



# WEIR ARCHER ACADEMY TRACKCHAT

ISSUE 03  
July 2021

● **POWER 100 SHORTLIST**

● **HATFIELD HERO!**

● **COVENTRY BWAA**

● **ACTIVITY ALLIANCE  
NATIONAL JUNIOR  
CHAMPS**



Weir Archer Family  
and Friends



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# TRIUMPH MORGAN

# Positive Power

## Olivia Gallagher — T33

Take note, this girl is going places! Olivia has come such a long way, and this year she has been shortlisted to feature in the **Power 100 2021** list! Congratulations, what an achievement! I caught up with her and this is how she felt about such a huge honour!

### **Can you explain what the Power 100 is?**

The Shaw Trust Power 100 List is an annual publication of the 100 most influential disabled people in the UK. It's been going for 5 years now and has allowed Shaw Trust to encourage businesses, employers and other organisations to reflect on opportunities available for disabled people. The list plays a vital role in providing much needed encouragement to the young and talented leaders of tomorrow, allowing them to see that aspiration and ambition can be fulfilled regardless of disability or impairment.

### **How did you get selected?**

I got shortlisted by an individual, I don't know who put me forward, whoever it was though I'm blown away to have been shortlisted for something as huge as the Disability Power 100. There were over 500 nominations this year!

### **On the Power 100 list who do you admire the most and why?**

James Sutliff because he is showing that despite having a disability and challenges you can achieve great things, nothing seems impossible to this guy. He has shown me that on the dark days there's always something that can become possible and that the goals are worth fighting for no matter how hard you have to work.

### **Who decides on who gets chosen?**

I'll hear later in the year if I've made the final list, it's still a huge thing to have been shortlisted for. If you had said to a not so confident 13 year old girl with multiple disabilities that you would be considered as one of the UK's most influential disabled people, they wouldn't have believed you, or thought it would even come close to becoming possible.

### **How did it feel to be shortlisted?**

I was in total shock, non of this would have become possible if it wasn't for my amazing family, Jenny, and everyone at Weir Archer. Jenny has helped me become who I have become, inspired me to be a better version of myself, and most importantly to go out into the outside world with confidence whether you have a disability or not. Lastly it would seem rude to not mention my incredible family #teamolivia, their support on this journey in athletics and outside of athletics is amazing and they are who I look up to on a daily basis. They give me strength on the difficult days and inspire me to become the better me. If I could be as strong as them I'd be happy. They have been my rock over the years and I wouldn't be where I am today without them by my side.

### **Do you have any advice on how to stay motivated in life?**

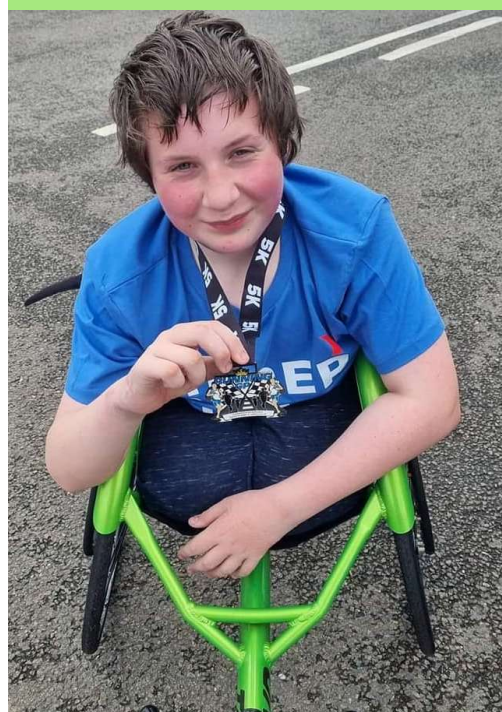
My advice on staying motivated in life, is make sure you have a support network around you, do something for you not for others, don't give up when it gets tough, the climb will be worth it eventually.



## The Power 100

### ACHIEVEMENT

## Glory at Goodwood



Xander shined last week at the Goodwood 5k. He knocked 1 minute and 21 seconds off his PB and came 26<sup>th</sup> overall out of 123 participants, 11<sup>th</sup> in his category - under 35 age group - and the 1<sup>st</sup> wheelchair athlete to finish! Well done!

## Guess Who?



Who has this chair?  
The first person to email me at [swalki19@hotmail.com](mailto:swalki19@hotmail.com) or WhatsApp me with the correct answer gets the big bag of Haribo's!



### ACHIEVEMENT

Well done Joao Correia from all at Weir Archer for your performance at the Portuguese National Championships on the 26<sup>th</sup> June. Amazing performance, and your ticket to the Paralympics in Tokyo! Congratulations from all your teammates.

### COMPETITION

## Can-do at Coventry!

Part of the Weir Archer team, including many of the senior squad, were in Coventry over 10 and 11<sup>th</sup> July for the BWAA two-day event. They were competing in various distances such as the 100m, 200m, 400m, 800m, 1500m and 5000m. They were amazing races, and the training they do is definitely paying off. Many reports of PB's – Weir Archer making an impact yet again! Well done to all that participated!

### COMPETITION

## National Junior Champs

A great day was had by all at the National Junior Athletics Championships at Coventry on 3<sup>rd</sup> July, with Juniors receiving PBs, Seasons Bests and lots of medals (12 Gold medals and 2 Silvers). The rain and sun did not stop the team, or the cheers from their supporters. Congratulations team, you can add a great haul of medals to your collection!



### COMPETITION

## Hatfield Hero



The development squad were making their mark at the picturesque Hatfield House on 11<sup>th</sup> July, participating in the Vitality Mile. It was a great day – fantastic racing, picnic, and a VIP lift to the start from the guy in the car park – the Hatfield Hero!!

# Move Over...it's Morgan!

## Morgan Woods – T33

### *What inspired you to take up wheelchair racing?*

I wanted to be able to do a sport in school because they didn't include me in anything until I was in year six and my teacher was very into disabled sports.

### *What is your proudest achievement?*

Besides passing my driving test, my best achievement was getting 7 PBS in one day.

### *What has been your most memorable race?*

Amber Hotel Mile, crashing on top of James Freeman because a bend was too steep!

### *Do you get nervous before a race?*

Sometimes if I overthink

### *What do you eat for breakfast to set you up for the day?*

Weetabix

### *If you could give some advice to your younger self, what would it be?*

Focus on yourself and only yourself on the start line

### *Who would you like to play you in a film about your life?*

Tom Holland

### *What's your favourite film and why?*

Rocketman – like his music

### *What's your favourite video game?*

Left 4 Dead 2

### *If you won the lottery, what would you buy first?*

The rights to KFC



## Muller British Athletics Championships in Manchester

Fabs, Mo and Dillon raced with outstanding performances at the championships. Silver and bronze medals were won – and cute little bonsai trees! Well done to you all.



## Super Smooth Almond Butter & Jelly Smoothie



- 1 cup almond milk
- 1 cup frozen strawberries (slightly thawed)
- 1 frozen banana
- ¼ cup almond butter
- Chocolate chips sprinkled on top (optional)
- Blend and enjoy!

## BREAKING NEWS

David, Fabs and Joao have been selected for the Tokyo 2020 Paralympic Games! Good luck to you all!



Email your news, views and pictures to the editor Sam Walkington:  
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