

triathlon
MALTA

triathlon
malta



GIVE IT A TRI



mtfmalta@gmail.com

www.triathlonmalta.org

What is Triathlon?

A triathlon is an endurance multisport race, consisting of swimming, cycling, and running over various distances. Triathletes compete for fastest overall completion time, racing each segment sequentially with the time transitioning between the disciplines included.

Who can take part in triathlon?

Anyone can take part in a triathlon. There are distances for everyone and it doesn't matter how young or old - as long as you're able to swim, cycle and run.

What is the Malta Triathlon Federation?

The Malta Triathlon Federation is the governing body of Triathlon in Malta and is an affiliated member of the European Triathlon Union (ETU) and World Triathlon, as well the Malta Olympic Committee and SportsMalta and a registered voluntary organization.

Triathlon in Malta was established in the mid 1980s. The first ever triathlon race in Malta was held on 28 September 1986.

Nowadays, triathlon in Malta has established solid foundations, with an

increasing number of member athletes taking part in local and overseas competition on a yearly bases. The role of the Malta Triathlon Federation is to continue, along side its affiliated members, to promote triathlon across the island to make sure that the sport of triathlon continues to thrive as well as to support all it's members to reach their full potential.

How to get involved?

Our affiliated members organize training for all ages at different levels starting form as early a 5 years of age.

We encourage all those interested in exploring the word of triathlon to contact us or anyone of our affiliated members via the emails below.

Malta Triathlon Federation – mtfmalta@gmail.com

Agones Sfc – agonessportsclub@gmail.com

Gozo Tri - triathlongozo@gmail.com

Shamrock Stars – info@shopgozo.com

MYTA – myta.academy@gmail.com

Pembroke Athleta– pembrokeathleta@gmail.com

Mosta CC – info@mostacyclingclub.com

Birkirkara St.Joseph - bkarastjoseph@hotmail.com

St.Patrick's Athletic Club - info@stpatricksac.com



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Malta Triathlon Federation



Sessions for all ages
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