

CLUB NEWS



ORWELL PANTHERS A C

Affiliated to UKA, England Athletics, SCAA

www.orwellpanthers.co.uk

Charity No: 1163145

New Members

A warm welcome to our newest member Michelle bringing our membership total to 56.

Remember if you haven't already renewed your membership, it is now well overdue and you will not be able to participate in any training sessions from 1 April 2018 until your renewal application is received.

Training

Training sessions continue to be held at Northgate Sports Centre throughout the year on Wednesday evenings.

Winter training indoor/outdoor 6.30pm-7.30pm

Summer training outdoors 6.30pm – 8.30pm

Weekly subs per athlete £2.00

Cancellation details will be put on the Website/Facebook/Twitter or you can contact Northgate Sports Centre direct on 01473 433611.

Club Kit

It is important for all athletes to attend training in club kit in order that coaches/volunteers can identify members from other users at the Sports Centre.

Dates for the Diary

Competitions 2018

Competition	Venue	Date
Special Olympic Event	Hertfordshire	Saturday 12 May 2018
Suffolk County Champs *	Northgate Sports Centre	Sunday 13 May 2018
Cerebral Palsy Competition	Gloucester	Saturday 9 June 2018

Regional Championships	Chelmsford	Sunday 10 June 2018
Metro Blind Games	Mile End Stadium London	Saturday 16 June 2018
Special Olympic Competition with Panthers	Northgate Sports Centre	Sunday 17 June 2018
National Junior Games *	Warwick	Saturday 7 & Sunday 8 July 2018
Cerebral Palsy Competition	Gloucester	Saturday 8 September 2018
Panther Challenge	Northgate Sports Centre Ipswich	TBC

***for those athletes who qualify with the required standard**

(Please check out the website for updated competition information)

Upcoming Social Events organised by Friends of Orwell Panthers

Event	Venue	Date
Orwell Panthers 15 th Anniversary Celebrations	Henley Community Centre	16 June 2018
Beetle Drive	TBC	October 2018 (date to be confirmed)

Trustee Meetings

Below are the dates of Trustee meetings scheduled for the remainder of 2018, please note these dates are subject to cancellation/change.

Monday 9 April 2018

Monday 21 May 2018

Monday 2 July 2018

Monday 24 September 2018

If you have any questions you would like put to the committee please email or speak to any member of the committee at least a week before a meeting.

The Annual General Meeting for 2018 will be held at Northgate Sports Centre on Wednesday, 7 November 2018 starting 6.15pm.

Social News



42 members attended the Ten Pin Bowling event @ Namco Funscape, on 20 January 2018. A huge thank you to Colin for arranging the evening which was a great success, enjoyed by everyone.

Tickets for Panthers 15th Anniversary Celebrations are now available and selling fast. Please see Colin for further details.

Fundraising News

Printer Cartridges

Please pass on any used printer cartridges to Sam Doubledee to help raise much needed funds for the club.



Would you like to raise money for Orwell Panthers Athletics Club?

Enjoy walking? Or Running? Or Cycling?

Or have a friend/family member up for a challenge and would like to support the club?.....

Ipswich East Rotary Club 42nd Orwell Challenge Walk, Run and Cycle Ride

“Ipswich East Rotary Club has announced that the date of the 42nd Orwell Challenge Walk, Run and Cycle Ride will be **Sunday 17 June 2018**.

The Orwell Challenge Walk, and Run has 3 principal routes for walkers and trail runners of 13, 19 or 25 miles with the option to complete a marathon length trail run if required, but you can finish at any checkpoint on the route if you so wish, and will be transported back to HQ.

This is a challenge for all abilities – everyone is welcome to take part – not just the fittest amongst us!

There is a registration fee of £15 per adult and £10 per child (under 12's). This covers the administration costs of the event, free drinks at check points, certificate and medal for every participant, all surplus funds are donated to charity so simply by entering the event you are helping a charity or good cause.”

If you would like to take part please register online at www.orwellwalk.co.uk.



Our total raised so far is:

£75.10



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

Easyfundraising is the simplest way to raise money for Orwell Panthers. Shop with any of over 3,300 well-known retailers via the easyfundraising website and a percentage of what you spend is passed to Orwell Panthers at no additional cost to you. Retailers include Amazon, M&S, Vodafone, eBay, Tesco, Viking and many more. Please register to support us today.

Here's our page:

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

Thanks again for all your support

HUGE THANK YOU TO OUR SUPPORTERS FOR 2018





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:

NEW ! Orwell Panthers Athletics Club

<https://www.facebook.com/groups/326192537891113/>

Friends of Orwell Panthers

<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**

We currently have 18 followers on the Club Facebook page, 50 followers on Friends of Orwell Panthers Facebook page and 37 followers on Twitter!

Further information about the club can also be found on our website:

www.orwellpanthers.co.uk