

# WEIR ARCHER ACADEMY TRACKCHAT



ISSUE 06  
Nov/Dec 2021



**NEW YORK WEIRWOLF**



**MERRY MILKSHAKE**



**CHILLY WHEELS**



**WHAT A YEAR!**



Weir Archer Family  
and Friends



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# Round-up November News & Events



## Weirwolf in New York

The Weirwolf took a huge bite out of the Big Apple on the 7<sup>th</sup> November and sealed an impressive 2<sup>nd</sup> place finish in the New York marathon wheelchair race. In a fantastic race for David, he managed his second place on the podium by beating Daniel Romanchuk. Marcel Hug came first in the men's wheelchair race and Madison de Rozario won her first women's wheelchair title. **David did an amazing job and your Weir Archer Family and friends are incredibly proud of you!**



## A Captain's Conference



The boys' Captain never stops! His second name should be 'motivator'!! Hilmy impressed a huge audience when he spoke at the Move Conference on 18<sup>th</sup> November. He spoke all about his journey as a wheelchair racer, where he's managed to get to in his life, his charity work with disadvantaged disabled people in Tanzania, and what the future looks like for him.

Hilmy continues with his Monday motivational video clips, and if they're anything to go by, his speech will have left all that attended with a feeling that they've just met one truly inspirational character with a gift for bringing out the best in, not just himself, but others too. **Well done Hilmy!**



## Poppy Power



Training on the 9<sup>th</sup> November was in aid of the Poppy Appeal and there was a huge turn out of athletes to support this honourable cause. All athletes pushed either 5k or 10k and in doing so raised nearly £200. Everyone had a great time and the atmosphere was brilliant. Thank you to Jenny and David Lucas for keeping a watchful eye and to Coach Kim for running the distance with the help of her trusty friend, Miles!

**Thank you to all who took part.**



# Chilly Wheels



On a chilly December day Debz and Xander braved the cold and attended the annual Winter Wonderwheels event at Dorney Lake in Windsor. The 5<sup>th</sup> December was certainly not for the faint hearted due to the temperature, but in true Superhero style the pair didn't let that put them off and did amazingly well. They were full of smiles and Debz proved she was indeed Wonder Woman in her outfit! They both pushed the distance and did everyone proud.

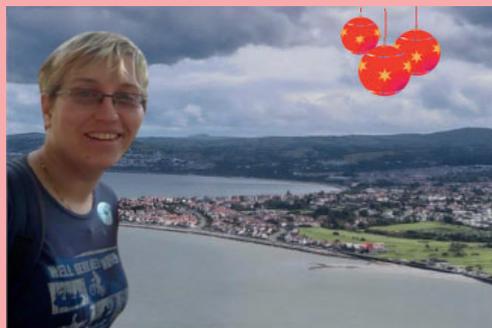


# World Class

Congratulations to Fabienne Andre and Dillon Labrooy for being offered membership to join the Paralympic World Class Programme for 2021/22.



Fantastic news for two of our athletes who continue to advance in wheelchair racing, proving that determination, commitment, support from their coaches, and not forgetting talent, can sometimes pay off! Good luck to them both in the continuation of their sporting careers.



# Virtually Completed

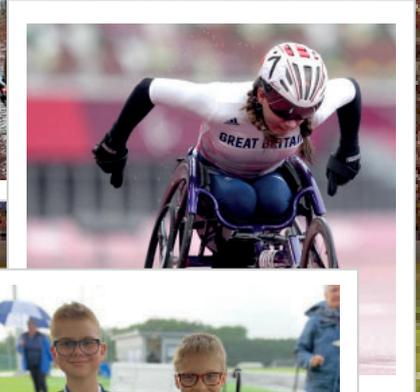
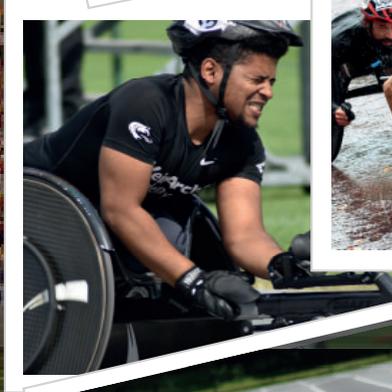
Kim has now covered 800 miles on her virtual Welsh Coastal Path Challenge! I interviewed Kim and she said "Thank you to everyone who has sponsored me!"

