

The Panther



MOST VALUABLE CONTRIBUTION TO DISABLED SPORT



On 20th February in the Council Chamber of Waveney District Council at Lowestoft, Kieron Jessup became the youngest winner of the Waveney Sports Awards Trophy for "The Most Valuable Contribution to Disabled Sport."

The nomination was made by Sue Allen of Warren School and her statement reads:

"With his passion for sport, Kieron has quickly made ground in football and badminton, helping both Warren School teams to success in the Power League. Kieron's real strength is in athletics and joining Orwell Panthers Athletic Club has

encouraged him to develop his running skills, resulting in recent successes in local cross-country events. Kieron was the first student from the school to qualify for the National Disabled Athletics Championships in Blackpool last July, obtaining second place in both 100 and 400 metre distances, with an incredible fourth in the 200 metres. With these achievements Kieron has every reason to be proud. He is, however, incredibly

modest and makes great efforts to include those less able than himself, always showing loyalty to friends and teammates. Kieron regularly gives up his lunchtimes to assist students with additional special needs and acts as a Sports Leader on the playground. Kieron has not only persevered to improve personally, but has also proved to be a real role model to fellow pupils, always encouraging and supporting. It is Kieron's commitment to his sport, his achievements, his sense of humour and his genuine consideration for his friends that have won him this award. Sue Allen, the Warren School and his family are extremely proud of him. Well done Kieron!"

We at Orwell Panthers echo those sentiments.

Kieron, you are a credit to yourself and an inspiration to us all.

Kieron in typically determined mode in Nowton Park



Orwell Panthers AC

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Autism Suffolk

Supporting families and carers of children aged 5 to 13 years with an Autistic Spectrum.

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FUND RAISER AND PRESS SECRETARY

Who is our Fund Raiser and Press Secretary?

Ann Negus was another of our founders and has been working for us flat out ever since.

Ann's ability to persuade people and businesses to part with their money is incredible but Ann doesn't hijack them. Ann does all the necessary homework to establish where funds might be available, who might like to support us and what they need to know about us.

Mike first came across Ann

when his daughter Rachel was a member of Cambridge and Coleridge AC and moving to Ipswich. Ann was formerly a member at Cambridge too and moved to Ipswich Harriers where Rachel arrived in 1989.

Ann still coaches at Harriers and it was there that she worked as membership secretary before becoming our membership secretary until Colin took over last November. Many awards have come Ann's way through athletics and every one well deserved. Orwell Panthers

AC gets a lot of press coverage and that is down to Ann as well.

Ann is tenacious in whatever she does and we would be lost without her. We are so grateful to Ann and Harry for letting us use their home for Committee meetings and for being so loyal to us. Thank you Ann for all you do for us.



Cross Country

What a fantastic season of cross-country running for our athletes!

After five gruelling events, Our boys finished 6th out of 11 teams and our girls 11th from 12 teams.

Mike admits having seen athletics over more years than he cares to remember but has never seen such an amazing result. Everyone who took part must be congratulated. The runners, of course, but also the super buddies and not forgetting the coaches who got them all there. Very special thanks and congratula-

tions has to go to Celia who took on the team manager role and what a result.



The club owes you a huge thank you, Celia.

The individual competitions required athletes to finish in at least four of the five races and

this resulted in Sean finishing equal sixth, Olly ninth and Ryan tenth in the under 15 boys group. In the under 17 men's group Stephen was fourth and Michael sixth. Others who ran included Daniel A, Kieron, Luke, Matthew H, Matthew P, Emma and Latisha.

Guys and Girls, you were fantastic.

The buddies included Danny, Paul, Ben, Tom, Dean and Tracey. Thank you all.

Daniel A, Ryan and Stephen also competed well in the Suffolk County Champs. Brilliant chaps!

Sports Hall

In the highly competitive world of Sportshall Athletics, it has been a tremendous experience for Panthers to participate for the first time. For the County of Suffolk to select five of our athletes for the Regional Finals, shows just how far our club and its wonderful athletes have progressed.

Emma had competed back in November in the Under 11 age group and now we had Latisha in the Under 13 Girls and Sean, Ryan and Luke in the Under 15 Boys.

What a scrap between the hosts and the

powerful Essex side in both our age groups. In the Under 13 Girls these two sides battled for 1st and 2nd places and were only split by 2 points in the end. The Suffolk girls, competing for the first time in many years, worked hard and Latisha's points in the Shot and the 4 Lap Race were invaluable in helping her team to 5th place only narrowly behind Cambridgeshire. Well done Suffolk and well done Latisha.

