



TURTLES NEWSLETTER

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

Registered Charity Number 1055585

AUGUST 2013

Sainsburys (South Ruislip) select the Turtles as their Charity of the Year



Club Dates

Committee Meeting
Tuesday 13th
August

Turtles & Region 1
NASCH Gala
Saturday 14th
September

Stevenage Dolphins
Gala
Saturday 26th
October

NASCH
Championships
Leamington Spa
Saturday 2nd
November



We are delighted that following our successful presentation on the 18th June, we have been chosen to be the charity partner of the year for Sainsbury's South Ruislip store.

The store will support the Turtles with a series of fund raising initiatives and help generate important funds for the club.

We will need considerable support from the membership with these activities (e.g. helping with bucket collections at store) so if you are prepared to help, please let one of the committee members know. More information to follow over the next 12 months!

Turtles Victorious at Harrow Kingfisher Gala

The Turtles Gala Team continued in fine form to win the Harrow Kingfisher Invitation Gala on Saturday 13th July.

The results can be viewed on page 3 and also in more detail on the Turtles Website. Well done team!



5 Gold Medals in the 2013 Long Distance Swim



The results of the 2013 British Long Distance Swim have been received and it is again a very successful and pleasing outcome. Well done to our 5 category Gold Medal Winners: Fiona Willstead, Don Lamb, Jeannette Prentice, Erica Beckwith and Gyllian Lucas. A special mention also goes to Jessica Grey who topped the Turtles distance table this year swimming 110 lengths of the Hillingdon pool earlier this year. The full results can be viewed on the BLDSA website:

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

British Long Distance Swimming Association

| Swimmer | Category | Distance | Lengths | Position within Category (Age & Disability) |
|--------------------|----------|----------|---------|---|
| Fiona Willstead | H2 | 1750 | 70 | 1st Gold |
| Don Lamb | H3 | 1600 | 64 | 1st Gold |
| Jeannette Prentice | H1 | 1350 | 54 | 1st Gold |
| Erica Beckwith | H3 | 1300 | 52 | 1st Gold |
| Gyllian Lucas | H3 | 1200 | 48 | 1st Gold |
| Aaron Maddox | H1 | 2350 | 94 | 2nd |
| Sophie Grey | H1 | 1750 | 70 | 2nd |
| Gary Lee | H3 | 1300 | 52 | 2nd |
| Tom Regan | H3 | 2400 | 96 | 4th |
| Hannah Bingham | H3 | 600 | 24 | 5th |
| James Lesnek | H3 | 1200 | 48 | 6th |
| Judith Jones | ND | 1125 | 45 | 8th |
| Jessica Grey | ND | 2750 | 110 | 73rd |
| Jack Grey | ND | 1125 | 45 | 124th |

Key: H1 = Ambulant, H2 = Wheelchair, H3 = Non-physical, ND = Not Disabled

Thank you to the organisations who sponsor our club!

The United
Reformed
Church of
Eastcote &
Northwood
Hills

Live
Well
For
Less
Sainsbury's

BARCLAYS



Hillingdon, Early
Intervention Services
for Children & Young
People



Fourways
Ladies
Group

Eastcote
Community
Association



Harrow Kingfisher Gala Results — 13th July

| Swimmer | Event | Medal |
|--|------------------|--------------|
| Ian Andrew Horne | Junior 1 Length | 2nd / Silver |
| Anne Rourke | Ladies 1 Length | 2nd / Silver |
| James Lesnek | Mens 1 length | 1st /Gold |
| Sophie Grey | Junior 3 Lengths | 2nd / Silver |
| Shaida Ghorbanian | Ladies 3 Lengths | 1st /Gold |
| Gary Lee | Mens 3 Lengths | |
| Tom Regan | Junior 2 Length | 1st /Gold |
| Karen Hoffmann | Ladies 2 Length | 2nd / Silver |
| James Lesnek | Mens 2 Lengths | |
| Oliver Regan, Tom, Ian Andrew & Sophie | Junior Relay | 2nd / Silver |
| Jeannette Prentice, Anne, Karen & Shaida | Ladies Relay | |
| James & Gary | Mens Relay | 3rd / Bronze |

Another great victory for the Turtles Gala Team, winning the Kingfisher Invitation Gala. James, Shaida and Tom all won Gold medals for the Turtles.

Some of our swimmers also belong to the Ealing Swimming Club who are trying to build a platform for the development of disability swimming through to the 2016 Paralympics. As this was the first gala for the Ealing Swimming Club Disability Squad, 3 of our swimmers (Jamie Woodbridge, Megan Treherne and Aaron Maddox) swam for Ealing and all won gold medals in the Junior Relay and Megan also won the Junior 1 Length. The medals won when representing Ealing are counted in our Medal Table, but shown in the 'other' column.

| Team Results | |
|--------------|----------------------|
| 1st | Ruislip Turtles |
| 2nd | Hatfield Platypus |
| 3rd | Harrow Kingfishers A |
| 4th | Stevenage Dolphins |
| 5th | Ealing S.C. |
| 6th | Harrow Kingfishers B |
| 7th | Eltham Lions |

We are yet to receive the official results and detailed timings, but once received, the website will be updates ASAP.