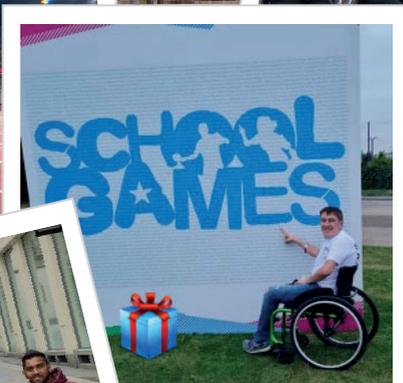
Donations are still available, and you can ask Kim how to donate to her amazing challenge. Absolutely awesome!



# 2021 What a year we've had!

(a few of our many moments)





2022

Here we come



# Milkshake meets Owen

At the end of September one of the young athletes, Owen, had a film crew follow him for a brand new show called 'Meet the Experts' which is part of the Milkshake programmes shown for young children on Channel 5. The show aired on 12<sup>th</sup> December, and it was a fantastic chance for Owen to showcase his talents and knowledge of wheelchair racing. The programme also featured David Weir, David Lucas, some of the juniors and James Freeman. There was an excellent section where Owen and James raced in the Olympic Stadium in London, which was really exciting to watch. Well done to everyone involved and especially Owen who showed he's a natural in front of the cameras!



## Bursary Boys



December has been very kind to Hilmy and Sam who both received the acclaimed Brian Freeman bursary awards. Hilmy won the seniors award and Sam the juniors. Both athletes were immensely proud and will be able to put the funds to good use to assist them going forward. Hilmy has worked incredibly hard all year, both on and off the track, and resulted in getting his first PB's in 5 years. He also commits his time to motivating others, both virtually and in person, at events and conferences and not to mention the charity work he does for disadvantaged disabled people in Tanzania. He's a constant support to all the younger athletes and he's always willing to offer up advice. He was a very worthy winner. As for Sam, well that's me of course, I was also very proud and thankful to Weir Archer who have supported me in so many ways over the years. I have grown in confidence and as Dave Lucas knows, I always like a chat, but I do try my best at all times. Jenny asked me to take on the newsletter and I created 'Trackchat' to keep people up to date with all the news. Thank you to Jenny for giving me the opportunity in an area that I love. Hopefully I'm a worthy winner too!!



## Strictly Sashi



Thank you to Sashi for bringing back the popular Thursday night stretch sessions on Zoom. These were originally started up during lockdown and offered to all athletes at the club. Personal Trainer Sashi has been giving up her time to help the athletes with their fitness and even though we're all made to work hard, we all enjoy it! Keep an eye on WhatsApp updates for when sessions will be held.

## New year new members



This year we've been lucky to welcome these new members: Claudia, Toby, Debz, Ellis and Najib. All are working so hard and proving they've got what it takes to train in wheelchair racing. We're all glad you decided to join us and look forward to seeing you all progress.

## Give us a smile



Message from the fundraising team... Please don't forget to click on Amazon Smile when shopping on Amazon as Weir Archer is registered and will receive a small donation each time you shop. Every bit helps and every click goes towards helping all the athletes eventually.



## A Christmas Present **WIN!**

Dotted throughout this Christmas issue are a number of presents like the one above. But how many did Santa leave behind? 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 Cristmas Haribo's!



### Who do you think you are?

As it's Xmas there's also a chocolate orange up for grabs. **Who is this person at Monday training?** The first person to email me at [swalki19@hotmail.com](mailto:swalki19@hotmail.com) or WhatsApp me with the correct answer WINS!

## 'Rolling' around the Xmas tree



Jenny and Kim have been busy spreading some festive cheer and have decorated the roller room to look in keeping with the festive period. So, when you're in there pushing on those rollers you know Santa is on his way!

## Immunity Boosting Smoothie



### Anti-Inflammatory, Greens Lover, Immunity Boost

#### Ingredients:

- ¾ cup water
- ¾ cup freshly squeezed orange juice (about 3 oranges)
- 2 cups spinach, lightly packed
- 2 pears, chopped into 1-inch chunks
- 1 avocado
- 1½ teaspoons grated fresh ginger or ¾ teaspoon ground (or more/less to taste)
- Handful crushed ice

- 1) In a blender, combine the water, orange juice, spinach, pears, avocado, ginger and ice. Blend until smooth, about 2 mins, stopping the blender if needed to scrape down the sides so everything is fully incorporated.
- 2) Pour into two glasses and enjoy.





So, this is the last edition of 2021.  
Look forward to catching up  
on all the news in 2022.

*Merry Christmas everyone...*



Email your news, views and pictures  
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