

MALTA AMATEUR ATHLETIC ASSOCIATION

7 Racecourse Street, Marsa, Malta

aachircop@gmail.com

ATHLETICS MALTA NEWSLETTER

Issue No: 41

Date of issue: Tuesday 30th November, 2010



Dear Frineds in Athletics,

The year 2010 is almost behind us and if we look back to see what work we have carried out for the benefit of our sport, we have good reason to be satisfied with our contribution in general.

Is has been a hectic year, as we started the year planning, budgeting, discussing and ordering work and materials in preparation for the hosting of the European Team Championships, that is apart from the other usual work that we carry out for the organization of the athletic events in our vast calendar.

In April we had had the visit of a three men delegation from European Athletics, who after their departure, left behind them a long list of things for us to do to improve the track facilities as well as other aspects of the organization of the Team Championship. I must admit that it was around this time that we realized the magnitude of the task that we had committed ourselves for when we won the bid to host the **European Team Championships** in Malta.

It is also a fact that the European Team Championships, which were held on the 19th and 20th June, gave us a lot of satisfaction both from the aspect of the performances of our athletes, where as a team we placed 9th out of 15 teams, but also for the excellent way that our Technical Officials had controlled these Championships. Our Association had received a lot of praise from the top officials of European Athletics for the way that these championships were organized here in Malta. I would here be failing if I would not thank all the members of my Council, the Technical Officials, the team from the Department of Resources and Rural Affairs and the large number of volunteers who all rose to the occasion and managed to organize a very efficient, colorful and very successful Team Championships.

Soon after the European Team Championships were over, we turned our attention to the work necessary to upgrade the track so as to be able to apply for the IAAF Certification of the track. Unfortunately this work took much longer then expected and it was only a week ago that we were able to submit our application to the IAAF. In the meantime I am more then pleased to say that the team spirit that prevailed during the European Team Championships had continued to affect our athletes who have contined to train as a group under the direction of Mr. Mario Bonello. The latter had taken the initiative to coordinate weekly training sessions in preparation for next year's Games of the Small States of Europe.

But it was not all roses. We had to go through some anxious days, two months ago, when after a heavy rainfall, the kind of which only October can produce, our track finished under half a meter of water and mud which caused us a lot of problems and expenses to clean up again at a time when we were waiting for the foreign contractor to do the re-marking of the track. The flooding had also caused extensive damage to some of our electronic equipment.

The future - We would do well, however, if we were forget the past, for the moment, and concentrate on medium and long term future of our sport. And yes, we do have problems that we need to resolve.

I do believe that it would not be a bad idea if we were to put our heads together, take a good look at the situation of our Clubs, our sport, our facilities our set-up and discuss how we can make better use of our resources.

In August 1996 the MAAA had organized a seminar which, in my opinion, was the turning point of our sport. During that seminar, when we had even invited two guest speakers from abroad (Mr. Frank Dick, President, European Coaches Association and Mr. Elio Locatelli- Manager Development of the IAAF) and discussed at length on the way forward for our sport . The seminar was at that time entitled “**Beyond the year 2000**”.

During that seminar we discussed, among other things on the need to have our own Administrative Office; the need to set up a Coaching Structure; to strengthen the team of Technical Officials; importance of having an effective PR and a Marketing Strategy, and the need to have control of the track facility at Marsa. Most of the objectives targeted at that seminar were achieved but a few, such as the strengthening of our PR and Marking functions have never been put on sound footing.

I sincerely believe that the time as come for us to hold another seminar, perhaps a one full day seminar, similar to that held in August 1996, to identify our defects, our weak points, and what and how we can rectify and improve both the administrative as well as the technical aspects of our sport, so that athletics in Malta may continue to strengthen?

In the meantime I will start with pointing out, which in my opinion, are the problematic areas that we need to address, namely:-

- a) Public Relations - our athletes deserve better coverage of their performances;
- b) Marketing- we have not as yet started selling our events or facilities;
- c) The better and more effective use of the track and its facilities;
- d) The further development of the track & its facilities;
- e) Strengthening the clubs - increase their membership, their finances, their administrative structure?
 - this is a subject that European Athletics will be tackling next year ;

I do not assume nor pretend to know everything, and in fact I am inviting YOU, who is reading this Newsletter, to come up with suggestions, other topics that you may consider important to discuss, to write to me, on my email address: aachircop@gmail.com with your opinions and ideas.

(Note : Those who don't want to continue receiving this Newsletter, just drop me a note on aachircop@gmail.com)

Contents	Page
Athletes Of The Year 2010 Awards	3
Club Conference by European Athletics	4
MAAA Endurance League – Marsa Cross Country Races – 12 th December 2010	5 - 8
Best Performances registered during the year 2010 - Female Athletes	9 – 14
Best Performances registered during the year 2010 – Male Athletis	14 - 21
Important dates to watch out for	23

ATHLETES OF THE YEAR 2010 AWARDS

Awards List

Without a doubt the hall of the Inspire Complex at Marsascala provided the just the right setting for a memorable night for all those who attended the Athletes of the Year 2010 Awards night.

The picture on the right tells the whole story. Mario Bonello and Rebecca Camilleri were crowned the Athletes of the Year 2010, by the Hon. Mr. Justice Lino Farrugia Sacco.

Also on the right are the Star Athletes of the future, today. Eric Borg Saywell and Nicole Gatt, the two young athletes who have stolen the scene of so many track and field meeting during the current year.

The full list of the awards: -

Cadets:

Female - Nicole Gatt

Male - Eric Borg Saywell

Youth

Female - Thalia Massa

Male - Thomas Farrugia

Intermediate

Female - Mario Sciberras & Jana Pace Cocks

Male - Jeremy Borg

Junior

Female - Francesca Xuereb

Male - Steve Camilleri

Senior

Female - Rebecca Camilleri

Male - James D'alfonso

Athletes of the Year 2010

Female - Rebecca Camilleri

Male - Mario Bonello



Mario Bonello & Rebecca Camilleri



Eric Borg Saywell



Nicole Gatt

European Athletics is making preparations to host a conference, which is being held in Frankfurt, West Germany, between the 1st and 3rd April 2011, concerning Clubs.

The conference, which European Athletics is giving a lot of importance, will address how European Athletics and its Member Federations can work with the clubs and the clubs systems, the basic structures of athletics in most European countries. The aim is to achieve the common objective of strengthening the sport of athletics. The agenda will also include the election for positions on a new European Athletics Clubs Working Group.

Each Federation / Association will be invited to send one representative, provided it also sends a representative from one of its Clubs in its country.

Survey

In addition to those participating in Frankfurt, European Athletics would like to involve as many Clubs as possible in the process. It would be conducting a short electronic survey in the period leading up to the conference for which it is requesting the cooperation of all the Clubs within the Federations/ Associations.

Detailed instructions will be received in January together with the survey questions.

The draft agenda for the April conference is as follows:-

1. European Athletics

- Aims and strategies
- The role of the clubs and the club system

2. Athletics Clubs in Europe

- What is a club?
- "Different countries, different systems"

3. Best practices examples

- National club systems (structure, regulations, competition program, development and support for clubs)
- **Club operations:** (membership, leadership, funding & sponsorship, coaching)

4. Clubs competition

- The future of European Championship Clubs Cup System

5. The way forward

- How can European Athletics add value to clubs and national club systems?
- A realistic vision for the future

6. Election for the European Athletics Clubs Working Group

7. Final Wrap up.

MAAA Endurance League 2010 - 2011
MARSA Cross Country 2 -12 December 2010



4000m – Intermediate Males (born 1994 -1995)

Position	Name	Y.o.B.	Club/School	Time
1	354	Chetcuti, Christian Luke	94 Allcomers Aloysians	14.48
2	363	Bezzina, Neil	94 Zurrieq Wolves	16.00
3	353	Abela, Nicky	94 Allcomers Aloysians	16.01
4	360	Attard, Samuel	95 St Aloysius College	16.03
5	358	Sammut, Julian	94 Pembroke Athleta	16.10
6	361	Spiteri, Mark	95 St Aloysius College	16.27
7	352	Mizzi, Andrea	94 A S Libertas	16.57

4000m – Intermediate Females (born 1994 -1995)

Position	Name	Y.o.B.	Club/School	Time
1	357	Cremona, Clarissa	95 Pembroke Athleta	17.07
3	356	Cilia, Jade	95 Pembroke Athleta	20.47

3000m – Youth Boys (born 1996 -1997)

