



**MAAA National Championships & World Athletics Day**  
**Matthew Micallef St John MARSALTA - 14/15 June 2011**

**Men Shot Put**

**National R:** 13.80m 24/03/1991 Meadows, Tristan, La Salle Tristar  
**Championship R:** 14.60m Byam, E, Atalanta S C.  
**Junior R:** 12.13m 28/12/2000 Spiteri Sacco, Daniel, Athleta Pembroke

Pos. No./Name	Yr	Club/Affiliation	Cat.	Entry	Distance
1 149 Ransley, Lawrence	80	Pembroke Athleta		11.84m	12.73m (7.25k)
2 680 Mifsud, Mario	85	Allcomers Aloysians		11.72m	12.22m (7.25k)
3 690 Gauci, Jean	94	Allcomers Aloysians	<b>I</b>	12.37m	11.14m (5kg)
4 666 Gauci, Luke	92	Savio A C	<b>J</b>	10.38m	10.14m (6kg)
5 691 Ventorino, Daniele	95	Allcomers Aloysians	<b>I</b>		10.00m (5kg)
6 664 Bugeja, Malcolm	92	Savio A C	<b>J</b>	9.79m	9.66m (5kg)
7 660 Huskinson, David	M60	Pembroke Athleta	<b>M</b>	7.11m	7.08m (5kg)

**Men 100m**

**National R:** 10.54 14/05/2005 Gilford, Darren, Pembroke Athleta  
**Championship R:** 10.54 2005 Gilford, Darren Francis, Pembroke Athleta Kyocera  
**Junior R:** 10.80 12/05/2001 Gilford, Darren Francis, Pembroke Athleta Kyocera

Pos. No./Name	Yr	Club	Cat.	Entry	Time	Wind	H#
1 667 Chouhal, Rachid	75	A S Libertas		11.37	10.97	0.8	1
2 678 Grech, Andy	90	Pembroke Athleta		11.34	11.01	0.8	1
3 677 Camilleri, Steve	92	Pembroke Athleta	<b>J</b>	11.35	11.29	0.8	1
4 695 Fenech, Daniel	80	La Salle		11.87	11.37	0.8	1
5 662 Moghrabi, Stephen	88	Allcomers Aloysians		11.36	11.40	0.8	1
5 686 Borg, Dominic	78	A S Libertas		11.69	11.40	0.8	1
7 692 Portelli, Nikolai	81	A S Libertas			11.48	0.8	1
8 370 Schembri, Brandon	94	La Salle	<b>I</b>	11.54	12.16	0.6	2
9 663 Pace, Luca	92	Allcomers Aloysians	<b>J</b>	12.14	12.28	0.6	2
10 679 Zammit, Conrad	82	Pembroke Athleta		12.72	12.60	0.6	2
11 879 Attard, Luke	94	Athletix AC	<b>I</b>		13.17	0.6	2
12 684 Mifsud, Ralph	M40	Allcomers Aloysians	<b>M</b>	12.89	13.39	0.6	2

**Women Shot Put**

**National R:** 13.06m 22/02/2001 Cachia, Antonella, Athleta Pembroke  
**Championship R:** 12.28m 12/05/2007 Chouhal, Antonella, A S Libertas  
**Junior R:** 11.20m 1975 Pace, Jennifer, La Salle

Pos. No./Name	Yr	Club	Cat.	Entry	Distance
1 765 Chouhal, Antonella	76	A S Libertas			10.55m
2 788 Aquilina, Nadine	94	Pembroke Athleta	<b>I</b>	9.76m	9.13m
3 372 Vassallo, Ramona	94	Zurrieq Wolves	<b>I</b>	8.78m	8.87m
4 791 Buttigieg, Maria	89	Pembroke Athleta		5.90m	5.47m

**Women High Jump**

**National R:** 1.61m 2011 Gambin, Chloe, Pembroke Athleta  
**Championship R:** 1.57m 1972 Power, S, Atalanta A S C  
**Junior R:** 1.61m 2011 Gambin, Chloe, Pembroke Athleta

