

CLUB NEWS



ORWELL PANTHERS A C

Affiliated to UKA, England Athletics, SCAA

www.orwellpanthers.co.uk

Charity No: 1163145

Welcome to Club News

Thank you to all members who came and supported the club at the Annual General Meeting on 1 November 2017. Many congratulations to Hamish and Nell our new Club Captains for 2017/18 and a special mention to Ann Negus who received an Outstanding Contribution to Volunteering award this year through Community Action Suffolk.

The Elections of Officers and Committee members took place and the outcome was as follows:

President (ex-officio) – Ann Negus
Vice President – Mike Oakley
Chairperson – Sam Doubledee
Vice Chairperson – Mitzi Read
Honorary Secretary – Anita Abbott
Honorary Treasurer – Tony Cheatham
Membership Secretary – Ann Negus
Coaching Secretary – Margaret Nicholls
Publicity Officer – Paul Davis
Minutes Secretary – Anita Abbott
Trustee – Colin Hindle
Trustee – Michael Brundish
Trustee – Yvonne Holmes
Trustee – Sam Brown
Trustee – Sonia Adams
Trustee – Ann Brown
Child Protection Officer (male) James Crawford
Child Protection Officer (female) Pet Butler

Subscriptions for 2018

Annual Membership/1st Child	£55.00
2nd Child	£50.00
3rd Child	£45.00
Associate	£7.00
Second Claim	£7.00
Weekly Subscription	£2.00

Please note payment of your annual subscription is due in January – thank you

Club Kit

All athletes should come to training wearing club kit; this identifies athletes from other users at Northgate.

Coming Soon!!! Our new club kit will be available to order online, check our website for more details.

Dates for your Diary

Training

Last training session before Christmas will be Wednesday 13 December 2017. Training starts again on Wednesday, 10 January 2018.

Please note there will be **no** training on 20th December 2017, 27th December 2017 or 3rd January 2018.

Competitions 2018

Suffolk County Champs (those who qualify with required standard) – Sunday 13 May 2018 @ Northgate Sports Centre, Ipswich

Regional Championships – Sunday 10 June 2018

Metro Blind Games – date to be advised

Cerebral Palsy competition – Saturday 9 June 2018 @ Gloucester

National Junior Games (those who qualify with required standard) – Saturday 7th & Sunday 8th July 2018 @ Warwick

Cerebral Palsy competition – Saturday 8th September @ Doncaster

(Please check out the website for updated competition information)

Upcoming Social Events organised by Friends of Orwell Panthers

20 January 2018 Ten Pin Bowling @ Namco, Ipswich

19 February 2018 Quiz Night @ venue TBC

16 June 2018 – Orwell Panthers 15th Anniversary Celebrations @ Henley Community Centre

For further information on any of these events please contact a member of Friends of Orwell Panthers.

Trustee Meetings

Our next Trustee meeting is scheduled for 15 January 2018, if you have any questions you would like put to the committee please email or speak to any member of the committee.

Competition News

Extract from the Special Olympic GB Eastern Region Team:

The Special Olympics Great Britain National Summer Games 2017 took place in the city of Sheffield between 7th – 12th August 2017. The Eastern team was the fourth largest delegation (261) which was made up of 179 athletes and 82 volunteer coaches/escorts, competing in 14 sports: Aquatics, Athletics, Badminton, Basketball, Boccia, Equestrian, Football, Golf, Gymnastics Artistic and Rhythmic, Judo, Netball, Powerlifting and Tennis. The athletics team had 41 athletes and they brought home 17 gold, 21 silver, 25 bronze medals, 14 - 4th, 18 - 5th, 13 - 6th, 8 – 7th and 5 -8th place ribbons. Margaret Nicholls Head coach said “it is an experience the athletes will never forget – exceptional, enthusiastic team”

Extract from Press Release - Special Olympics Suffolk

29 November 2017, ten athletes from Special Olympics Suffolk (SOS) travelled to Lee Valley Athletics Arena to compete in the 2017 Greater London Special Olympics Indoor Athletics Competition. Although this is the third time for most of the athletes, for three athletes this was a first. With competitors from across the south of England, the standard of competition was very high. To their credit the SOS athletes came away with 3 Gold, 5 Silver and 2 Bronze medals. In addition, with four 4th places finishes narrowly missing out on the medals, the trip to Lee Valley was very successful with the athletes, team managers, parents and supporters having a very productive and enjoyable day. This was an excellent finish to the 2017 Track and Field season for our SOS athletes, with the highlight for most of them being taking part for the first time in the Special Olympics Great Britain National Summer Games in Sheffield. Now it's down to winter training and getting ready for the 2018 season.

Fundraising News

Printer Cartridges

A big thank you to all those who have passed on used ink cartridges to Sam. As a result the club has raised **£17.00** this year from your donations – please keep your cartridges coming in, Sam would love to see them!!



Our total raised so far is:

£49.01

A promotional graphic for Easyfundraising. It features the text 'Collect FREE funds for us any time you shop with' in red and grey. Below this is the Easyfundraising logo and an illustration of three wrapped gifts. A green circle on the left says 'Sign up now'. To the right, a list of three steps is shown: '1. Join' with a pink heart icon, '2. Shop' with a green shopping basket icon, and '3. Raise' with a yellow coin icon.

Collect FREE funds for us
any time you shop with

easyfundraising
feel good shopping

Sign up now

1. Join
2. Shop
3. Raise

Please keep up the good work and don't forget to tell all your family and friends about the great work you're doing!

Not already signed up?

Please join us on [easyfundraising.org.uk](https://www.easyfundraising.org.uk) and raise free donations each time you shop online. From clothes to car insurance, it won't cost you a penny extra!

Here's our page:

<https://www.easyfundraising.org.uk/causes/orwellpanthersac/>

Thanks again for all your support



Don't forget you can follow us on Facebook and Twitter

You can access both of these directly from the website by using the icons on the web page, but the link to the Facebook page is:

<https://www.facebook.com/groups/961280823933220/>

Twitter is a great way to publicise what we do, so if you are a regular 'tweeter' please re-tweet our link to make all your followers aware of Orwell Panthers Athletics Club. Our Twitter Account is: **@orwell_panthers**