Position	Name	Y.o.B.	Club/School	Time
1	812	Dalli, Kurt	96 Savio A C	11.27
2	801	Camilleri, Jonathan	96 Pembroke Athleta	12.00
3	813	Tanti, Alexander	96 Savio A C	12.21
4	809	Zammit Samuel	97 Pembroke Athleta	12.26
5	814	Vella, Ryan	97 Savio A C	12.28
6	800	Azzopardi, Andrew	97 Pembroke Athleta	12.37
7	807	Gatt, Simon	96 Pembroke Athleta	12.44
8	802	Dapi, Darryl	97 Pembroke Athleta	12.55
9	816	Bugeja, Bernard	97 St Aloysius College	13.24
10	803	Demarco, Andrea	96 Pembroke Athleta	14.04
11	806	Gagus, Alessandro	97 Pembroke Athleta	14.16
12	819	Mallia, Joshua	96 St Aloysius College	15.03

3000m – Youth Girls (born 1996 -1997)

Position	Name	Y.o.B.	Club/School	Time
1	904	Borg, Brenda	97 Pembroke Athleta	12.48
2	905	Borg, Martina	97 Pembroke Athleta	14.01
3	914	Mifsud, Martina	97 Pembroke Athleta	14.21
4	901	Farrugia, Nicole	96 Allcomers Aloysians	14.23
5	908	Chetcuti, Kym	97 Pembroke Athleta	14.31
6	915	Fenech, Louisa	97 St Joseph Paola	14.54
7	913	Mifsud, Chantal	97 Pembroke Athleta	15.17
8	903	Attard, Michelle	97 Pembroke Athleta	18.06

2000m – Cadet Boys (born 1998 -1999)

Position	Name	Y.o.B.	Club/School	Time
1	200	Bonett, Isaac	99 Pembroke Athleta	8.10
2	216	Salmon, Guillaume	99 San Andrea School	8.34
3	206	Mifsud, Andrew	98 Pembroke Athleta	8.39
3	228	Demicoli, Matthew	98 Allcomers Aloysians	8.47
5	201	Calleja, Kyle	99 Pembroke Athleta	9.47
6	204	Grech, Samuel	98 Pembroke Athleta	9.54
7	223	Demicoli, Shaun	99 Savio A C	9.57
8	225	Formosa, Daniel	99 Savio A C	10.0
9	205	Lapira, Paolo	99 Pembroke Athleta	10.25
10	215	Rigamonti, Mario Andrea	98 San Andrea School	10.49
11	207	Altava D'Ocon, Vincente	99 San Andrea School	11.29

2000m – Cadet Girls (born 1998 -1999)

Position	Name	Y.o.B.	Club/School	Time
1	318	Ablea, Sophie	99 San Anton School (Imselliet)	8.38
2	329	Saliba, Gabriella	98 St Patrick's A C	8.51
3	326	Desira, Kayleigh	99 St Patrick's A C	9.07
4	306	Borg, Nicole	98 Pembroke Athleta	9.35
5	312	Riolo, Kaylie	98 Pembroke Athleta	10.01
6	327	Friggieri, Katya	98 St Patrick's A C	10.05
7	307	Caffari, Rebecca	99 Pembroke Athleta	10.17
8	305	Bonnici, Jessica	98 Pembroke Athleta	10.20
9	301	Bezzina, Martina-Marie	98 Allcomers Aloysians	10.35
10	332	Briffa, Rebecca	98 Pembroke Athleta	10.37
11	309	Cuschieri, Liesel	99 Pembroke Athleta	10.38
12	324	Bianco, Katrina	99 St Patrick's A C	10.53
13	325	Bonanno, Martina	98 St Patrick's A C	11.00
14	317	Preca Trapani, Rachel	99 San Andrea School	11.05
15	315	Bugeja, Nathalie	99 San Andrea School	11.07
16	316	Caruana Montaldo, Lara	98 San Andrea School	11.17
17	314	Attard, Mandy	99 San Andrea School	11.18
18	313	Aarohi, Maya	99 San Andrea School	11.23
19	322	Abela, Andrea	99 St Patrick's A C	11.28
20	328	Pace, Michaela	99 St Patrick's A C	11.29
21	310	Dagostino, Danica	99 Pembroke Athleta	11.30
22	331	Muscat, Gabriella	99 Allcomers Aloysians	11.37
23	304	Zammit, Francesca	99 Allcomers Aloysians	12.30

1000m – Kids Boys (born 2000 -2001)

Position	Name	Y.o.B.	Club/School	Time
1	100	Mizzi, Luke	00 A S Libertas	4.15
2	106	Sciberras, Nathan	00 Pembroke Athleta	4.21
3	103	Galea, Ayrtton	01 Pembroke Athleta	4.40
4	107	Mangion, Luke	01 St Patrick's A C	4.41
5	105	Sciberras, Kyle	01 Pembroke Athleta	4.58
6	102	Darmanin, Julian	00 Pembroke Athleta	7.27

1000m - Kids Girls (born 2000 -2001)

Position	Name	Y.o.B.	Club/School	Time
1	150 Attard, Rachel	00	Pembroke Athleta	4.44
2	151 Bonett, Thea	01	Pembroke Athleta	4.58
3	157 Fleri Soler, Rachel	00	Pembroke Athleta	5.11
4	159 Grech Coldman, Kayleigh	01	St Patrick's A C	6.00
5	162 Bajada, Elena	01	San Anton School (Imselliet)	6.22

1000m - Kids Girls (born 2000 -2001)

Position	Name	Y.o.B.	Club/School	Time
1	15 Ellul, Dean	02	St Patrick's A C	2.23
2	9 Mallia, Sean	02	Pembroke Athleta	2.25
3	5 Buhagiar, Francesco	3	Pembroke Athleta	2.36
4	3 Zammit, Matthew	02	Allcomers Aloysians	2.51
5	6 Darmanin, Shaun	02	Pembroke Athleta	2.56
6	14 Attard, John	02	St Patrick's A C	3.05
7	13 Caruana Montaldo, Edgar	02	San Andrea School	3.12
8	19 Zammit, Luca	5	San Andrea School	3.16
9	8 Gixti, Jeremy	5	Pembroke Athleta	3.2
10	7 Ellul, Jacob	5	Pembroke Athleta	3.24

500m - Cubs Girls (born 2002 & after)

Position	Name	Y.o.B.	Club/School	Time
1	53 Bonnet, Ylenia	02	Pembroke Athleta	2.26
2	56 Pace, Rachela	03	Pembroke Athleta	2.29
2	58 Bonanno, Alessia	03	St Patrick's A C	2.30
4	52 Fitz, Sarah	02	Allcomers Aloysians	2.30