Pos. No./Name	Yr	Club/Affiliation	Cat.	Entry	Height
1 769 Gambin, Chloe	92	Pembroke Athleta	<b>J</b>	1.61m	1.55m
2 374 Debono, Matthea	95	Pembroke Athleta	<b>I</b>	1.35m	1.30m



**MAAA National Championships & World Athletics Day**  
**Matthew Micallef St John MARSA MALTA - 14/15 June 2011**

**Women 100m**

**National R:** 11.93 13/05/2007 Attard, Charlene, Pembroke Athleta  
**Championship R:** 11.93 13/05/2007 Attard, Charlene, Pembroke Athleta  
**Junior R:** 12.09 13/05/2006 Attard, Charlene (wind 0.7), Pembroke Athleta

Pos. No./Name	Yr	Club/Affiliation	Cat.	Entry	Time	Wind	H#
1 767 Borg, Diane	90	Starmax A C		12.08 N	11.97	1.1	1
2 784 Pledger, Sian	91	Pembroke Athleta			12.27	1.0	2
3 772 Attard, Charlene	87	Pembroke Athleta		12.71	12.48	1.1	1
4 180 Xuereb, Martina	91	La Salle		13.57	12.66	1.1	1
5 179 Xuereb, Francesca	91	La Salle			12.68	1.1	1
6 770 Mangion, Angie	86	Pembroke Athleta		12.92	12.74	1.1	1
7 776 Sare, Rebecca	91	Pembroke Athleta		13.02	12.75	1.1	1
8 777 Vassallo, Annalise	92	Zurrieq Wolves	J	13.27	13.01	1.1	1
9 377 Lapira, Ylenia	94	Pembroke Athleta	I	13.11	13.09	1.1	1
10 376 Vassallo, Katya	95	Pembroke Athleta	I	13.55	13.32	1.0	2
11 374 Debono, Matthea	95	Pembroke Athleta	I	13.66	13.91	1.0	2
12 789 Atanasio, Mildred	89	Malta University Sports Club			14.30	1.0	2
13 768 Debattista, Jolene	89	Athletix AC		14.71	14.47	1.0	2
14 791 Buttigieg, Maria	89	Pembroke Athleta		15.82	15.03	1.7	3
15 195 Attard, Daniela	91	Athletix AC			15.52	1.7	3
--- 775 Pace Cocks, Jana	93	Pembroke Athleta			DNF		

**Men 1500 m**

**National R:** 3:50.18 31/05/1995 Grech, Xandru, Malta  
**Championship R:** 3:50.90 1995 Grech, Xandru, A S Libertas  
**Junior R:** 3:59.47 05/07/2003 Herrera, Mark, Pembroke Athleta Kyocera

Pos. No./Name	Yr	Club/Affiliation	Cat.	Entry	Time
1 568 Herrera, Mark	84	Pembroke Athleta		3:57.97	4:11.56
2 604 Spiteri, Simon	92	St Patrick's A C	J	4:23.45	4:12.28
3 354 Chetcuti, Christian Luke	94	Allcomers Aloysians	I	4:11.81	4:12.72
4 556 Bezzina, Chris	79	Pembroke Athleta		4:51.00	4:50.8h
5 358 Sammut, Julian	94	Pembroke Athleta	I		4:57.8h
6 652 Bezzina, David	82	Allcomers Aloysians			5:00.0h

**Men Javelin Throw (800g)**

**National R:** 63.89m 05/06/2007 Callus, Jean Paul Malta - Monaco  
**Championship R:** 61.07m 12/05/2007 Callus, Jean Paul Pembroke Athleta

Pos.No./Name	Yr	Club/Affiliation	Cat.	Entry	Distance
1 671 Galea, Kevin	83	Pembroke Athleta		42.16m	43.19m
2 876 Sullivan, Michael	91	Pembroke Athleta		37.96m	38.82m
3 666 Gauci, Luke	92	Savio A C	J	31.10m	31.64m
4 664 Bugeja, Malcolm	92	Savio A C	J	30.05m	31.05m

