



Turtles Swimming Club Newsletter

Sophie Tops the Medal Table for 2018

Congratulations to Sophie Grey who has topped the 2018 Medal Table winning a total of 16 medals including 7 Gold Medals.

Turtles concluded the 2018 season winning a total of 146 medals. This is the highest total for four years.

In 2014 the Turtles opted to become an Independent Club when we left NASCH. As a consequence, we obviously could not participate in the Regional and National NASCH Championships, reducing the number of events attended.

So a great achievement by the 24 swimmers who have represented our club during 2018.

The final medal table can be viewed on Page 6 and all the medal Tables going back to 2009 can be viewed on the Turtles website.

We now have a few months off before starting all over again in 2019.



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:

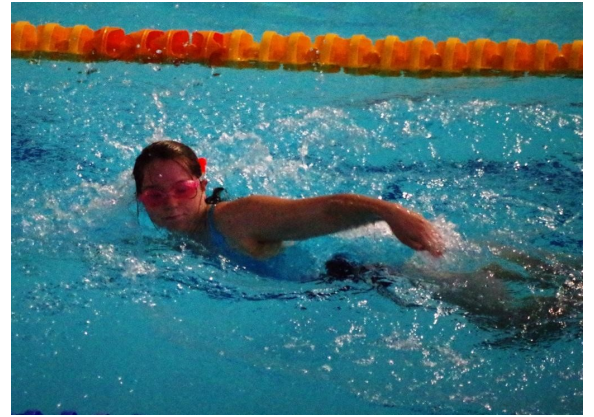
**[http://www.
ruislipturtles.org.uk](http://www.ruislipturtles.org.uk)**

Turtles Swimming Club is a registered Charity Number 1055545



2018 Turtles Gala





2018 Turtles Gala



STEVENAGE DOLPHINS GALA—RESULTS

- ♦ An incredibly close contest saw the top three teams finish with 38 points, 39 point and 40 points. Hosts Stevenage Dolphins won the gala just one point ahead of the Turtles who were just one point clear of Hatfield Platypus. Platypus took maximum points from the last three events finishing very strongly in an exciting finish.
- ♦ The Turtles collected 9 Gold Medals, 4 Silver Medals and 6 Bronze Medals (19 in total).
- ♦ Congratulations to the Gold Medal Winners: Shaida, Anthony, Solomon, Jamie, Josh & The Ladies Relay Team (Shaida, Jeannette, Tillie & Sophie).
- ♦ Silver medals were won by Anthony and Solomon and the Junior Relay Team (Dominic, Matthew & Solomon).
- ♦ Bronze medals were won by Tillie, Sophie and the Mens Relay Team (Gary, Anthony, Jamie & Josh).
- ♦ The Stevenage Gala concludes another successful Gala Season.
- ♦ Well done to the 24 swimmers who represented the Turtles across 9 competitive events throughout the 2018 season.



**SATURDAY
6TH
OCTOBER
2018**



Team Scores	
Stevenage Dolphins	40 pts
Ruislip Turtles	39 pts
Hatfield Platypus	38 pts
Harrow Kingfishers	21 pts

Event	Competitor	Submitted time	Time Taken	Pos.
Junior 1 length	Dominic O-C	0.36	0.28	4th R
Ladies 1 Length	Shaida G	0.35	0.34	1st
Mens 1 Length	Anthony O	0.31	0.31	1st
Junior 2 Lengths	Solomon G	0.53	0.51	1st
Ladies 2 Lengths	Jeannette P	1.46	1.39	4th R
Mens 2 Lengths	Jamie W	0.47	0.47	1st
Junior 4 lengths	Matthew O-C	1.58	1.43	4th R
Ladies 4 Lengths	Tillie H	2.28	2.27	3rd
Mens 4 Lengths	Josh A	2.03	1.58	1st
	Dominic O-C			
Juniors 4x1 Relay	Matthew O-C			
	Solomon G (2)	1.51	1.46	2nd
Ladies 4x1 Relay	Sophie G			
	Tillie H			
	Shaida G			
	Jeannette P	2.27	2.24	1std
Mens 4x1 Relay	Gary L			
	Charlie L			
	Antony L			
	Josh A	1.40	1.58	3rd
Mens Diving	Anthony O	-		2nd
Ladies Diving	Sophie G	-		3rd

GOOD LUCK JESS!



Good luck to Jessica Grey starting out on her new life at York University where she will be studying Biochemistry. Pictured above in her new lodgings at the start of a really great adventure, we want to say a very big thank you to Jess for all her hard work and achievements as one of our most qualified swim teachers. But we hope to see Jess back teaching during the uni holidays.

CONGRATULATION SOPHIE - ONCE AGAIN!

Pool Helper and top medal winner Sophie Grey celebrated her 21st birthday in September.

Although only 21, Sophie is already a long term Turtle member having joined with her dad (Nigel) when she was a very tiny toddler.

Well done Sophie for all that you have achieved in life and in particular all your swimming achievements.



THE TURTLES WEBSITE

Our current website was launched on a shoestring budget 10 years ago. We are still using the same software that was obsolete even back then, so our site is looking very tired and out of date. The photo gallery is a separate module to the text pages and so we currently cannot accommodate photos and images within the text of a story. In addition, we have not been able to upload new photographs to the Gallery for the last 2 years.

The Committee has therefore approved the commissioning of a new Turtles website that we hope will be operational early in the New Year.

Stevenage Dolphins Gala



GALA MANAGER ASLEEP ON HIS FEET AT THE END OF A HECTIC SEASON!

TURTLES 2018 FINAL MEDAL TABLE

THANK YOU TO THE ORGANISATIONS AND INDIVIDUALS WHO SUPPORT THE TURTLES

**Ruislip
Combined
Charity**

ASDA

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

Waitrose

Friends of Ken



	2018 Total	Gold	Silver	Bronze	Gala Events
Sophie G.	16	7	6	3	9
Shaida G.	14	5	3	6	7
Jeannette P.	14	3	6	5	9
Dominic O'N. C.	11	2	6	3	6
Anthony O.	11	2	4	5	7
Josh A.	10	3	1	6	7
Matthew O'N.C	9	4	2	3	6
Charlie L.	8	4	2	2	5
Jamie W.	8	2	2	4	7
Tillie H.	7	5	1	1	7
Antony L.	7	2	3	2	5
Don L	7	2	1	4	5
Gary L.	7	1	1	5	8
Estelle B-B	5	4	0	1	3
Oliver R.	3	1	1	1	1
Karen H.	2	1	1	0	3
Solomon G.	2	1	1	0	2
Ethan	1	1	0	0	1
Dave L.	1	1	0	0	1
Gyllian L.	1	1	0	0	1
Mary	1	0	1	0	1
Ayon	1	0	0	1	1
Terry C.	0	0	0	0	1
Heather J.	0	0	0	0	1
Totals	146	52	42	52	9

2019 GALA DATES

We are already receiving notifications for our 2019 season because pools need to be booked with plenty of notice. So we have Lions Hitchin on Saturday 6th April with the Hatfield Platypus Gala the following Saturday, 13th April. We expect the first gala of the season to be the Ealing S.C. event, probably in February followed by the Hanwell & Feltham Gala.