

ATHLETICS MALTA NEWSLETTER

Issue No: 30

Date of issue: 14th April 2009



Dear Friends in Athletics,

We again have a very interesting Newsletter with something for everyone, starting with 'The World Athletics Day' which is for young athletes in Schools, and finishing with the European Veterans Non Stadia Championships. For those who don't know or may have forgotten it is worth reminding our readers that these championships were held here in Malta and were organized by the MAAA in the year 2001.

The Association is making a strong effort to create more awareness and more interest among schools for the IAAF's "World Athletics Day". It is for this reason that with effect from this year the MAAA will be awarding those schools who obtain the highest number of points, in each category, with a handsome shield apart from a commemorative trophy. The World Athletics Day is celebrated around the world and is encouraged and promoted by the IAAF as it forms part of the IAAF President's World Athletics Program designed to make "Athletics" the world's number 1 Sport. The IAAF publishes and sends to all Member Federations a special poster to promote this special day, for distribution in schools around the world.

Perhaps of special interest to our readers in this issue would be the program of the International Meetings which are being held on Wednesday 15th (for young athletes) and that of Saturday the 18th April, which is for Junior and Senior athletes. One would expect that a number of local athletes will be trying to attain the Minimum Qualifying Standard necessary for them to be able to be selected to participate in the GSSE 2009, Games.

The number of foreign athletes who have booked to participate the Saturday international is now more than 170 so we should have a very interesting and competitive meeting. The teams/athletes will be coming from England, Wales, Scotland, Italy, France, Egypt, Libya, Finland and Belgium. We would appeal to all those who have athletics at heart, to come down to the track to support the local athletes.

Yours in sport,

Anthony Chircop

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Malta Amateur Athletic Association
World Athletics Day
Athletics in Schools
Friday 6 / 7 May 2009



**World Athletics Day (Athletics in Schools)
Wednesday & Thursday 6 & 7 May 2009
At the Marsa Athletic Stadium**

The World Athletics Day has existed for over 10 years and for the IAAF (International Association of Athletic Federations) and its member federations (including the Malta Amateur Athletic Association) it has become a means of promoting the sport of athletics among youngsters.

Each year, the IAAF encourages its member federations to organise a World Athletics Day with school participation. For this reason, each year the Malta Amateur Athletic Association celebrates World Athletics Day by organising an inter-schools athletic meeting. This meeting is a well-attended sporting manifestation that attracts a good mixture of state, church and private schools.

In 2009, the World Athletics Day with school participation will be held over two days i.e. 6th and 7th May) in order to cater for a wider range of schoolchildren. The meeting will cater for the following categories:

- a. (6th May) – Track and Field Meeting for Schoolchildren (boys and Girls) born 1996,1997
- b. (7th May) - Track and Field Meeting Schoolchildren (Boys and Girls) born 1994,1995 & Events for schoolchildren born 1993

On each day the athletic meeting will be held at the Marsa Athletic Track . The meeting will start at 9:30 a.m. and will finish at about 12:30 p.m. Participating schools are however urged to be at the Marsa Athletic Track by no later than 9:00 a.m. In view of the large number of entries that we had last year, **The World Athletics Day for Schools**, is this year being held over two days.

Apart from the IAAF T/Shirt and pins, the MAAA will be awarding medals to the first three winners in each event. The schools registering the highest number of points overall, in each category will be awarded a handsome **Shield** (apart from a commemorative trophy). See photo >

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Edwin Attard
General Secretary - Malta AAA



MALTA AMATEUR ATHLETIC ASSOCIATION
 International Meeting for Athletes born 1994, 1995 and
 1996 - and Aggregate Meeting No: 3
 18 April 2009 -Provisional Programme of Events



| Time | TRACK | | | JUMPS | | | THROWS | | |
|------|--------------|-------------------|-------|-----------|-------------------|-------|---------|-------------------|-------|
| 1:30 | 70m hurdles | born 96 / 97 | girls | Long Jump | born 94 / 95 / 96 | boys | Shot | born 96 / 97 | girls |
| | | | | | | | Shot | born 94 / 95 / 96 | girls |
| 1:45 | 75m hurdles | born 96 / 97 | boys | | | | | | |
| 2:00 | 75m hurdles | born 94 / 95 | girls | | | | | | |
| 2:15 | 80m hurdles | born 94 / 95 | boys | | | | | | |
| 2:30 | 60m | born 94 / 95 / 96 | girls | | | | Shot | born 96 / 97 | boys |
| | | | | | | | Shot | born 94 / 95 | boys |
| 2:50 | 60m | born 94 / 95 / 96 | boys | Long Jump | born 94 / 95 / 96 | girls | | | |
| 3:00 | 1000m | born 94 / 95 / 96 | girls | High Jump | born 96 / 97 | girls | | | |
| | | | | High Jump | born 94 / 95 / 96 | girls | | | |
| 3:10 | 1000m | born 94 / 95 / 96 | boys | | | | | | |
| 3:20 | 1200m | born 96 / 97 | girls | | | | | | |
| 3:30 | 1200m | born 96 / 97 | boys | | | | Discus | born 96 / 97 | boys |
| | | | | | | | Discus | born 94 / 95 / 96 | boys |
| 3:45 | 100m | born 96 / 97 | girls | | | | | | |
| 3:55 | 100m | born 96 / 97 | boys | | | | | | |
| 4:00 | | | | Long Jump | born 96 / 97 | boys | | | |
| 4:05 | 100m | born 94 / 95 / 96 | girls | | | | | | |
| 4:25 | 100m | born 94 / 95 / 96 | boys | | | | | | |
| 4:30 | | | | | | | Discus | born 96 / 97 | girls |
| | | | | | | | Discus | born 94 / 95 / 96 | girls |
| 4:45 | 600m | born 96 / 97 | girls | Long Jump | born 96 / 97 | girls | | | |
| 4:55 | 600m | born 96 / 97 | boys | | | | | | |
| 5:00 | | | | High Jump | born 96 / 97 | boys | | | |
| | | | | High Jump | born 94 / 95 / 96 | boys | | | |
| 5:05 | 600m | born 94 / 95 / 96 | girls | | | | | | |
| 5:15 | 600m | born 94 / 95 / 96 | boys | | | | | | |
| 5:25 | 200m | born 94 / 95 / 96 | girls | | | | | | |
| 5:35 | 200m | born 94 / 95 / 96 | boys | | | | | | |
| 5:45 | 300m | born 96 / 97 | girls | | | | Javelin | born 94 / 95 / 96 | girls |
| 5:55 | 300m | born 96 / 97 | boys | | | | | | |
| 6:05 | 400m | born 94 / 95 / 96 | girls | | | | | | |
| 6:10 | 400m | born 94 / 95 / 96 | boys | | | | | | |
| 6:20 | 4x100m relay | born 96 / 97 | girls | | | | | | |
| 6:30 | 4x100m relay | born 96 / 97 | boys | | | | Javelin | born 94 / 95 / 96 | boys |
| 6:40 | 4x100m relay | born 94 / 95 / 96 | girls | | | | | | |
| 6:50 | 4x100m relay | born 94 / 95 / 96 | boys | | | | | | |

MALTA AMATEUR ATHLETIC ASSOCIATION
 Malta International Invitation Meeting - 18 April 2009
 Provisional Programme of Events



| TIME | TRACK | | JUMPS | | THROWS | |
|------|------------------------|-------|-------------|-------|---------|--------|
| 1:30 | 400m Hurdles | Men | Triple Jump | Men | Javelin | Men |
| 1:40 | 400m Hurdles | Women | | | | |
| 2:00 | 110m Hurdles | Men | High Jump | Men | | |
| 2:15 | 100m Hurdles | Women | | | | |
| 2:30 | | | Triple Jump | Women | Javelin | Women |
| 2:35 | 100m | Men | | | | |
| 2:55 | 100m | Women | | | | |
| 3:15 | 800m | Men | | | | |
| 3:20 | 800m | Women | | | | |
| 3:30 | 5000m | Men | Long Jump | Men | Discus | Men |
| 3:55 | 200m | Men | | | | |
| 4:00 | | | High Jump | Women | | |
| 4:05 | 200m | Women | | | | |
| 4:15 | 5000m | Women | | | | |
| 4:30 | Presentation of Awards | | | | | |
| 4:40 | | | | | Discus | Women |
| 4:40 | 1500m | Men | | | | |
| 4:50 | 1500m | Women | | | | |
| 5:00 | | | Long Jump | Women | | |
| 5:05 | 400m | Men | | | | |
| 5:15 | 400m | Women | | | | |
| 5:30 | | | | | Shot | Men |
| 5:35 | 3000m St | Men | | | | |
| 5:55 | 2000m St | Women | | | | |
| 6:10 | 4x100m | Men | | | | |
| 6:20 | 4x100m | Women | | | | |
| 6:30 | 4x400m | Men | | | 6:30 | 4x400m |
| 6:40 | 4x400m | Women | | | 6:40 | 4x400m |
| 6.45 | Presentation of Awards | | | | | |