**Men Triple Jump**

**National R:** 14.57m 04/06/2005 Chouhal, Rachid, Malta GSSE Andorra  
**Championship R:** 13.70m 1996 Tonna, Kevin, La Salle Tristar  
**Junior R:** 13.64m 16/06/2002 Vella, Paul, Pembroke Athleta Kyocera

Pos.No./Name	Yr	Club/Affiliation	Cat.	Distance	Wind
1 687 Grech, Ian Paul	93	Pembroke Athleta	J	13.95m	3.3
2 685 Mifsud, Saviour	87	Allcomers Aloysians		13.24m	0.6



**MAAA National Championships & World Athletics Day**  
**Matthew Micallef St John MARSALTA - 14/15 June 2011**

**Women 1500m**

<b>National R:</b>	<b>4:29.01</b>	<b>07/06/2003</b>	<b>Blake, Tanya, GSSE Malta</b>
<b>Championship R:</b>	<b>4:38.60</b>	<b>1999</b>	<b>Camilleri, Giselle, A S Libertas</b>
<b>Junior R:</b>	<b>4:49.6h</b>	<b>17/04/1998</b>	<b>Camilleri, Lisa Marie, A S Libertas</b>

Pos. No./Name	Yr	Club/Affiliation	Cat.	Entry	Time
1 731 Bezzina, Lisa Marie	79	Pembroke Athleta		4:45.72	
2 700 Camilleri, Monalisa	91	A S Libertas		4:54.10	4:56.54
3 746 Attard, Josann	84	Starmax A C		5:05.14	5:08.18
4 741 Galea, Rita	W40	St Patrick's A C	<b>M</b>		5:19.93
5 355 Pace, Ylenia	95	Allcomers Aloysians	<b>I</b>	5:55.62	6:01.50

**Men 400 m**

<b>National R:</b>	<b>48.09</b>	<b>12/03/2009</b>	<b>D'Alfonso, James, Victoria, AUS</b>
<b>Championship R:</b>	<b>48.98</b>	<b>2005</b>	<b>Portelli, Nikolai, A S Libertas</b>
<b>Junior R:</b>	<b>49.16</b>	<b>20/07/2008</b>	<b>Fraser, Michael, Malta FISEC – MLT</b>

Pos. No./Name	Yr	Club/Affiliation	Cat.	Entry	Time
1 683 Farrugia, Karl	81	Allcomers Aloysians		50.49	50.04
2 665 Croker, Matthew	89	Savio A C		50.44	50.66
3 366 Farrugia, Thomas	95	Starmax A C	<b>I</b>	52.63	51.74
4 661 Grech, Edward	79	Allcomers Aloysians			53.67
5 560 Camilleri, Samwel	89	Pembroke Athleta			54.79
6 558 Camilleri, Leslie	M45	Pembroke Athleta	<b>M</b>	1:06.63	1:05.08

**Women Javelin Throw**

<b>National R:</b>	<b>36.54m</b>	<b>05/06/2003</b>	<b>Pace, Jennifer, Malta, Marsa MLT</b>
<b>Championship R:</b>	<b>35.18m</b>	<b>1997</b>	<b>Pace Hickey Jennifer, La Salle Tristar</b>

No./Name	Yr	Club/Affiliation	Cat.	Entry	Distance
372 Vassallo, Ramona	94	Zurrieq Wolves	<b>I</b>	24.66m	26.41m

**Women Triple Jump**

<b>National R:</b>	<b>12.24m</b>	<b>26/05/1999</b>	<b>Gerada, Lara, Malta</b>
<b>Championship R:</b>	<b>11.85m</b>	<b>2004</b>	<b>Gerada, Lara, Pembroke Athleta Kyocera</b>
<b>Junior R:</b>	<b>11.46m</b>	<b>22/05/2010</b>	<b>Alden, Stephanie, Pembroke Athleta</b>