Norfolk and Essex were at it again in the Under 15 Boys' competition. This time they had to fight for 2nd and 3rd places, as Hertfordshire raced away as winners, with only 4 points splitting

them this time. The Suffolk team had fewer athletes than any other county and in fact 75% of the team were Panthers. It was a very 'deep end' that Sean, Ryan and Luke found themselves dropped in but they didn't 'drown'. All three picked up very valuable points. Sean 66points, Ryan 64 points and Luke 54 points. If only they had a full team scoring points like that and they would have been much further up the table. We are so proud of you guys, well done! Amazingly Sean and Luke were back out in the following day's Cross-Country meeting. You lads must be getting really fit.

Social Page

Hello Parent's, Carer's, Athletes, and Supporters

Welcome to our first social page,

We are so busy with social event's now that we thought it would be nice to have a page to keep you all up to date with what is going on,

Everybody loved the Christmas Disco and it has now been decided to make this an annual event.

We would also like to give a special thank you to the parent's and helper's who organised the Valentine Disco—Allison, Doreen, Cathy, Phil and Harriet.

A magnificent £197.50 was raised

Everybody who went had a really great time,

On the website Mike mentioned "What next — a mid - summer

ball?" After speaking to some of the Parent's /Carer's it has been decided to organise an Autumn Ball in September,

We are busy looking for a venue and then we can set a date and find a disco/group to entertain us,

If any of you know of a suitable hall please tell Sue Hindle.

With Easter fast approaching how about getting the Athlete's together during the break for tobogganing, swimming, laser quest or if you have any other idea's see Sue Hindle.

Thanks to all the Parent's Coaches and Athlete's who are taking part in the Slimathon we hope to have a celebration meal after this has finished in April.

June / July — We are hoping to arrange a trip to Pleasurewood

Hills Theme Park'

Colin has e-mailed them to see if we can get any discount but as yet he has not had a reply. Colin will e-mail / Phone them again in March.

That's all for now, Just a few Date's to remember,

March 2nd Body Shop Party

Easter break, Swimming Tobogganing or Laser Quest Date t.b.a.

April, Parent / Coach meal Date t.b.a.

June / July, Pleasurewood Hills Date t.b.a.

September, Autumn Ball Date t.b.a.

If you have any ideas Please Contact Sue Hindle who will help you (01473 - 401555)

DSE EASTERN CHAMPS

May 19th will soon be here and we are really hoping for a good turn out of parents, carers and supporters to lend a hand on the ancillary side of running an athletics meeting. We need people to work on refreshments. That's preparation and sale. We need folks to sell raffle tickets, sell programmes, give athletes their numbers. Also to help the organisers in writing up the results. Please don't hold back. Let's show the Eastern Counties why Orwell Panthers is the best club in England!

Please say yes to either Mike or Sue Hindle and give a hint as to what you can do.

The more names we get the shorter your shift.

Mitzi will be telling the athletes that the entry qualification for the Nationals is very strict and that the disability classification of some of our athletes may not qualify them to go to Blackpool. We are aware that this can cause disappointment and we are working very hard to get the best level of competition for all our athletes. The uncertainty in the past relates to our athletes with learning difficulties. If you have any concerns please talk to Mitzi, Margaret or Mike. We may only be able to explain but that may help.



ORWELL PANTHERS A C

Fun in athletics however able.

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Photos in this edition by Colin Hindle and his super camera.

Important Diary Dates

2 March — Body Shop at Home Party at Northgate
2-4 March — European Indoor Athletics in Birmingham
12 March — Committee Meeting at Northgate
24 March — 3rd Annual Sportshall Athletics Easter Festival at Generation, Ipswich

28 April — OPTUA Disability Show Case Day at Bury St. Edmunds
29 April — Team Ipswich Family 3K Run for Fun in Chantry Park

May 13 — SCAA County Championships
May 19 — DSE Eastern Region Disabled Games at Northgate

June 9 — Panther Challenge at Northgate
June 28 — OPTUA Games at RHS, Holbrook
July 7 — English Schools Athletics Cup Final at Chelmsford

July 7/8 — DSE National Junior Games at Blackpool
July 8 — Suffolk Youth Games
July 13/14 — English Schools Athletic Championships at Birmingham

August 3 — Norwich Union Grand Prix at Crystal Palace

September 19/23 — BWS National Junior games at Stoke Mandeville

November 1- AGM



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Caption Competition

Write a funny caption for this picture.
What is Sean up to? Will Cathy lose her bottle?
Answers in writing to Mike by 4th April 2007.



Mike: "He's behind you!"

Issue 5 Winner



Adam Keer:

"1,2,3,4,5,6,7,8,9,10,DRAW, FIRE!"