13	2.2	3
13	24	Aquilina, Janice	94	Pembroke Athleta	Y	9.18	2.2	3
14	15	Debattista, Jolene	89	Atletix A C	J	9.30	2.6	2
15	66	Saliba, Letizia	94	Pembroke Athleta	Y	9.34	2.2	3
16	34	Buttigieg, Maria	89	Pembroke Athleta	J	10.08	2.6	2

Event 9a Girls 12-13 60m

Pos. No./Name	Yr	Club	Time	Wind	H#		
1	74	Bezzina, Rachel	95	Zurrieq Wolves	8.96	2.2	3
2	35	Calafato, Anabelle	96	Pembroke Athleta	9.87	2.2	3

Event 9b Girls 10-11 60m

Pos. No./Name	Yr	Club	Time	Wind	H#		
1	235	Schwaiger, Andrea	98	Atletix A C	9.3h	2.5	6
2	49	Gauci, Donna	98	Pembroke Athleta	9.7h	2.2	5
3	53	Grech, Janice	97	Pembroke Athleta	9.78	1.9	4
4	36	Cutajar, Deborah	97	Pembroke Athleta	9.80	1.9	4
5	52	Gilson, Brooke	98	Pembroke Athleta	10.03	1.9	4
6	76	Schembri, Alessia	97	Zurrieq Wolves	10.24	1.9	4
7	83	Buttigieg, Nicole	98	Pembroke Athleta	10.5h	2.2	5
8	39	Cremona, Andrea	97	Pembroke Athleta	11.07	1.9	4
9	30	Briffa, Rebecca	98	Pembroke Athleta	11.1h	2.2	5

Event 9c Girls 7-9 60m

Pos. No./Name	Yr	Club	Time	Wind	H#		
1	41	Cuschieri, Liesle	99	Pembroke Athleta	10.3h	2.2	5
2	29	Bonett, Thea	01	Pembroke Athleta	11.2h	2.5	6
3	27	Bezzina, Jessica	00	Pembroke Athleta	11.4h	2.5	6
4	32	Busuttil, Courtney	00	Pembroke Athleta	11.6h	2.5	6
5	19	Zammit, Maria	00	Atletix A C	12.0h	2.5	6
6	44	Fenech, Rhea	00	Pembroke Athleta	12.5h	2.5	6

Event 10 Men 60m

Pos. No./Name	Yr	Club	Category	Time	Wind	H#
1 210 Borg, Neal	85	Allcomers Aloysians		7.16	0.8	1
2 205 Portelli, Nikolai	81	A S Libertas		7.17	0.8	1
3 238 Bonello, Mario	74	La Salle Tristar		7.27	0.8	1
4 218 Farrugia, Karl	81	Allcomers Aloysians		7.34	0.8	1
4 268 Grech, Andy	90	Pembroke Athleta	J	7.34	0.8	1
6 294 Vella Stiles, Alister	80	Pembroke Athleta		7.40	0.8	1
7 201 Borg, Dominic	80	A S Libertas		7.53	0.8	1
8 276 McCarthy, Nigel	89	Pembroke Athleta	J	7.55	0.9	2
8 291 Sullivan, Michael	91	Pembroke Athleta		7.55	0.9	2
10 289 Sheldon, Clayton	94	Pembroke Athleta	Y	7.66	0.9	2
11 274 Herrera, Mark	84	Pembroke Athleta		7.74	0.8	1
12 283 Saliba, Philippe	93	Pembroke Athleta	Y	7.76	1.0	3
13 217 Deguara, Donovan	93	Allcomers Aloysians	Y	7.77	1.0	3
14 270 Grech, Ian Paul	93	Pembroke Athleta	Y	7.79	1.0	3
15 216 Debattista, Peter	93	Allcomers Aloysians	Y	7.86	1.0	3
16 261 Flores, Antonio	90	Pembroke Athleta	J	8.21	1.0	3
17 247 Camilleri, Leslie	66	Pembroke Athleta		8.94	0.9	2
18 296 Zammit, Bernard	93	Pembroke Athleta	Y	8.98	1.0	3
--- 222 Pace, Luka	92	Allcomers Aloysians		DNF		2