M.A.A.A. Aggregate Meeting 2

28th March, 2009

RESULTS

Prepared by Mr. Anthony Fava

WOMEN

Event 8 Women 100m Hurdles

| | | | | | |
|-----------------------|-------|------------|---------------------------|-----------|------|
| National R Open: | 15.80 | 14/10/2008 | Sciberras, Marija, Malta, | Pune, IND | |
| No./Name | | Yr | Club | Time | Wind |
| 453 Sciberras, Marija | | 93 | A S Libertas | 16.78 | -4.2 |

Event 9 Girls 14-15 75m hurdles

| | | | | | |
|-------------------------|--|----|------------------|-------|------|
| Pos.No./Name | | Yr | Club | Time | Wind |
| 1 303 Cremona, Clarissa | | 95 | Pembroke Athleta | 15.03 | -3.0 |
| 2 305 Saliba, Letizia | | 94 | Pembroke Athleta | 16.16 | -3.0 |

Event 12 Women High Jump

| | | | | | |
|---------------------|------|------------|----------------------------------|------|--------|
| National R: | 1.60 | 28/04/2007 | Gambin, Chloe, San Andrea School | | |
| Pos. No./Name | | Yr | Club | Cat. | Height |
| 1 482 Gambin, Chloe | | 92 | Pembroke Athleta | I | 1.55m |
| 2 477 Mifsud, Sarah | | 93 | Allcomers Aloysians | I | 1.40m |

Event 16 Women Discus Throw

| | | | | | |
|--------------------------|--------|------------|----------------------------------|------|----------|
| National R: | 42.20m | 26/04/2008 | Chouhal, Antonella, A S Libertas | | |
| Pos. No./Name | | Yr | Club | Cat. | Distance |
| 1 763 Chouhal, Antonella | | 76 | A S Libertas | | 42.13m |
| 2 460 Borg, Diane | | 90 | Starmax A C | J | 20.02m |
| 3 455 Pace, Hannah | | 93 | Pembroke Athleta | I | 18.41m |

Event 18 Women 100m

| | | | | | | | |
|---------------------------|-------|------------|------------------------------------|------|-------|------|----|
| National R: | 11.93 | 13/05/2007 | Attard, Charlene, Pembroke Athleta | | | | |
| Pos. No./Name | | Yr | Club | Cat. | Time | Wind | H# |
| 1 481 Xuereb, Martina | | 91 | Starmax A C | J | 12.97 | -0.8 | 2 |
| 2 769 Scerri, Lara | | 88 | Pembroke Athleta | | 13.23 | -0.8 | 2 |
| 3 480 Xuereb, Francesca | | 91 | Starmax A C | J | 13.24 | -0.8 | 2 |
| 4 770 De Jaegher, Evi | | 85 | Allcomers Aloysians | | 13.57 | -0.8 | 2 |
| 5 466 Vella, Tamara | | 93 | Pembroke Athleta | I | 13.71 | -5.5 | 1 |
| 6 472 Borg, Janice | | 92 | Junior Lyceum Msida | I | 14.10 | -5.5 | 1 |
| 7 483 Micallef, Deborah | | 93 | Pembroke Athleta | I | 14.35 | -5.5 | 1 |
| 8 470 Farrugia, Gabriella | | 93 | Pembroke Athleta | I | 15.20 | -5.5 | 1 |
| 9 739 Buttigieg, Maria | | 89 | Pembroke Athleta | | 16.31 | -5.5 | 1 |

Event 19 Girls 12-13 100m

National R: 13.14 04/05/2004 Xuereb, Martina, Starmax

| Pos. No./Name | Yr | Club/School | Time | Wind | H # |
|----------------------------------|----|---------------------|-------|------|-----|
| 1 14 Henderson, Donna Lee | 96 | Pembroke Athleta | 14.32 | -2.8 | 4 |
| 2 24 Gatt, Nicole | 97 | Starmax A C | 14.54 | -2.4 | 3 |
| 3 16 Massa, Thalia | 96 | Pembroke Athleta | 14.74 | -1.6 | 1 |
| 4 21 Vella Busuttil, Destiny | 96 | Starmax A C | 15.10 | -3.4 | 2 |
| 5 22 Borg, Alexia | 96 | Starmax A C | 15.14 | -3.4 | 2 |
| 6 15 Bonavia, Charlotte | 96 | Pembroke Athleta | 15.43 | -1.6 | 1 |
| 7 23 Garzia, Lara | 97 | Starmax A C | 15.54 | -3.4 | 2 |
| 8 17 Grech, Janice | 97 | Pembroke Athleta | 15.73 | -2.4 | 3 |
| 9 13 Sapiano, Angeline | 96 | Pembroke Athleta | 15.79 | -2.8 | 4 |
| 10 5 Formosa, Charlene | 96 | St Patrick's A C | 15.83 | -3.4 | 2 |
| 11 8 Sammut, Haley | 96 | St Patrick's A C | 15.84 | -1.6 | 1 |
| 12 6 Grima, Gabriella | 97 | St Patrick's A C | 15.92 | -3.4 | 2 |
| 13 11 Formosa, Lisa | 96 | St Patrick's A C | 15.96 | -3.4 | 2 |
| 14 12 Micallef, Carla | 96 | Allcomers Aloysians | 16.01 | -2.4 | 3 |
| 15 36 Cutajar, Deborah | 97 | Pembroke Athleta | 16.02 | -2.4 | 3 |
| 16 27 Mifsud, Martina | 97 | Pembroke Athleta | 16.33 | -1.6 | 1 |
| 17 34 Battistino, Victoria | 96 | Starmax A C | 16.48 | -3.4 | 2 |
| 18 40 Von Brockdorff, Sandie | 96 | San Andrea School | 16.56 | -3.4 | 2 |
| 19 35 Mifsud, Chantal | 97 | Pembroke Athleta | 16.68 | -1.6 | 1 |
| 20 30 Borg, Martina | 97 | Pembroke Athleta | 17.14 | -1.6 | 1 |
| 21 10 Fenech, Louisa | 97 | St Patrick's A C | 17.40 | -2.4 | 3 |
| 22 9 Grech, Joanna | 96 | St Patrick's A C | 17.86 | -1.6 | 1 |
| 23 38 Micallef Bartolo, Darrelyn | 96 | San Andrea School | 18.19 | -2.8 | 4 |
| 24 41 Attard, Jessica | 96 | San Andrea School | 18.33 | -2.8 | 4 |
| 25 33 Cremona, Andrea | 97 | Pembroke Athleta | 18.79 | -1.6 | 1 |

Event 20 Girls 14-15 Discus Throw

National: 29.53m R 1997 Bonavia, Daniela, Malta, FISEC

| Pos. No./Name | Yr | Club | Distance |
|------------------------|----|------------------|----------|
| 1 318 Vassallo, Ramona | 94 | Zurrieq Wolves | 21.64m |
| 2 317 Zammit, Maria | 94 | Zurrieq Wolves | 17.27m |
| 3 311 Grima, Ilona | 94 | Starmax A C | 13.39m |
| 4 307 Galea, Emma | 95 | Pembroke Athleta | 12.76m |

Event 23 Women Long Jump

National R: 5.95m 05/07/2003 Camilleri, Rebecca, Pembroke Athleta Kyocera

| Pos. No./Name | Yr | Club | Cat. | Time | Wind |
|--------------------------|----|---------------------|------|-------|------|
| 1 462 Pace, Alessandra | 90 | Zurrieq Wolves | J | 5.54m | -1.2 |
| 2 767 Mangion, Angie | 86 | Pembroke Athleta | | 5.33m | -1.8 |
| 3 466 Vella, Tamara | 93 | Pembroke Athleta | I | 5.31m | -4.3 |
| 4 768 Chircop, Francesca | 88 | Allcomers Aloysians | | 4.44m | -2.4 |

Event 25 Girls 14-15 Javelin Throw

| | | | | |
|--------------|----------------------|------|--------------------------|----------|
| National R: | 31.00m | 1972 | Pace, Jennifer, La Salle | |
| Pos.No./Name | | | Yr Club | Distance |
| 1 | 307 Galea, Emma | | 95 Pembroke Athleta | 8.82m |
| --- | 318 Vassallo, Ramona | | 94 Zurrieq Wolves | ND |

