

Registered Charity
Number 1055585



MAY 2014

TURTLES NEWSLETTER

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

THE TURTLES SWIMMING CLUB

invites you to a party to celebrate our

50th Anniversary

*on Saturday 12th July from 7 to 11pm
in The HILLINGDON SUITE at THE FAIRWAY
(opposite West Ruislip Station)*

Disco, Cash Bar, Snacks and a Celebration Cake

*All members (past and present) and their immediate family /
carers welcome*

Please let Alison know if you can come



We hope to see you all there



AGM & Annual Awards - Saturday 17th May

We will be having the supper before the meeting, but if you do not wish to participate in the supper, please feel free to come along at 19.30 for the AGM meeting.

The Fish & Chips will be delivered to the Centre for 18.45 costing £6.50 per person and need to be pre-ordered. Please book with Alison.

HELP NEEDED

If you are interested in joining the Committee and want to know what is involved, please call Dave Lee (07730 047500)

The Diving Competition takes place on Saturday 26th April. The Club Championships take place on Saturday 3rd May.

Scout Hall
Church of the Most Sacred Heart
73 Pembroke Road, Ruislip, HA4 8NN
Saturday 17th May 2014 7.30pm
Fish and Chip Supper at 18.45

2014 AGM Agenda

1. Apologies for Absence
 2. To Approve the 2013 AGM Minute
 3. Any Matters Arising
 4. Chairman's Report
 5. To Receive & Approve the Annual Accounts and Treasurer's Report
 6. Secretary's Report
 7. Election of Officers & Committee:
Chairman
Vice Chair
Treasurer
Secretary
Assistant Secretary
Competition Secretary
Chief Instructor
6 Committee Members
 8. Appointment of Auditors
 9. Any Other Business inc. Changes to the Constitution
- followed by:
'Presentation of the Annual Awards'

The 2014 Presentations will be made for the following annual awards:

Junior 1 Length Champion

Ladies 1 Length Champion

Mens 1 Length Champion

Junior 3 Lengths Champion

Ladies 3 Lengths Champion

Mens 3 Lengths Champion

Diving Champion

Relay Champions

Helpers Champion

Family Relay Champions

Junior Improver

Senior Improver (Rose Bowl)

Volunteer of the Year

Turtles
Swimming
Club

celebrating
50
years...



Diary Dates

Saturday 3rd May
Turtles Internal Championships
(NASCH)

Tuesday 6th May
Turtles Committee Meeting

Saturday 17th May
Turtles AGM

June—date tbc
Potters Bar Barracuda (AST) Gala

Tuesday 8th July
Turtles Committee Meeting

Saturday 12th July
Turtles 50th Anniversary Party

Saturday 13th September
Turtles Invitation Gala & NASCH
Region 1 Gala

October—date tbc
Stevenage Dolphins (NASCH) Gala

Saturday 1st November
Leamington Spa, NASCH
Championships



Training

We always need extra qualified swim teachers. We have been advised of the following courses:

ASA Level 1 Award for Teaching Aquatics

Cost: £375 (grants are usually available for approx. 50% of the cost).

Mon 7/7 — Fri 11/7 Harrow
Mon 4/8 — Fri 8/8 Northwood
Tue 26/8 — Fri 29/8 Northwood
Sundays 2/11—30/11 Harrow

For more details please go to the survive and swim website @

http://www.surviveandsave-training.org/course_diary.htm
or ask Dave Lee for more information.

Curent 2014 Medal Table

Congratulations to Oliver Regan who is leading the 2014 medal table following the first four galas.

	Total	Gold	Silver	Bronze	Special Awards
Oliver Regan	8	4	2	2	
Gary Lee	8	2	5	1	
Ian Andrew Horne	7	3	3	1	
Jeannette Prentice	7	2	4	1	
Charlie Laws	5	2	3	0	
Sophie Grey	5	2	0	3	
Antony Laws	5	1	3	1	
Anne Rourke	5	1	0	3	1
Karen Hoffmann	4	1	1	2	
Jack Locket	3	3	0	0	
James Lesnek	3	2	1	0	
Don Lamb	3	1	2	0	
Carl Richards	3	1	2	0	
Shaida Ghorbanain	3	1	1	1	
Geraldine Leong	1	0	0	1	
Totals	70	26	27	16	1

Important !

The pool session on Saturday 3rd May will be restricted to just 30 minutes (due to the Club Championships).

There will be no pool session on Saturday 12th July (due to the 50th Anniversary Disco).

Thank you to those of you who have paid their 2014/15 membership subscriptions and a gentle reminder to those of you yet to do so.



Harrow Kingfisher Galas Results

Saturday 5th April



Another great performance from our Gala Squad winning the Harrow Kingfisher Invitation Gala for the second year running

Karen, Ian Andrew, Don and the Junior Relay Team (Sophie, Charlie, Oliver & Antony) all won gold medals (see below).

Gary, Charlie, Jeannette and the Mens Relay Team (Carl, Gary, Ian Andrew and Don) won silver medals.

The Ladies Relay Team (Geraldine, Jeannette and Karen) won bronze medals.