2013 Medal Table—Current Leader Board

| | Swimmer | Total | Gold | Silver | Bronze | Other/ Special |
|----|--------------------|-------|------|--------|--------|-------------------|
| 1 | Sophie Grey | 12 | 3 | 6 | 3 | |
| 2 | Aaron Maddox | 9 | 5 | | 1 | 3 |
| 3 | Ian Andrew Horne | 9 | 2 | 3 | 4 | |
| 4 | Tom Regan | 8 | 3 | 3 | 2 | |
| 5 | Don Lamb | 7 | 6 | 1 | | |
| 6 | Gary Lee | 6 | 2 | 2 | 2 | |
| 7 | Oliver Regan | 6 | 1 | 3 | 1 | 1 |
| 8 | Karen Hoffmann | 6 | | 3 | 3 | |
| 9 | Jeannette Prentice | 5 | 2 | 2 | 1 | |
| 10 | Gyllian Lucas | 4 | 3 | | 1 | |

Aaron's TV Debut



Aaron Maddox appeared on BBC Television News last month. Aaron was interviewed by a journalist regarding the planned transformation of the Aquatic Centre - at the Olympic Pool.

Aaron handled the interview really well, talking about the inspiration that he drew from last year's Paralympics.

You can view the interview at:

<http://m.bbc.co.uk/news/uk-england-london-23054222>

Well done Aaron!

United Reformed Church of Northwood Hills

Dave and Gary Lee presented to The United Reformed Church on the 6th July, and as a consequence we received a very generous donation of £120. The morning had been arranged as a fund raising activity specifically for the Turtles and there was a great deal of interest in the activities of our club. Gary took along his NASCH Championship Trophy and that proved to be very popular with the group. Big Thank You to the URC, we will use the donation to purchase more swimming aids. We are very dependent on donations so if any of our members are aware of other fund raising opportunities, please make either Rosemary Noyes (Treasurer) or Dave Lee (Chairman) aware.

Lock up your valuables.....

Please make sure that all belongings are safely secured in the Highgrove changing rooms before entering the pool.

We had a little trouble getting a group to leave the pool at the end of one of the public session and then the same group were later loitering in the ladies' changing room behaving in a very dubious manner.

Several of our members had left belongings (towels, toiletries etc) out and at least one of the towels was soaked when we returned after the swim session.

Pool staff and The Turtles Club can not be responsible for belongings so please use the lockers provided and secure with a £1 coin (refundable).

Poolside Helpers

As we approach the August holiday period, there will of course be fewer swim teachers and helpers available for the Saturday swim sessions. We will be particularly short on Saturday 3rd August so please keep this in mind when planning your Turtle swims.



Pool Sessions / New Pool Set-Up

Our membership continues to grow and our attempts to find a sponsor to fund an extension to our pool time has so far proven fruitless. To increase our pool sessions by a further 30 minutes (to 6.30) will cost £2500 p.a. and so we are currently piloting a different set-up for the larger pool.

To protect the more vulnerable swimmers and also those swimmers needing support, we have provided a segregated area of the pool. We have achieved this by reducing the swimming lanes down to 25 metres.

We appreciate your co-operation with this initiative and welcome your feedback.



Training

We need more qualified teachers so if you are interested in attending the course below, please speak to Linda Clarke (Chief Instructor).

SA Level 1 Award for Teaching Aquatics (QCF)

Ref: **L1T1113** | Cost: **£350**

Dates: Sunday 10,17, 24 November & Fridays 15, 22, 29 November 2013

Times: Sundays 09:30 – 16:30 & Fridays 18:45 - 22:00

Venue: Sundays at St Helens School Fitness Centre, Northwood & Fridays at Harrow Leisure Centre

Pre-requisites: - Age at least 16 years old on the final day of the course.

New Committee Member!

Andy Wallis has been Co-opted onto the Turtles Committee following a unanimous vote at the July Committee Meeting. Welcome on board Andy (and thanks) — and so be prepared for September's *Meet the Committee* article!



Turtles Invitation Gala & NASCH Region 1 Gala

Who-What-Where-When

Our home gala is scheduled for Saturday 14th September and will take place at Hillingdon Sport & Leisure Complex. The event is a 'double header' combining our 'Invitation Gala' with the NASCH Region One Gala.

If you would like to compete in this event, please let Dave Lee know asap.

Gala Volunteers

Hosting a gala is a big job and it takes at least 24 volunteers to cover the following roles:

Referee, Announcer, Starter, Check Starter, 3 Place & Touch Judges, Chief Timekeeper, 2 Timekeepers, Whip, Runner, 2 Recorders, 2 Team Managers, Scoreboard, Presenter of Medals, Raffle, Catering Co-ordinator and at least 3 Catering Support.

We always need more helpers so please let Nigel or Alison know if you are able to help.

Distinguished Guests

We invite a number of guests along to the event and we have already received an acceptance from the Mayor of Hillingdon, Councillor Allan Kauffman and his wife, the Mayoress, Mrs Lynne Kauffman.

Gala Funding

To help cover the cost of the venue hire, every year we approach various organisations for financial support.

We are very pleased that this year our application to 'Hillingdon, Early Intervention Service for Children and Young People' has been approved. We are also hopeful that Sainsbury South Ruislip will also play an active part in this year's events following our recently announced year long partnership. As ever, we are very grateful to the organisations that make our gala possible.

Next Outing.....

Our next coach outing will be arranged for next Spring but we are already thinking about venues and potential destinations. At the moment we are thinking about Amberley Museum near Arundel in West Sussex but if you have any other suggestions please let one of the Committee members know about your ideas.



Stewart, Carole and Justine enjoying Beaulieu



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

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

Turtles email:
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