Event 26 Girls 14-15 800m

| | | | |
|---------------|---------------------------|------------------------|-------------------------------------|
| National R: | 2:15.27 | 25/05/2005 | Schembri, Marylin, Malta, Crete GRE |
| Pos. No./Name | | Yr Club/School | Time |
| 1 | 304 Abdilla, Amy | 94 Pembroke Athleta | 2:39.13 |
| 2 | 300 Balzan Ruggier, Amber | 94 San Andrea School | 3:02.07 |
| 3 | 302 Tabone, Rebekah | 95 Allcomers Aloysians | 3:05.86 |
| 4 | 301 Pace, Ylenia | 95 Allcomers Aloysians | 3:13.52 |

Event 27 Women 800m

| | | | |
|--------------|---------------------|---------------------|------------------------------|
| National R: | 1:59.56 | 01/05/2003 | Blake, Tanya, Eugene, U.S.A. |
| Pos.No./Name | | Yr Club/School | Cat. Time |
| 1 | 451 Zammit, Tiziana | 92 A S Libertas | I 2:42.36 |
| 2 | 455 Pace, Hannah | 93 Pembroke Athleta | I 2:42.94 |

Event 32 Women 16 - 19 Javelin Throw

| | | | | |
|-------------|-----------------|-----------------|-----------------|----------|
| National R: | 42.27m | 29/05/1984 | Pace, Jennifer, | La Salle |
| No./Name | | Yr Club | Cat. | Distance |
| 451 | Zammit, Tiziana | 92 A S Libertas | I | 21.53m |

Event 33 Girls 12-13 600m

| | | | |
|--------------|-----------------------------|------------------------|--------------------------|
| National R: | 1:40.5h | 17/04/2004 | Xuereb, Martina, Starmax |
| Pos.No./Name | | Yr Club/School | Time |
| 1 | 24 Gatt, Nicole | 97 Starmax A C | 1:47.06 |
| 2 | 12 Micallef, Carla | 96 Allcomers Aloysians | 1:57.96 |
| 3 | 5 Formosa, Charlene | 96 St Patrick's A C | 2:02.82 |
| 4 | 15 Bonavia, Charlotte | 96 Pembroke Athleta | 2:04.87 |
| 5 | 6 Grima, Gabriella | 97 St Patrick's A C | 2:10.69 |
| 6 | 13 Sapiano, Angeline | 96 Pembroke Athleta | 2:12.06 |
| 7 | 8 Sammut, Haley | 96 St Patrick's A C | 2:13.56 |
| 8 | 18 Calafato, Anabelle | 96 Pembroke Athleta | 2:15.32 |
| 9 | 17 Grech, Janice | 97 Pembroke Athleta | 2:16.62 |
| 10 | 11 Formosa, Lisa | 96 St Patrick's A C | 2:16.99 |
| 11 | 9 Grech, Joanna | 96 St Patrick's A C | 2:18.99 |
| 12 | 22 Borg, Alexia | 96 Starmax A C | 2:22.82 |
| 13 | 21 Vella Busuttill, Destiny | 96 Starmax A C | 2:25.10 |
| 14 | 23 Garzia, Lara | 97 Starmax A C | 2:28.36 |

Event 35 Women 200m

National R: 24.52 12/05/2007 Attard, Charlene, Pembroke Athleta

| Pos. No./Name | Yr | Club | Cat. | Time | Wind |
|---------------------------|----|---------------------|------|-------|------|
| 1 481 Xuereb, Martina | 91 | Starmax A C | J | 26.25 | -2.6 |
| 2 467 Pace Cocks, Jana | 93 | Pembroke Athleta | I | 27.21 | -2.6 |
| 3 453 Sciberras, Marija | 93 | A S Libertas | I | 28.10 | -2.6 |
| 4 472 Borg, Janice | 92 | Junior Lyceum Msida | I | 28.49 | -2.6 |
| 5 470 Farrugia, Gabriella | 93 | Pembroke Athleta | I | 30.67 | -2.6 |
| 6 478 Buttigieg, Charlene | 90 | Starmax A C | J | 31.10 | -2.6 |
| 7 739 Buttigieg, Maria | 89 | Pembroke Athleta | | 35.59 | -2.6 |

Event 36 Girls 12-13 Long Jump

National R: 5.14m 13/05/2006 Vella, Tamara, Pembroke Athleta

| Pos. No./Name | Yr | Club | Distance | Wind |
|------------------------------|----|---------------------|----------|------|
| 1 14 Henderson, Donna Lee | 96 | Pembroke Athleta | 4.36m | -1.4 |
| 2 21 Vella Busuttil, Destiny | 96 | Starmax A C | 3.86m | -3.8 |
| 3 24 Gatt, Nicole | 97 | Starmax A C | 3.73m | -1.7 |
| 4 36 Cutajar, Deborah | 97 | Pembroke Athleta | 3.72m | -0.5 |
| 5 12 Micallef, Carla | 96 | Allcomers Aloysians | 3.54m | -0.6 |
| 6 40 Von Brockdorff, Sandie | 96 | San Andrea School | 3.47m | -1.7 |
| 7 13 Sapiano, Angeline | 96 | Pembroke Athleta | 3.26m | -1.6 |

Event 36 Girls 12-13 Long Jump (Continued)

| Pos. No./Name | Yr | Club | Distance | Wind |
|----------------------------|----|-------------------|----------|------|
| 8 18 Calafato, Anabelle | 96 | Pembroke Athleta | 3.20m | -2.6 |
| 9 22 Borg, Alexia | 96 | Starmax A C | 3.11m | -1.4 |
| 10 23 Garzia, Lara | 97 | Starmax A C | 3.04m | -0.8 |
| 11 41 Attard, Jessica | 96 | San Andrea School | 2.98m | -1.5 |
| 12 34 Battistino, Victoria | 96 | Starmax A C | 2.52m | -1.7 |

Event 37 Girls 14-15 200m

National R: 25.22 01/05/2005 Borg, Diane, Starmax

| Pos. No./Name | Yr | Club | Time | Wind | H # |
|------------------------|----|-------------------|-------|------|-----|
| 1 304 Abdilla, Amy | 94 | Pembroke Athleta | 29.19 | -2.3 | 2 |
| 2 322 Cilia, Sasha | 94 | Pembroke Athleta | 29.21 | -2.3 | 2 |
| 3 306 Bezzina, Rachel | 95 | Zurrieq Wolves | 30.52 | -1.2 | 1 |
| 4 327 Robinson, Holly | 94 | San Andrea School | 30.96 | -1.2 | 1 |
| 5 328 Bonello, Myra | 94 | San Andrea School | 31.26 | -1.2 | 1 |
| 6 310 Grixti, Adelaide | 94 | Starmax A C | 31.27 | -1.2 | 1 |
| 7 311 Grima, Ilona | 94 | Starmax A C | 32.46 | -1.2 | 1 |
| 8 330 Ferrando, Maria | 94 | Pembroke Athleta | 32.50 | -2.3 | 2 |
| 9 317 Zammit, Maria | 94 | Zurrieq Wolves | 32.93 | -2.3 | 2 |

Event 42 Girls 14-15 Long Jump

National R: 5.52m 2000 Camilleri, Rebecca, Athleta Pembroke

| Pos. No./Name | Yr | Club | Distance | Wind |
|-----------------------|----|------------------|----------|------|
| 1 305 Saliba, Letizia | 94 | Pembroke Athleta | 4.11m | -3.0 |
| 2 330 Ferrando, Maria | 94 | Pembroke Athleta | 3.69m | -1.9 |
| 3 308 Galea, Elysia | 95 | Pembroke Athleta | 3.47m | -1.8 |

Event 43 Women 1500m

| | | | | | |
|---------------------------|---------|---------------------|--------------------------|---------|--|
| National R: | 4:29.01 | 07/06/2003 | Blake, Tanya, GSSE Malta | | |
| Pos. No./Name | Yr | Club | Cat. | Time | |
| 1 456 Camilleri, Monalisa | 91 | A S Libertas | J | 5:04.39 | |
| 2 700 Attard, Josann | 84 | Starmax A C | | 5:05.58 | |
| 3 708 Arrigo, Francesca | 83 | Ladies Running Club | | 5:06.09 | |
| 4 451 Zammit, Tiziana | 92 | A S Libertas | I | 6:06.57 | |
| 5 450 Bonaci, Julia | 92 | Starmax A C | I | 6:18.93 | |

Event 47 Women Shot Put

| | | | | | |
|--------------------------|--------|------------------|-------------------------------|----------|--|
| National R: | 13.06m | 22/02/2001 | Cachia, Antonella, Minsk, BLR | | |
| Pos.No./Name | Yr | Club | Cat. | Distance | |
| 1 763 Chouhal, Antonella | 76 | A S Libertas | | 11.55m | |
| 2 437 Alden, Stephanie | 91 | Pembroke Athleta | I | 7.19m | |

