



ATHLETICS MALAWI

C/o P.O. Box 30007, Lilongwe Malawi.ZA Cell: +265 999 959 009 / 0888 580 763,
Email: maw@mf.worldathletics.org / malawi@athletics.mw
website: www.athletics.mw

(Affiliated to World Athletics, Confederation of Africa Athletics,
Malawi National Council of Sports and Malawi Olympic Committee)

2025 ATHLETICS MALAWI PROVISIONAL CALENDAR OF EVENTS

DATE	EVENT	VENUE	AUTHORITY
JANUARY			
10	MDF Cross Country	Mzuzu	MDF
TBC	Regional Cross Country	All Regions	AM/MNSC
FEBRUARY			
15	National Cross Country	Kasungu, Malawi	AM/MNSC
22	Track & Field Series	Lilongwe/Mzuzu/Zomba	AM/MNSC
28	CAA-SR Ordinary Congress	TBA	CAA
MARCH			
1	5km&1-mile Regional Championships	TBA	CAA
29	Mzuzu City Half Marathon	Mzuzu, Malawi	MNSC
TBC	Balaka Run Cross country/Road race	Balaka, Malawi	Andiamo Trust
29	CAA-SR Relays championships (Preparation for World Relays -China)	Gaborone, Botswana	CAA
APRIL			
TBC	Malawi Youth Games launch	All Regions	MNSC/MASSA/AM
12	Botswana Continental Tour	Gaborone, Botswana	World Athletics
17-20	CAA – SR U18/U20 (Qualifiers African Championships - Madagascar)	TBA	CAA
MAY			
3	Regional Track and Field	All Regions	AM
4	CAA – SR Marathon Championship	Durban, RSA	CAA-SR
10	Kids Athletics games	All Regions	AM
10 -11	World Athletics Relays	Guangzhou	World Athletics
17	National Track and Field	Lilongwe, Malawi	AM/MNSC
31	Track & Field WA Continental Tour- Gold	Nairobi, Kenya	World Athletics
JUNE			
14	Be More Race	Lilongwe, Malawi	Standard Bank /AM
27-30	CAA-SR Track & field Championships (qualifiers for World Championships – Japan	Harare, Zimbabwe	CAA SR
28	Athletics Malawi Fundraising	Lilongwe, Malawi	AM
JULY			
4 -14	AUSC Region 5 Games	Windhoek, Namibia	CAA SR
6	CAA –SR 10km Championship	Durban, RSA	CAA SR

Passion. Power. Glory

12	Mt Mulanje Porters' Race	Mulanje, Malawi	TAMM
24	Trials for World Athletics Championship Tokyo25	Nairobi, Kenya	Kenya Athletics/CAA
TBC	Blantyre 42.195 Race	Blantyre, Malawi	AM/MNSC
AUGUST			
2	Lilongwe Joggers	Lilongwe, Malawi	Lilongwe Joggers
TBC	Malawi Youth Games National Finals	TBC	MASSA/MNSC
TBC	JTI Race	Lilongwe, Malawi	JTI
SEPTEMBER			
6	Run4Reforestation	Zomba, Malawi	Zomba Treez
13	Blantyre U20 Championship – Relay Race	Blantyre, Malawi	CBC
13-21	World Athletics Championship Tokyo25	Tokyo, Japan	World Athletics
27	Lilongwe Marathon	Lilongwe, Malawi	AM/MNSC
25-28	World Mountain & Trail Championship	Canfranc-Pirineos, Spain	World Athletics
26-28	World Road Running	San Diego, USA	World Athletics
OCTOBER			
TBC	Cape Maclear fiesta	Monkey bay, Malawi	Cape Maclear
25	Race Walking	Lusatian	World Athletics
31	CAA – SR Awards	TBA	CAA
NOVEMBER			
8	Corporate Track and Field	Lilongwe, Malawi	AM
DECEMBER			
6 -9	CAA –SR Track and Field Championship	TBA	CAA -SR
27	Athletics Malawi Awards	Lilongwe/Salima, Malawi	AM
30	Annual General Meeting	Salima, Malawi	AM