

# WEIR ARCHER ACADEMY TRACKCHAT



ISSUE 09  
May/Jun/Jul/Aug  
2022



Weir Archer Family  
and Friends



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SUMMER  
SPECIAL

# HILMY HEATWAVE



# The London Youth Games 2022



On 10<sup>th</sup> May, Jack and Illias took part in the London Youth Games, held this year in Mile End, and both came home with medals. They had a great day and turned up with support from their schools. Unfortunately, Covid finally caught up with me so I had to give this one a miss. Well done guys! Weir Archer, Kingston Borough, and Camden Borough are all very proud of you.



## Westminster Mile

Sunday 1<sup>st</sup> May saw the Development Squad take to the streets of London to complete the 2022 Vitality Westminster Mile. With crowds cheering them on, there was a plethora of PB's when crossing the line outside Buckingham Palace. A great time was had by all! Thanks to Michelle Weltman for all her help.

The Vitality Westminster 10KM took place the day after the mile and saw some of the seniors taking on the challenge, with David Weir and Eden Rainbow-Cooper coming second in the men's and women's races. Well done to all that took part. Huge effort all round!

## Vitality 10K

Well done to the senior athletes for competing in the Vitality 10K. Special congratulations to David Weir and Eden Rainbow-Cooper for coming 2<sup>nd</sup> in their race!



Park Life

## Totally Stoked

Weir Archer were back at Stoke Mandeville on 7<sup>th</sup> May with more great performances. It was a busy event with lots of athletes taking part. The wind wasn't always in our favour but good to be there. There were still PBs, however, and many first places from our athletes in the Academy. Well done to all that took part!



# Diamond Opportunities & Great Manchester Run Wheelchair Race

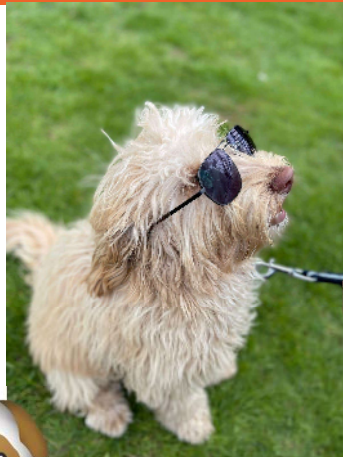
Well Done to David, Eden, Mo, Dillon and Fabs for competing in the Diamond League at the end of May, and congratulations to David and Eden for coming first in the men's and women's wheelchair race in the Great Manchester Run on the Sunday of that weekend. Its onwards and upwards for this team!



Competing on the Commonwealth Games track in the Diamond League was an amazing opportunity for the athletes, especially racing in front of a live crowd for the first time since 2019. Head Coach Jenny Archer, the whole support team, and the fabulous cyclists all helped to prepare the athletes for a grueling weekend of racing. Well done to everyone!

## Stoke Success

Another race meeting at Stoke on 28<sup>th</sup> May, with fantastic results. All watched on by the Coaches and cyclist, Peter. Thank you to all the support from the parents...and Teddy of course! Do we have a new Weir Archer mascot now that Giles has retired?



## Athlete of the Month May 2022



Ok, it was me – Sam! I was very honoured and surprised! Thank you so much!



## Nottwil

A team of Weir Archer athletes all went out to Switzerland to compete in the Nottwil meeting at the beginning of June. Great performances, PB's and a European record for T33 James Freeman in the 800m. The hard work of winter training is definitely paying off. Well done everyone!





## A Special Delivery



On 29<sup>th</sup> June, ABUS delivered brand-new helmets to all the athletes at the club. The sponsorship means so much to everyone and they've been put to good use already! Thank you ABUS for supporting the Weir Archer Academy!



## Jubilee Jubilation

The summer newsletter wouldn't be complete without wishing Her Majesty congratulations on her Platinum Jubilee year! All at Weir Archer celebrated in their own individual ways and are full of admiration.

## Tarmac Triumphant



The support from Tarmac knows no bounds! The Tarmac teams cycled from Kingston to London and back, and also took on the 3 Peaks Challenge, flying the Weir Archer/Tarmac flag at 886m above ground! Overall, the Welsh management development team raised £2,605 and other regions now over £2,500 with various activities all over the UK. We are all very grateful for your continued support – thank you!





## Wet & Soggy National Junior Championships in Coventry

When it rains it definitely pours in Coventry! The Development Squad were all in attendance and spent most of the day sheltering from the rain. Good spirits all round though and a haul of medals! Miles also took part in his first Javelin competition and won Gold – not bad for a first time! Decided to use a group photo from when we were back home in the sun!

## Another sunny Stoke meeting.....



Our man Mo, showing what he does best! Big Weir Archer team out in force at this meeting and PB's were definitely on the menu!