Event 51 Women Triple Jump

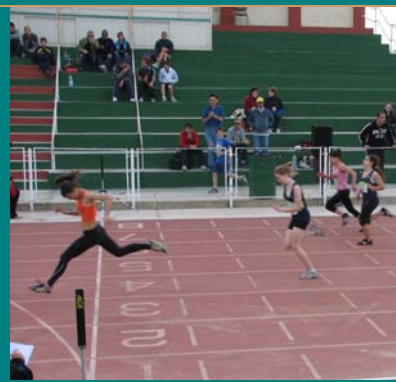
| | | | | | |
|----------------------|--------|----------------|----------------------------------|----------|------|
| National R: | 12.24m | 26/05/1999 | Gerada, Lara, Malta | | |
| National Jnr R: | 11.37m | 20/12/2008 | Pace, Alessandra, Zurrieq Wolves | | |
| No./Name | Yr | Club | Cat. | Distance | Wind |
| 462 Pace, Alessandra | 90 | Zurrieq Wolves | | 10.79m | -1.6 |

Event 52 Women 400 Meter Dash

| | | | | | |
|-------------------------|-------|------------------|---------------------------------------|---------|--|
| National R: | 54.46 | 05/06/2003 | Blake, Tanya, GSSE Malta | | |
| National Jnr & Int R: | 55.10 | 11/07/2007 | Xuereb, Francesca, Malta, Ostrave CZE | | |
| Pos. No./Name | Yr | Club | Cat. | Time | |
| 1 480 Xuereb, Francesca | 91 | Starmax A C | J | 59.16 | |
| 2 467 Pace Cocks, Jana | 93 | Pembroke Athleta | I | 1:03.67 | |

Event 55 Girls 14-15 1000m Relay Medley

| | | | |
|---------------------|-----------------------|----------------------------|-----------------------------------|
| Team | Time | | |
| San Andrea School | 2:49.8h | | |
| 100m) Bonello, Myra | 200m) Robinson, Holly | 300m) Brinch Iversen, Leah | 400m) Balzan Ruggier, Amber Sarah |



MEN

Event 1 Men 10000m

| Pos. No./Name | Yr | Club | Time |
|---------------------|----|------------------|----------|
| 1 593 Galea, Johann | 81 | Mellieha A C | 37:18.00 |
| 2 568 Gatt, Carmelo | 59 | Pembroke Athleta | 43:45.00 |

Event 4 Boys 14-15 High Jump

| Pos.No./Name | Yr | Club/School | Height |
|-----------------------|----|-------------------|--------|
| 1 202 Frik, Thomas | 95 | San Andrea School | 1.46m |
| 2 231 Cutajar, Luke | 95 | Pembroke Athleta | 1.40m |
| 3 206 Caruana, Andrea | 95 | Savio A C | 1.05m |

Event 10 Boys 12-13 75m Hurdles

| Pos. No./Name | Yr | Club/School | Time | Wind | H# |
|--------------------------|----|---------------------|-------|------|----|
| 1 846 Migneco, Andrea | 96 | Allcomers Aloysians | 14.54 | -1.4 | 4 |
| 2 812 Borg, Dainiol | 97 | San Andrea School | 15.00 | -1.4 | 4 |
| 3 819 Micallef, Steve | 97 | San Andrea School | 15.30 | -3.3 | 5 |
| 4 860 Livori, Shaun | 96 | Savio A C | 15.33 | -3.7 | 2 |
| 5 876 Caruana, Nikolai | 96 | San Andrea School | 15.59 | -3.7 | 2 |
| 6 873 Giordmaina, Isaac | 96 | San Andrea School | 15.69 | -2.9 | 1 |
| 7 838 Fleri Soler, Nigel | 96 | Pembroke Athleta | 15.76 | -2.9 | 1 |
| 8 818 Vassallo, Nicky | 97 | San Andrea School | 16.72 | -3.7 | 2 |
| 9 848 Attard, Simon | 97 | Allcomers Aloysians | 16.96 | -1.4 | 4 |
| 10 833 Vella, Ryan | 97 | Savio A C | 17.08 | -3.3 | 5 |
| 11 862 Agius, Adrian | 97 | Savio A C | 17.24 | -3.3 | 5 |
| 12 877 Camilleri, Josef | 96 | Savio A C | 17.80 | -2.9 | 1 |
| 13 831 Valletta, Peter | 96 | Savio A C | 18.48 | -4.6 | 3 |
| 14 859 Bugeja, Bernard | 97 | Allcomers Aloysians | 18.89 | -4.6 | 3 |
| 15 825 Farrugia, Luke | 96 | Savio A C | 19.51 | -4.6 | 3 |

Event 11 Men 16-17 High Jump

| Pos.No./Name | Yr | Club/School | Height |
|----------------------|----|---------------------|--------|
| 1 421 Ciantar, Shaun | 92 | Allcomers Aloysians | 1.70m |
| 2 445 Gambin, Gerald | 93 | San Andrea School | 1.60m |
| 3 444 Zammit, Jamie | 93 | San Andrea School | 1.40m |

Event 13 Men 16-17 Discus Throw 1.5 kg

| No./Name | Yr | Club | Distance |
|-----------------|----|-----------|----------|
| 422 Gauci, Luke | 92 | Savio A C | 29.12m |

Event 15 Men Discus Throw 2 kg

| Pos.No./Name | Yr | Club | Distance |
|------------------------|----|---------------------|----------|
| 1 646 Mifsud, Mario | 83 | Allcomers Aloysians | 39.52m |
| 2 657 Huskinson, David | 50 | Pembroke Athleta | 24.62m |

Event 17 Men 100m

National R: 10.54

14/05/2005

Gilford, Darren Francis, Pembroke Athleta Kyocera

| Pos. No./Name | Yr | Club/School | Cat. | Time | Wind | H # |
|---------------------------------|----|---------------------|------|-------|------|-----|
| 1 651 Portelli, Nikolai | 81 | A S Libertas | | 11.68 | -2.0 | 2 |
| 2 664 Vella Stiles, Alister | 82 | Pembroke Athleta | | 11.80 | -1.8 | 3 |
| 3 645 Farrugia, Karl | 81 | Allcomers Aloysians | | 11.89 | -1.8 | 3 |
| 4 435 Cassar Torregiani, Andrew | 92 | Pembroke Athleta | I | 12.05 | -1.8 | 3 |
| 5 433 Sullivan, Michael | 91 | Pembroke Athleta | J | 12.20 | -2.1 | 1 |
| 6 647 Camilleri, Mark | 87 | Starmax A C | | 12.26 | -2.1 | 1 |
| 7 420 Pace, Luca | 92 | Allcomers Aloysians | I | 12.32 | -2.1 | 1 |
| 8 426 Camilleri, Ryan Mark | 93 | Allcomers Aloysians | I | 12.36 | -2.0 | 2 |
| 9 430 Grech, Ian Paul | 93 | Pembroke Athleta | I | 12.45 | -2.1 | 1 |
| 10 427 Saliba, Philippe | 93 | St Aloysius College | I | 12.54 | -2.0 | 2 |
| 11 404 Buttigieg, Darren | 92 | Savio A C | I | 12.68 | -2.0 | 2 |
| 12 659 McCarthy, Nigel | 89 | Pembroke Athleta | | 12.79 | -2.1 | 1 |
| 13 442 Cassar, Johann | 92 | Savio A C | I | 12.83 | -2.1 | 1 |
| 14 432 Flores, Antonio | 90 | Pembroke Athleta | J | 13.12 | -2.0 | 2 |
| 15 447 Portelli, Thomas | 93 | Pembroke Athleta | I | 13.32 | -2.0 | 2 |
| 16 667 Zammit, Conrad | 82 | Pembroke Athleta | | 13.37 | -2.1 | 1 |
| 17 666 Meilak, Christian | 88 | Starmax A C | | 14.15 | -2.1 | 1 |

