

WEIR ARCHER ACADEMY

TRACKCHAT



ISSUE 07
Jan/Feb 2022

- ATHLETE OF THE MONTH
- A TALENTED BUNCH
- COASTING HOME
- APP OF THE MONTH

**THE EDEN
PROJECT**



Weir Archer Family
and Friends



@Weir_Archer



weirarcher



weirarcher.co.uk



BREAKING NEWS A Talented Bunch

Congratulations to all the athletes selected for the England Paralympic Talent Programme – Morgan, Hilmy, Natasha, Marcus, Graham and Illias.

It was a very proud moment for the club when these talented athletes were announced as being chosen for this prestigious programme. Each of them are up and coming athletes in the sport, with some relatively new to it and others having shown true grit and determination over a longer period. They all deserve to be there, so let's watch this space for the future. Well done!



ATHLETE OF THE MONTH

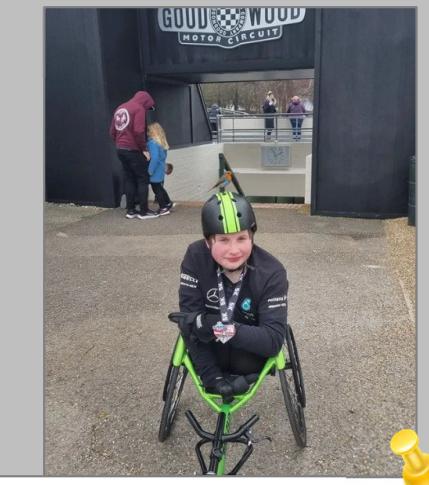
Everyone at the Weir Archer Academy would like to say a huge congratulations to Ellis for being the first ever 'Athlete of the Month', an initiative set up to encourage and acknowledge achievements of individual athletes each month. Ellis is showing true dedication to her training every week since first joining the academy. She truly deserves this recognition and everyone is very proud of her!

PINUPS



therollingrunner Had an awesome evening in Cardiff with the Cardiff Huskies Para Ice Hockey Team. Always exciting to try something new out and really enjoyed the freedom of sliding across the ice. Having grown up playing field hockey it was great to be able to play hockey again, hopefully got some transferable skills! Learnt so much and can't wait for the next session. 

Claudia



ibird99 Grey and Wingy Goodwood! First race of the year for [@speedy_gonxander](#) and first after Rona! Brilliant third in category and 4th overall out of 50 runners - only wheeler out there today (no-one else crazy enough!) Also made friends with a little robin who kept following us around

Xander



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Apply via our website and receive your very own set within 2 weeks!

www.wheelpower.org.uk/fundingbands (link in bio)



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KIM COASTS HOME

Huge congratulations to Coach Kim for completing her virtual Wales Coast Path challenge. She actually completed it on Christmas Eve and has already planned her next challenge! It was an immense effort and Kim clocked up 870 miles in total by running and walking with all her fundraising going to the club which we are really grateful for. Kim raised £535.00 in total!! Wow, thank you from all of us Kim!

APP OF THE MONTH

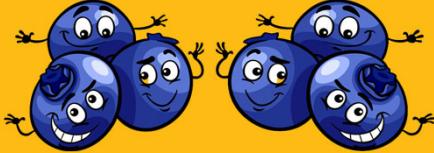


Sociability

Sociability helps disabled people find accessible places. Quickly find, tag and share detailed accessibility information for your local café, restaurant, bar, pub or shop. Forget vague or misleading labels like 'accessible' or 'inaccessible', Sociability gives you the information you need to decide for yourself whether a space is accessible or not. With a user-friendly interface and unique venue tagging framework, anyone – disabled or not – can easily contribute accurate and reliable accessibility information about their favourite venues. Let Sociability take the stress out of socialising.

Super Smooth

Pre-Workout Smoothie



Blend and drink this smoothie at least 30 mins before a workout to minimize stomach discomfort and fuel up before exercise:

- ¾ cup of blueberries
- ¾ cup natural plain yogurt
- 2 tsp honey
- 3 ice cubes (optional)
- Blend and enjoy!



PAWS FOR THOUGHT

When Natasha was 13 years old Giles, a 'polar bear' of a golden retriever came into her life thanks to the charity Dogs for Good. The two built up a special bond and Giles provided the support to enable Natasha to build her confidence around independence in the community. By having this loving companion by her side it did wonders for Natasha's self-esteem growing up. He really is a gentle giant and everyone at the track has fallen in love with him too. He's got a huge amount of patience with all the young members who love to play with him whilst Natasha trains! You've done a great job Giles, now enjoy your retirement!!

Project Eden

Eden Rainbow Cooper – T54

What are your goals for 2022?

My goals for 2022 are to hopefully get some PBs and go to the Commonwealth games.

How did having COVID affect your training/racing?

COVID really hit my lungs and made it difficult to breathe when I was in the racing position. It also caused a lot of pain when I was pushing and it's taken about half a year to get back to the point I was before covid.

What will be your next hair colour?

That's a hard question! I'd like to try orange at some point but not sure work would allow it.

On and off the track what's your proudest achievements?

Off track my proudest achievements are probably standing up for my beliefs and joining protests to try and ignite some change in the world. On track it has got to be winning three silver medals at the Junior World Championships.

Who's your hero?

Probably a cliche but Jenny is my hero. She encourages me to always be myself and never give up. She shows that you can do it all regardless of what is stacked against you.

What's your favourite film and why?

My favourite film is Spirit, it's about a horse in the wild west. It's been my favourite film since I was little and still is.

What's your favourite racing distance?

My favourite distance is definitely a half marathon, it's tactical and I really enjoy that aspect of it.

Which 5 people would you invite round for dinner?

I would invite Rosa Parks, Emmeline Pankhurst, Amelia Earhart, Sean Lock and Doja Cat.

Email your news, views and pictures to the editor Sam Walkington:
swalki19@hotmail.com



How do you prepare for a big race meeting?

If I'm honest it's been so long I don't really remember! I feel like for my first race back I'll just be very anxious.

Any advice for the younger athletes?

Do the sport for as long as you love it and make amazing memories along the way. Just keep pushing and nothing can get in the way.



Did You Know?

The latest Lego Mini Figures Series 22 features a wheelchair athlete! Good luck finding one!

WIN!

Guess who?

To celebrate the new LEGO wheelchair athlete there is one up for grabs!

Who is this person training hard?

The first person to email me at swalki19@hotmail.com or WhatsApp me with the correct answer WINS!

