



The Turtles Swimming
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1055585

Turtles Newsletter

FOR MEMBERS OF THE RUISLIP TURTLES
SWIMMING CLUB

NOVEMBER 2011

3 NASCH Championship Gold Medal Victories

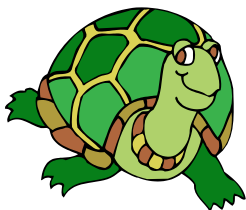
Christmas

Pool Closures

The last swim session for 2011 will take place on Saturday 18th December.

There will be no club session on 24th and 31st of December.

Club sessions will re-commence at Highgrove on Saturday 7th January 2012.



Karen Hoffmann (top left) Ladies 25 Metres Champion, Tom Regan (top right) Junior 50 Metres Champion and the Junior Relay Champions (Tom Regan, Oliver Regan and Ian Andrew Horne).

Congratulations to all the champions, medal winners and all who qualified for this year's Championships.

Not sure about the other two presenting the medals though.....



Feltham & Hanworth Gala - February 12th

Organised by Lions International District 105A the Feltham and Hanworth Swimming Gala will take place on **Sunday 12th February 2012**. For galas governed by Lions rules we can enter any number of competitors so if you would like to take part please let Dave Lee know as soon as possible or drop us an email as we need to confirm our team before the Christmas holiday.

We will be organising a mini-bus should you need transportation

Please note that this a Sunday event commencing at 3 o'clock (first swim 3.30).



British Long Distance Swimming Association

It is that time again!

If you wish to participate please book a Saturday time slot with Peter Jones who will then monitor how far you can swim in one hour. We can only monitor two participants per Saturday session so please ensure that you have your date booked. One lane of the pool is therefore used specifically for this purpose for the duration. We then submit our results to the above association who then calculate the category awards. For more information please visit the BLDSA Website printed below.

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



2011 Final Gala Medal Table

So as we draw the 2011 Gala Season to a close following the Annual Championships at Leamington Spa, we reflect on yet another successful season.

In total the Gala Team picked up 144 medals participating in 8 competitive events. This compared with 114 medals in 2010 from 9 events and 94 medals in 2009 from 10 events.

Ian Andrew Horne topped this year's table winning 16 medals in his first season with the team.

Well done Ian Andrew!

Ian Andrew was one of 6 swimmers to join the team this season and one of 18 swimmers to represent the Turtles in 2011.

Special mention goes to Tom Regan who was the second highest medal winner with 14 medals. Tom can also be proud that he is the Junior 50 Metres NASCH Champion and also part of the winning NASCH Championship Junior Relay Team with his younger brother, Oliver and of course.....Ian Andrew.

Swimmer	2011 Total	Gold	Silver	Bronze	Special Award	Gala Events	2010 Medals	2009 Medals
Ian Andrew Horne	16	8	3	5		7		
Tom Regan	14	5	7	2		5	13	12
Karen Hoffmann	11	5	2	3	1	7	10	11
Oliver Regan	11	4	4	3		7		
Gary Lee	11	2	5	4		8	12	12
Shaida Ghorbanian	10	5	1	4		3		
Jack Locket	10	3	5	2		4	10	18
Jeannette Prentice	9	3	4	2		7	15	2
Sophie Grey	9	1	6	1	1	3	14	1
Anne Rourke	8	3	2	3		6	8	9
Gyllian Lucas	7	1	4	2		4	1	3
Neil Dew	7		2	5		3	9	13
Erica Beckwith	6	3	1	2		5	6	8
James Lesnek	4	2		2		3	6	2
Don Lamb	4		4			3		
Carl Richards	3		3			5	9	12
Geraldine Leong	3		1	2		2		
Hamish Moreton	1			1		1		
Emma Groves							1	
Sandra Woodehouse								2
Stuart Hayes								1
Ann Chivers								0
Totals	144	45	54	43	2	8	114	94

Congratulations to
 Ian Andrew Horne
 Top of the 2011
 Medal Table



2011 NASCH Championships Results - November 5th



Congratulations to Karen Hoffmann (Ladies 25 metres), Tom Regan (Junior 50 metres) and the Junior Relay Team of Tom Regan, Ian Andrew Horne and Oliver Regan who are all **2011 National Champions**.