No./Name	Yr	Club/Affiliation	Entry	Distance	Wind
799 Pace, Alessandra	90	Pembroke Athleta	12.32m	12.12m	1.9 <b>C.R.</b>

**Women 400m**

<b>National R:</b>	<b>54.29</b>	<b>08/05/2004</b>	<b>Blake, Tanya, Zurrieq Wolves</b>
<b>Championship R:</b>	<b>55.07</b>	<b>2003</b>	<b>Blake, Tanya, Zurrieq Wolves</b>
<b>Junior R:</b>	<b>55.10</b>	<b>11/07/2007</b>	<b>Xuereb, Francesca, Malta, Ostrava CZE</b>

Pos. No./Name	Yr	Club	Entry	Time
1 179 Xuereb, Francesca	91	La Salle	57.74	57.89
2 754 Pace, Celine	86	Pembroke Athleta	59.23	58.29
3 772 Attard, Charlene	87	Pembroke Athleta	1:00.25	59.19
4 771 Micallef, Dorianne	91	Pembroke Athleta	1:00.91	1:00.95
5 180 Xuereb, Martina	91	La Salle		1:01.37
925 Gatt, Nicole	97	Starmax A C	EXHIBITION	57.45



**MAAA National Championships & World Athletics Day**  
**Matthew Micallef St John MARSA MALTA - 14/15 June 2011**

**Men Hammer Throw**

**National R:** 35.74m      **06/06/1965**      **Sammut Tagliaferro, Joseph, Marsa**

Pos.No./Name	Yr	Club/Affiliation	Cat.	Entry	Distance
1 680 Mifsud, Mario	85	Allcomers Aloysians		29.28m	30.43m (7kg)
2 660 Huskinson, David	M60	Pembroke Athleta	<b>M</b>		22.03m (5kg)

**Men High Jump**

**National R:** 1.87m      **17/06/1998**      **Calleja, Edward, Malta**  
**Championship R:** 1.85m      **22/05/1994**      **Calleja, Edward, La Salle Tristar**  
**Junior R:** 1.85m      **22/05/1994**      **Calleja, Edward, La Salle Tristar**

No./Name	Yr	Club/Affiliation	Cat.	Entry	Height	
111 Borg, Jeremy	93	Allcomers Aloysians	<b>I</b>	1.83m	1.85m	<b>Equal Jnr R</b> <b>Equal C.R.</b>

**Women Hammer Throw (4 kg)**

**National R:** 33.81m      **4/30/2011**      **Chouhal, Antonella, A S Libertas**

No./Name	Yr	Club/Affiliation	Entry	Distance
765 Chouhal, Antonella	76	A S Libertas	33.81m	31.92m

**Men 200 m**

**National R:** 21.41      **25/07/2000**      **Chouhal, Rachid, Malta**  
**Championship R:** 21.52      **2003**      **Bonello, Mario, La Salle Tristar**  
**Junior J:** 21.82      **2/09/2001**      **Gilford, Darren F, Pembroke Athleta Kyocera**

Pos. No./Name	Yr	Club/Affiliation	Cat.	Entry	Time	Wind	H#
1 676 Camilleri, Owen	89	Pembroke Athleta		22.86	22.1h	-1.1	1
2 683 Farrugia, Karl	81	Allcomers Aloysians		22.42	22.4h	-1.1	1
3 667 Chouhal, Rachid	75	A S Libertas			22.7h	-1.2	2
3 694 Bonello, Mario	74	La Salle		22.39	22.7h	-1.1	1
5 695 Fenech, Daniel	80	La Salle		23.22	23.3h	-1.1	1
6 130 Vella Stiles, Alistair	82	Pembroke Athleta		23.20	23.4h	-1.1	1
7 696 Bezzina, Luke	95	Allcomers Aloysians	<b>I</b>	23.03	23.6h	-1.1	1
8 661 Grech, Edward	79	Allcomers Aloysians		23.61	23.8h	-1.1	1
9 686 Borg, Dominic	78	A S Libertas		23.71	24.0h	-1.1	1
9 560 Camilleri, Samwel	89	Pembroke Athleta		25.14	24.0h	-1.2	2
11 370 Schembri, Brandon	94	La Salle	<b>I</b>	24.56	24.6h	-1.2	2
12 684 Mifsud, Ralph	M40	Allcomers Aloysians	<b>M</b>		28.1h	-1.2	2
13 558 Camilleri, Leslie	M45	Pembroke Athleta	<b>M</b>		29.3h	-1.2	2

