



WEIR ARCHER ACADEMY TRACKCHAT

ISSUE 05
Sep/Oct 2021

- **TASTE OF TOKYO**
- **MARATHON MOMENTS**
- **SCHOOL GAMES**
- **ATHLETE OF THE DECADE**



FLYING FREEMAN



Weir Archer Family
and Friends



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weirarcher.co.uk

Sep/Oct have been so busy for the Academy! Hold onto your hats - here are some of the highlights...



Jack, Ilias and Sam at the London Youth Games 2021



Hilmy and Jamie at Silverstone



Claudia completing the Manchester and London marathon in her day chair



The 1st Weir Archer Summer School


WOLF PACK
SUMMER21
WAA



Competitions at Coventry!



Fabs in the zone at the Paralympics – her first appearance!



James enjoying his debut at the Paralympics!



WAA Development Squad in their 1st Mini Marathon



Joao looking focussed on the Paralympics start line



David looking strong on the streets of London

CP Sports Champs



CP Sports National Finals Championships took place at Coventry on 18th September and was a great success for the 3 lads from Weir Archer, Morgan T33, Sam T34 and Jack T54.

8 medals in total, 6 golds and 2 silvers. The sun was shining and spirits were high, meeting up with old and new friends and PBs for Morgan, Sam and Jack. Well done all!

Superwoman

Tania never ceases to amaze us – this deserves a mention! Tania and Joe are raising money for a charity dear to their hearts – The White Lodge Centre in Chertsey that supports children with disabilities and their families.

Ask them for details if you wish to donate to their cause - well done Tania on your sky dive. You really are Superwoman!



Taste of Tokyo

The Paralympics got off to a great start in Tokyo. It was meant to be Tokyo 2020 but the COVID pandemic pushed it forward a year....and pushing forward was definitely on the cards for our athletes from the Weir Archer Academy. Whether it was a first time opportunity, or your 6th time representing your country Fabs, James, Joao and David looked like they had a great time in Tokyo. After waiting so long for it to finally happen, it was good to see them all out there representing their teams and countries. Joao from Portugal being one of our international members.

For us at home in the UK, it was fantastic to be able to see the action courtesy of Channel 4. The competition gets harder by the year but all the WAA performances were outstanding. It was great to see the varying Instagram, Facebook posts and Tweets coming from them with smiles, and a genuine sense that they were happy to be there after what has been a miserable year for so many – it felt really emotional for all the supporters back at home and gave us all the lift we needed, and a good excuse to shout at the TV! They should all be proud of their achievements – I know we are!





Return of the School Games 2021!

This prestigious event, which attracts the best this country has to offer in the way of young up-and-coming athletes, was back this year and by all accounts it was a huge success. It took place at Loughborough University and Weir Archer Academy were extremely proud to have 3 of their athletes invited to compete – Morgan T33, Illias T54 and Yasmine T54 with Coach David Lucas also in attendance. All 3 have shown outstanding performances this year and this was evident from their time at the Games. Well done to you all!

Marcus and Mo completed the Battersea Park 5k and enjoyed time with friends along the way! Well done guys....

The Magnificent 7!

Sam, Illias, Yasmine, Lucas, Owen, Jack and Xander all represented their individual Counties in the inaugural wheelchair races at the England School's Athletics Association Combined Finals on 19th September in Bedford. The first time any athletes with disabilities have been included in the Finals! Watched on by proud Coach, David Lucas!



WAA 1st ever Summer Camp



Another big success this summer was the first ever Weir Archer Academy Summer Camp. Members of the Development Squad all had a brilliant time trying out wheelchair rugby, discus, javelin, shotput and eating pizza (didn't need any practice there!). It was great fun thanks to David Lucas and also Hollie Foster with her teammates from Mitcham and Carshalton Rugby Club – we are so grateful for all their help, for some it was their first ever experience of going to a Summer Camp – there aren't many available to kids with physical disabilities. It meant they could all get together, try out some other sports, and work together as a team in the wheelchair rugby. It was a brilliant few days for the athletes.

Marathon moments



The day then moved to the elite races, starting with the wheelchair athletes. It was a great race with all the top names involved including our very own David Weir. David loves this event having started racing in it aged 8 in the mini-marathon plus going on to win the marathon 8 times too. He is definitely a pro when it comes to pushing through the streets of London, and watching them all weave their way through the roads is amazing. It turned out to be a huge day for David with him coming 3rd and getting on that podium yet again. It was a truly fantastic sprint finish from him, getting past Brent Lakatos in the final moments and inducing cheers from all the crowds everywhere. There aren't many athletes aged 42 who can compete at the top level and still win medals – he's in it for the long haul and looking better than ever!

October 3rd 2021 was a momentous day for the academy! The marathon and mini-marathon were back on the streets of London, and what a day it was!

The weather held out and conditions were good. The day kicked off with the mini-marathon and again the 'magnificent 7' were out in force – Sam, Jack, Xander, Yasmine, Lucas, Owen and Illias. It's a mixed classification race with CP athletes Sam and Owen racing alongside the T54 athletes. Huge congratulations to the T54's Illias and Yasmine on winning their age group races. It was a first experience for all the Development athletes so huge well done to everyone.

Thank you to the parents too who also had a very early start and lots of organising, and to the cheering party of David Lucas, Peter and the Gallagher family.



Another Weir Archer Academy athlete was also pushing through London in the marathon – our very own Claudia. She didn't push in a racing chair, however, but instead in her day chair! This girl is amazing and regularly takes part in marathons and half marathons – she literally doesn't stop! Pushing in a day chair takes a huge amount of effort and we are all astounded at your achievements – well done Claudia!



NEWS JUST IN!

DAVID WINS ATHLETE OF THE DECADE!

