

Weir Wolf goes down in history as one of the best athletes of all time after winning the wheelchair marathon

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David Weir : comment le jus de betterave a propulsé son fauteuil roulant

Des centaines de litres de jus de betterave ont aidé David Weir dans la conquête de ses quatre médailles d'or.

Il a bu de grandes quantités de ce jus qui est riche en protéines, glucides et en sodium et qui renferme seulement 39 calories pour 100 ml de liquide.

Weir mélange ce jus, qui selon son fabricant peut «augmenter la performance sportive», avec du jus de pomme pour enlever l'amertume.

Le matin, il boit aussi une potion fabriquée à partir de poudre et d'eau qui est une combinaison de 25 fruits et légumes. Sa famille dit qu'elle sent l'herbe. Elle est suivie dans la matinée par un café et un grand bol de muesli.

Une variété de pâtes, du steak et le poulet constituent le cœur de son régime alimentaire. «C'est tout un régime alimentaire équilibré, mais il y a beaucoup de poulet et de pâtes," dit Weir.(...)

- **Fans howl as Weir shares special victory with son Mason sat on his lap**
- **Weir previously won gold in 800m, 1500m and 5000m in Olympic Stadium**

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David Weir became one of Britain's greatest ever athletes yesterday as he won gold for the fourth time in the Paralympics with a stunning victory in the wheelchair marathon.

The man nicknamed the Weir Wolf was cheered by an army of fans giving the now traditional werewolf howl.

One of the loudest roars was reserved for a tender moment when he took his son Mason on his lap, draping his gold medal around both their necks as he held the Union Jack aloft. The toddler bounced up and down on his father's lap to the cheers.



© Reuters

Marathon man: David Weir pulled clear at the last to win his fourth gold of the Paralympic Games



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My daddy's the greatest! Little Mason shares David Weir's golden moment

Weir, whose partner Emily Thorne is pregnant with their second child, has become the biggest star of the Paralympics and howls from fans have reverberated throughout the Olympic Stadium and along the streets of London.

The 33-year-old's latest triumph came on a baking day that caused him to fear he would 'die' after only five miles of the 26-mile course in the heart of the capital where tens of thousands lined the streets to watch and cheer.

Beetroot juice fuels wheelchair wonder

Hundreds of litres of beetroot juice helped David Weir on his way to winning his four gold medals.

He drinks huge quantities of the juice which is high in protein, carbohydrates and sodium and has only 39 calories to 100 millilitres of liquid.

Weir mixes the juice, which its makers boast can 'increase sporting performance', with apple juice to take away the bitterness.

First thing in the morning he also drinks a green potion made from powder and water that is a combination of 25 fruits and vegetables. His family say it smells like grass. This is followed in the morning by coffee and a huge bowl of muesli.

A variety of pasta, steak and chicken make up the core of his diet. 'It's quite a balanced diet but there's a lot of chicken and pasta,' Weir said.

'I can eat what I want to a certain degree, as long as it's healthy, because of the amount that we train. In general I find that my body tells me what I want. I'm not really into sweet things anyway.'

Despite the obvious exhaustion after nine days in which he dominated wheelchair racing – winning gold at 800m, 1500m and 5000m in the Olympic Stadium – Weir had enough of his famous strength left to out sprint his rivals on The Mall, coming home in 1hr 30min 20sec.

But there was disappointment for those who had wanted to watch the race on Channel 4.

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- [Golden boy Weir makes his dreams come true as completes stunning quadruple](#)
- [Fantastic four! Paralympics star David Weir wins another gold for Great Britain in the marathon to become greatest wheelchair racer of all time](#)

Organisers had warned in advance it would not be shown live along the whole route because of financial restrictions which meant there were cameras in only a couple of fixed positions and at the finish. Weir said after winning: 'It's a dream come true. I dreamt about winning all my races, but this was going to be a tough order. I really had to dig deep.'

'After five miles, I thought I was going to die. I felt like I had no energy and thought, "If they keep this speed up, I won't last another mile".'

The 'incredible' home crowd energised him, he said. 'It didn't matter what position you came in, they were still behind you and they still loved you.'

The home favourite was in a leading group of six racers who broke away early in the race. But it was the Briton who entered the finishing straight in the lead and pulled away to complete a glorious end to a spectacular week.

Weir had kept on pumping at the wheels of his custom-built £3,000 chair for longer than he needed to because there was no finishing tape to mark the line.

Miss Thorne, who stayed away from the previous three races but attended the marathon, said: 'I am so proud of him, he deserves it for all his hard work.' London 2012 chairman Lord Coe said: 'He has just had a majestic Games. He is a phenomenal athlete.'



© Reuters
Just reward: After his triumph, Weir was given the honour of being the Para GB flag bearer

One of the 'faces of London 2012', Weir, who has 'winner' tattooed on his arm in Japanese, was clearly exhausted at the finish. He hugged his rivals before leaning forward in his chair, taking in huge gulps of air as well as the scale of his achievement.

The Weir Wolf by numbers

35.3miles - covered by Weir at these Games - in the stadium and on London's roads

7 races - in 10 days, including heats and finals

23mm - the width of his tyres in Sunday's marathon, 2mm wider than his wheels for the track

5 - hours' sleep a night, due to his hectic schedule and the adrenaline keeping him awake

50mph - top road speed - his usual track speed is around 22mph

£4,000 - the approximate cost of the 8kg racing wheelchair

He has been unable to use his legs after difficulties at birth and suffered a spine injury that left him walking with calipers. Even after his victory celebrations, there was more to cheer for the patriotic crowd as Shelly Woods powered home to win silver in the women's marathon.

Coming into the home straight in a breakaway group of four, she held off Sandra Graf of Switzerland, who took bronze, and Amanda McGrory of the US. The American Shirley Reilly won in 1hr 46min 33sec, a second ahead of the Briton.

It was Woods's first medal of the Games at her fourth attempt after missing out in her three previous events.

A delighted Woods, 26, said: 'I can't describe how great it feels. That was such a hard race, probably the hardest marathon I've done in my life. It's been such a tough week physically and mentally but I still had the speed for the finish in the marathon.'

'To sprint after 26 miles, it hurts. It hurt like crazy but I wanted it so bad and all the hurt is worth it now.'