



Turtles Newsletter

FOR MEMBERS OF THE RUISLIP TURTLES
SWIMMING CLUB **SEPTEMBER 2011**

The Turtles Swimming Club is a registered charity number: 01055585

3 Gold Medals in the Long Distance Swim!



DIARY DATES

Committee
Meeting
Wednesday 31st
August

Leeds Castle
Outing Sunday
4th September

Turtles Invitation
Gala & NASCH
Region One Gala
Saturday 17th
September

NASCH
Championships
Leamington Spa
Saturday 5th
November



Congratulations to Don Lamb, Gary Lee and Gyllian Lucas who all won Gold Medals in the 2011 British Long Distance Swimming Association event.

14 members of our club participated in the event that is open to able bodied swimmers as well as disabled swimmers. All participants are required to swim for up to 60 minutes and their distances recorded and categorised within groups (by age and disability classification) and then compared with competitors from swimming clubs all over Britain.

The BDSL then award Gold medals to the highest performer within the classified groups. All our BDSLA results can be viewed on page 4 and the National Results viewed on the BLDSA website @

<http://www.bldsa.org.uk>

Pool Refurbishment Update



Unfortunately due to the complex nature of the project it has become necessary to undertake further investigative works entailing more time than had originally been envisaged. This has led to a further delay and subject to 'Cabinet' approval in the latter part of this year it is now hoped to start the refurbishment programme in early 2012. This is still only an estimate, we are due to receive our next update early November.

So carry on swimming at Highgrove!

Waitrose



Funding Update



We continue to approach organisations to raise financial support for the club.

Fundraising remains very tough and often we do not hear anything back following an application.

If you are aware of any organisations that may be able to support our activities please make our Treasurer (Rosemary Noyes) aware. We are happy to go along and make a presentation should that help.

However, it is not all doom and gloom as we

have had some success this month. We await news from Waitrose following our June nomination for Community Matters and we have also been awarded a grant from Hillingdon Sports Council for Gala Transport (mini-buses). Although we only received a portion of the money we requested, we are very grateful that HSC has had a change of heart in supporting us. HSC has made it clear though that this will be the last time

that they will support a transport request from the club

We have arranged to present to Fourways Ladies Group on the 4th January 2012 and we are also very grateful for the personal donations that we have received over the last year.

Special mention goes to Harsh Ganesh who has raised over £100 for the club following his sponsored walk last month. Supported by his parents Jahesh and Vanita, Harsh walked over 5 miles. Well done and thank you!

Leeds Castle Outing- 4th September

The coach will be at Highgrove for 9.00 for a journey that should take approximately 100 minutes. We will also pick up at Ickenham (Coach and Horses) 9.15 and then Hillingdon Station at 9.20. We will be stopping at Clacket Lane Service Station for a comfort break on the way down. So we would hope to arrive at Leeds Castle by 11.30. The special Chalfont coach that we hire has a wheelchair and scooter lift so if you wish to bring a scooter or wheelchair please let Marion know when making your booking. Once on board the coach, passengers must transfer to a coach seat. Some wheelchairs are available at the Castle but we are advised to bring our own wheelchairs whenever possible.

There is a complimentary mobility bus service on the estate for the less mobile visitors, available near to the ticket office.

The castle is accessible via a front door ramp. Inside the castle there is a lift for passengers seated in wheelchairs (but not scooters).

A maximum of 2 wheelchairs are allowed in the castle at any one time, so some staggering of entrance may be necessary. Wheelchairs and scooters can not go on to the upper floor of the castle but a DVD of the restricted areas is provided in the Yellow Room. There is a 45 metre cobblestone drawbridge onto Castle Island.

The Fairfax Restaurant has wheelchair access via Fairfax Courtyard but disabled visitors should use the nearby toilets in Stable Hill and not the restaurant toilets.

The Gardens, Aviary, World of Wings, Dog Collar Museum, Ellie the Train and the Black Swan Ferry Boat can all accommodate wheelchairs.

The Maze and Underground Grotto are not accessible to wheelchairs. Thanks to the donation we received towards the cost of the coach, and the group rates that we enjoy, we are able to offer the Leeds Castle outing to our members for a rate of **£14 for adults and £10 for children**. The normal adult castle entrance fee is £18.

Of course members can also acquire tickets for their carers, friends or family.

For more information, pick up a pamphlet from Marion or visit the Leeds Castle website

@ <http://www.leeds-castle.com>



Great House, Sonning

The Summer Outing to The Great House Restaurant at Sonning all went according to plan on Sunday 10th July. More photos can be viewed at:

<http://www.ruislipturtles.org.uk/gallery/Album4.htm>



September Home Gala(s)

Our 'home' gala is organised by Peter Jones (pictured below) and will take place on Saturday 17th September. We always need helpers to run the event and we also appreciate any donations of food for the buffet following the swimming. This year, Sylvia Smith will be stepping down as our announcer so if anyone would like to come forward to manage the PA role we would be very grateful. This year's gala is a 'double header' as it is also the NASCH Region I Gala with event winners qualifying for the National Championships at Royal Leamington Spa on the 5th November. If you wish to participate in the gala as a competitor please contact Dave Lee before 31st August. If you wish to participate as a helper please contact Peter Jones. We are very grateful to Hasbro for the donation of the raffle prizes for the gala evening.



Potters Bar Correction

Following a 'steward's enquiry' into the result of the Barracuda Potters Bar Gala, we can now confirm that Sophie Grey was the silver medal winner in the Junior 3 lengths and not 3rd as announced at the event.

New Helper

A big welcome to Yasmin Francis who has recently joined the club as a Poolside Helper. Yasmin will be assisting Linda Clarke (Chief Instructor) with the Saturday training sessions.



Distance Badges

Congratulations go to:

Devan Patel 10 & 25 Metres
 Bala Patel 10 & 25 Metres
 Jo Crockford 25 Metres

Long Distance 'Postal' Swim Results

British Long Distance Swimming Association

Swimmer	Distance Swum	Position Within Group	National Position (including able bodied swimmers)
Don Lamb	1745	1st	3rd
Gary Lee	1475	1st	15th
Gyllian Lucas	1040	1st	22nd
Sophie Grey	1610	2nd	156th
Jeannette Prentice	1275	2nd	34th
Erica Beckwith	2010	2nd	24th
Tom Regan	1810	4th	98th
James Lesnek	1340	5th	27th
Rosemary Noyes	2145		4th
Glen Sorrell	1945		9th
David Lee	2545		17th
Linda Clarke	1810		18th
Lucy Andrews	1810		21st
Karen Locket	1775		30th

We are a swimming club for anyone with a physical, mental health or learning difficulty.

Turtles Swimming Club is based at Highgrove Pool, Ruislip and meets every Saturday between 5pm and 6 pm.

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

Turtles email: turtlesswimming@yahoo.co.uk

Chair (Dave): 07730 047500

Secretary (Marion) 0208 866 8606