Our Junior Team representing NASCH Region I finished third with NASCH Region 10 (North West England) winning not only the Junior Championship but also the Senior Championship and therefore the overall NASCH Championship as well.

Well done to Ian Andrew Horne for Silver (Junior 100 metres) and Bronze (Junior 25 metres) and to Erica Beckwith for Silver (Ladies 100 metres).

Visit the website to see the photographs

Event	Swimmer	Club	Position
Boys 25 Metres	Ian Andrew Horne	Turtles	3rd (Bronze)
Ladies 25 Metres	Karen Hoffmann	Turtles	1st (Gold)
Mens 25 Metres	Pritish Vara	Kingfishers	5th (R)
Boys 50 Metres	Tom Regan	Turtles	1st (Gold)
Ladies 50 Metres	Anne Rourke	Turtles	4th
Mens 50 Metres	Gary Lee	Turtles	5th (R)
Boys 100 Metres	Ian Andrew Horne	Turtles	2nd R (Silver)
Ladies 100 Metres	Erica Beckwith	Turtles	2nd (Silver)
Mens 100 Metres	David White	Kingfishers	5th (R)
Junior Relay	Ian Andrew, Oliver & Tom	Turtles	1st (Gold)
Ladies Relay	Eileen Baines, Cynthia Pinto & Gyllian Pearse	Kingfishers	5th (R)
Mens Relay	Martin Mann, Sebastian Fisher-Burrows & Nilesh Savani	Kingfishers	2nd (Silver)

Stevenage Dolphins Gala Results Saturday 22nd October

Event	Swimmer	Position
Junior 1 L	Oliver Regan	3rd
Ladies 1 L	Karen Hoffmann	2nd
Mens 1 L	Don Lamb	5th (R)
Junior 4 L	Ian Andrew Horne	4th (R)
Ladies 4 L	Erica Beckwith	1st
Mens 4 L	Carl Richards	4th
Junior 2 L	Shaida Ghorbanian	3rd
Ladies 2 L	Jeanette Prentice	4th
Mens 2 L	James Lesnek	1st
Junior Relay	Ian Andrew, Shaida & Oliver Regan	3rd
Ladies Relay	Jeanette, Erica & Anne Rourke	3rd
Mens Relay	Don, James & Gary Lee	5th (R)
Ladies Diving	Shaida Ghorbanian	3rd
Mens Diving	Carl Richards	4th
(R) = Repositioned		

Another good performance from our team finishing joint 3rd.

Hatfield Platypus won the gala for the 6th consecutive year.

In total we won 8 medals (2 gold, 1 silver and 5 bronze medals)

Well done to James Lesnek and Erica Beckwith, our two gold medal winners!

Club / Team Results

Hatfield Platypus	54 pts
Stevenage Dolphins*	48 pts
Ruislip Turtles	39 pts
Potters Bar Barracuda	39 pts
Harrow Kingfishers	29 pts



Dave Lee & Rosemary Noyes attended a meeting of the Hillingdon Sports Council on Tuesday 25th October.

We are still in discussions with the Sports Development Team about the arrangements required for our club sessions for when the Highgrove Pool is being refurbished (probably following the February Half Term holidays). Hillingdon Leisure Centre remains a possibility but the time of our Saturday session will probably need to change for a later time than our current sessions. The next step is a meeting with Fusion Leisure at Hillingdon Leisure Centre at the end of the month to discuss the facilities. We will keep you informed but if you do not currently receive our Newsletter by email please let us have your up to date email details.

*' The Highgrove Pool
Refurbishment will be presented to
Cabinet in December but the pool
is unlikely to close now until the
week after the February 2012
school holidays'*

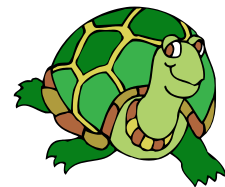
Hillingdon Youth & Connexions

We are grateful to Hillingdon Youth & Connexions for the approval of the financial grant to cover the cost of the pool hire for the September 2011 Turtles Annual Invitation Swimming Gala.