Event 10a Boys 12-13 60m

Pos. No./Name	Yr	Club	Time	Wind	H#
1 208 Bezzina, Luke	95	Allcomers Aloysians	8.04	2.0	4
2 255 Cutajar, Luke	95	Pembroke Athleta	8.48	2.0	4
3 316 Valletta, Peter	96	Savio A C	8.73	2.0	4
4 312 Livori, Shaun	96	Savio A C	9.08	2.0	4
5 244 Briffa, Roberto	95	Pembroke Athleta	9.67	2.0	4
6 232 Mifsud, Kevin	95	Aletix A C	9.89	2.0	4

Event 10b Boys 10-11 60m

Pos. No./Name	Yr	Club	Time	Wind	H#
1 278 Mifsud, Christian	97	Pembroke Athleta	9.6h	1.4	5
2 233 Muscat, Nikolai	97	Aletix A C	9.8h	2.5	6
3 256 Dapi, Darryl	97	Pembroke Athleta	10.0h	1.0	7
3 323 Mallia, Daniel	98	Zurrieq Wolves	10.0h	1.4	5
5 271 Grech, Samuel	98	Pembroke Athleta	10.1h	1.0	7
5 251 Cassar Torregiani, Nicholas	97	Pembroke Athleta	10.1h	1.4	5
7 237 Xuereb, Joseph	97	Aletix A C	10.2h	1.4	5
8 229 Farrugia, Benjamin Joe	98	Aletix A C	10.3h	1.0	7
9 297 Abela, Joseph	97	Savio A C	10.6h	2.5	6
9 264 Galea, Jamie	98	Pembroke Athleta	10.6h	1.0	7
11 311 Hamilton, Ryan	97	Savio A C	10.8h	2.5	6
12 298 Agius, Adrian	97	Savio A C	11.2h	2.5	6

Event 10c Boys 7-9 60m

Pos. No./Name	Yr	Club	Time	Wind	H#
1 288 Seguna, Julian	00	Pembroke Athleta	9.7h	1.7	8
2 236 Xuereb, Anthony	99	Atletix A C	9.9h	1.7	8
3 228 Camilleri Psaila, Matias	00	Atletix A C	10.5h	1.7	8
3 243 Bonnet, Isaac	99	Pembroke Athleta	10.5h	1.0	7
5 287 Sciberras, Nathan	00	Pembroke Athleta	10.7h	1.7	8
6 239 Attard, Jeremy	00	Pembroke Athleta	10.9h	1.7	8
7 234 Muscat, Peter	99	Atletix A C	11.8h	1.7	8
8 290 Spiteri, Tristan	00	Pembroke Athleta	13.1h	1.7	8

Event 11 Girls Shot Put

Pos. No./Name	Yr	Club	Category	Distance
1 21 Aquilina, Nadine	94	Maria Assunta Jnr Lyceum Girls	Y	10.21m
2 50 Gauci, Jessica	93	Pembroke Athleta	Y	8.81m
3 78 Vassallo, Ramona	94	Zurrieq Wolves	Y	8.08m
4 28 Bonavia, Charlotte	96	Pembroke Athleta	C	7.07m
5 70 Scicluna, Kelly	93	Pembroke Athleta	Y	6.45m
6 48 Galea, Emma	95	Pembroke Athleta	C	5.76m
7 55 Lapira, Ylenia	94	Pembroke Athleta	Y	5.62m
8 59 Mintoff, Marilyn	94	Pembroke Athleta	Y	5.02m

Event 12 Men Shot Put

Pos. No./Name	Yr	Club	Category	Distance
1 220 Mifsud, Mario	83	Allcomers Aloysians		12.15m
2 299 Bugeja, Malcolm	92	Savio A C	I	10.85m
3 267 Gili, Randle	90	Pembroke Athleta	J	10.14m
4 275 Huskinson, David	50	Pembroke Athleta		7.61m

