



Ruislip Turtles Swimming Club



# Turtles Newsletter

January & February 2012

Turtles Swimming Club is a Registered Charity Number 1055585

## Congratulations Sophie!

### Diary Dates



Feltham & Hanworth  
Gala  
Sunday 12th  
February

Spring Evening Meal  
Thursday 22nd  
March

Hatfield Platypus  
Gala  
Saturday 14th April

Turtles  
Championship  
Saturday 5th May

Turtles AGM  
Saturday 12th May

Bluebell Railway and  
Sheffield Park Outing  
Sunday 20th May

NASCH  
Championships  
Leamington Spa  
Saturday 3rd  
November

Sophie Grey is a key member of the Turtles Junior Gala Team. But Sophie also finds time to swim with the Ealing Swimming Club and she also swims for the London Region Disability Swim Squad.

Sophie recently took part in the National Disability Short Course Championships at Ponds Forge, Sheffield.

Sophie competed with swimmers and clubs from all over the country including most of the Team GB

Paralympics swimmers. Sophie competed in 4 events in the S7 / SB7 classification and broke 3 of her 'Personal Bests' and was only 53/100s of a second off making it a 4<sup>th</sup> Personal Best.

Sophie really enjoyed herself and is now planning her next trip in March to the National Junior and Youth Championships. Well done Sophie, we are all very proud of you!



Sophie Grey at Ponds Forge Sheffield and below waiting for her event

Sophie's name in lights!



## Turtles Social Events and Outings



### Spring Meal—Black Horse Iver Heath

This year's Evening Meal has been arranged for **Thursday 22nd March**. The location this year will again be The Black Horse, Iver Heath (Postcode SL0 0DH).

We will aim to arrive at 7.30 for 8.00 meal.

If you would like to join us please give your name and a **deposit of £10.00 per person** to Marion as soon as possible.

There is ample parking and good facilities for wheelchairs.

Please book early should you wish to travel on the mini-bus. The mini-bus will cost £4 per person.

### Bluebell Railway & Sheffield Park Outing



We have scheduled our next club day trip for **Sunday 20th May, 2012**

We will be arranging a coach trip to the Bluebell Steam Railway in Sussex (inc. a 90 minute trip on the train). This will be followed by a visit to Sheffield Park National Trust Gardens. The trip will be suitable for wheelchairs and scooters (scooters cannot go on the train though). It is also possible to **pre-book** powered mobility vehicles at Sheffield Park including an 'all terrain Trampler'

There is also a train museum at Sheffield Park Station should you wish to visit.

Sheffield Park Garden is a magnificent informal landscape garden that was laid out in the 18th century by 'Capability' Brown and

further developed in the early years of the 20th century by its owner, Arthur G. Soames.

The original four lakes form the centrepiece. There are dramatic shows of daffodils and bluebells in spring, and the rhododendrons and azaleas are spectacular in early summer. Autumn brings stunning colours from the many rare trees and shrubs, and winter walks can be enjoyed in this garden for all seasons. Visitors can now also explore South Park, 107 hectares (265 acres) of historic parkland, with stunning views. It is likely to take 2 hours to see all the gardens.

Check out the two venues on the web at: [www.bluebell-railway.com](http://www.bluebell-railway.com) and [www.nationaltrust.org.uk/sheffieldpark/](http://www.nationaltrust.org.uk/sheffieldpark/)

The Chalfont coach will have the usual special wheelchair lift and is

provided courtesy of the £595 donation from one of our members

**Prices** The current full price tickets are:  
**Bluebell Railway**  
 Adult £17.20 Children £8.60  
**Sheffield Park Gardens**  
 Adult £8.10 Children £4.05

However, we have negotiated very good rates (saving over £9 p.p.) and we can pass on these tremendous savings. The cost of the outing will therefore be as follows:

	Adults	Children
<b>Bluebell</b>	11.00	5.50
<b>Sheffield Park</b>	<u>5.00</u>	<u>2.50</u>
<b>Both</b>	<u>£16.00</u>	<u>£8.00</u>

Please book early as we need to book the railway tickets next month and please indicate if you wish to bring a wheelchair or scooter on the coach.



### Highgrove Update

The refurbishment project is still yet to be approved by cabinet and will not now be submitted to cabinet before February.

This means that Highgrove will continue to be our Saturday base until after the Easter school holiday (early April).