Team Results		
1st	80 pts	Ruislip Turtles
2nd	71 pts	Hatfield Platypus
3rd	62 pts	Harrow Kingfishers
4th	45 pts	Ealing Disability Squad
5th	41 pts	Stevenage Dolphins
6th	40 pts	Shepherds Bush—Greenhouse Inclusive
7th	27 pts	Hogarth Gateway
8th	18 pts	Eltham Lion

Swimmer	Event	Time Entered	Time Swam	Medal
Charlie Laws	Junior 1 Length	0.57	0.58	2nd / Silver
Karen Hoffmann	Ladies 1 Length	0.44	0.46	1st / Gold
Ian Andrew Horne	Mens 1 length	0.37	0.34	1st /Gold
Sophie Grey	Junior 3 Lengths	2.20	2.12	4th R
Jeannette Prentice	Ladies 3 Lengths	3.38	3.30	2nd / Silver
Gary Lee	Mens 3 Lengths	2.50	2.52	2nd / Silver
Oliver Regan	Junior 2 Length	1.59	1.53	5th R
Geraldine Leong	Ladies 2 Length	2.27	2.46	4th
Don Lamb	Mens 2 Lengths	2.06	2.08	1st /Gold
Oliver, Charlie, Sophie & Antony Laws	Junior Relay	3.10	3.16	1st /Gold
Jeannette , Karen & Geraldine	Ladies Relay	4.08	4.09	3rd / Bronze
Ian Andrew, Don & Gary	Mens Relay	2.54	2.56	3rd / Bronze



Hatfield Platypus Galas Results

Saturday 12th April

The Turtles were runners up to the home team in a keenly contested Platypus Hatfield Gala that in the end was decided on the touch in the final event of the evening

In total we won 13 medals (6 gold, 6 silver and 1 bronze).

A really great performance from a team made up of just 6 swimmers!

Team Results		
1st	65 pts	Hatfield Platypus
2nd	63 pts	Ruislip Turtles
3rd	46 pts	Stevenage Dolphins
4th	43 pts	Potters Bar Barracuda
5th	31 pts	Enfield Venturers
6th	27 pts	Harrow Kingfisher

Swimmer	Event	Time Entered	Time Swam	Medal
Oliver Regan	Junior 1 Length	0.50	0.46	1st / Gold
Jeannette Prentice	Ladies 1 Length	1.09	0.59	5th R
Ian Andrew Horne	Mens 1 length	0.38	0.37	1st /Gold
Sophie Grey	Junior 3 Lengths	2.12	2.14	4th
Jeannette Prentice	Ladies 3 Lengths	3.34	3.28	1st /Gold
Gary Lee	Mens 3 Lengths	2.53	2.46	1st /Gold
Oliver Regan	Junior 2 Length	1.58	1.45	5th R
Karen Hoffmann	Ladies 2 Length	1.49	1.57	5th
Ian Andrew Horne	Mens 2 Lengths	1.25	1.22	2nd / Silver
Oliver &, Sophie	Junior Relay	2.20	2.18	1st /Gold
Jeannette & Karen	Ladies Relay	3.02	3.03	2nd / Silver
Ian Andrew & Gary	Mens Relay	2.20	2.18	2nd / Silver
Karen Hoffmann	Ladies Diving		16pts	3rd / Bronze
Oliver Regan	Mens Diving		18pts	2nd / Silver

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

Turtles email:
turtlesswimming@yahoo.co.uk

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

Alison Grey
(Secretary)
07900 118812

Dave Lee
(Chair)
07730 047500

Turtles Club Championships — 3rd May @ 5.30pm

The Club Championships are scheduled to take place on Saturday 3rd May at Highgrove Pool and so our club swim session will be limited to 30 minutes on that day (finishing at 5.30).

There will be a pool extension until 7pm.

Results will be announced and trophies awarded at the Club AGM on the 17th May. There will also be AGM presentations for the Volunteer of the Year, Junior Improver of the Year and Senior Improver of the Year. The provisional list of swimmers for the Championships is listed below.

Event	
Junior 3 Lengths	Oliver Regan & Sophie Grey
Ladies 3 Lengths	Gyllian Lucas, Geraldine Leong, Jeannette Prentice, Shaída Ghorbanain, Karen Hoffmann & Erica Beckwith
Mens 3 Lengths	Don Lamb, James Lesnek, Gary Lee, Ian Andrew Horne & Carl Richards
Junior 1 Length	Charlie Laws, Oliver Regan, Sophie Grey & Antony Laws
Ladies 1 Length	Anne Rourke, Gyllian Lucas, Jeannette Prentice, Shaída Ghorbanain, Geraldine Leong, Karen Hoffmann & Erica Beckwith
Mens 1 Length	Don Lamb, Gary Lee, James Lesnek, Carl Richards & Ian Andrew Horne
Helpers Race	Sarah Harrington, Emma Harrington, Jordon Mason, Danielle Hillsdon & Peter Horne
Relay Race	Junior Team — Charlie, Antony, Sophie & Oliver Mens A Team— Ian Andrew , Gary and Don (2) Mens B Team—Carl (2) and James (2) Ladies A Team— Erica, Karen, Jeannette & Anne Ladies B Team—Gyllian, Geraldine & Shaída (2)
Family Relay Race	Grey Family, Regan Family, Horne Family, Wallis Family and the Lee Family



Thank you to all the organisations who support the Turtles