**Women 200m**

**National R:** 24.52      **12/05/2006**      **Attard, Charlene (Wind 1.7), Pembroke Athleta**  
**Championship R:** 24.52      **12/05/2007**      **Attard, Charlene, Pembroke Athleta**  
**Junior R:** 24.56      **18/06/2006**      **Attard, Charlene (wind 0.4), Malta, Novi Sad SRB**

Pos. No./Name	Yr	Club/Affiliation	Cat.	Entry	Time	Wind	H#
1 767 Borg, Diane	90	Starmax A C		24.87	24.8h	-1.4	1
2 784 Pledger, Sian	91	Pembroke Athleta		27.78	25.6h	-1.4	1
3 179 Xuereb, Francesca	91	La Salle			26.2h	-1.4	1
4 180 Xuereb, Martina	91	La Salle		27.73	26.4h	-1.4	1
5 777 Vassallo, Annalise	92	Zurrieq Wolves	<b>J</b>	27.42	27.1h	-1.4	1
6 771 Micallef, Dorianne	91	Pembroke Athleta			27.41	-1.7	2
7 783 Camilleri, Kim	91	Allcomers Aloysians		29.04	28.5h	-1.4	1
8 376 Vassallo, Katya	95	Pembroke Athleta	<b>I</b>	28.57	28.7h	-1.4	1



**MAAA National Championships & World Athletics Day  
Matthew Micallef St John MARSA MALTA - 14/15 June 2011**

**Women 200m (continued)**

Pos. No./Name	Yr	Club/Affiliation	Cat.	Entry	Time	Wind	H#
9 374 Debono, Matthea	95	Pembroke Athleta	I	28.61	29.0h	-1.4	1
10 789 Atanasio, Mildred	89	Malta University Sports Club		30.16	29.78	-1.7	2
11 768 Debattista, Jolene	89	Athletix AC		31.25	30.71	-1.7	2
12 791 Buttigieg, Maria	89	Pembroke Athleta		34.13	33.63	-1.7	2

**Men Discus Throw**

<b>National R:</b>	<b>42.76m</b>	<b>02/07/1997</b>	<b>Vella, David, Allcomers</b>
<b>Championship R:</b>	<b>41.84m</b>	<b>1994</b>	<b>Azzopardi Reno</b>
<b>Junior R:</b>	<b>40.56m</b>	<b>28/12/2000</b>	<b>Mifsud, Mario, Allcomers Aloysians</b>

Pos. No./Name	Yr	Club/Affiliation	Cat.	Entry	Distance
1 680 Mifsud, Mario	85	Allcomers Aloysians		39.77m	40.25m (2kg)
2 666 Gauci, Luke	92	Savio A C	J	28.54m	29.99m(1.75kg)
3 365 Gauci, Daniel	95	Savio A C	I	28.03m	28.66m (1.5kg)
4 664 Bugeja, Malcolm	92	Savio A C	J		25.74m(1.75kg)
5 690 Gauci, Jean	94	Allcomers Aloysians	I	27.59m	23.94m (1.5kg)
6 660 Huskinson, David	M50	Pembroke Athleta	M	25.36m	23.90m (1 kg)
7 691 Ventorino, Daniele	95	Allcomers Aloysians	I		23.02m (1.5kg)