Event 12a Boys 12-15 Shot Put

Pos. No./Name	Yr	Club	Category	Distance
1 219 Gauci, Jean	94	Allcomers Aloysians	Y	10.52m
2 226 Vella, Daniel	94	Allcomers Aloysians	Y	10.51m
3 295 Winters, Jesmar	93	Pembroke Athleta	Y	9.04m
4 308 Gauci, Daniel	95	Savio A C	C	8.88m
5 313 Pace, Pierre Luc	94	Savio A C	Y	8.49m
6 316 Valletta, Peter	96	Savio A C	C	7.61m
7 230 Farrugia, Nicholas	95	Atletix A C	C	7.47m
8 260 Fleri Soler, Nigel	96	Pembroke Athleta	C	7.09m
9 259 Fenech Salerno, Benji	96	Pembroke Athleta	C	6.60m
10 306 Farrugia, Luke	96	Savio A C	C	6.54m
11 301 Buttigieg, Luke	96	Savio A C	C	6.53m
12 277 Mifsud, Bradley	96	Pembroke Athleta	C	6.29m
13 227 Camilleri, Nathan	95	Atletix A C	C	6.04m
14 241 Azzopardi, William	96	Pembroke Athleta	C	4.18m

Event 13 Women 3000m

Pos. No./Name	Yr Club	Category	Time
1 73 Camilleri, Giselle	74 St Patrick's A C		10:25.25
2 8 Ciappara, Caroline	75 Allcomers Aloysians		11:25.75
3 1 Camilleri, Monalisa	91 A S Libertas	I	11:29.57
4 6 Borg, Roberta	89 Allcomers Aloysians	J	12:42.47

Event 14 Men 3000m

Pos. No./Name	Yr Club	Category	Time
1 207 Bezzina, Allister	88 Allcomers Aloysians		9:12.53
2 279 Pisani, Mario	74 Pembroke Athleta		9:18.85
3 203 Grech, Gerald	76 A S Libertas		9:21.00
4 211 Chetcuti, Christian Luke	94 Allcomers Aloysians	Y	10:01.71
5 319 Spiteri, Simon	92 St Patrick's A C	I	10:17.87
6 302 Cacciattolo, Luca	92 Savio A C	I	10:34.36
7 317 Zammit, Robert	93 Savio A C	Y	10:46.14
8 206 Rota, Matthew	93 A S Libertas	Y	10:55.73
9 321 Bezzina, Neil	94 Zurrieq Wolves	Y	11:30.09
10 204 Mizzi, Andrea	94 A S Libertas	Y	11:59.80

Event 15 Girls 14-15 High Jump

Pos. No./Name	Yr Club	Height
1 13 Mifsud, Sarah	93 Allcomers Aloysians	1.45m
2 22 Abdilla, Amy	94 Pembroke Athleta	1.30m

Event 16 Men High Jump

Pos. No./Name	Yr Club	Category	Height
1 212 Ciantar, Shaun	92 Allcomers Aloysians	I	1.70m
2 209 Borg, Jeremy	93 Allcomers Aloysians	Y	1.60m
3 314 Saliba, Matthew	86 Savio A C		J1.60m

Event 17 Girls 300m

Pos. No./Name	Yr Club	Category	Time
1 22 Abdilla, Amy	94 Pembroke Athleta	Y	46.90
2 4 Zammit, Tiziana	92 A S Libertas	I	49.55
2 45 Ferrando, Maria	94 Pembroke Athleta	Y	49.55
4 40 Cremona, Clarissa	95 Pembroke Athleta	C	49.84
5 47 Galea, Elysia	95 Pembroke Athleta	C	53.22
6 67 Sapiano, Angeline	96 Pembroke Athleta	C	54.32

Event 18 Men 300m

Pos. No./Name	Yr Club	Category	Time
1 304 Croker, Matthew	89 Savio A C	J	37.22
2 265 Galea, Kevin	83 Pembroke Athleta		38.74
3 213 Cini, Jonathan	81 Allcomers Aloysians		40.11
4 300 Buttigieg, Darren	92 Savio A C	I	41.27

Event 18a Boys 12-13 300m

Pos. No./Name	Yr Club	Time
1 277 Mifsud, Bradley	96 Pembroke Athleta	45.92
2 282 Portelli, Jean Luc	95 Pembroke Athleta	47.20
3 260 Fleri Soler, Nigel	96 Pembroke Athleta	49.78
4 241 Azzopardi, William	96 Pembroke Athleta	57.52

Event 19 Girls 14-15 Discus Throw

No./Name	Yr Club	Distance
78 Vassallo, Ramona	94 Zurrieq Wolves	21.57m

Event 20 Men Discus Throw

Pos. No./Name	Yr Club	Category	Distance
1 220 Mifsud, Mario	83 Allcomers Aloysians		41.18m
2 299 Bugeja, Malcolm	92 Savio A C	I	29.04m
3 309 Gauci, Luke	92 Savio A C	I	28.65m
4 275 Huskinson, David	50 Pembroke Athleta		23.40m
5 267 Gili, Randle	90 Pembroke Athleta	J	22.92m