Long Distance Badges

Well done to Devan Patel and Harsh Ganesh on receiving their 50 metre badges!



Thank You to Ruislip Combined Charities!

Good news! The Trustees of the Ruislip Combined Charity have donated £200 to our club to help us further our stated objectives.

The Ruislip Combined Charity was formed in 1993, amalgamating the Cottagers' Allotments Charity and the Ruislip Non-Ecclesiastical Charities. The trustees administer meadow land in Fore Street that was left under the will of Richard Cogges in 1717, and Common Land in Joel Street that was set aside for poor cottagers under the Ruislip Enclosure Act 1814. The Fore Street land is let for grazing and the Joel Street allotment is leased to the Ruislip-Northwood Allotments and Smallholdings Society. Jeremiah Bright 1697, Elizabeth Rogers 1803, Henrietta Howard and Lady Juliana Hume-Campbell 1886 made provision for the distribution of bread, money, blankets and coals to the poor of the old parish of Ruislip.

The trustees now distribute money at Christmas time to individuals in need or to groups that help people living in the Ruislip, Northwood and Eastcote area, who have special requirements, in accordance with the intentions of the original donors.



The Ruislip Turtles Swimming Gala Team



Swimming Galas are arranged for those who like to participate in the competitive side of the sport. The system of individual handicapping (by pre-timing swimmers) ensures that all competitors have equal chance of winning medals in the races.

As a club for the disabled, we like to encourage as many members as possible to participate in the galas, should they wish. However, for obvious reasons there is a limit to how many swimmers can participate and how many events we are able to allocate to participating swimmers within the Turtles team.

For most NASCH galas, a full gala team consists of 18 swimmers made up of a Junior team of six, a Ladies team of six and a Gents team of 6. In some invitation galas there is also the opportunity to participate in the Diving competition. However, it is quite unusual for any club (including the Turtles) to have 18 swimmers available to participate in the 'away' invitation galas.

As the Turtles squad grows, we will as ever try to be fair in the allocation of swimmers for the individual events and there will be an inevitable amount of rotation within the squad. But it should be noted though that no swimmer has a right or first call on an individual event or distance. It will also mean that swimmers have to be prepared to only swim in one event. We fully understand that sometimes it is a very long way to go for just a 25 metre competitive swim, but if this is the case swimmers should make it clear when responding to the initial gala communication. We also frequently need to change the team from the first draft (often first published in the Newsletter) as circumstances change, and so it helps if the team members can be flexible.

At present we have a squad of 17 swimmers (including 7 Ladies) involved in our galas and we hope they will all continue to participate again next season that commences on Sunday 12th February 2012 at the Feltham and Hanworth Leisure Centre.

Our Gala Season usually runs from February until November with events held at: Feltham; Hatfield; Watford; Potters Bar; Harrow; Stevenage and finally the NASCH Championships at Leamington Spa.

When selecting the team, we ask the members of the squad for their availability (by email) and try to allocate in line with their preferences, but we also have to take account of the capability of individuals and also the development of individuals. It is further confused by the rules covering Junior eligibility because the event circumstances vary as follows:

The NASCH Championships - Juniors must be under 17 on 31st December on the year of the gala.

Feltham, Watford, Harrow & Ruislip Galas - Juniors must be under 17 on the day of the gala.

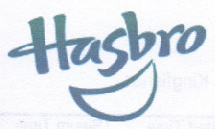
Potters Bar Gala (Halliwick AST) - Juniors must be under 17 on the 1st January on the year of the gala.

Stevenage & Hatfield Galas - Juniors must be under 21 on the day of the gala.

So plenty of room for confusion and it means that some swimmers are juniors one event and seniors the next - then back to juniors again!

If you would like to know more please drop us an email or talk to Dave Lee at poolside.

Thank you to the organisations that have supported us throughout the year and thank you to the individuals that have made generous 'anonymous' donations!



London Borough of Hillingdon
Youth & Connexions Service



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

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

Turtles email: turtlesswimming@yahoo.co.uk