As mentioned in the previous newsletter, when Highgrove is closed we will move our Saturday swim sessions to Hillingdon Leisure Centre at the later time of 6pm until 7pm.

### Happy Birthday Marion

Congratulation to Marion Beckwith who celebrated her 80th birthday on Sunday 8th January.

Marion has been a club member for over 30 years, a dedicated committee member and also Club Secretary for many years.



### Pool Evacuation Drill

We will be arranging for a pool evacuation drill for one Saturday during March.

### Badges

Well done Jamie Bowers for the award of your 10 metres badge.

### Thank you Fourways Women's Club

We presented to the Fourways Women's Club on Wednesday 4th January in Ruislip.

As a consequence, we have been selected as their supported charity for 2011/12.

We were awarded a £30 donation for the presentation with a promise of a further donation following their AGM in May

One of the Fourways members also made a personal donation of £50 following the presentation. We are very grateful to the organisations and individuals that support our club and we are delighted that with all the options available that this year Fourways chose to select the Turtles Swimming Club as their supported charity.

### Other Funding Update

We were very disappointed that our grant application to Kelloggs Swim Active was turned down.

We had asked for £250 to help fund some swimming aids for pool use.

### Long Distance Swim

If you have still not booked your Long Distance Swim then please see Marion or Peter as we have to complete all swims by 25th February.

**We are a swimming club for anyone with a physical, mental health or learning difficulty.**  
**The Turtles Swimming Club based at Highgrove Pool, Ruislip meets every Saturday between 5pm & 6 pm**

**Turtles website:** <http://www.ruislipturtles.org.uk/>

**Turtles email:** [turtlesswimming@yahoo.co.uk](mailto:turtlesswimming@yahoo.co.uk)

**Chair (Dave): 07730 047500**

**Secretary (Marion) 0208 866 8606**



# Feltham and Hanworth Lions Gala



**Sunday 12th  
February 2012**  
Report at 15.00  
Gala Commences 15.30

*We will be taking a team of 16 swimmers to the first gala of the new season.*

*Good luck to all the team but in particular to Jamie Woodbridge who will be taking part in his first 'Turtles' gala.*

*The gala is organised by Lions International and operates under Lions rules i.e. this event is not a NASCH gala.*

**Hanworth AirPark  
Leisure Centre  
Uxbridge Road  
Hanworth  
Middlesex TW13 5EG**

## Team Sheet & Submitted Times

### Girls 25 Metres FS

Sophie Grey 0.33

### Boys 25 Metres FS

Oliver Regan 0.48

Jamie Woodbridge 0.36

Ian Andrew Horne 0.29

Tom Regan 0.24

### Ladies 25 Metres FS

Anne Rourke 1.15

Geraldine Leong 1.04

Jeannette Prentice 0.48

Shaida Ghorbanian 0.44

Karen Hoffmann 0.31

Erica Beckwith 0.29

### Mens 25 Metres FS

Don Lamb 0.36

Gary Lee 0.31

Jack Locket 0.28

James Lesnek 0.26

Carl Richards 0.25

### Girls 50 Metres FS

Sophie Grey 1.17

### Boys 50 Metres FS

Oliver Regan 1.48

Jamie Woodbridge 1.19

Ian Andrew Horne 1.11

Tom Regan 0.54

### Ladies 50 Metres FS

Anne Rourke 2.50

Geraldine Leong 2.19

Shaida Ghorbanian 1.38

Jeannette Prentice 1.38

Karen Hoffmann 1.12

Erica Beckwith 1.03

### Mens 50 Metres FS

Don Lamb 1.28

Gary Lee 1.07

Jack Locket 1.03

James Lesnek 1.02

Carl Richards 0.54

### Girls 25 Metres BS

Sophie Grey 0.32

### Boys 25 Metres BS

Oliver Regan 0.48

Ian Andrew Horne 0.45

Jamie Woodbridge 0.44

Tom Regan 0.42

### Ladies 25 Metres BS

Anne Rourke 1.15

Geraldine Leong 1.04

Jeannette Prentice 0.48

Shaida Ghorbanian 0.44

Erica Beckwith 0.32

### Mens 25 Metres BS

Don Lamb 0.46

Gary Lee 0.44

Carl Richards 0.38

Jack Locket 0.37

### Junior Relay Team

Sophie Grey

Ian Andrew Horne

Oliver Regan

Tom Regan 2.16

### Senior Relay Team

Karen Hoffmann

Erica Beckwith

James Lesnek

Jack Locket 1.54