Event 20A Boys 14-15 Discus Throw

Pos. No./Name	Yr Club	Distance
1 219 Gauci, Jean	94 Allcomers Aloysians	25.01m
2 226 Vella, Daniel	94 Allcomers Aloysians	24.46m
3 313 Pace, Pierre Luc	94 Savio A C	20.84m
-- 263 Galea, Damian	94 Pembroke Athleta	ND

Event 21 Women Long Jump

Pos. No./Name	Yr Club	Category	Distance	Wind
1 75 Pace, Alessandra	90 Zurrieq Wolves	J	5.24m	1.6 J.N.R
2 57 Mangion, Angie	86 Pembroke Athleta		5.17m	2.5
3 7 Chircop, Francesca	88 Allcomers Aloysians		4.50m	2.0
4 66 Saliba, Letizia	94 Pembroke Athleta	Y	4.07m	1.8
5 74 Bezzina, Rachel	95 Zurrieq Wolves	C	4.04m	0.9
6 47 Galea, Elysia	95 Pembroke Athleta	C	3.95m	3.1
7 51 Gauci Borda, Daniela	94 Pembroke Athleta	Y	3.82m	2.2
--- 68 Sare, Rebecca	91 Pembroke Athleta		ND	
--- 71 Vella, Tamara	93 Pembroke Athleta		ND	

Event 22 Men Long Jump

Pos. No./Name	Yr Club	Category	Distance	Wind
1 268 Grech, Andy	90 Pembroke Athleta	J	6.78m	1.7 J.N.R
2 250 Cassar Torreggiani, Andrew	92 Pembroke Athleta	I	6.63m	2.3
3 270 Grech, Ian Paul	93 Pembroke Athleta	Y	5.90m	2.3
4 255 Cutajar, Luke	95 Pembroke Athleta	C	5.23m	3.0
5 276 McCarthy, Nigel	89 Pembroke Athleta	J	4.94m	1.7
6 215 Debattista, Francesco	90 Allcomers Aloysians	J	4.70m	1.1
7 303 Caruana, Andrea	95 Savio A C	Y	4.35m	0.7
8 312 Livori, Shaun	96 Savio A C	C	3.96m	2.4
9 305 Dalli, Kurt	96 Savio A C	C	3.42m	2.7

Event 23 Girls 12-15 400m Race Walk

Pos. No./Name	Yr Club	Category	Time
1 59 Mintoff, Marilyn	94 Pembroke Athleta	Y	2:31.10
2 35 Calafato, Anabelle	96 Pembroke Athleta	C	2:31.80
3 48 Galea, Emma	95 Pembroke Athleta	Y	3:01.93

Event 25 Women 200m

Pos. No./Name	Yr	Club	Category	Time	Wind	H#
1 25 Attard, Charlene	87	Pembroke Athleta		26.03	1.6	1
2 69 Scerri, Lara	88	Pembroke Athleta		26.47	1.6	1
3 62 Pace Cocks, Jana	93	Pembroke Athleta	Y	27.13	1.6	1
4 20 Borg, Janice	92	Junior College Msida	I	28.63	1.6	1
5 55 Lapira, Ylenia	94	Pembroke Athleta	Y	28.97	1.7	2
6 1 Camilleri, Monalisa	91	A S Libertas	I	29.07	1.7	2
7 70 Scicluna, Kelly	93	Pembroke Athleta	Y	30.11	1.7	2
8 15 Debattista, Jolene	89	Atletix A C	J	31.71	1.6	1
9 80 Coleiro, Maria	89	Allcomers Aloysians	J	31.77	1.6	1

