

Registered Charity
Number 1055585



JULY 2014
ISSUE 56

TURTLES NEWSLETTER

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

Thank You Sainsbury's

Our Sainsbury's, South Ruislip, sponsorship has now concluded and has generated club funds totalling £1862. Thank you to all who helped and supported the club at the various fund raising events.

We are very grateful to Sainsbury's for selecting our club for their annual sponsorship.

There will be a formal presentation of the cheque (with the local press present) at the store in the near future. We will advise details.



*Turtles
Swimming
Club*

celebrating
50
years...

Don't Forget the Party!

*Saturday 12th July from 7 to 11pm
in The HILLINGDON SUITE at THE
FAIRWAY
(opposite West Ruislip Station)
All members (past and present) and their
immediate family / carers welcome*

Young Pretender Summer Lunch Outing

Our Sunday Summer Lunch will take place on the 10th August — 12.15 for a 12.30 Lunch. This year we have booked to return to the Young Pretender Restaurant at Kings Langley, Hertfordshire (WD4 8BR). The restaurant has good wheelchair access and a large car park. Please book your places by paying a £10 deposit per person to Alison Grey by Saturday 2nd July.

Click on the link below to find out more about the restaurant and also view a map of the location.

<http://www.greatbritishcarvery.co.uk/our-pubs/young-pretender>

If you wish to travel on the mini-bus please let Alison know ASAP.

We request a £4 contribution per mini bus traveller to help with the cost.



Diary Dates

Date tbc
Sainsbury's Cheque Presentation

Tuesday 8th July
Turtles Committee Meeting

Saturday 12th July
Turtles 50th Anniversary Party

Sunday 10th August
Young Pretender Lunch Outing

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

Sunday 21st September
Amberley & Littlehampton Coach Outing

October tbc
Stevenage Dolphins Gala

Saturday 1st November
Leamington Spa, NASCH Championships

Amberley Museum & Littlehampton Coach Outing

Our next coach outing is scheduled for Sunday 21st September — so put the date in your diaries!

The plan is to leave Highrove by 9am for arrival at the Amberley Heritage Museum & Gardens at 11am. We will then re-board the coach at 2pm and move on to Littlehampton and spend 2 and a half hours on the coast before returning to Highrove for 7pm arrival (approx.).

More details re. costs next month but you can find out more @:

<http://www.visitlittlehampton.co.uk/see-and-do>
and
<http://www.amberleymuseum.co.uk/>

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.

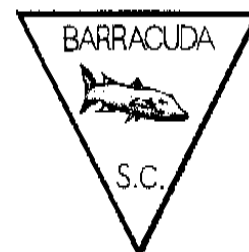
Turtles website:
<http://www.ruislipturtles.org.uk/>

Dave Lee
(Chair)
07730 047500

Alison Grey
(Secretary)
07900 118812

Turtles email:
turtlesswimming@yahoo.co.uk

Barracuda Potters Bar Gala Results



Swimmer	Event	Medal
Antony Laws	Junior 1 Length	3rd / Bronze
Geraldine Leong	Ladies 1 Length	3rd / Bronze
Don Lamb	Mens 1 length	4th
Sophie Grey	Junior 3 Lengths	1st / Gold
Shaida Ghorbanian	Ladies 3 Lengths	2nd / Silver
Gary Lee	Mens 3 Lengths	2nd / Silver
Oliver Regan	Junior 2 Length	3rd / Bronze
Jeannette Prentice	Ladies 2 Length	1st / Gold
Ian Andrew Horne	Mens 2 Lengths	2nd / Silver
Sophie Grey	Diving	4th
Charlie Laws, Oliver & Antony	Junior Relay	1st / Gold
Shaida, Geraldine & Jeannette	Ladies Relay	3rd / Bronze
Don, Ian Andrew & Gary	Mens Relay	1st / Gold

Team Results	
1st	Hatfield Platypus
2nd	Ruislip Turtles
3rd	Potters Bar Barracuda
4th	Harrow Kingfishers
5th	Enfield Venturers



The Turtles finished second just 5 points behind Hatfield Platypus.

- Every team member won a medal in yet another fine team performance.
- Gold medal winners were: Jeannette Prentice (Ladies 2 lengths), Sophie Grey (Junior 3 Lengths), Ladies Relay Team (Jeannette Prentice, Geraldine Leong & Shaida Ghorbanian) and the Mens Relay Team (Don Lamb, Gary Lee & Ian Andrew Horne).
- Silver medal winners: Shaida Ghorbanian (Ladies 3 Lengths), Gary Lee (Mens 3 Lengths) and Ian Andrew Horne (Mens 2 Lengths).
- Bronze medal winners: Geraldine Leong (Ladies 1 Length), Oliver Regan (Junior 2 Lengths), Antony Laws (Junior 1 Length), Junior Relay Team (Antony Laws, Charlie Laws & Oliver Regan).
- Detailed timings available on the Turtles Website, but congratulations to Geraldine Leong who recorded a personal best 33 metres time of 68 seconds and Oliver Regan who recorded a personal best 66 metres time of 93 seconds.

Thank You to the Ruislip Lions

We are very grateful to the Ruislip Lions Club who have decided to donate £250 to the Turtles Swimming Club. Back in 2009, the Lions donated £500 to fund new dressing gowns for the Turtles and so we are delighted that they have made another generous donation to support our club. Thank You!



Medal Table (after 6 Gala Events)

	Total	Gold	Silver	Bronze	Special Awards
Gary Lee	14	6	7	1	
Ian Andrew Horne	12	6	5	1	
Oliver Regan	12	5	3	4	
Jeannette Prentice	12	4	6	2	
Sophie Grey	10	4	1	5	
Charlie Laws	8	3	3	1	1
Karen Hoffmann	8	2	2	4	
Don Lamb	7	3	2	2	
Shaida Ghorbanian	7	2	2	3	
Antony Laws	7	1	3	3	
James Lesnek	5	2	3	0	
Anne Rourke	5	1	0	3	1
Carl Richards	4	1	3	0	
Jack Locket	3	3			
Geraldine Leong	3	1		2	
Gyllian Lucas	1	1			
Erica Beckwith	1			1	
Totals	119	45	40	32	2

POOL CLOSURE – Important Notice

Due to the Celebration Party, there will be no swimming session on **Saturday 12th July**

Thank you to
all the
organisations
who support
the Turtles



Sainsbury's



Phoenix Ladies' Club
Pinner

Trefoil

Combined
Charities
of Ruislip



Namesco

Get your
website
online!



HILLINGDON
LONDON

Hillingdon, Early
Intervention
Services for
Children & Young
People

The United
Reformed
Church of
Eastcote &
Northwood

Some of our 2014 Award Winners