Big Congratulations to our very own David Weir CBE for winning the prestigious Athlete of the Decade award at the England Athletics Hall of Fame Awards Ceremony.

David said he felt very honoured and wanted to thank his Coach, Jenny Archer, and also family and friends for their support.

This is a wonderful way to recognise David's outstanding achievements and what he has done for his sport.

Well done David from all of us!



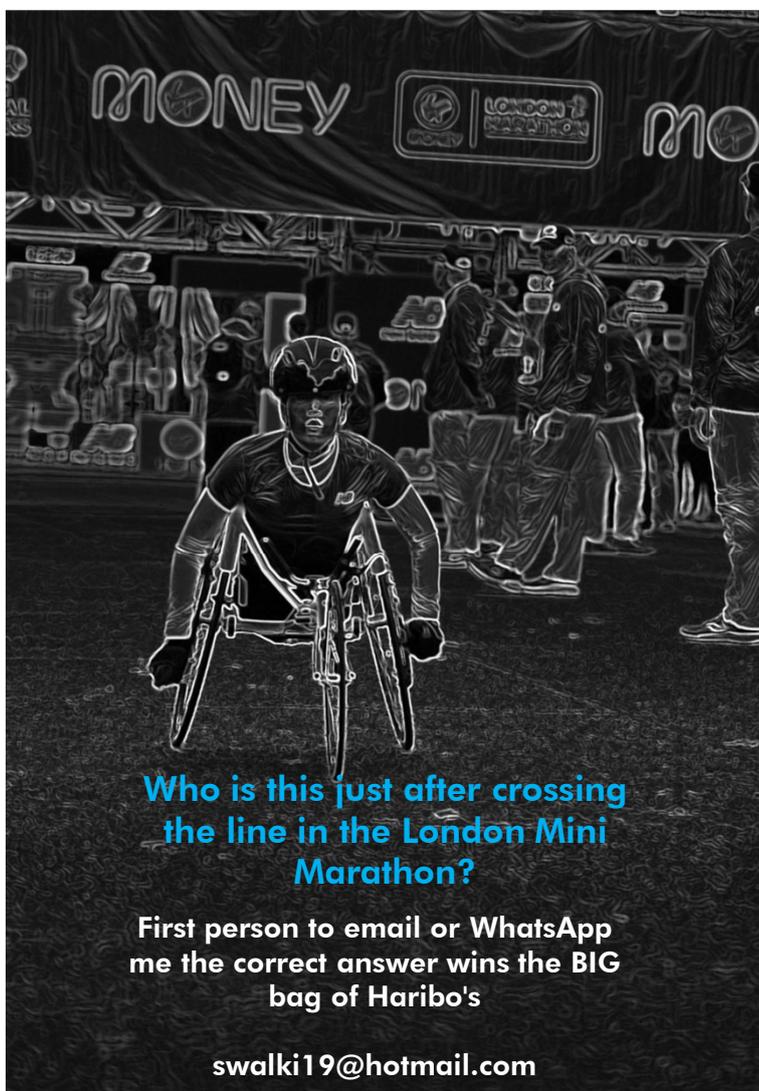
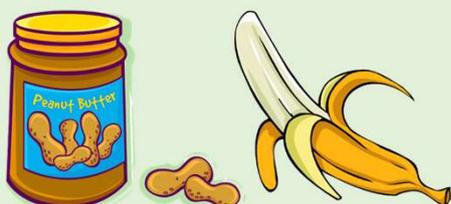
Super Smooth

Training day smoothie...think of your nutrition!!

Ingredients:

- Yogurt
- Banana
- Mango
- Peanut Butter
- Oats
- Water
- Ice

Slice and dice these ingredients, pop them into a blender and blend until smooth (about 1 or 2 minutes). Pour into a glass and enjoy!



Who is this just after crossing the line in the London Mini Marathon?

First person to email or WhatsApp me the correct answer wins the BIG bag of Haribo's

swalki19@hotmail.com

Facts from Freeman

James Freeman – T33

James was one of our WAA athletes that made selection for the Paralympics, let's see how he got on.....

What was your accommodation and food like in Tokyo?

The accommodation and food in Tokyo was amazing. Honestly Japan is a wonderful place, somewhere I'm eager to go back to for sure. Sometimes the food was so good it was overwhelming because there was so much choice and it was all delicious. In terms of accommodation it was crazy – a good crazy! Everything was rather minimal but it was super, and we got treated like royalty.

What was the atmosphere like in the Athletes Village?

The atmosphere in the village was amazing. A lot of the time when you're at home it's rare that you find anyone else who's disabled. All of a sudden you're in a village full of disabled people and it was really refreshing to see. Everyone was excited but a little cautious because of COVID but they were all super friendly. It's truly a once in a lifetime experience!



What are some of the challenges for a T33 athlete such as yourself?

I think racing is hard for everyone so it's hard to pinpoint what's hard when you're a 33. I think the humidity in Tokyo was hard. I don't think anything really hit me until I got home but then I had a big adrenalin crash.

How often do you train?

At least 5 times a week minimum but sometimes it's hard when life gets in the way! Having a job and spending time with friends and family are super important. Recovery and rest are important too – that's how a lot injuries happen. Mentally it's good to have other things to focus on too.

What are your goals now?

That's a tough one! I've had such a crazy racing season with highs and lows. Right now my goals are to work hard on non racing stuff, like my job at Tarmac. I want to spend time with friends too as I didn't see them at all this year due to training. I don't regret that but they were all so supportive that I feel I've got to give back to them. That goes for my family too.

Other than that I just want to improve as an athlete, improve on my times. Becoming a better athlete is more important than winning or qualifying for any big competitions I want to take time for myself and just keep moving forward.

Aches & Pains or sports injury? Then look no further...

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Look out for the next issue
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