Event 21 Boys 14-15 100m

National R: 11.54

24/07/2005

Grech, Leighton, Starmax

| Pos. No./Name | Yr | Club/School | Time | Wind | |
|--------------------------------|----|---------------------|-------|------|---|
| 1 229 Sheldon, Clayton | 94 | Pembroke Athleta | 12.08 | -4.2 | 2 |
| 2 214 Farrugia, Thomas | 95 | Starmax A C | 12.88 | -4.2 | 2 |
| 3 223 Anastasi, Michael | 94 | Zurrieq Wolves | 13.18 | -4.0 | 1 |
| 4 201 Bezzina, Luke | 95 | Allcomers Aloysians | 13.32 | -4.2 | 2 |
| 5 228 Schembri, Brandon | 94 | Pembroke Athleta | 13.44 | -4.0 | 1 |
| 6 206 Caruana, Andrea | 95 | Savio A C | 14.33 | -4.2 | 2 |
| 7 203 Grima, Leo | 95 | San Andrea School | 14.50 | -4.0 | 1 |
| 8 231 Cutajar, Luke | 95 | Pembroke Athleta | 14.53 | -4.2 | 2 |
| 9 233 Pace, Pierre Luc | 94 | Savio A C | 14.85 | -4.0 | 1 |
| 10 236 Soler, Andre | 95 | San Andrea School | 14.91 | -4.0 | 1 |
| 11 241 Schembri, Frankie | 95 | Savio A C | 15.76 | -4.2 | 2 |
| 12 210 Briffa, Roberto | 95 | Pembroke Athleta | 15.85 | -4.0 | 1 |
| 13 237 Bannister Wells, Jessie | 95 | San Andrea School | 16.80 | -4.2 | 2 |

Event 22 Men 16 - 19 Long Jump

National Jnr R: 6.86m

21/02/2009

Grech, Andy, Pembroke Athleta

National Int R: 6.80m

07/02/2009

Cassar Torregiani, Andrew, Pem. Athleta

| Pos. No./Name | Yr | Club/School | Cat. | Time | Wind |
|---------------------------------|----|---------------------|------|-------|------|
| 1 431 Grech, Andy | 90 | Pembroke Athleta | J | 6.79m | -2.9 |
| 2 435 Cassar Torregiani, Andrew | 92 | Pembroke Athleta | I | 6.14m | -3.0 |
| 3 430 Grech, Ian Paul | 93 | Pembroke Athleta | I | 6.05m | -1.8 |
| 4 425 Borg, Jeremy | 93 | Allcomers Aloysians | I | 6.00m | 0.5 |
| 5 445 Gambin, Gerald | 93 | San Andrea School | I | 5.24m | -2.2 |
| 6 444 Zammit, Jamie | 93 | San Andrea School | I | 4.84m | -1.8 |

Event 24 Boys 12-13 300 m

National R: 40.06 28/12/2005 Farrugia, Mark Anthony, Starmax

| Pos.No./Name | Yr | Club/School | Time | H# |
|----------------------------|----|------------------------------|---------|----|
| 1 835 Borg Saywell, Eric | 97 | Allcomers Aloysians | 44.42 | 2 |
| 2 840 Mifsud, Bradley | 96 | Pembroke Athleta | 45.50 | 2 |
| 3 831 Valletta, Peter | 96 | Savio A C | 46.99 | 3 |
| 4 804 Camilleri, Jonathan | 96 | St Paul's Missionary College | 48.06 | 1 |
| 5 846 Migneco, Andrea | 96 | Allcomers Aloysians | 48.19 | 2 |
| 6 856 Bugeja, Kristian | 96 | Savio A C | 48.22 | 3 |
| 7 858 Borg, Ryan | 96 | St Patrick's A C | 48.83 | 2 |
| 8 827 Buttigieg, Luke | 96 | Savio A C | 49.20 | 4 |
| 9 873 Giordmaina, Isaac | 96 | San Andrea School | 49.36 | 2 |
| 10 826 Tanti, Alexander | 96 | Savio A C | 50.05 | 4 |
| 11 828 Dalli, Kurt | 96 | Savio A C | 50.31 | 2 |
| 12 837 Azzopardi, William | 96 | Pembroke Athleta | 51.77 | 2 |
| 13 812 Borg, Dainiol | 97 | San Andrea School | 52.19 | 1 |
| 14 860 Livori, Shaun | 96 | Savio A C | 52.55 | 4 |
| 15 847 Mercieca, Mark | 96 | Allcomers Aloysians | 53.88 | 3 |
| 16 861 Saliba, Christopher | 96 | Savio A C | 54.88 | 3 |
| 17 853 Abela, Matthias | 97 | Allcomers Aloysians | 55.23 | 3 |
| 18 877 Camilleri, Josef | 96 | Savio A C | 55.90 | 1 |
| 19 813 Frik, Kyle | 97 | San Andrea School | 56.08 | 2 |
| 20 859 Bugeja, Bernard | 97 | Allcomers Aloysians | 56.54 | 3 |
| 21 808 Debattista, Julian | 97 | St Paul's Missionary College | 56.78 | 4 |
| 22 810 Borg, Karl | 97 | San Andrea School | 56.92 | 4 |
| 23 851 Dapi, Darryl | 97 | Pembroke Athleta | 57.54 | 3 |
| 24 876 Caruana, Nikolai | 96 | San Andrea School | 57.55 | 2 |
| 25 819 Micallef, Steve | 97 | San Andrea School | 57.62 | 1 |
| 26 818 Vassallo, Nicky | 97 | San Andrea School | 1:01.31 | 1 |
| 27 865 Esposito, Alex | 97 | Allcomers Aloysians | 1:01.58 | 3 |
| 28 832 Abela, Joseph | 97 | Savio A C | 1:01.87 | 4 |
| 29 822 Bayliss, Thomas | 97 | San Andrea School | 1:02.26 | 1 |
| 30 863 Zammit, Ryan Glenn | 97 | Savio A C | 1:02.35 | 1 |
| 31 857 Muscat, Malcolm | 96 | Savio A C | 1:02.95 | 1 |
| 32 833 Vella, Ryan | 97 | Savio A C | 1:03.47 | 4 |

Event 28 Men 800 m

National R: 1:52.54 03/06/1995 Grech, Xandru, Malta, Luxembourg, LUX

| Pos.No./Name | Yr | Club/School | Cat. | Time |
|--------------------------|----|-------------------|------|---------|
| 1 661 Debono, Mario | 82 | Starmax A C | | 2:03.24 |
| 2 523 Brimmer, Neil | 84 | Zurrieq Wolves | | 2:06.62 |
| 3 411 Borg Olivier, Alan | 92 | Pembroke Athleta | I | 2:11.93 |
| 4 406 Zammit, Robert | 93 | Savio A C | I | 2:13.68 |
| 5 444 Zammit, Jamie | 93 | San Andrea School | I | 2:19.69 |
| 6 402 Rota, Matthew | 93 | A S Libertas | I | 2:24.58 |
| 7 413 Borg, David J | 91 | Savio A C | J | 2:25.72 |
| 8 500 Ebejer, George | 78 | Starmax A C | | 2:37.13 |

Event 29 Boys 12-13 High Jump

| | | | | |
|--------------|-------------------------|------------|-----------------------------------|--------|
| National R: | 1.55m | 29/04/2006 | Borg, Jeremy, Allcomers Aloysians | |
| Pos.No./Name | | Yr | Club/School | Height |
| 1 | 861 Saliba, Christopher | 96 | Savio A C | 1.25m |
| 1 | 834 Caruana, Karl | 96 | Allcomers Aloysians | 1.25m |
| 3 | 847 Mercieca, Mark | 96 | Allcomers Aloysians | 1.20m |
| 3 | 818 Vassallo, Nicky | 97 | San Andrea School | 1.20m |
| 5 | 873 Giordmaina, Isaac | 96 | San Andrea School | 1.15m |
| 6 | 819 Micallef, Steve | 97 | San Andrea School | 1.05m |
| 6 | 813 Frik, Kyle | 97 | San Andrea School | 1.05m |
| 6 | 876 Caruana, Nikolai | 96 | San Andrea School | 1.05m |
| 9 | 862 Agius, Adrian | 97 | Savio A C | 1.00m |
| 9 | 810 Borg, Karl | 97 | San Andrea School | 1.00m |
| 9 | 809 Curmi, Andrew | 97 | San Andrea School | 1.00m |
| 9 | 822 Bayliss, Thomas | 97 | San Andrea School | 1.00m |
| --- | 823 Formosa, Benji | 97 | San Andrea School | NH |
| --- | 812 Borg, Dainiol | 97 | San Andrea School | NH |

Event 30 Men 16-17 Javelin Throw 700g

| | | | | |
|-------------|------------------|------------|---------------------------------|----------|
| National R: | 55.44m | 01/05/2004 | Zammit, Edwin, La Salle Tristar | |
| No./Name | | Yr | Club/School | Distance |
| 427 | Saliba, Philippe | 93 | St Aloysius College | 27.66m |

Event 31 Men Javelin Throw 800g

| | | | | |
|-------------|-------------------|------------|--------------------------------------|----------|
| National R: | 63.89m | 05/06/2007 | Callus, Jean Paul, Malta Monaco GSSE | |
| No./Name | | Yr | Club | Distance |
| 652 | Callus, Jean Paul | 80 | Pembroke Athleta | 52.70m |