Event 26 Men 200m

Pos. No./Name	Yr	Club	Category	Time	Wind	H#
1 210 Borg, Neal	85	Allcomers Aloysians		23.02	0.8	1
2 249 Camilleri, Steve	92	Pembroke Athleta	I	23.19	0.8	1
3 294 Vella Stiles, Alister	80	Pembroke Athleta		23.70	0.8	1
4 274 Herrera, Mark	84	Pembroke Athleta		23.84	0.8	1
5 217 Deguara, Donovan	93	Allcomers Aloysians	Y	25.75	0.4	2
6 295 Winters, Jesmar	93	Pembroke Athleta	Y	28.06	0.4	2
7 247 Camilleri, Leslie	66	Pembroke Athleta		29.38	0.4	2
8 296 Zammit, Bernard	93	Pembroke Athleta	Y	30.52	0.4	2
--- 248 Camilleri, Owen	89	Pembroke Athleta		DNF	0.8	1

Event 27 Girls 6-11 Ball Throw

Pos. No./Name	Yr	Club	Distance
1 53 Grech, Janice	97	Pembroke Athleta	14.00m
2 36 Calleja, Deborah	97	Pembroke Athleta	13.00m
2 41 Cuschieri, Liesle	99	Pembroke Athleta	13.00m
4 52 Gilson, Brooke	98	Pembroke Athleta	12.00m
5 235 Schwaiger, Andrea	98	Atletix A C	11.20m
6 27 Bezzina, Jessica	00	Pembroke Athleta	11.00m
6 29 Bonett, Thea	01	Pembroke Athleta	11.00m
6 49 Gauci, Donna	98	Pembroke Athleta	11.00m
9 44 Fenech, Rhea	00	Pembroke Athleta	10.00m
10 39 Cremona, Andrea	97	Pembroke Athleta	9.50m
11 32 Busuttil, Courtney	00	Pembroke Athleta	9.00m
12 19 Zammit, Maria	00	Atletix A C	7.50m
13 30 Briffa, Rebecca	98	Pembroke Athleta	7.00m

Event 28 Boys 6-11 Ball Throw

Pos. No./Name	Yr	Club	Distance
1 278 Mifsud, Christian	97	Pembroke Athleta	28.00m
1 264 Galea, Jamie	98	Pembroke Athleta	28.00m
3 271 Grech, Samuel	98	Pembroke Athleta	20.00m
4 239 Attard, Jeremy	00	Pembroke Athleta	18.00m
5 311 Hamilton, Ryan	97	Savio A C	17.50m

6	234 Muscat, Peter	99 Atletix A C	17.25m
7	243 Bonnet, Isaac	99 Pembroke Athleta	17.00m
7	251 Cassar Torregiani, Nicholas	97 Pembroke Athleta	17.00m
9	228 Camilleri Psaila, Matias	00 Atletix A C	16.50m
10	233 Muscat, Nikolai	97 Atletix A C	16.00m
11	287 Sciberras, Nathan	00 Pembroke Athleta	15.00m
12	236 Xuereb, Anthony	99 Atletix A C	14.25m
13	256 Dapi, Darryl	97 Pembroke Athleta	14.00m
13	237 Xuereb, Joseph	97 Atletix A C	14.00m
15	290 Spiteri, Tristan	00 Pembroke Athleta	10.00m
16	298 Agius, Adrian	97 Savio A C	7.00m

Event 30 Men 4x100m Relay

Pembroke Athleta 46.01

1) Vella Stiles, Alister 80 2) Grech, Andy 90 3) Camilleri, Steve 92 4) Sheldon, Clayton 94

Event 33 Girls 14-15 4x100m Relay

Pembroke Athleta 57.16

1) Aquilina, Janice 94 2) Lapira, Ylenia 94 3) Scicluna, Kelly 93 4) Ferrando, Maria 94



The Malta Amateur Association wishes to remind all users of the track that **Lane One** is not to be used for training. This was made amply clear in the application form for the issue of the Membership Form.

Since despite several warning, including those clearly shown at the Track itself, some athletes Insist on breaking regulations, clubs are being invoiced a penny of Euro 20 for each violation.

Important dates to watch out for

2009	Event	
Saturday 10 th January, 2009	MAAA Cross Country (Young athletes)	 AIR MALTA
Sunday 11 th January, 2009	MAAA Road Running League 4	 MIDDLESEA VALLETTA LIFE <i>Assurance Company Limited</i> <i>So much more to life</i>
Saturday 17 th January, 2009	Kids Athletics Meeting No: 1 (At the Mathew Micallef St.John Athletic Stadium)	HSBC  The world's local bank
Saturday 24 th January, 2009	MAAA Road Relay	