## Big congratulations Illias

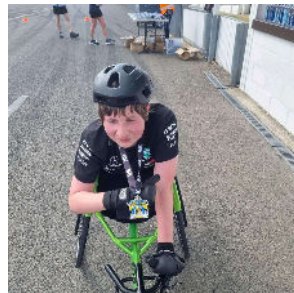


Not content with 1 award – Illias has won 3! First, the GLL Sports Foundation Award, then the London Youth Games Outstanding Boy Award and finally the Activity Alliance Best Performance and Sportsmanship Award. Phew, that's amazing! Well done

## Athlete of the Month June 2022

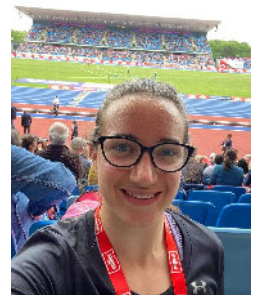
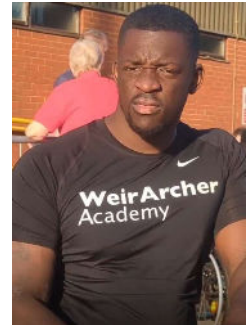


It's Eden! So well deserved for all her amazing achievements. Congratulations, everyone is very proud of you.



## Xander Returns

It seems nothing can stop Xander from pushing on to success, not even surgery! 8 weeks post surgery and he did the 5k at Goodwood, coming in first out of the wheelchair athletes, and another 5k at Dorney Lake placing 1<sup>st</sup> in the under 20 category. What a great return Xander, we are all glad to see you back!





So, the streets of Birmingham were where the Commonwealth Games 2022 kicked off, and also the start line for David and Eden as they embarked on the marathon; and what an event it turned out to be.

David began in the men's race and looked stronger than ever, leading the pack around the course. It was soon apparent he was in the shape of his life.

With just 6 miles to go, I was sitting at home watching the race and listening to the commentary when I heard it; David's tyre burst – the dreaded puncture. It was one of the most heart breaking scenes to watch. David had a clear lead of about 90 seconds and a gold medal was certain to be his. All you could do was watch helplessly as he was passed by other competitors.

However, this day is one I won't forget because David did something incredible that day – he pushed the remaining 6 miles on a flat tyre, showing that this man not only has determination but also the sheer strength to do this. From all the club, we salute you David! You just showed the Nation what a role model and truly professional athlete you are. There are calls to give David a Knighthood – what are they waiting for?



Whilst the dramas of the men's race played out, the women's race began, and we were in for a treat. In only her second marathon ever Eden absolutely stormed it! It looked like one of the most gruelling courses to compete in, with roundabouts, sharp bends (obviously sharp objects too) and those hills! The hills looked punishing. For Eden though, she made it look like a push in the park! She was unbelievably strong and powered her way to a Silver medal!! Congratulations Eden from all the club – what a phenomenal achievement. David sounded so proud of her in his post race interview – this will eventually be his legacy, athletes like Eden coming through the ranks. Congratulations Eden!



Tuesday 2<sup>nd</sup> August saw Fabs take to the track for her 100m T33/34 Final. It was fast and furious! Hannah went out in front, followed by Kare, but then following close behind was our Fabs, showing everyone what she's made of. As Tanni Grey-Thompson said in her pre-race commentary, Fabs is definitely one to watch! Well done, we're all proud of you!

# Hilmy the Hero

Hilmy Lightning Shawwal – T54

**You're brilliant at motivating others, and we all look forward to those Monday morning clips to set us up for the week, but what motivates you?**

Motivating others motivates me which is why I started doing motivational videos every Monday since the 1st lockdown.

**What made you think of taking up wheelchair racing?**

I started athletics in my day chair when I was 8 years old in sports halls competitions competing for my borough but 2012 inspired me to try it completely when I saw David Weir win 4 gold medals.

**What goals do you hope to achieve for the rest of this season?**

The goals I want to achieve for the rest of the season is a sub 16 100m and get on the future's program.



**Have you tried any other para sports in the past?**

I've tried Wheelchair Basketball, Wheelchair Rugby and Wheelchair Football.

**I've heard a bit about the charity work you do for people with disabilities in Tanzania - can you tell us about it?**

I opened up a charity in Tanzania to help disabled people have the facilities we have over here.

**What football team do you support and why?**

I support Newcastle United because I grew up in the Alan Shearer era and I've been in love with the club ever since. I went to my first home game this year in January before going 2 more times before the end of the season.

**If you had to choose 5 guests for dinner who would they be?**

The 5 guests I would choose for dinner is my family. (Mum, Dad, 2 sisters and brother).

**If money was no object what would you treat yourself to?**

If money was no object to me I would treat myself to a brand new racing wheelchair.

**What do you do to chill out?**

I like spending time with my family when I get the chance to chill out and going out with friends.

**What's the best advice you've ever been given?**

The best advice I've ever been given "Hilmy your time is coming, just keep believing in yourself"

**Happy birthday Jen from all at Weir Archer.... Huge thank you from all of us.**



## Degree of Success!



There are many strings to Natalia's bow – and she's just added a Sports Coaching and Sports Development Degree to all those achievements. Congratulations Natalia!



Email your news, views and pictures to the editor Sam Walkington: [swalki19@hotmail.com](mailto:swalki19@hotmail.com)

