



# WEIR ARCHER ACADEMY TRACKCHAT

ISSUE 02  
June 2021

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Weir Archer Family  
and Friends



@Weir\_Archer



weirarcher



weirarcher.co.uk

# XANDER THE GREAT!



# A Grand Entrance

First GB appearances, first time wearing the GB vests, two gold medals and a Season's Best – nothing short of incredible performances from Fabs and James!

## **What happened?**

James and Fabs made their first GB appearances at the Para-athletics European Championships in Bydgoszcz, Poland, and both came away with valuable experiences of competing at this level.

Fabs won 2 gold medals in the 100 and 800 metres and was crowned European Champion for the Women's T34 100m. James gave an incredible performance and received a Season's Best in the men's T33 100m. Huge congratulations to both athletes from the whole club. There will be plenty more to come from these two – watch this space...

## Arbon Achievements



It was back on the road again for Jay, Mo, David and Dillan. This time they were in Arbon in Switzerland for the Swiss Nationals and the Daniela Jutzeler memorial. Everyone did brilliantly and it was great to see David back on the track. We all really enjoyed watching the races from back home. They even got a day off!



## Thank You



Sam and Hilmy would like to thank all the trustees at the club for awarding them with their Brian Freeman and Junior Rose Spencer bursaries – it was a huge honour. Trophies to come!



Coach Kim is doing a virtual 870 mile running/walking challenge around the Coastal Path of Wales to raise money for Weir Archer Academy. If you would like to support her in this fantastic endeavour, go to the Kim Mclean Virgin JustGiving Page!



## Confidence in Coventry

The Weir Archer Academy athletes were in confident spirits when they arrived in Coventry on 12<sup>th</sup> June for the BWAA Grand Prix. This was evident with some very strong performances all round, a welcome return to the track for Olivia and PB's being smashed – most notably from Hilmy who has spent 5 years working towards the amazing times he achieved. Check out Jamie surveying the athletes left in his wake!

## Guess Who?



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



This is the face of pure determination! Well done Hilmy on chasing the PB's!



## Happy Anniversary!

Joe and Tania celebrated their 25<sup>th</sup> wedding anniversary this week. Congratulations from everyone at the club!

## Super Smooth

Anti-Inflammatory  
Immunity Boost

### Ingredients:

- 1 ½ cups water/non-dairy or dairy milk of choice
- 2 ½ cups frozen or fresh berries of choice
- 2 dates
- 3 tablespoons almond butter

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



# Great Expectations



## Reinventing the wheel(chair)

Inventor and product designer Andrea Mocellin has developed a wheelchair for the modern day traveller called a 'Revolve Air'. This innovative and compact wheelchair folds down so small it can be transported in the back of a taxi or taken on a plane as hand luggage!



This could mean the end of your wheelchair not turning up at your destination – just fold it up and put it in the hand luggage compartment – simple! Check out the website - the video showing this chair folding up is awesome! We need more creative and inspiring designers like this, and I would love to try one! We could do with a fleet of these for the club!

[www.revolve-wheel.com](http://www.revolve-wheel.com)

### Xander Foster



#### **What's your favourite distance to race?**

My fave distance to race is 10k, but I'm not allowed to compete at that distance because I'm too young, so I do as many 5k's as I can instead.

#### **Lockdown or School?**

Lockdown! Anything's better than school!

#### **What do you do to relax?**

Play video games, but I'm looking forward to going back to theme parks because I'm a rollercoaster junkie!

#### **How many medals do you have and which event do you look forward to the most?**

More than 20 – the best thing about 5k's are that you tend to get a medal wherever you come! I'm waiting for a trophy from the Nice Work May Day 5k which I won! I'm looking forward to my first London Mini Marathon, and the Silverstone 5k in October, because I can't wait to race on the F1 track!

#### **What is your proudest achievement?**

Winning the May Day 5k and second place in the Silverstone Virtual 5k.

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

Anything Star Wars!

#### **If you had to invite 5 people round for dinner, who would they be?**

Lewis Hamilton, The Rock, Jeff Dunham, Gordon Ramsay and Grogu from the Mandalorian!

#### **If you ruled the world, what law would you introduce first?**

That I get everything I've ever wanted!

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