Event 31 Men 200 m

| | | | | | | | |
|---------------|-----------------------|------------|------------------------|------|-------|------|----|
| National R: | 21.41 | 25/07/2000 | Chouhal, Rachid, Malta | | | | |
| Pos. No./Name | | Yr | Club | Cat. | Time | Wind | H# |
| 1 | 651 Portelli, Nikolai | 81 | A S Libertas | | 22.33 | -1.4 | 1 |
| 2 | 665 Bonello, Mario | 76 | La Salle Tristar | | 22.46 | -1.4 | 1 |
| 3 | 645 Farrugia, Karl | 81 | Allcomers Aloysians | | 22.75 | -1.4 | 1 |
| 4 | 429 Camilleri, Steve | 92 | Pembroke Athleta | I | 23.01 | -1.4 | 1 |
| 5 | 649 Croker, Matthew | 89 | Savio A C | | 23.12 | -1.4 | 1 |
| 6 | 425 Borg, Jeremy | 93 | Allcomers Aloysians | I | 24.67 | -1.4 | 2 |
| 7 | 443 Cassar, Darren | 91 | Pembroke Athleta | J | 25.18 | -1.4 | 2 |
| 8 | 421 Ciantar, Shaun | 92 | Allcomers Aloysians | I | 25.49 | -1.4 | 2 |
| 9 | 500 Ebejer, George | 78 | Starmax A C | | 29.06 | -1.4 | 2 |

Event 38 Boys 12-13 Shot Put

| | | | | |
|--------------|---------------------------|------------|------------------------------------|----------|
| National R: | 10.95m | 27/12/2007 | Vella, Daniel, Allcomers Aloysians | |
| Pos.No./Name | | Yr | Club | Distance |
| 1 | 839 Fenech Salerno, Benji | 96 | Pembroke Athleta | 8.04m |
| 2 | 838 Fleri Soler, Nigel | 96 | Pembroke Athleta | 7.86m |
| 3 | 831 Valletta, Peter | 96 | Savio A C | 7.33m |
| 4 | 860 Livori, Shaun | 96 | Savio A C | 6.96m |

Event 38 Boys 12-13 Shot Put (Continued)

| | | | | |
|----|-------------------------|----|------------------------------|-------|
| 5 | Mifsud, Christian | 97 | Pembroke Athleta | 6.89m |
| 6 | 827 Buttigieg, Luke | 96 | Savio A C | 6.81m |
| 7 | 869 Buttigieg, Roberto | 97 | St Paul's Missionary College | 6.50m |
| 8 | 861 Saliba, Christopher | 96 | Savio A C | 6.38m |
| 9 | 877 Camilleri, Josef | 96 | Savio A C | 6.36m |
| 10 | 825 Farrugia, Luke | 96 | Savio A C | 6.28m |
| 11 | 828 Dalli, Kurt | 96 | Savio A C | 5.94m |
| 12 | 826 Tanti, Alexander | 96 | Savio A C | 5.87m |
| 13 | 848 Attard, Simon | 97 | Allcomers Aloysians | 5.85m |
| 14 | 856 Bugeja, Kristian | 96 | Savio A C | 5.62m |
| 15 | 875 Aquilina, Christian | 97 | San Andrea School | 5.57m |
| 16 | 854 Chetcuti, Jonathan | 97 | Allcomers Aloysians | 4.84m |
| 17 | 833 Vella, Ryan | 97 | Savio A C | 4.82m |
| 18 | 874 Musumeci, Gianluca | 96 | San Andrea School | 4.62m |
| 19 | 865 Esposito, Alex | 97 | Allcomers Aloysians | 4.60m |
| 20 | 823 Formosa, Benji | 97 | San Andrea School | 4.56m |
| 20 | 849 Spiteri, Raul | 97 | Allcomers Aloysians | 4.56m |
| 22 | 853 Abela, Matthias | 97 | Allcomers Aloysians | 4.26m |
| 23 | 822 Bayliss, Thomas | 97 | San Andrea School | 4.17m |
| 24 | 809 Curmi, Andrew | 97 | San Andrea School | 4.12m |
| 25 | 851 Dapi, Darryl | 97 | Pembroke Athleta | 4.11m |
| 26 | 819 Micallef, Steve | 97 | San Andrea School | 4.01m |
| 27 | 871 Camilleri, Jake | 97 | San Andrea School | 3.54m |
| 28 | 863 Zammit, Ryan Glenn | 97 | Savio A C | 3.45m |
| 29 | 813 Frik, Kyle | 97 | San Andrea School | 3.21m |
| 30 | 862 Agius, Adrian | 97 | Savio A C | 3.07m |
| 31 | 810 Borg, Karl | 97 | San Andrea School | 2.99m |

Event 39 Boys 14-15 Shot Put

| National R: 12.70m | | 30/05/2004 | | Magro, Chris, De La Salle | |
|--------------------|-------------------------|------------|---------------------|---------------------------|--|
| Pos.No./Name | | Yr | Club | Distance | |
| 1 | 226 Gauci, Jean | 94 | Allcomers Aloysians | 10.82m | |
| 2 | 225 Vella, Daniel | 94 | Allcomers Aloysians | 10.59m | |
| 3 | 227 Camilleri, Jean Luc | 95 | Allcomers Aloysians | 9.94m | |
| 4 | 222 Bugeja, Robert | 94 | Allcomers Aloysians | 8.71m | |
| 5 | 233 Pace, Pierre Luc | 94 | Savio A C | 8.55m | |
| 6 | 224 Gauci, Daniel | 95 | Savio A C | 8.24m | |
| 7 | 236 Soler, Andre | 95 | San Andrea School | 5.80m | |

Event 40 Boys 14-15 1500m

| National R: 4:22.7h | | 25/05/2002 | | Vella, Nathan, De La Salle | |
|---------------------|------------------------------|------------|---------------------|----------------------------|--|
| Pos. No./Name | | Yr | Club/School | Time | |
| 1 | 207 Chetcuti, Christian Luke | 94 | Allcomers Aloysians | 4:38.18 | |
| 2 | 204 Bezzina, Neil | 94 | Zurrieq Wolves | 5:11.44 | |
| 3 | 206 Caruana, Andrea | 95 | Savio A C | 5:23.03 | |
| 4 | 211 Sammut, Julian | 94 | Pembroke Athleta | 5:23.30 | |
| 5 | 200 Mizzi, Andrea | 94 | A S Libertas | 5:32.25 | |

Event 41 Men 1500m

| | | | | | |
|-------------------------|---------|---------------------|--|---------|--|
| National R: | 3:50.18 | 31/05/1995 | Grech, Xandru, Malta, Luxembourg, LUX GSSE | | |
| Pos. No./Name | Yr | Club | Cat. | Time | |
| 1 555 Kisheim, Haithem | 80 | St Patrick's A C | | 4:09.77 | |
| 2 629 Bezzina, Allister | 88 | Allcomers Aloysians | | 4:10.93 | |
| 3 509 Grech, Gerald | 76 | A S Libertas | | 4:21.50 | |
| 4 403 Spiteri, Simon | 92 | St Patrick's A C | I | 4:44.33 | |
| 5 500 Ebejer, George | 78 | Starmax A C | | 5:30.11 | |

Event 46 Men Shot Put 7.26kg

| | | | | | |
|------------------------|--------|---------------------|------------------------------------|----------|--|
| National R: | 13.80m | 24/03/1991 | Meadows, Tristan, La Salle Tristar | | |
| Pos.No./Name | Yr | Club | | Distance | |
| 1 646 Mifsud, Mario | 83 | Allcomers Aloysians | | 13.20m | |
| 2 657 Huskinson, David | 50 | Pembroke Athleta | | 7.38m | |

Event 48 Boys 12-13 1200m

| | | | | | |
|-----------------------------|---------|------------------------------|---|---------|--|
| National R: | 3:37.37 | 27/12/2007 | Chetcuti, Christian Luke, Allcomers Aloysians | | |
| Pos. No./Name | Yr | Club/School | | Time | |
| 1 839 Fenech Salerno, Benji | 96 | Pembroke Athleta | | 4:06.31 | |
| 2 828 Dalli, Kurt | 96 | Savio A C | | 4:09.83 | |
| 3 834 Caruana, Karl | 96 | Allcomers Aloysians | | 4:23.52 | |
| 4 856 Bugeja, Kristian | 96 | Savio A C | | 4:25.22 | |
| 5 858 Borg, Ryan | 96 | St Patrick's A C | | 4:29.96 | |
| 6 804 Camilleri, Jonathan | 96 | St Paul's Missionary College | | 4:35.22 | |
| 7 826 Tanti, Alexander | 96 | Savio A C | | 4:37.19 | |
| 8 813 Frik, Kyle | 97 | San Andrea School | | 4:56.25 | |
| 9 827 Buttigieg, Luke | 96 | Savio A C | | 5:02.52 | |
| 10 857 Muscat, Malcolm | 96 | Savio A C | | 5:04.80 | |
| 11 854 Chetcuti, Jonathan | 97 | Allcomers Aloysians | | 5:10.46 | |
| 12 808 Debattista, Julian | 97 | St Paul's Missionary College | | 5:14.78 | |