BEST PERFORMANCES in 2010- FEMALE ATHLETES



Perfmce	Wind	Athlete	Club	Date	Event	
60m Open						
1	7.93	-0.4	Borg, Diane	90 STARMAX	2/20/2010	MAAA Pre Season 3
2	8.03	-0.4	Mangion, Angie	86 PEMBROKE ATH	2/20/2010	MAAA Pre Season 3
3	8.10	-0.4	Sare, Rebecca	91 PEMBROKE ATH	2/20/2010	MAAA Pre Season 3
4	8.11	-1.6	Pace, Alessandra	90 ZWA	2/7/2010	MAAA Pre Season 1
5	8.19	-0.4	Vella, Tamara	93 PEMBROKE ATH	2/20/2010	MAAA Pre Season 3
6	8.28	0.6	Massa, Thalia	96 Malta Selection	9/15/2010	European Kids -BRNO
7	8.31	-3.3	Xuereb, Fr	LA SALLE	2/13/2010	MAAA Pre Season 2
8	8.33	-0.4	Pace Cocks, Jana	93 PEMBROKE ATH	2/20/2010	MAAA Pre Season 3
9	8.39	-1.6	Sciberras, Marija	93 LIBERTAS	2/7/2010	MAAA Pre Season 1
10	8.48	1.1	Vassallo, Annalise	92 ZWA	2/20/2010	MAAA Pre Season 3
100m Open						
1	12.23	2.0	Borg, Diane	90 STARMAX	3/24/2010	MAAA Aggregate No.3
2	12.52	1.2	Xuereb, Martina	91 LA SALLE	5/22/2010	MAAA Aggregate No.5
3	12.57	1.5	Pledger, Sian	91 PEMBROKE ATH	6/5/2010	MAAA Championships 2010
4	12.58	1.2	Xuereb, F	LA SALLE	5/22/2010	MAAA Aggregate No.5
5	12.64	1.5	Mangion, Angie	86 PEMBROKE ATH	6/5/2010	MAAA Championships 2010
6	12.80	1.4	Vella, Tamara	93 PEMBROKE ATH	5/15/2010	MAAA Aggregate No.4
7	12.88	1.2	Scerri, Lara	88 PEMBROKE ATH	5/22/2010	MAAA Aggregate No.5
8	12.89	0.8	Attard, Charlene	87 PEMBROKE ATH	4/10/2010	MALTA INTERNATIONAL
9	13.05	0.3	Sare, Rebecca	91 PEMBROKE ATH	3/27/2010	MAAA Aggregate No.2
10	13.14	-1.1	Vassallo, Katya	MALTA	7/14/2010	FISEC GAMES 2010
	12.95	2.1	Sare, Rebecca	91 PEMBROKE ATH	4/10/2010	MALTA INTERNATIONAL
	13.01	3.8	Sciberras, Marija	93 LIBERTAS	7/21/2010	MAAA Club's League No 3
	13.07	3.9	Pace Cocks, J	93 PEMBROKE ATH	3/27/2010	MAAA Aggregate 2
	13.11	3.8	Massa, Thalia	96 PEMBROKE ATH	7/21/2010	MAAA Club's League No 3
	13.13	2.1	Vassallo, Annalise	92 ZWA	4/10/2010	MALTA INTERNATIONAL
1500m Open						
	19.90	-1.4	Gatt, Nicole	97 STARMAX	9/15/2010	European Kids - BRNO
	20.87	-2.8	Grima Gabriella	97 SP	9/15/2010	European Kids - BRNO
200m Open						
1	25.18	0	Xuereb, Francesca	LA SALLE	7/8/2010	MAAA Clubs' League No 1
2	25.27	0.7	Borg, Diane	90 STARMAX	4/10/2010	MALTA INTERNATIONAL
3	25.52	1.8	Xuereb, Martina	91 LA SALLE	6/5/2010	MAAA Championships 2010
4	25.72	1.8	Pledger, Sian	91 PEMBROKE ATH	6/5/2010	MAAA Championships 2010
5	26.44	0.7	Pace Cocks, J	93 PEMBROKE ATH	26/5/2010	Youth Olympic Trials Moscow
6	26.53	1.8	Scerri, Lara	88 PEMBROKE ATH	6/5/2010	MAAA Championships 2010
7	27.09	0	Micallef, Dorianne	91 PEMBROKE ATH	7/8/2010	MAAA Clubs' League No 1
8	27.41	-2.2	Massa, Thalia	96 PEMBROKE ATH	5/29/2010	MAAA Champs Yths & Cdts
9	27.42	1.8	Sciberras, Marija	93 LIBERTAS	6/5/2010	MAAA Championships 2010
10	27.67	1.8	Vassallo, Annalise	92 ZWA	6/5/2010	MAAA Championships 2010
	27.14	2.5	Attard, Charlene	87 PEMBROKE ATH	3/27/2010	MAAA Aggregate 2

300m Open						
1	40.92	Xuereb, Fr	91	LA SALLE	2/13/2010	MAAA Pre Season 2
2	42.19	Gatt, Nicole	97	STARMAX	5/29/2010	MAAA Champs Yths & Cdts
3	44.16	Pace Cocks, J	93	PEMBROKE ATH	2/13/2010	MAAA Pre Season 2
4	45.89	Grima, Gabriella	97	SP	5/29/2010	MAAA Champs Yths & Cdts
5	46.04	Fitz, Rachel	95	MAAA Selection	9/15/2010	European Kids - BRNO
6	46.17	Fitz, Rebecca	97	ALLCOMERS	5/29/2010	MAAA Champs Yths & Cdts
7	46.60	Mifsud, Martina	97	PEMBROKE ATH	5/22/2010	MAAA Aggregate No.5
8	46.92	Cremona, Clarissa	95	MAAA Selection	9/14/2010	European Kids - BRNO
9	46.95	Riolo, Kimberley	97	PEMBROKE ATH	5/22/2010	MAAA Aggregate No.5
10	47.34	Zammit, Robyn	97	SAN ANTON SCHOOL	5/22/2010	MAAA Aggregate No.5
400m Open						
1	56.29	Xuereb, Fr	91	MALTA	6/19/2010	European Team Champs. Malta
2	58.55	Xuereb, Martina	91	LA SALLE	7/8/2010	MAAA Clubs' League No 1
3	59.30	Scerri, Lara	88	PEMBROKE ATH	6/5/2010	MAAA Championships 2010
4	1:00.25	Micallef, Dorianne	91	PEMBROKE ATH	6/5/2010	MAAA Championships 2010
5	1:01.66	Borg, Diane	90	STARMAX	5/15/2010	MAAA Aggregate No.4
6	1:01.75	Pace Cocks, Jana	93	PEMBROKE ATH	5/1/2010	Joe Bajada & Relay Champs
7	1:02.47	Cremona, Clarissa	95	PEMBROKE ATH	5/22/2010	MAAA Aggregate No.5
8	1:04.68	Vella Busuttill, Destiny	96	STARMAX	5/29/2010	MAAA Champs Yths & Cdts
9	1:06.36	Sciberras, Marija	93	LIBERTAS	3/24/2010	MAAA Aggregate No.3
10	1:06.36	Gambin, Chloe	92	PEMBROKE ATH	4/10/2010	MALTA INTERNATIONAL
600m (Pentathlon)						
1	1:39.30	Gatt, Nicole	97	STARMAX	8/7/2010	Celle Ligure
2	1:48.20	Borg, Brenda	97	PEMBROKE ATH	5/29/2010	MAAA Champs Yths & Cdts
3	1:53.87	Mifsud, Martina	97	PEMBROKE ATH	5/15/2010	MAAA Aggregate No.4
4	1:55.04	Saliba, Gabriella	98	SP	5/15/2010	MAAA Aggregate No.4
5	1:55.19	Borg, Martina	97	PEMBROKE ATH	4/7/2010	Easter Meeting
6	1:56.11	Zammit, Tiziana	92	LIBERTAS	2/13/2010	MAAA Pre Season 2
7	2:02.20	Attard, Josann	84	STARMAX	2/7/2010	MAAA Pre Season 1
8	2:04.66	Mifsud, Chantal	97	PEMBROKE ATH	3/27/2010	MAAA Aggregate 2
9	2:04.70	Cassar, Alexia	98	ST.MARTINS COLLE	5/29/2010	MAAA Champs Yths & Cdts
10	2:09.75	Agius, Danielle	97	LIBERTAS	3/27/2010	MAAA Aggregate 2
800m Open						
1	2:18.92	Bezzina, Lisa	79	MALTA	6/19/2010	European Team Champs. Malta
2	2:21.84	Gatt, Nicole	97	STARMAX	8/4/2010	August Summer Meet
3	2:24.03	Galea, Rita	70	SP	7/21/2010	MAAA Club's League No 3
4	2:24.09	Camilleri, Mona	91	LIBERTAS	7/21/2010	MAAA Club's League No 3
5	2:26.42	Attard, Josann	84	STARMAX	5/22/2010	MAAA Aggregate No.5
6	2:26.60	Arrigo, Francesca	83	LRC	5/22/2010	MAAA Aggregate No.5
7	2:28.91	Cremona, Clarissa	95	PEMBROKE ATH	5/29/2010	MAAA Champs Yths & Cdts
8	2:35.53	Scerri, Lara	88	PEMBROKE ATH	7/14/2010	MAAA Clubs' League No2
9	2:36.15	Micallef, Carla	96	ALLCOMERS	3/27/2010	MAAA Aggregate 2
10	2:38.12	Zammit, Tiziana	92	LIBERTAS	3/13/2010	MAAA Aggregate 1