**Men Long Jump**

<b>National R:</b>	<b>7.71m</b>	<b>02/04/2005</b>	<b>Chouhal, Rachid, Zurrieq Wolves</b>
<b>Championship R:</b>	<b>7.63m</b>	<b>2005</b>	<b>Chouhal, Rachid, Zurrieq Wolves</b>
<b>Junior R:</b>	<b>7.20m</b>	<b>16/05/2009</b>	<b>Grech, Andy (Wind 0.8), Pembroke Athleta</b>

Pos. No./Name	Yr	Club/Affiliation	Cat.	Entry	Distance	Wind
1 678 Grech, Andy	90	Pembroke Athleta		6.68m	6.97m	2.0
2 373 Cutajar, Luke	95	Pembroke Athleta	I	5.46m	5.46m	3.8
--- 667 Chouhal, Rachid	75	A S Libertas		6.99m	ND	

**Men 800m**

<b>National R:</b>	<b>1:52.54</b>	<b>03/06/1995</b>	<b>Grech, Xandru, Malta, GSSE LUX</b>
<b>Championship R:</b>	<b>1:55.00</b>	<b>1993</b>	<b>Grech, Xandru</b>
<b>Junior R:</b>	<b>1:53.71</b>	<b>27/05/1993</b>	<b>Grech, Xandru, A S Libertas</b>

Pos. No./Name	Yr	Club/Affiliation	Cat.	Entry	Time
1 568 Herrera, Mark	84	Pembroke Athleta			1:56.80
2 354 Chetcuti, Christian Luke	94	Allcomers Aloysians	I	1:59.88	1:58.62
3 571 Mangion, Dario	85	Pembroke Athleta		2:07.80	2:08.42
4 360 Attard, Samuel	95	Allcomers Aloysians	I		2:16.37
5 353 Abela, Nicky	94	Allcomers Aloysians	I		2:17.50
6 358 Sammut, Julian	94	Pembroke Athleta	I	2:24.94	2:18.52

**Women 800m**

<b>National R:</b>	<b>1:59.56</b>	<b>5/2003</b>	<b>Blake, Tanya, Oregon, USA</b>
<b>Championship R:</b>	<b>2:14.38</b>	<b>14/06/2008</b>	<b>Pace, Celine, Pembroke Athleta</b>
<b>Junior R:</b>	<b>2:15.27</b>	<b>05/05/2005</b>	<b>Schembri, Marilyn, Malta, COGI - Crete GRE</b>

No./Name	Yr	Club	Time
704 Arrigo, Francesca	83	Ladies Running Club	2:30.93
925 Gatt, Nicole	97	Starmax A C	EXHIBITION 2:22.50



**MAAA National Championships & World Athletics Day**  
**Matthew Micallef St John MARSA MALTA - 14/15 June 2011**

**Women Discus Throw**

**National R:** 42.20m 26/04/2008 Chouhal, Antonella, Malta - International  
**Championship R:** 41.71m 16/05/2009 Chouhal, Antonella, A S Libertas  
**Junior R:** 38.94m 25/06/1975 Pace, Jennifer, La Salle

Pos. No./Name	Yr	Club/Affiliation	Cat.	Entry	Distance
1 765 Chouhal, Antonella	76	A S Libertas		40.01m	38.40m
2 372 Vassallo, Ramona	94	Zurrieq Wolves	I	31.01m	29.23m
3 789 Atanasio, Mildred	89	Malta University Sports Club		23.02m	20.29m
4 791 Buttigieg, Maria	89	Pembroke Athleta			15.85m

**Women Long Jump**

**National R:** 6.07m 10/04/2010 Pace, Alessandra, Zurrieq Wolves  
**Championship R:** 5.95m 05/07/2003 Camilleri, Rebecca, Pembroke Athleta Kyocera  
**Junior R:** 5.95m 05/07/2003 Camilleri, Rebecca, Pembroke Athleta Kyocera

