



## Turtles Swimming Club Newsletter

# Well Done Varun

**Congratulations  
to Varun who  
has passed his  
'Level Two Learn  
to Swim'.**

**Proud Mum and  
Dad sent the  
following  
message to the  
Turtles:**



*Hi Alison and Cheryl, just to give you the good news that Varun has passed his 'Learn to Swim Stage Two' through his school (Grangewood).*

*Thanks in no small measure to the practice and encouragement he gets with the Turtles every week.*

**Varun Kodial is the Turtles 2018 Junior Improver of the Year**



**ESTABLISHED 1964**

*The Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty.*

*Based at Highgrove Pool in Ruislip, the club meets every Saturday between 5pm and 6pm*

**Chair:**

**Alison Grey**

**Chief Instructor:**

**Cheryl Lee**

**Secretary:**

**Andy Wallis**

**Turtles email:**

**turtlesswimming@  
yahoo.co.uk**

**Turtles Website:**

**[http://www.  
ruislipturtles.org.uk](http://www.ruislipturtles.org.uk)**

## TURTLES 2018 AWARDS PHOTO CALL



**Having established himself in the Turtles Gala Team, Josh Arends was awarded the Senior Improver Trophy**



**A regular in the Turtles Gala Squad, Dominic O'Neill-Cuadros won the Junior 100 Metres Championship**



**The Turtles President puts on a brave face as he presents the Chair with the Family Relay Trophy..... The Grey Family beating the Lee Family into second place!**



**Stepping down as Chief Instructor after 9 years, Linda Clarke receives the volunteer of the year award. Linda will be the Deputy Chief Instructor for 2018 /19**

## HATFIELD PLATYPUS GALA RESULTS SATURDAY 14TH JULY

Holidays and a late cancellation reduced the Turtles team down to just 6 swimmers who then managed to win 15 medals between them, finishing second to the host, Platypus A.

Congratulations to Gold Medal winners Jamie (2), Shaida and Anthony.

Special mention to Sophie who won 4 medals covering for absenteeism and in doing so now heads up the medal table.

Event	SWIMMER	Entered Time	Swum Time / Diving Score	Repo. Time	Position
Junior 3 lengths	Jamie Woodbridge	01:55	01:47.0	00:09	1
Ladies 3 lengths	Sophie Grey	02:27	02:25.5	00:10	2
Gentlemen 3 lengths	Josh Arends	02:05	02:04.6	00:09	3
Junior 1 length	Jamie Woodbridge	00:49	00:25.3	00:03	6
Ladies 1 length	Shaida Ghorbanian	00:48	00:46.0	00:05	1
Gentlemen 1 length	Josh Arends	00:31	00:31.0	00:03	3
Ladies Diving	Sophie Grey		16		3
Gentlemen Diving	Anthony Or		13		3
Junior 2 lengths	Jamie Woodbridge	01:45	01:04.0	00:06	6
Ladies 2 lengths	Jeannette Prentice	02:22	02:30.0	00:07	3
Gentlemen 2 lengths	Anthony Or	01:26	01:34.0	00:06	4
Junior 3 lengths	Jamie Woodbridge(x2), Sophie Grey	01:57	01:58.0	00:09	2
Ladies 3 lengths	Sophie Grey, Jeannette Prentice, Shaida Ghorbanian	02:39	02:44.0	00:11	2
Gentlemen 3 lengths	Josh Arends, Anthony Or(x2)	02:00	02:05.0	00:09	1



### Final Team Scores



Hatfield Platypus

Hatfield Platypus A	64
Ruislip Turtles	58
Stevenage Dolphins	54
Hatfield Platypus B	48
Harrow Kingfisher	43
Enfield Venturers	22

## TURTLES 2018 MEDAL TABLE

THANK YOU TO  
THE  
ORGANISATIONS  
AND  
INDIVIDUALS  
WHO SUPPORT  
THE TURTLES

**ASDA**

**Friends of Ken**

**Ruislip  
Combined  
Charity**

**Waitrose**

**names.co.uk**  
A DADA BRAND



	2018 Total	Gold	Silver	Bronze	Gala Events
Sophie G.	11	4	6	1	6
Jeannette P.	11	2	5	4	6
Shaída G.	10	3	2	5	5
Dominic O'N. C.	10	2	5	3	5
Charlie L.	8	4	2	2	4
Matthew O'N.C	8	4	1	3	5
Anthony O.	8	1	3	4	5
Antony L.	7	2	3	2	4
Josh A.	7	1	1	5	5
Jamie W.	6	1	2	3	5
Gary L.	6	1	1	4	5
Estelle B-B	5	4	0	1	3
Don L	5	0	1	4	3
Tillie H.	3	3	0	0	4
Oliver R.	3	1	1	1	1
Ethan	1	1			1
Mary	1		1		1
Ayon	1			1	1
Karen H.	0	0	0	0	1
<b>Totals</b>	<b>111</b>	<b>34</b>	<b>34</b>	<b>43</b>	<b>6</b>

### DISTANCE MEDALS

Congratulations to Mary Phillips for completing her 25 Metres Swim Medal.

### THANK YOU NAMESCO

We are delighted that Namesco has agreed to continue supporting the Turtles with another year's free hosting of our website.

### NEXT COMMITTEE MEETING

Next meeting is scheduled for Tuesday 4th September.

# **TURTLES INVITATION GALA**

**Saturday 15<sup>th</sup> September 2018 5pm for 5.20**

**Hillingdon Sport & Leisure Centre,**

**Gatting Way, Uxbridge**

**We need help in providing the buffet for after our gala.**

**Please let Alison know if you would be able to help provide any of the following on the day of the gala.**

**Thank You.**

**(Alison's mobile number is 07900 118812)**

*Sandwiches-Chicken Nuggets -Sausages-Sausage Rolls-Cheese & Onion Rolls- Individual Cakes-Chocolate Biscuits e.g Penguins- Individual box of Raisins - Salads or Fruit (such as sliced cucumber /carrots/ cherry tomatoes /grapes) Individual packets of crisps Individual carton drinks*

Anything else you think may be suitable for swimmers after the gala.

**We will be entering 2 Turtles Teams in this year's 'home' gala competing against other clubs in our region.**

**If you wish to participate, please let Dave Lee know by Saturday 1st September.**

**NO SWIM SESSION ON SATURDAY 15<sup>TH</sup> SEPTEMBER**

**There will be no swim session on Saturday 15<sup>th</sup> September due to the Turtles Invitation Gala event.**