1200m Open						
1	1:45.33	Petrella, Cassandra	97	STARMAX	5/29/2010	MAAA Champs Yths & Cdts
2	3:59.28	Gatt, Nicole	97	STARMAX	5/29/2010	MAAA Champs Yths & Cdts
3	4:06.32	Borg, Brenda	97	PEMBROKE ATH	5/29/2010	MAAA Champs Yths & Cdts
4	4:18.85	Saliba, Gabriella	98	SP	3/13/2010	MAAA Aggregate 1
5	4:26.66	Borg, Martina	97	PEMBROKE ATH	5/29/2010	MAAA Champs Yths & Cdts
6	4:45.60	Mifsud, Martina	97	PEMBROKE ATH	4/7/2010	Easter Meeting
7	4:48.98	Fenech, Louisa	97	ST JOSEPH PAOLA	5/22/2010	MAAA Aggregate No.5
8	5:00.12	Grech, Janice	97	PEMBROKE ATH	3/13/2010	MAAA Aggregate 1
9	5:13.24	Mondovi, Federica	98	ST.MARTINS CLLG	5/29/2010	MAAA Champs Yths & Cdts
1500m Open						
1	4:46.38	Bezzina, Lisa	79	MALTA	6/19/2010	European Team Champs. Malta
2	4:56.48	Camilleri, Monalisa	91	LIBERTAS	5/1/2010	Joe Bajada & Relay Champs
3	4:56.82	Arrigo, Francesca	83	LRC	6/5/2010	MAAA Championships 2010
4	4:59.21	Galea, Rita	70	SP	7/21/2010	MAAA Club's League No 3
5	5:13.88	Cremona, Clarissa	95	PEMBROKE ATH	9/14/2010	European Kids BRNO
6	5:16.54	Micallef, Carla	96	ALLCOMERS	7/21/2010	MAAA Club's League No 3
7	5:44.50	Zammit, Tiziana	92	LIBERTAS	7/14/2010	MAAA Clubs' League No2
8	5:50.78	Demicoli, Mary Grace	63	ZWA	7/14/2010	MAAA Clubs' League No2
9	6:00.63	Pace, Ylenia	95	ALLCOMERS	5/22/2010	MAAA Aggregate No.5
10	6:01.09	Sammut, Haley	96	SP	5/22/2010	MAAA Aggregate No.5
3000m Open						
1	10:46.89	Camilleri, Monalisa	91	LIBERTAS	5/22/2010	MAAA Aggregate No.5
2	10:52.42	Camilleri, Monalisa	91	MALTA	6/19/2010	European Team Champs. Malta
3	11:11.36	Galea, Rita	70	SP	5/22/2010	MAAA Aggregate No.5
4	11:35.60	Buttigieg, Denise	92	PEMBROKE ATH	2/13/2010	MAAA Pre Season 2
5	11:44.53	Attard, Josann	84	STARMAX	2/7/2010	MAAA Pre Season 1
6	11:49.30	Wood, Michelle	81	BSJ	2/13/2010	MAAA Pre Season 2
7	12:03.24	Micallef, Carla	96	ALLCOMERS	5/22/2010	MAAA Aggregate No.5
8	12:09.61	Micallef, Carla		MALTA	7/14/2010	FISEC GAMES 2010
9	12:12.63	Micallef, Carla	96	ALLCOMERS	5/29/2010	MAAA Champs Yths & Cdts
5000m Open						
1	18:57.36	Cortis, Joelle	87	SP	3/24/2010	MAAA Aggregate No.3
2	19:06.86	Camilleri, Monalisa	91	LIBERTAS	6/5/2010	MAAA Championships 2010
3	19:09.03	Galea, Rita	70	SP	6/5/2010	MAAA Championships 2010
4	19:15.98	Attard, Josann	84	STARMAX	5/15/2010	MAAA Aggregate No.4
4	19:15.98	Vella Galea, Rita	70	SP	5/15/2010	MAAA Aggregate No.4
6	19:42.45	Arrigo, Francesca	83	LRC	5/15/2010	MAAA Aggregate No.4
7	20:23.52	Hili, Carmen	70	SP	7/21/2010	MAAA Club's League No 3
8	20:34.69	Mercieca, Marthese	82	MEL	6/5/2010	MAAA Championships 2010
9	21:15.66	Fleri Soler, Anne Marie		PEMBROKE ATH	7/21/2010	MAAA Club's League No 3
10	23:45.77	Hefney, Yasmine		ALLCOMERS	7/21/2010	MAAA Club's League No 3

60m Hurdles Open							
1	9.29	-0.2	Sciberras, Marija	93	LIBERTAS	2/20/2010	MAAA Pre Season 3
70m Hurdles Open							
1	11.94	0.8	Fitz, Rebecca	97	ALLCOMERS	5/22/2010	MAAA Aggregate No.5
2	12.76	4.6	Riolo, Kimberley	97	PEMBROKE ATH	5/29/2010	MAAA Champs Yths & Cdts
3	13.41	4.6	Riolo, Kaylie	98	PEMBROKE ATH	5/29/2010	MAAA Champs Yths & Cdts
4	14.50	-0.1	Camilleri, Nicole	98	SP	3/13/2010	MAAA Aggregate 1
5	14.90	3.0	Friggieri, Katya	98	SP	5/22/2010	MAAA Aggregate No.5
6	14.94	-0.2	Schwaiger, Andrea	98	ATHLETIX AC	4/7/2010	Easter Meeting
7	14.98	3.0	Borg, Martina	97	PEMBROKE ATH	5/22/2010	MAAA Aggregate No.5
8	15.14	0.5	Abela, Francesca	98	SAND	3/24/2010	MAAA Aggregate No.3
9	17.08	2.8	Bonanno, Martina	97	SP	3/24/2010	MAAA Aggregate No.3
75m Hurdles							
1	13.64	-4.2	Massa, Thalia	96	PEMBROKE ATH	5/29/2010	MAAA Champs Yths & Cdts
2	15.54	-3.4	Formosa, Lisa	96	SP	5/15/2010	MAAA Aggregate No.4
100m Hurdles Open							
1	14.72	+0.0	Sciberras, Marija	93	MALTA	7/14/2010	FISEC GAMES 2010
2	14.88	+0.0	Sciberras, Marija	93	LIBERTAS	6/5/2010	MAAA Championships 2010
300m Hurdles Open							
1	45.23		Sciberras, Marija	93	MALTA	7/14/2010	FISEC GAMES 2010
400m Hurdles Open							
1	1:07.19		Sciberras, Marija	93	MALTA	6/19/2010	European Team Champs. Malta
3000m Steeple Chase							
1	13:09.91		Attard, Josann	85	MALTA	6/19/2010	European Team Champs. Malta
High Jump Open							
1	1.55m		Gambin, Chloe	92	MALTA	6/19/2010	European Team Champs. Malta
2	1.40m		Mifsud, Sarah		MALTA	7/14/2010	FISEC GAMES 2010
3	1.35m		Von Brockdorff, Sandie	96	SAND	3/13/2010	MAAA Aggregate 1
4	1.35m		Camilleri, Kim	91	ALLCOMERS	7/8/2010	MAAA Clubs' League No 1
5	1.35m		Zammit, Maria	94	ZWA	2/7/2010	MAAA Pre Season 1
6	1.35m		Debono, Matthea	95	PEMBROKE ATH	7/8/2010	MAAA Clubs' League No 1
7	1.30m		Attard, Alexia	95	STARMAX	5/22/2010	MAAA Aggregate No.5
8	1.30m		Camilleri, Katya	95	LIBERTAS	7/14/2010	MAAA Clubs' League No2
9	1.30m		Xuereb, Martina	91	LA SALLE	7/8/2010	MAAA Clubs' League No 1
10	1.30m		Debono, Matthea	95	PEMBROKE ATH	5/22/2010	MAAA Aggregate No.5
	1.30m		Zammit, Robyn	97	SAN ANTON SCH	5/29/2010	MAAA Champs Yths & Cdts
	1.30m		Gatt, Nicole	97	STARMAX	5/22/2010	MAAA Aggregate No.5

