

WEIR ARCHER ACADEMY TRACKCHAT



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Weir Archer Family
and Friends



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FABS!!!
INSIDE EXCLUSIVE





A breath of fresh air

On Saturday 1st March 2021, the BWRA National Track Championships returned and many athletes turned out to compete at the Coventry Athletics Stadium that day. This event is usually held at the Stoke Mandeville Stadium, but this is currently being used as a COVID-19 vaccination venue.

Who turned up?

Many athletes from the Development Squad and Senior Squad of the Weir Archer Academy made the journey to Coventry, as well as Dave Lucas, Head Development Coach. Being the home ground of the Coventry Godiva Harriers, there was obviously good attendance by them, plus many other familiar faces from the racing world.

One of the organisers, Ian Thompson was there with his wife Tanni-Grey Thompson and they were both in good spirits, celebrating their wedding anniversary, despite the dismal weather!

What happened?

There was a really great atmosphere, many smiling faces (although most of them were hidden by face masks) and lots of wonderful comments regarding personal best's being beaten in various races, regardless of the hailstorm and cold weather. All that training on rollers in lockdown seems to have paid off!

DID YOU KNOW?
Coventry is the City of Culture for 2021. Coventry won the title of the UK City for 2021, and as a diverse and modern city, which has a history of overcoming adversity.

CONGRATULATIONS!



Fantastic news – James and Fabs have been selected for the European Championships. We'll be looking forward to hearing all about it!



Congratulations to Pascal and his partner on the birth of their baby boy!



Who sported these snazzy socks at Coventry? The first person to email me with the correct answer gets a packet of Haribo's!



Big thanks to Dan and Sophie from St. Mary's University for the nutritional workshops they provided for the Development Squad. It's safe to say we all need to eat more veg!



Swiss Roll

All eyes were on the World Para Athletics Grand Prix in Nottwill, Switzerland from the 14th to the 16th May. The Weir Archer Team comprised of Jabari Knight, David Weir, Moatez Jomni and Dillon LaBrooy. The guys put on a fantastic display and showed that all their training has paid off. The weather was reminiscent of a classic British summer, but this didn't deter their fighting spirit. Head Coach Jenny Archer was pleased with the performances all-round and notably remarked "Never ever write the WeirWolf off because it will come back to haunt you". This was David's first time racing on the track in a few years. I bet it felt good for them all to blow out the cobwebs and race in a major Grand Prix.



The Road to Success

Thank you to Harriet and the Human Resources team at Tarmac for the hugely informative career readiness workshops they provided for all the athletes at the club. They put so much time and effort into their sessions and were appreciated by all the athletes. The CEO of Tarmac had better watch out!



WeirWolf Pizza!

A new pizza created by six-time Paralympic Gold medallist and marathon champion David Weir has been launched at Papa John's. Make sure you drop in for a WeirWolf pizza!

Super Smooth

Anti-Inflammatory Energy Boost

Ingredients:

- 1 ½ cups full-fat coconut milk
- ½ cup water
- 1 ½ cups frozen blueberries
- ¼ cup hemp seeds

Pop these ingredients into a blender and blend until smooth (about 1 minute). Pour into a glass and enjoy!



Living the Dream

Fabienne Andre – T34

How are you feeling about getting back to racing after lockdown?

I'm super excited to be back on the track racing again, and getting used to being back on the track altogether.

What are your goals for 2021?

To continue to work on my technique to gain new PB's and competition experience. One of my goals is/was to be selected to race at a major championships like the Europeans. Most importantly I want to continue enjoying myself and making the most of every opportunity.

How do you keep motivated?

My motivation comes mainly from enjoying what I do. All the while I'm enjoying things I tend to be more motivated, and training alongside team mates too. I only started training in wheelchair racing in 2018 so I still feel I have so much to learn which motivates me. When I feel it's harder to be motivated I find that sticking to a routine helps me and I always know I feel so much better when I have a good training schedule, plus training with others from the Weir Archer family.

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

Ooh good question, I'm known to be always found eating! Usually I have a bowl of porridge with varying toppings including fruits, seeds and nuts.

What was it like to put the GB vest on?

Wow...well I haven't put it on for a race just yet. I'm not sure how I'll feel but when trying it on for the first time it felt very surreal, so exciting and I felt immensely proud and grateful for the opportunity and the support from everyone to make it possible.

Ice-cream, or ice-lolly?

Ice-lolly all the way – A 'Fab' at that!

Who's your hero?

Ah that's a question! I have a lot of people I look up to – Jenny and David, my parents, and my team mates. If I had to narrow it down it would be Jenny and David as I have so much admiration for them – their achievements, setting up the Weir Archer Academy, the opportunities they create for others, and experiences they facilitate for so many.

What would you sing at a Karaoke night?

It would take a lot to get me to sing on Karaoke! I mostly sing nursery rhymes where I work at school with the children, that or festive tunes!



What is your proudest accomplishment?

Outside of sport it has to be learning to drive and passing my test as it's given me so much independence and freedom. In sport, that's a hard one, I think it's got to be both representing England at the Cerebral Palsy World Games in swimming in 2018, gaining a medal in every event I raced in, and being selected to represent Great Britain in wheelchair racing for the first time at the European Championships in 2021.

What's the last film you watched?

Good question but I don't actually know if I'm honest! I don't often sit and watch films, maybe more at Christmas. I'm more of a Great British Bake Off, or MasterChef series kind of girl. I'm usually making cakes or crocheting instead of watching TV.

Development Squad keeping busy



This month, Owen had a fantastic feature written about him in his school's newsletter congratulating him on his amazing efforts at Coventry. Sam won a 'Jack Petchey Foundation Award' for being an outstanding achiever and showing kindness and compassion in school.

Xander absolutely smashed the May Day virtual 5k, knocking 8 seconds off his PB!

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