Event 49 Men 400m

| | | | | | |
|-------------------------|-------|---------------------|------------------------------|---------|----|
| National R: | 48.14 | 05/06/2003 | Portelli Nikolai, GSSE Malta | | |
| Pos. No./Name | Yr | Club | Cat. | Time | H# |
| 1 429 Camilleri, Steve | 92 | Pembroke Athleta | I | 51.61 | 1 |
| 2 653 Herrera, Mark | 84 | Pembroke Athleta | | 52.36 | 1 |
| 3 509 Grech, Gerald | 76 | A S Libertas | | 56.14 | 1 |
| 4 644 Cini, Jonathan | 81 | Allcomers Aloysians | | 56.45 | 1 |
| 5 443 Cassar, Darren | 91 | Pembroke Athleta | J | 57.22 | 2 |
| 6 444 Zammit, Jamie | 93 | San Andrea School | I | 58.90 | 2 |
| 7 407 Sant, Bertrand | 93 | Allcomers Aloysians | I | 59.16 | 2 |
| 8 500 Ebejer, George | 78 | Starmax A C | | 1:04.42 | 1 |
| 9 654 Camilleri, Leslie | 66 | Pembroke Athleta | | 1:07.14 | 1 |

Event 50 Men Triple Jump

| | | | | | |
|---------------------------|--------|------------------|--------------------------------------|------|--|
| National R: | 14.57m | 04/06/2005 | Chouhal, Rachid, Malta, GSSE Andorra | | |
| No./Name | Yr | Club/School | Time | Wind | |
| 664 Vella Stiles, Alister | 82 | Pembroke Athleta | 13.12m | 1.7 | |

Event 53 Boys 14-15 400m

| Pos. No./Name | Yr | Club/School | Time |
|---------------|-----|--------------------------|---------|
| 1 | 214 | Farrugia, Thomas | 55.27 |
| 2 | 207 | Chetcuti, Christian Luke | 56.55 |
| 3 | 223 | Anastasi, Michael | 59.27 |
| 4 | 209 | Attard, Samuel | 59.68 |
| 5 | 240 | Sestito, Luke | 1:06.50 |
| 6 | 210 | Briffa, Roberto | 1:12.25 |
| 7 | 218 | Cassar, Benji | 1:16.03 |
| 8 | 239 | Bugeja, Carl | 1:19.84 |

Event 54 Boys 14-17 1000m Relay Medley

| Club/School | Time |
|---|---------|
| 1 Starmax A C 100m) Borg, Francesco 200m) Bonaci, Adrian 300m) Zammit, Clayton 400m) Farrugia, Mark Anthony | 2:22.6h |
| 2 San Andrea School 100m) Bannister Wells, Jessie 200m) Soler, Andre 300m) Grima, Leo 400m) Frik, Thomas | 2:38.3h |



“ The way a man wins, shows much of his character. The way he loses, shows all of it “
Canute Rockne

IAAF opinion on “new” whereabouts requirements

Monte-Carlo - While acknowledging the burden placed upon athletes, the IAAF believes that the whereabouts system, which currently involves athletes providing a 60 minute testing slot 7 days a week, is both proportionately fair as well as absolutely mandatory for the effective fight against doping in sport.

The background - Athletes in the IAAF testing pool have been providing similar whereabouts information since as early as 1997. It is only now in 2009 that many other sports, countries, and athletes who have never had such a system in place, and rarely done any out-of-competition testing, are starting to realise the work involved and the effort the IAAF and its' athletes have gone to over the previous decade. The IAAF is proud of its athletes who have been providing their whereabouts information, and been tested out-of-competition for longer than those in any other sports. The IAAF recognises the burden placed upon them by the rules and thanks them for their participation in the system.

IAAF stakeholders including our Member Federations, sponsors, spectators and most importantly our athletes, are constantly demanding that the IAAF does all it can in the fight against doping. The most important part of our response to these demands is the out-of-competition doping control programme to which the IAAF provides approximately 2 million USD of funding each year. The basis of this programme is that an athlete can be tested at anytime of the year and in any place. Without receiving accurate and complete whereabouts information then this task becomes impossible. If athletes would like the IAAF to do the best testing possible with current techniques – then they need to support this by providing whereabouts information, and knowing that their competitors must do the same.

Whereabouts provision is a delicate balance between the need to locate those who are trying to cheat (at the moment when they are taking their drugs) - and the rights of the clean athletes. However, there is no point in having any whereabouts or testing system at all if it does not actually help the testing authorities

locate the athletes who may be cheating. In this sense, it is a case of “if you are going to do it at all, you should do it properly”. If you are going to ask clean athletes make an effort to provide whereabouts, then you need to make sure that this system does not allow cheating athletes to have 4 week holidays where they are certain they won't ever be tested.

Previous versions of the whereabouts worked nearly on a 24/7 basis. It is acknowledged that this is simply not possible and fair on the athletes. The option finally chosen by WADA of a 60 minute testing window for each day, is supported by the IAAF and we feel a good compromise between athletes providing no or very little whereabouts information, and having to provide 24/7 details.

It is also an unfortunate situation that the detection windows for certain drugs of choice are very small (a matter of days or hours). It is for this exact reason that the IAAF (and other sports) must be able to test any day of the year. One day, when improved tests are in place with longer detection windows, it would be possible that whereabouts was not needed for every day. As of today, any serious anti-doping programme cannot even begin to suggest that athletes could have many weeks (let alone days) away, free in the knowledge they cannot be tested.

The difficulties are real - The IAAF also acknowledges that for many athletes, the process of providing whereabouts is difficult and time consuming. There is no hiding from this reality. Clean athletes who do all they can to promote the fight against doping are concerned that they may be sanctioned for missed tests. The IAAF believes these are legitimate concerns and cannot ignore them. It is not the intention of the IAAF or these new rules to punish athletes for administrative errors, but to test them effectively. This is why extensive measures are put in place to guard against unintentional whereabouts failures.

It takes 3 missed tests in 18 months for a whereabouts violation to occur (under the old IAAF Rules this was 60 months, so the requirements in athletics are now easier in 2009 than 2008). It is known, and has been declared publicly by a number of people,

that the cheaters take advantage of this system. They try to avoid tests and they know that if they only miss one or two then they will be fine and they wait until the 18 month period is over before missing tests again. The IAAF is not happy that this ability exists – however on the other hand it would not be fair to the clean athletes to reduce this to less than 3 missed tests. This ability to “miss” 3 tests is in place as a safety net to protect the clean athletes and is already a compromise.

In addition, before any missed test is declared the athlete is asked for their explanation as to how this occurred. In situations where it is clearly not the fault of the athlete then the missed test is waived. Furthermore, to ensure fairness, athletes also have the right to appeal any decision of the IAAF regarding a missed test.

While athletes have to provide their information 3 months in advance – it cannot be realistically expected they will know for certain their whereabouts on each day. For this reason athletes are encouraged to update their whereabouts as often as possible and the IAAF has put in place systems to make this as simple as possible. Athletes can update their information using the online system, by email, by SMS, or by fax/mail. The IAAF strongly suggests that athletes identify their 60-minute time slot at a regular location that will rarely change. For this reason we find that for many athletes it is easiest to provide their home address and a time period that is either early in the morning (eg 07:00-08:00) or later in the evening (eg 20:00-21:00). In this way they will always be there, or if not, can remember to update their details.

It should also be acknowledged that athletes in the sport of athletics come from the widest possible range of cultures and countries. While in many western countries – updating changes in whereabouts can be done by simply logging onto the internet – in many other countries where elite IAAF athletes live and train, such luxury does not exist. It is interesting to see wealthy athletes in some sports complain about the requirements, while IAAF athletes in the middle of Kenya (as an example) have been finding a way to cope with the challenges for years with the assistance of their managers and support network.

The IAAF has seen many athletes suggest (either seriously or jokingly) about the implementation of GPS devices.

Unfortunately this solution does not get to the heart of the problem. A GPS device tells you where a person is at this very moment in time – but in general testing needs to be planned at least a day in advance. Intelligent testing also needs to be planned around future competition schedules and training cycles, something a GPS system cannot tell you. Because there is not a testing official in every city of the world, they need to travel to do testing – and it is unrealistic to spend thousands of dollars travelling to distant locations, only to find the athlete has already moved and is currently on a plane to a different country. Of course the IAAF is always happy to look to new technology to help ease the burden on athletes.