Long Jump							
1	6.22m	1.8	Camilleri, Rebecca	85	PEMBROKE ATH	6/5/2010	MAAA Championships 2010
2	6.07m	1.7	Pace, Alessandra	90	ZWA	4/10/2010	MALTA INTERNATIONAL
3	5.68m	1.5	Mangion, Angie	86	PEMBROKE ATH	3/24/2010	MAAA Aggregate No.3
4	5.63m	1.5	Sare, Rebecca	91	PEMBROKE ATH	2/20/2010	MAAA Pre Season 3
5	5.29m	0.7	Vella, Tamara		MALTA	7/14/2010	FISEC GAMES 2010
6	5.22m	1.3	Pledger, Sian	91	PEMBROKE ATH	6/5/2010	MAAA Championships 2010
7	5.15m	1.1	Alden, Stephanie	91	PEMBROKE ATH	2/20/2010	MAAA Pre Season 3
8	4.68m	0	Henderson, Donna Lee	96	PEMBROKE ATH	2/20/2010	MAAA Pre Season 3
9	4.56m	1.9	Fitz, Rachel	95	ALLCOMERS	5/29/2010	MAAA Champs Yths & Cdts
10	4.40m	-0.9	Garzia, Lara	97	STARMAX	4/7/2010	Easter Meeting
	5.77m	4.1	Mangion, Angie	86	PEMBROKE ATH	4/10/2010	MALTA INTERNATIONAL
	5.48m	2.8	Vella, Tamara	93	PEMBROKE ATH	6/5/2010	MAAA Championships 2010
	4.75m	4.3	Henderson, Donna Lee	96	PEMBROKE ATH	5/29/2010	MAAA Champs Yths & Cdts
	4.55m	4.9	Fitz, Rebecca	97	ALLCOMERS	5/29/2010	MAAA Champs Yths & Cdts
Triple Jump Open							
1	12.12m	0.1	Pace, Alessandra	90	MALTA	6/19/2010	European Team Champs. Malta
2	11.68m	0.8	Vella, Tamara		MALTA	7/14/2010	FISEC GAMES 2010
3	11.56m	0.4	Alden, Stephanie	92	PEMBROKE ATH	5/22/2010	MAAA Clubs' League No 5
4	10.93m	1.3	Sare, Rebecca	91	PEMBROKE ATH	7/14/2010	MAAA Clubs' League No2
5	10.01m	1.5	Gerada, Lara		PEMBROKE ATH	7/21/2010	MAAA Club's League No 3
	11.61m	2.3	Alden, Stephanie	91	PEMBROKE ATH	6/5/2010	MAAA Championships 2010
Shot put Open							
1	10.41m		Chouhal, Antonella	77	LIBERTAS	7/8/2010	MAAA Clubs' League No 1
2	9.51m		Aquillina, Nadine	94	PEMBROKE ATH	6/5/2010	MAAA Championships 2010
3	8.38m		Gauci, Jessica		MALTA	7/14/2010	FISEC GAMES 2010
4	8.31m		Gavin, Rhea	97	STARMAX	5/29/2010	MAAA Champs Yths & Cdts
5	8.04m		Attard, Charlene	87	PEMBROKE ATH	7/21/2010	MAAA Club's League No 3
6	7.89m		Buttigieg, Maria	89	PEMBROKE ATH	3/24/2010	MAAA Aggregate No.3
7	7.79m		Garrett, Emily Jane	96	SP	5/29/2010	MAAA Champs Yths & Cdts
8	7.78m		Vassallo, Ramona	94	ZWA	6/5/2010	MAAA Championships 2010
9	7.74m		Xuereb, Francesca		LA SALLE	7/8/2010	MAAA Clubs' League No 1
10	7.58m		Riolo, Kimberley	97	PEMBROKE ATH	5/29/2010	MAAA Champs Yths & Cdts
Discus Open							
1	41.37m		Chouhal, Antonella	77	LIBERTAS	7/21/2010	MAAA Club's League No 3
2	31.14m		Vassallo, Ramona	94	ZWA	7/21/2010	MAAA Club's League No 3
3	26.18m		Gauci, Jessica	93	PEMBROKE ATH	6/5/2010	MAAA Championships 2010
4	25.23m		Pace Hickey, Jenny		LA SALLE	7/8/2010	MAAA Clubs' League No 1
5	19.51m		Attard, Charlene	87	PEMBROKE ATH	7/21/2010	MAAA Club's League No 3
6	19.44m		Gavin, Rhea	97	STARMAX	5/29/2010	MAAA Champs Yths & Cdts
7	19.26m		Zammit, Maria	94	ZWA	2/7/2010	MAAA Pre Season 1
8	18.93m		Grima, Gabriella	97	SP	5/29/2010	MAAA Champs Yths & Cdts
9	17.92m		Grech, Marylin	88	ALLCOMERS	7/14/2010	MAAA Clubs' League No2
10	17.77m		Vella Busuttill, Destiny	96	STARMAX	5/15/2010	MAAA Aggregate No.4

Hammer Open						
1	32.27m	Chouhal, Antonella	77	LIBERTAS	7/21/2010	MAAA Club's League No 3
Javelin Open						
1	30.29m	Pace Hickey, Jennifer	58	MALTA	6/19/2010	European Team Champs. Malta
1	25.25m	Vassallo, Ramona	94	ZWA	7/14/2010	MAAA Clubs' League No2
3	24.19m	Camilleri, Kimberley		PEMBROKE ATH	7/14/2010	MAAA Clubs' League No2
4	19.09m	Aquilina, Nadine	94	PEMBROKE ATH	6/5/2010	MAAA Championships 2010
5	18.73m	Xuereb, Martina	91	LA SALLE	7/21/2010	MAAA Club's League No 3
6	17.58m	Fava, Gwen	85	PEMBROKE ATH	7/14/2010	MAAA Clubs' League No2
7	14.08m	Galea, Richalda	80	LIBERTAS	7/21/2010	MAAA Club's League No 3
8	13.62m	Garrett, Emily Jane	96	SP	5/29/2010	MAAA Champs Yths & Cdts
9	12.39m	Vella Busuttil, Destiny	96	STARMAX	5/29/2010	MAAA Champs Yths & Cdts
10	12.16m	Camilleri, Monalisa	91	LIBERTAS	7/14/2010	MAAA Clubs' League No2
Pentathlon						
1	1927	Grech, Marylin	88	ALLCOMERS	7/1/2010	MAAA Pentathlon 1
2	1760	Vella Busuttil, Destiny	96	STARMAX	7/29/2010	MAAA Pentathlon2
3	1707	Cremona, Clarissa	95	PEMBROKE ATH	7/29/2010	MAAA Pentathlon2
4	1635	Chouhal, Antonella	77	LIBERTAS	7/1/2010	MAAA Pentathlon 1
5	1229	Grech, Melissa	95	STARMAX	7/29/2010	MAAA Pentathlon2
6	1202	Battistino, Victoria	96	STARMAX	7/29/2010	MAAA Pentathlon2
7	768	Buttigieg, Maria	89	PEMBROKE ATH	7/1/2010	MAAA Pentathlon 1
8	672	Vella, Abigail	96	STARMAX	7/29/2010	MAAA Pentathlon2

BEST PERFORMANCES in 2010- MALE ATHLETES



Perfmce	Wind	Athlete	Club	Date	Event		
60m Open							
1	7.08	-1.5	Grech, Andy	90	PEMBROKE ATH	2/7/2010	MAAA Pre Season 1
2	7.17	-3.1	Chouhal, Rachid	76	LIBERTAS	2/20/2010	MAAA Pre Season 3
3	7.26	-3.1	Sheldon, Clayton	94	PEMBROKE ATH	2/20/2010	MAAA Pre Season 3
4	7.26	-1.1	Bonello, Mario	76	LA SALLE	2/13/2010	MAAA Pre Season 2
5	7.36	-1.5	Farrugia, Karl	81	ALLCOMERS	2/7/2010	MAAA Pre Season 1
6	7.41	-1.5	Moghrabi, Stephen	88	ALLCOMERS	2/7/2010	MAAA Pre Season 1
7	7.45	-1.5	Pace, Luca	92	ALLCOMERS	2/7/2010	MAAA Pre Season 1
8	7.60	-3.1	Camilleri, Steve	92	PEMBROKE ATH	2/20/2010	MAAA Pre Season 3
9	7.71	-1.5	Herrera, Mark	84	PEMBROKE ATH	2/7/2010	MAAA Pre Season 1
10	7.72	0.1	Debono, Kevan	96	MAAA SELECTION	9/15/2010	European Kids-BRNO
	7.41	2.9	Sullivan, Michael	91	PEMBROKE ATH	2/20/2010	MAAA Pre Season 3