Pos. No./Name	Yr	Club/Affiliation	Cat.	Entry	Distance	Wind
1 799 Pace, Alessandra	90	Pembroke Athleta		5.76m	5.82m	3.2
2 773 Camilleri, Rebecca	85	Pembroke Athleta		6.26m	5.76m	3.9
3 776 Sare, Rebecca	91	Pembroke Athleta		5.41m	5.53m	1.7
4 374 Debono, Matthea	95	Pembroke Athleta	I	4.52m	4.05m	3.4

**Men 5000 m**

**National R:** 14:34.50 24/07/1994 Baldacchino, Frederick, Malta  
**Championship R:** 14:42.60 1996 Baldacchino, Frederick

Pos. No./Name	Yr	Club/Affiliation	Cat.	Time
1 543 Martin, Jason	M40	Mellieha A C	M	15:40.44
2 585 Balzan, Jonathan	M35	St Patrick's A C	M	15:42.48
3 503 Grech, Gerald	76	A S Libertas		15:56.97
4 623 Mifsud, Melvin	79	Zurrieq Wolves		16:35.28
5 604 Spiteri, Simon	92	St Patrick's A C	J	17:11.07
6 619 Grech, Mario	81	Zurrieq Wolves		17:24.25
7 639 Zammit, Mark	85	Pembroke Athleta		17:35.71
8 624 Pisani, Cedric	M35	Zurrieq Wolves	M	17:56.06
9 505 Rota, Matthew	93	A S Libertas	J	18:04.90
10 657 Falzon, Carmelo	M65	Mellieha A C		20:49.49
--- 622 Mifsud, Adrian	71	Zurrieq Wolves		DNF
--- 110 Merle, Cyril	76	St Patrick's A C	EXHIBITION	15:37.65
--- 877 Vicente, Laurent		Unattached	EXHIBITION	16:06.71

**Women 5000m**

**National R:** 16:43.80 08/04/1995 Galea, Carol, Malta  
**Championship R:** 17:22.20 1999 Camilleri, Giselle, St Patrick's  
**Junior R:** 18:55.7h 06/07/2006 Cortis, Joelle, Pembroke Athleta

Pos. No./Name	Yr	Club	Cat.	Time
1 700 Camilleri, Monalisa	91	A S Libertas		19:03.15
2 742 Hili, Carmen	W40	St Patrick's A C	M	19:08.84
3 746 Attard, Josann	84	Starmax A C		20:28.21



**MAAA National Championships & World Athletics Day**  
**Matthew Micallef St John MARSAMALTA - 14/15 June 2011**

**Event held on Wednesday 11 May as part of the National Championships**

**Men 10000 m**

**National R:30:29.23**

**31/05/1995**

**Baldacchino, Frederick, Malta**

<b>Pos. No./Name</b>	<b>Yr</b>	<b>Club/Affiliation</b>	<b>Cat.</b>	<b>Time</b>
1 585 Balzan, Jonathan	M35	Patrick's A C	<b>M</b>	30:52.52
2 625 Saliba, Joseph	M40	Zurrieq Wolves	<b>M</b>	34:00.12
3 611 Abdilla, Joseph	M40	Zurrieq Wolves	<b>M</b>	34:12.98
4 619 Grech, Mario	81	Zurrieq Wolves		35:20.27
5 624 Pisani, Cedric	M35	Zurrieq Wolves	<b>M</b>	37:10.14
3 626 Vella, Brian	M40	Zurrieq Wolves	<b>M</b>	37:15.79

**Women 10000 m**

**National R:34:25.10**

**30/04/1997**

**Galea, Carol, Malta, GBR**

<b>Pos. No./Name</b>	<b>Yr</b>	<b>Club/Affiliation</b>	<b>Cat.</b>	<b>Time</b>
1 742 Hili, Carmen	W40	Patrick's A C	<b>W</b>	39:47.91
2 744 Sammut, Angele	W45	Patrick's A C	<b>W</b>	40:43.43