

# WEIR ARCHER ACADEMY TRACKCHAT

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Weir Archer Family  
and Friends



@Weir\_Archer



weirarcher



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# WHEELS IN **MOTION**

## BREAKING NEWS

# Ooh la la...

**On April 3<sup>rd</sup> Eden and Mo took to the beautiful streets of Paris for the Paris Marathon and what a huge success it was for them both.**

Conditions looked cold in the city but nothing was going to put these two off! They'd both recently taken part in the Brighton Half Marathon where both of them won, so this was good training for the marathon that lay ahead. This was Eden's first full marathon and she absolutely smashed it, triumphantly coming first in the women's race and getting her place on the podium. In the last addition of TrackChat, Eden listed winning three silver medals at the Junior World Championships as among her proudest achievements – well, this might just have topped that, or certainly come close!

Well done Eden, everyone is really proud of you. Mo had the most amazing race too, and in the men's race he finished in a fabulous 8<sup>th</sup> place – wow, what an achievement! Again, everyone is very proud of your performance. The marathon racers, men and women, are hard core in my opinion, and the determination and commitment shown by Eden and Mo is really inspiring! Both of them had to dig deep for sprint finishes too! All the hard work from their coaches and cyclists in training made sure they were well prepared. Well done both and looking forward to hearing when your next marathons might be!



## A TRUE CENTURION

**RECORD BREAKER**

**Claudia has been at it again, literally pushing herself to the limit!** This time she achieved a stunning World Record when racing in the Centurion Track 100 – she pushed for 100 miles around the track at Bedford - that's 390 laps! Wow! She said it was one of the hardest and yet most incredible days of her life. At 80km it looked like her race was over when she suffered a back injury, but after receiving a massage and some heat packs she managed to continue and even put in a final lap of 1:24! Once all the blisters have hopefully died down Claudia will be taking to the streets of London for the Vitality Westminster Mile alongside the Development Squad, and also the 10k the following day. Go Claudia! The club is very proud of you!

# SURREY CHAMPS



**It was a very windy day on Saturday 9<sup>th</sup> April when everyone arrived for the Surrey County Championships at our home track in Kingston.**



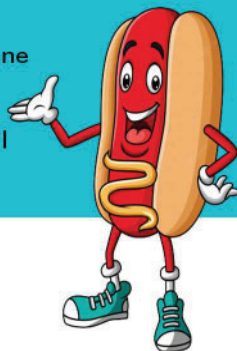
It was the first time in a couple of years this meeting has taken place due to Covid, and it felt good to be back, especially as spectators were allowed in. With the strong winds, and a slower track, PB's were going to be hard to muster, but that didn't stop the Weir Archer team coming away with medals! There were plenty of medals won from the juniors and the seniors. For some this was their first experience of a competition, so well done to them, especially Toby, who's 10 years old and one of our youngest athletes.



It was a great day all round, and I even managed to test out the first-aid facilities with a choking incident! Note to self – don't eat hot dogs on race day if you suffer with dysphagia!!



Well done everyone on a great team effort with some brilliant individual performances.





# A DAY TO CELEBRATE



The 8<sup>th</sup> March was International Women's Day, and we can't let that day go past without a mention for our very own Jenny Archer MBE. Jenny is the backbone of the club and encourages every single one of us both in and out of the sport. I won't say too much because Jenny doesn't like a fuss, but we're all hugely grateful for what she does!



## GOLDEN YOUTH

**There's a London Youth Games swimming medallist amongst us!**

10-year-old Toby, one of our newest members, just happens to be good at swimming too! Toby won the individual backstroke gold medal for Wandsworth borough at the London Youth Games in April. Where does he get the energy?!

**Well done Toby, fantastic achievement!**



## HEADS-UP

On 2<sup>nd</sup> March we received a visit from the company, Abus, renowned for their high-quality bike helmets, who came along to the club and measured us all up for brand new helmets.

Weir Archer is looking forward to a great partnership together and all the athletes are really grateful for the support.



Security Tech Germany



## A 'PIZZA' THE ACTION



So before the season got off to a start we had a get together at **The Norbiton pub pizza restaurant** and it was a great night to chat, laugh, and eat pizza of course! We were lucky enough to have the garden room all to ourselves so it felt like a Weir Archer party. It was a shame that not everyone could make it, but hopefully there'll be more social times in the near future.