	7.46	2.9	Anastasi, Michael	94	ZWA	2/20/2010	MAAA Pre Season 3
	7.49	2.9	Grech, Ian Paul	93	PEMBROKE ATH	2/20/2010	MAAA Pre Season 3
	7.68	2.9	Camilleri, Ryan Mark	93	ALLCOMERS	2/20/2010	MAAA Pre Season 3
100m Open							
1	10.92	+0.0	Bonello, Mario	74	MALTA	6/19/2010	Euro Team Champs_ Malta
2	11.03	0.9	Grech, Andy	90	PEMBROKE ATH	5/22/2010	MAAA Aggregate No.5
3	11.10	-0.2	Camilleri, Owen	89	PEMBROKE ATH	3/27/2010	MAAA Aggregate 2
4	11.18	1.5	Chouhal, Rachid	76	LIBERTAS	4/10/2010	MALTA INTERNATIONAL
5	11.20	+0.0	Portelli, Nikolai	80	LIBERTAS	7/1/2010	MAAA Pentathlon 1
6	11.26	0.9	Farrugia, Karl	81	ALLCOMERS	5/22/2010	MAAA Aggregate No.5
7	11.32	1.0	Sheldon, Clayton	94	PEMBROKE ATH	4/10/2010	MALTA INTERNATIONAL
8	11.43	1.2	Moghrabi, Stephen	88	ALLCOMERS	5/22/2010	MAAA Aggregate No.5
9	11.58	-0.2	Camilleri, Steve	92	PEMBROKE ATH	3/27/2010	MAAA Aggregate 2
10	11.60	1.0	Borg, Ivan		PEMBROKE ATH	4/10/2010	MALTA INTERNATIONAL
	11.60	0.4	Farrugia, Thomas		STARMAX	8/4/2010	August Summer Meeting
	11.13	2.2	D'Alfonso, James	88	LIBERTAS	6/5/2010	MAAA Champs- 2010
	11.29	2.2	Moghrabi, Stephen	88	ALLCOMERS	6/5/2010	MAAA Champs- 2010
150m Open							
	18.89	-2.1	Borg Saywell, Eric	97	MAAA SELECTION	9/15/2010	European Kids - BRNO
	22.00	-2.1	Zammit, Samuel	97	MAAA SELECTION	9/15/2010	European Kids -BRNO
200m Open							
1	22.14	-0.2	Camilleri, Owen	89	PEMBROKE ATH	5/22/2010	MAAA Aggregate No.5
2	22.31	1.4	Bonello, Mario	76	LA SALLE	7/8/2010	MAAA Clubs' League No1
3	22.50	0.3	D'Alfonso, James	88	MALTA	6/19/2010	Euro Team Champs_ Malta
4	23.00	-1.4	Croker, Matthew	89	SAVIO A C	7/21/2010	Club's League No 3
5	23.08	0.6	Camilleri, Steve	92	PEMBROKE ATH	7/14/2010	MAAA Clubs' League No2
6	23.17	+0.0	Farrugia, Thomas	95	MALTA	7/14/2010	FISEC GAMES _2010
7	24.00	-0.7	Bezzina, Luke		MALTA	7/14/2010	FISEC GAMES _2010
8	24.11	1.7	Grech, Ian Paul	93	PEMBROKE ATH	6/5/2010	MAAA Champs- 2010
9	24.27	-1.1	Sapiano, Godfrey	93	PEMBROKE ATH	6/5/2010	MAAA Champs- 2010
10	24.54	1.3	Anastasi, Michael	94	ZWA	3/13/2010	MAAA Aggregate 1
	22.14	2.5	Bonello, Mario	76	LA SALLE	6/5/2010	MAAA Champs- 2010
	22.59	2.5	Vella Stiles, Alistair	82	PEMBROKE ATH	6/5/2010	MAAA Champs- 2010
	22.84	2.5	Croker, Matthew	89	SAVIO A C	6/5/2010	MAAA Champs- 2010
	23.10	2.5	Farrugia, Thomas	95	STAR	6/5/2010	MAAA Champs- 2010
	23.13	2.5	Sheldon, Clayton	94	PEMBROKE ATH	6/5/2010	MAAA Champs- 2010
	24.04	2.5	McCarthy, Nigel	89	PEMBROKE ATH	6/5/2010	MAAA Champs- 2010

300m Open						
1	36.78	Croker, Matthew	89	SAVIO A C	2/7/2010	MAAA Pre Season 1
2	37.53	Herrera, Mark	84	PEMBROKE ATH	2/20/2010	MAAA Pre Season 3
3	38.07	Brimmer, Neil	84	ZWA	2/20/2010	MAAA Pre Season 3
4	40.35	Galea, Kevin	83	PEMBROKE ATH	2/20/2010	MAAA Pre Season 3
5	41.07	Borg Saywell, Eric	97	ALLCOMERS	5/29/2010	MAAA Champs Yths & Cdts
6	41.38	Fenech Salerno, Benji	96	MAAA SELECTION	9/14/2010	European Kids - BRNO
7	41.52	Schembri, Brandon	94	PEMBROKE ATH	2/13/2010	MAAA Pre Season 2
8	42.70	Bezzina, David	82	ALLCOMERS	2/13/2010	MAAA Pre Season 2
9	42.84	Camilleri, Kurt Joseph	92	LIBERTAS	2/7/2010	MAAA Pre Season 1
10	45.47	Dalli, Kurt	96	MAAA SELECTION	9/15/2010	European Kids - BRNO
400m Open						
1	48.53	D'Alfonso, James	88	DAC	2/3/2010	Box Hill - Melbourne AUS
2	50.33	Croker, Matthew	89	SAVIO A C	6/5/2010	MAAA Champs- 2010
3	50.49	Brimmer, Neil	84	ZWA	6/5/2010	MAAA Champs- 2010
4	50.73	Camilleri, Steve	92	PEMBROKE ATH	6/5/2010	MAAA Champs- 2010
5	51.53	Farrugia, Thomas	95	MALTA	7/14/2010	FISEC GAMESE _2010
6	52.00	Bonello, Mario	76	LA SALLE	4/10/2010	MALTA INTERNATIONAL
7	52.41	Herrera, Mark	84	PEMBROKE ATH	7/21/2010	Club's League No 3
8	52.99	Grech, Ian Paul	93	PEMBROKE ATH	6/5/2010	MAAA Champs- 2010
9	53.97	Galea, Kevin	83	PEMBROKE ATH	5/22/2010	MAAA Aggregate No.5
10	54.28	Fraser, Michael		PEMBROKE ATH	4/10/2010	MALTA INTERNATIONAL
800m Open						
1	1:55.31	Herrera, Mark	84	MALTA	6/19/2010	Euro Team Champs_ Malta
2	1:59.62	Kshiem, Haithem	89	SP	7/1/2010	MAAA Pentathlon 1
3	2:01.23	Brimmer, Neil	84	ZWA	3/24/2010	MAAA Aggregate No.3
4	2:01.88	Chetcuti, Christian Luke	94	ALLCOMERS	6/5/2010	MAAA Champs- 2010
5	2:04.99	Sant, Bertrand	93	ALLCOMERS	6/5/2010	MAAA Champs- 2010
6	2:05.16	Farrugia, Thomas	95	STAR	7/21/2010	Club's League No 3
7	2:05.99	Borg Olivier, Alan	92	PEMBROKE ATH	3/13/2010	MAAA Aggregate 1
8	2:06.66	Spiteri, Simon	92	SP	6/5/2010	MAAA Champs- 2010
9	2:07.97	Mangion, Dario	89	PEMBROKE ATH	7/8/2010	MAAA Clubs' League No 1
10	2:08.29	Galea, Kevin	83	PEMBROKE ATH	5/1/2010	Joe Bajada & Relay Champs

1200m Open						
1	4:20.99	Abela, Julian	97	ALLCOMERS	5/29/2010	MAAA Champs Yths & Cdts
2	4:30.58	Attard, Simon	97	ALLCOMERS	3/27/2010	MAAA Aggregate 2
3	4:33.82	Muscat, Neil D	98	ALLCOMERS	3/27/2010	MAAA Aggregate 2
4	4:34.50	Bugeja, Bernard	97	ALLCOMERS	4/7/2010	Easter Meeting
5	4:39.99	Vella, Ryan	97	SAVIO A C	5/29/2010	MAAA Champs Yths & Cdts
6	4:41.71	Cristiano, Andrea	98	PEMBROKE ATH	3/27/2010	MAAA Aggregate 2
7	5:10.39	Vassallo, Jeremy	98	SAVIO A C	3/27/2010	MAAA Aggregate 2
8	5:13.18	Palmier, Matthias	98	SAVIO A C	3/27/2010	MAAA Aggregate 2
9	5:18.29	Sullivan, Adam	98	SAND	5/29/2010	MAAA Champs Yths & Cdts
10	6:09.98	Barbieri, Nigel	97	SAVIO A C	5/29/2010	MAAA Champs Yths & Cdts
1500m Open						
1	4:11.81	Chetcuti, Christian Luke	94	MALTA	7/14/2010	FISEC GAMES FRANCE _2010
2	4:16.54	Grech, Gerald	77	LIBERTAS	6/5/2010	MAAA Champs- 2010
3	4:23.48	Spiteri, Simon	92	SP	6/5/2010	MAAA Champs- 2010
4	4:25.90	Bezzina, Alister	88	ALLCOMERS	7/8/2010	MAAA Clubs' League No 1
5	4:27.87	Mifsud, Melvin	79	ZWA	6/5/2010	MAAA Champs- 2010
6	4:30.17	Pisani, Mario	74	PEMBROKE ATH	5/22/2010	MAAA Aggregate No.5
7	4:32.32	Mifsud, Adrian	71	ZWA	7/8/2010	MAAA Clubs' League No 1
8	4:37.39	Grech, Mario	81	ZWA	7/14/2010	MAAA Clubs' League No2
9	4:40.3h	Herrera, Mark	84	PEMBROKE ATH	5/15/2010	MAAA Aggregate No.4
10	4:44.12	Fenech Salerno, Benji	96	MAAA SELECTION	9/14/2010	European Kids- BRNO
3000m Open						
1	9:03.02	Cilia, Charles	65	MEL	5/22/2010	MAAA Aggregate No.5
2	9:14.00	Grech, Gerald	77	LIBERTAS	5/22/2010	MAAA Aggregate No.5
3	9:44.32	Magri, Brian	64	PEMBROKE ATH	2/20/2010	MAAA Pre Season 3
4	9:45.06	Mifsud, Melvin	79	ZWA	2/20/2010	MAAA Pre Season 3
5	9:47.19	Chetcuti, Christian Luke	94	ALLCOMERS	2/20/2010	MAAA Pre Season 3
6	9:48.76	Grech, Mario	81	ZWA	2/20/2010	MAAA Pre Season 3
7	9:51.97	Brimmer, Neil	84	ZWA	2/7/2010	MAAA Pre Season 1
8	10:10.14	Spiteri, Simon	92	SP	2/20/2010	MAAA Pre Season 3
9	10:30.92	Attard, Samuel		MALTA	7/14/2010	FISEC GAMES _2010
10	10:35.65	Dalli, Kurt	96	SAVIO A C	5/29/2010	MAAA Champs Yths & Cdts