The future - The IAAF has received information from World Champions and World record holders supporting the whereabouts system. Support was also provided by the IAAF Athletes Commission during their most recent meeting. The opinions of these athletes is relatively similar – that the whereabouts requirements are a burden upon them and are sometimes difficult – but they fully support the system and will do anything they can to rid the sport of doping, even if that means providing their whereabouts for one hour each day. A selection of these quotes can be found below.

The IAAF supports the notion that the new requirements need time to be implemented and for the sporting community to get used to them. The IAAF of course is happy to listen to the opinions of all athletes, and if after sufficient time some changes are needed, then recommendations would be made to WADA.

However one principle remains whatever suggestions may be made in the future. For an effective doping control programme to be put in place by sporting organisations, whereabouts needs to be provided 365 days a week. This is why the IAAF supports the current system in place and believes it is the best available compromise between 24/7 details...and nothing at all.

News from the IAAF



No False Start Rule

A recommendation by the IAAF Technical Committee to introduce a No False Start Rule has been supported by Council.

Increased female representation on IAAF Council

A proposal was made to increase minimum female representation on the 27 member Council from four to six (over 20%).

Authorised Athletes Representatives

The Juridical Committee is finalising a new system to set quality standards with regard to the registration process of Athletes' Representatives authorised by National Federations to exercise this activity, it is proposed that the IAAF shall introduce criteria and a new procedure for 2010.

Competition Rules and Constitution Changes

Over 100 Competition Rule change proposals and a number of amendments to the IAAF Constitution which will be presented to Congress were considered.

News from the MAAA

The MAAA has just refurbished the Weights room at the Marsa track. It has also purchased and put in new Olympic bars, wieghts and benches. The MAAA has issued the following rules for those using the weights room.

- 1. Only MAAA registered athletes, who are over 14 years of age, can make use of the wieghts room.**
- 2. No one can take out any weights or other equipemnt out of the weights room.**
- 3. No one can bring in his own personal weights or equipment into the weights room.**

It is important that these basic regulations are observed.

AAAC ATHLETICS MEETING 4TH APRIL 2009

“St. Aloysius Athletic Track”

100m Group 1

| | |
|--------------------------|------|
| 1. Nicolai Portelli | 10.8 |
| 2. Neal Borg | 11.1 |
| 3. Karl Farrugia | 11.1 |
| 4. Edward Grech | 11.6 |
| 5. Allister Vella Stiles | DNF. |

100m group 2

| | |
|----------------------------|------|
| 1. Luka Pace (i) | 11.8 |
| 2. Ryan Mark Camilleri (i) | 12.1 |
| 3. Martina Xuereb (j) | 12.3 |
| 4. Luke Bezzina (y) | 12.5 |
| 5. Francesca Xuereb (j) | 12.7 |
| 6. Francesca Chircop (s) | 14.3 |

100m group 3

| | |
|------------------------|------|
| 1. Eric Borg (c) | 13.2 |
| 2. Andrew Debono (y) | 15.4 |
| 3. Benjamin Borg (?) | 16.0 |
| 4. Claire Schembri (y) | 16.3 |
| 5. Dale Scherri (y) | 16.6 |
| 6. Rebecca Borg (c) | 18.0 |

200m group 1

| | |
|---------------------|------|
| 1. Edward Grech | 24.0 |
| 2. Jeremy Borg (i) | 24.3 |
| 3. Jonathan Cini | 24.5 |
| 4. Luca Pace (i) | 25.0 |
| 5. Luke Bezzina (y) | 26.8 |
| 6. Eric Borg (c) | 27.6 |

200m group 2

| | |
|---------------------|------|
| 1. Martina Xuereb | 25.5 |
| 2. Francesca Xuereb | 25.6 |
| 3. Kim Camilleri | 29.5 |

400m

| | |
|-----------------------|------|
| 1. Mario Bonello | 50.2 |
| 2. Mathew Crocker (j) | 51.9 |
| 3. Niel Brimmer | 53.3 |
| 4. Gerald Grech | 55.5 |
| 5. Jonathan Cini | 56.4 |
| 6. Celine Pace | 58.7 |

High Jump

| | |
|-----------------------|------|
| 1. Jeremy Borg (i) | 1.75 |
| 2. Gerald Gambin | 1.65 |
| 3. Cloe Gambin (i) | 1.65 |
| 4. Sarah Mifsud (I) | 1.35 |

800m group 2

| | |
|------------------------|--------|
| 1. Samuel Attard (?) | 2.24.9 |
| 2. Liam Farr (?) | 2.57.9 |
| 3. Nigel Degaetano (c) | 3.32.0 |
| 4. Rebecca Borg (c) | 3.43.8 |

3000m

| | |
|----------------------|---------|
| 1. Caroline Ciappara | 11.52.5 |
| 2. Roberta Borg (j) | 12.49.9 |
| 3. Maria Felice (j) | 13.07.4 |
| 4. Lara Agius (i) | 13.22.3 |

Long Jump

| | |
|------------------------|------|
| 1. Jeremy Borg (i) | 6.37 |
| 2. Angie Mangion | 5.79 |
| 3. Francesca Chircop | 4.61 |
| 4. Andrew Debono (y) | 3.60 |
| 5. Nigel Degaetano (c) | 3.29 |
| 6. Evi De Jaegher | X |

High Jump

| | |
|----------------------|------|
| 1. Jeremy Borg (i) | 1.75 |
| 2. Gerald Gambin (?) | 1.65 |
| 3. Cloe Gambin (i) | 1.55 |
| 4. Sarah Mifsud (i) | 1.35 |

Shot (4kg)

| | |
|---------------------------|-------|
| 1. Evi De Jaegher | 10.97 |
| 2. Daniel Vella (y) | 10.79 |
| 3. Jean Gauci (y) | 9.41 |
| 4. Jean Luc Camilleri (y) | 9.41 |
| 5. Robert Bugeja (?) | 9.37 |
| 6. Jessica Gauci (i) | 6.81 |

Discus

| | |
|---------------------------|-------|
| (2kg) | |
| 1. Mario Mifsud | 39.15 |
| (1.25kg) | |
| 1. Daniel Vella (y) | 27.93 |
| 2. Jean Gauci (y) | 26.32 |
| 3. Jean Luc Camilleri (y) | 18.97 |
| (1) | |
| 1. Jessica Gauci (i) | 22.25 |



11th European Veterans Athletics Championships Non Stadia



29-31 May 2009, Aarhus Denmark

Contact us

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Timetable EVACNS 2009 - Århus

| | | | | | |
|----------|------|-------|---------------------|-----------------------|-----------------------------|
| Thursday | 28/5 | 20.00 | Technical meeting | Team leaders | Atletion |
| Friday | 29/5 | 09.00 | 10 KM Road Walk | (W) | Atletion |
| | | 11.00 | 10 KM Road Walk | (M) | Atletion |
| | | 14.00 | 10 KM Road Run | (W) | Atletion |
| | | 15.30 | 10 KM Road Run | (M55+) | Atletion |
| | | 17.00 | 10 KM Road Run | (M35-M50) | Atletion |
| | | 20.00 | Opening Ceremony | | Concert Hall |
| Saturday | 30/5 | 10.00 | Reception | EVAA+LOC+Team leaders | Town Hall |
| | | 13.00 | Cross Country Relay | (W - Teams) | Mindeparken (Memorial Park) |
| | | 14.30 | Cross Country Relay | (M - Teams) | Mindeparken (Memorial Park) |
| Sunday | 31/5 | 09.00 | 30 KM Road Walk | (M) | Atletion |
| | | 09.05 | 20 KM Road Walk | (W) | Atletion |
| | | 14.30 | Half Marathon | (W + M) | Viby Stadium |
| | | 18.00 | Closing Ceremony | | |

Organiser

Organising body

Århus 1900 Atletik/Motion
Danish Athletic Federation

EVACNS 2009

c/o Århus 1900
Observatoriestien 1
8000 Århus C, Denmark

Venue

ATLETION, NRGi Park
Stadion Allé 70
8000 Århus C

Important dates to watch out for

| 2009 | Event | |
|---|--|---|
| Wednesday 15 th April, 2009 | INTERNATIONAL MEETING FOR ATHLETES BORN 1994, 1995 & 1996 |  |
| Saturday 18 th April, 2009 | INTERNATIONAL MEETING Jr & Sr At the Matthew Micallef St. John Stadium (Born 1993 or before) |  |
| Sunday 19 th April, 2009 | MAAA 10K FOR MASTER ATHLETES & ROAD RUNNING LEAGUE 5 |  |
| Sunday 19 th April, 2009 | KIDS ATHLETICS As part of a program of sports activities entitled HEALTHY VILLAGE WEEKEND Which is being held at Victoria, Goso |  |