## APP OF THE MONTH

- *Do you spend hours planning a trip out?*
- *Have you visited somewhere and found access was not what you expected?*
- *Are you anxious and stressed when visiting a new place?*

AccessAble is here to take the chance out of going out. To give you the detailed information you need to work out if a place is going to be accessible to you.

It is so important to have detailed, accurate information, that's why a trained surveyor visits every venue you will find on AccessAble. Surveyors aren't there to rate a venue or say if they think access is 'good' or 'bad', they are there to collect the facts people have told them are important.

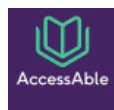
## AccessAble

### "Life – changing" virtual travel guides

The Detailed Access Guides tell you all about a venue's access. They are 100% facts, figures and photographs.

All of the information they collect has been asked for by disabled people and carers.

**All access guides are available free, via [AccessAble.co.uk](https://AccessAble.co.uk) or on the AccessAble app.**



# Wheels in Motion

Mo Jomni – T53

***Congratulations, you had an exceptional race in the Paris marathon recently, what was it like to compete in such a famous city?***

Firstly, thank you. It was my first time competing in a marathon in years, since London actually, and different competing in Paris where its uncharted territory compared to London, which I've done twice. Being in Paris was an experience that I think I will never forget because it's my first time and especially when its cold at 6am in the morning, which is very new to me. Amazing atmosphere and amazing crowd. I had cyclists with me which is very new, and good support from the French people, which is always nice to see from a British man.

***How do you deal with nerves before such a big race?***

How I deal with nerves is an experience now where I prepare the night before the race and I just think about what I did in training, and what my coach tells me, and how far I've come. Race your own race.

***What age did you start wheelchair racing?***

I started racing at around 22 years old. What motivated me was that I'd just come out of hospital. I had nothing to my name and I always wanted to do athletics so I thought it was a good opportunity to start my new life by doing something I'd like, or was interested in, and also being committed to it. I wanted to be someone who didn't just work behind a desk.

***What are your main goals for the 2022 season?***

My main goal is to get back into the top of the world so this year is very quiet for me and I'm trying something new to keep me motivated and give me interest in the sport. I'm doing the 1500 metres which is new for me and I did it this year. I want to try and get into the Commonwealth Games which is going to be a tough one because it will be against the best of the T54's. It's a mixed category and I'm a T53. It would be nice to have an England shirt besides my Great Britain shirt.

***Is diet very important to you as an athlete?***

Diet is very important. Another 'new' out of my 10-year career is to know that it's very important. I always thought it was fine to just eat spaghetti, pasta and burgers. You know, I wasn't a perfect athlete and diet is very important! We now have dieticians and I try to stick to the diet plan but sometimes you have to treat yourself with a little falafel or a nice little peri peri chicken!



***Favourite restaurant?***

Oh my god, that's a good question! It has to be a pizza place. I love pizza places, but it has to be an authentic Italian pizza, or American Italian pizza places where they do it in the proper way, and not in the oven. You know, not Dominos, or Pizza Hut but a fun authentic Italian place. And pasta. I love pasta, especially Bolognese!

***If you could choose anyone, who would you ask to join you around the table at that restaurant?***

If I had to choose who would join me around the table at a restaurant, it would be you. My friends like Jabari, Marcus, David and probably the whole academy. I've grown so much with you guys and it would be good to just have a nice meal sometime, and I missed having a meal together whilst I was in Paris. So, hanging out with my teammates and my family as well, its gonna have to be a big table!

***Athletes go through highs and lows and you're very good at motivating others, but how do you stay motivated yourself?***

Yes, athletes go through highs and lows and this can be down to mentality, or from overtrying, or sometimes you can just burn yourself out, but I always try to remember why I started and what I want for myself. I know the best things in life are not going to be easy. If I want the best things in life I have to get up in the morning and give it what I can, and know when to stop and when to take a break. If you want to go anywhere you have to be kind to yourself and always put yourself first.

***You're always very supportive of the younger athletes, me included, do you have any tips for us?***

Yes, I'm very supportive of the young athletes, including you, because you guys have a spark and my best tips for you is to not lose that spark, always have fun, and don't let people from outside the sport take the joy out of it. Always be yourselves, train hard, play hard, don't take things too seriously, always learn, always be competitive, and always strive to be good. You will improve, improvement is very important and, finally, my best advice I'll give you is to go fast!

***Finally, what's the highlight of your career to date?***

That's a good question. I'd say my highlight would be doing a 1500m which I did recently at Coventry, and then Paris – I think that was a big achievement.

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