5000m Open						
1	15:43.73		Balzan, Jonathan	72	MALTA	6/19/2010 Euro Team Champs_ Malta
2	15:49.12		Grech, Gerald	77	LIBERTAS	MAAA Aggregate No.4
3	16:18.39		Pisani, Mario	74	PEMBROKE ATH	MAAA Aggregate No.4
4	16:19.34		Mifsud, Melvin	79	ZWA	MAAA Aggregate No.4
5	16:20.35		Magri, Brian	64	PEMBROKE ATH	Clubs' League No 1
6	16:34.63		Mifsud, Adrian	71	ZWA	MAAA Aggregate No.4
7	16:46.40		Grech, Mario	81	ZWA	MAAA Champs- 2010
8	16:51.71		Lang, Drew	80	PEMBROKE ATH	Club's League No 3
9	17:46.47		Sant, Bertrand	93	ALLCOMERS	Club's League No 3
10	17:51.50		Zerihun Weldekiros, Afewerki	86	PEMBROKE ATH	Club's League No 3
	18:07.07		Spiteri, Simon	92	SP	MAAA Champs- 2010
10000m Open						
1	32:44.90		Balzan, Jonathan	72	SP	MAAA Champs- 2010
2	32:57.55		Cilia, Charles	65	MEL	MAAA Champs- 2010
3	33:23.12		Magri, Brian	64	PEMBROKE ATH	MAAA Champs- 2010
4	34:24.89		Pisani, Mario	74	PEMBROKE ATH	MAAA Champs- 2010
5	34:26.18		Mifsud, Adrian	71	ZWA	MAAA Champs- 2010
6	34:48.81		Mifsud, Melvin	79	ZWA	MAAA Champs- 2010
7	35:12.64		Grech, Mario	81	ZWA	MAAA Champs- 2010
8	35:45.25		Lia, Simon	72	ZWA	MAAA Champs- 2010
9	39:00.71		Camilleri, Pawlu	60	ZWA	MAAA Champs- 2010
10	39:30.30		Debono, Alfred	48	ZWA	MAAA Champs- 2010
75m Hurdles Open						
1	12.67	-1.0	Zammit, Samuel	97	PEMBROKE ATH	MAAA Aggregate No.4
2	13.58	NWI	Bugeja, Bernard	97	ALLCOMERS	MAAA Champs Yths & Cdts
3	14.06	-1.2	Dapi, Darryl	97	PEMBROKE ATH	MAAA Aggregate No.4
4	14.34	NWI	Farrugia, Jai	97	SAND	MAAA Champs Yths & Cdts
5	14.54	-0.2	Robertson, Dean	98	SAND	Easter Meeting
6	14.58	5.2	Vella, Sam	98	SAND	MAAA Aggregate 2
7	15.13	5.2	Borg, Dainiol	97	SAND	MAAA Aggregate 2
8	15.32	-2.0	Schembri, Jaron	98	SAND	Easter Meeting
9	15.35	-1.2	Cassar Torregiani, Nicholas	98	SAND	MAAA Aggregate No.4
80m Hurdles Open						
1	15.16	1.0	Schembri, Jurgen	96	SAVIO A C	MAAA Pre Season 3
2	16.91	5.2	Mercieca, Mark	96	ALLCOMERS	MAAA Champs Yths & Cdts
3	18.34	5.2	Caruana, Karl	96	ALLCOMERS	MAAA Champs Yths & Cdts

110m Hurdles Open							
1	15.93	-2.3	Sullivan, Michael	91	PEMBROKE ATH	5/15/2010	MAAA Aggregate No.4
400m Hurdles Open							
1	1:02.88		Debono, Mario	82	PEMBROKE ATH	6/5/2010	MAAA Champs- 2010
3000m Steeple Chase							
1	11:20.96		Grech, Gerald	76	MALTA	6/19/2010	Euro Team Champs_ Malta
High Jump Open							
1	1.83m		Borg, Jeremy	93	ALLCOMERS	3/27/2010	MAAA Aggregate 2
2	1.75m		Zammit, Bernard	93	PEMBROKE ATH	7/14/2010	2010 MAAA Clubs' League No2
3	1.70m		Ciantar, Shaun	92	ALLCOMERS	3/27/2010	MAAA Aggregate 2
4	1.65m		Camilleri, David	92	SAVIO A C	7/14/2010	MAAA Clubs' League No2
5	1.60m		Saliba, Philippe	93	PEMBROKE ATH	7/14/2010	MAAA Clubs' League No2
6	1.55m		Calleja, Edward		LA SALLE	7/8/2010	MAAA Clubs' League No 1
7	1.55m		Zammit, Jamie	93	SAND	4/10/2010	MALTA INTERNATIONAL
8	1.55m		Saliba, Matthew	86	SAVIO A C	3/13/2010	MAAA Aggregate 1
9	1.50m		Saliba, Chris	96	SAVIO A C	7/14/2010	MAAA Clubs' League No2
10	1.40m		Delicata, Pierre	95	STELLA MARISCOL	5/15/2010	MAAA Aggregate No.4
Pole Vault Open							
1	2.50m		Buhagiar, Andre'	88	MALTA	6/19/2010	Euro Team Champs_ Malta
Long Jump							
1	7.06m	1.8	Chouhal, Rachid	76	LIBERTAS	5/22/2010	MAAA Aggregate No.5
2	6.92m	-1.5	Grech, Andy	90	MALTA	3/27/2010	MAAA Aggregate No.2
3	6.77m	1.9	Borg, Jeremy	93	MALTA	7/14/2010	FISEC GAMES FRANCE _2010
4	5.89m	1.4	Mifsud, Saviour	87	LIBERTAS	3/13/2010	MAAA Aggregate 1
5	5.84m	0.8	Sapiano, Godfrey	93	PEMBROKE ATH	4/10/2010	MALTA INTERNATIONAL
6	5.73m	1.1	Brimmer, Neil	84	ZWA	7/8/2010	MAAA Clubs' League No 1
7	5.65m	0	Portelli, Nikolai	80	LIBERTAS	7/1/2010	MAAA Pentathlon 1
8	5.64m	0	Bezzina, Luke	95	ALLCOMERS	5/29/2010	MAAA Champs Yths & Cdts
9	5.56m	0.1	Zammit, Bernard	93	PEMBROKE ATH	2/20/2010	MAAA Pre Season 3
10	5.45m	-1.7	Galea, Kevin	83	PEMBROKE ATH	2/7/2010	MAAA Pre Season 1
	7.24m	2.8	Grech, Andy	90	PEMBROKE ATH	4/10/2010	MALTA INTERNATIONAL
	6.54m	2.4	Grech, Ian Paul	93	PEMBROKE ATH	4/10/2010	MALTA INTERNATIONAL

Triple Jump Open							
1	13.89m	0.1	Grech, Andy	90	MALTA	6/19/2010	Euro Team Champs_ Malta
2	13.06m	-1.1	Grech, Ian Paul	93	PEMBROKE ATH	7/21/2010	Club's League No 3
3	12.82m	2.0	Mifsud, Saviour	87	LIBERTAS	5/22/2010	MAAA Aggregate No.5
4	11.55m	0	Camilleri, David	92	SAVIO A C	7/8/2010	MAAA Clubs' League No 1
5	11.53m	-1.5	Zammit, Bernard	93	PEMBROKE ATH	7/14/2010	MAAA Clubs' League No2
6	11.27m	-1.5	Cutajar, Luke	95	PEMBROKE ATH	7/31/2010	Clubs' League Yths Boys S No3
7	10.87m	1.5	Mifsud, Ralph	70	ALLCOMERS	6/5/2010	MAAA Champs- 2010
8	10.81m	-0.9	Saliba, Philippe	93	PEMBROKE ATH	7/14/2010	MAAA Clubs' League No2
9	10.50m	-1.3	Sullivan, Mark		LA SALLE	7/14/2010	MAAA Clubs' League No2
10	10.20m	-0.6	Caruana, Andrea	95	SAVIO A C	7/31/2010	Clubs' League YOUTH BOYS No3
	13.04m	3.5	Vella Stiles, Alistair	82	PEMBROKE ATH	6/5/2010	MAAA Champs- 2010
	11.09m	-2.4	Dunlop, Sacha	91	SAVIO A C	7/14/2010	MAAA Clubs' League No2
Shot put Open							
1	12.40m		Mifsud, Mario	83	ALLCOMERS	7/21/2010	Club's League No 3
2	11.51m		Gauci, Jean		MALTA	7/14/2010	FISEC GAMES FRANCE _2010
3	11.14m		Gauci, Daniel	95	SAVIO A C	7/8/2010	Clubs' League YOUTH BOYS
4	10.77m		Bonello, Mario	76	LA SALLE	7/8/2010	MAAA Clubs' League No 1
5	10.50m		Bugeja, Malcolm	92	SAVIO A C	6/5/2010	MAAA Champs- 2010
6	10.17m		Fleri Soler, Nigel	96	PEMBROKE ATH	5/29/2010	MAAA Champs Yths & Cdts
7	10.06m		Ventorino, Daniele	95	ALLCOMERS	5/29/2010	MAAA Champs Yths & Cdts
8	9.91m		Jetchev, Jivko		PEMBROKE ATH	7/8/2010	MAAA Clubs' League No 1
9	9.88m		Gauci, Luke	92	SAVIO A C	5/22/2010	MAAA Aggregate No.5
10	9.73m		Attard, Simon	97	ALLCOMERS	5/15/2010	MAAA Aggregate No.4
Discus Open							
1	40.84m		Mifsud, Mario	83	ALLCOMERS	7/21/2010	Club's League No 3
2	31.72m		Gauci, Daniel	95	SAVIO A C	5/29/2010	MAAA Champs Yths & Cdts
3	31.22m		Gauci, Luke	92	SAVIO A C	2/20/2010	MAAA Pre Season 3
4	31.09m		Bugeja, Malcolm	92	SAVIO A C	3/24/2010	MAAA Aggregate No.3
5	28.25m		Huskinson, David	50	PEMBROKE ATH	6/5/2010	MAAA Champs- 2010
6	27.59m		Gauci, Jean	94	ALLCOMERS	3/13/2010	MAAA Aggregate 1
6	26.50m		Gaerty, Rudolph		LA SALLE	7/21/2010	Club's League No 3
8	26.27m		Fleri Soler, Nigel	96	PEMBROKE ATH	3/13/2010	MAAA Aggregate 1
9	24.81m		Dapi, Genc	73	PEMBROKE ATH	6/5/2010	MAAA Champs- 2010
10	24.55m		Farrugia, Luke	96	SAVIO AC B TEAM	7/14/2010	MAAA Clubs' League No2

Javelin Open						
1	56.76m	Callus, Jean Paul	80	PEMBROKE ATH	4/10/2010	MALTA INTERNATIONAL
2	45.27m	Galea, Kevin	83	PEMBROKE ATH	6/5/2010	MAAA Champs- 2010
3	39.56m	Dapi, Genc	73	PEMBROKE ATH	6/5/2010	MAAA Champs- 2010
4	38.62m	Sullivan, Michael	91	PEMBROKE ATH	7/21/2010	Club's League No 3
5	40.66m	Galea, Kevin	83	MALTA	6/19/2010	Euro Team Champs_ Malta
6	34.08m	Herrera, Mark	84	PEMBROKE ATH	6/5/2010	MAAA Champs- 2010
7	32.54m	Bugeja, Malcolm	92	SAVIO A C	3/27/2010	MAAA Aggregate 2
8	32.32m	Aquilina, Joseph		LA SALLE	7/21/2010	Club's League No 3
9	29.86m	Saliba, Philippe	93	PEMBROKE ATH	6/5/2010	MAAA Champs- 2010
10	28.25m	Gauci, Luke	92	SAVIO A C	5/15/2010	MAAA Aggregate No.4
Pentathlon						
1	2511	Portelli, Nikolai	80	LIBERTAS	7/1/2010	MAAA Pentathlon 1
2	2435	Farrugia, Thomas	95	STAR	7/29/2010	MAAA Pentathlon2
3	2416	Kshiem, Haithem	89	SP	7/1/2010	MAAA Pentathlon 1
4	1937	Fenech Salerno, Benji	96	PEMBROKE ATH	7/1/2010	MAAA Pentathlon 1
5	1797	Qadir, Anil	93	STAR	7/29/2010	MAAA Pentathlon2
6	1626	Borg, Ryan	96	SP	7/29/2010	MAAA Pentathlon2
7	1612	Grixti, Luca	96	STAR	7/29/2010	MAAA Pentathlon2
8	1379	Chouhal, Rachid	76	LIBERTAS	7/1/2010	MAAA Pentathlon 1
9	1337	Milenkovic, Nikola	95	STAR	7/29/2010	MAAA Pentathlon2
10	1197	Asare, Wilfred	96	STAR	7/29/2010	MAAA Pentathlon2
	1034	Gatt, Zack	95	STAR	7/29/2010	MAAA Pentathlon2

**MEMBERSHIP
OF THE
MATTHEW MICALLEF ST. JOHN ATHLETIC STADIUM**

Most of the membership of those making use of the facilities of the Matthew Micallef St. John Athletic Stadium will expire on the 31st December 2010.

Those who want to continue to use the track facilities are kindly requested to send a note to :-

The General Secretary
Malta Amateur Athletic Association
7, Rece Course Street
Marsa

or email: edwin.g.attard@gmail.com

Or to contact either Mrs Marthese Jankovic on 21 252149 or Mrs Valerie Farrugia on 79448933.



*A peaceful, yet
Happy Christmas
&
A Happy New Year
2011
to all our readers*

European Athletics Calendar of Events 2011



We have obtained an electronic copy of the European Athletics Calendar of Events for 2011. It covers some 38 pages and is therefore too long to include in our Newsletter.

However I am prepared to send a copy of this Calendar to all those who are interested in obtaining a copy By sending me a note on my email : aachircop@gmail.com

**“Those who practice the code that just enough is good
Enough, are practicing losing ”**

- Vince Lombardi

Important dates to watch out for

2011	Event	
Sunday, 2 nd January, 2011	MAAA Cross Country for Seniors MARSA _ Start at 8.00am	
Saturday, 8 th January, 2011	Endurance League for Young Athletes	
Sunday, 9 th January, 2011	Road Running League (Seniors) 3 Qawra - Start at 8.00am	
Saturday, 22 nd January, 2011	MAAA Road Relay Marsascale - Start at 14:40	

NEED A HALL TO HOLD YOUR ANNUAL GENERAL MEETING or A SEMINAR ?

For those who need to organize a meeting or seminar in comfortable surroundings.



The Malta Amateur Athletic Association is making available to all sports Associations/ Federations its meeting room for the holding of annual general meetings, conferences, seminars or courses, at a moderate fee.

The hall, which can comfortably accommodate 50 to 60 people (theatre style), is equipped with all necessary audio/visual equipment including an in focus projector, screen, white board, overhead projector, flipchart and a public address system.

A small kitchenette for organizing coffee-breaks is also available.

The premises of the MAAA are at 7, Race Course Street, Marsa.

All those interested in seeing the hall are kindly requested to contact Mrs Marthese JANKOVIC on telephone No: 21 252149 during office hours between Mondays and Fridays, or contact Mrs Valerie FARRUGIA on 79448933.

