

Registered Charity
Number 1055585



OCTOBER
2014
NEWSLETTER
ISSUE 59

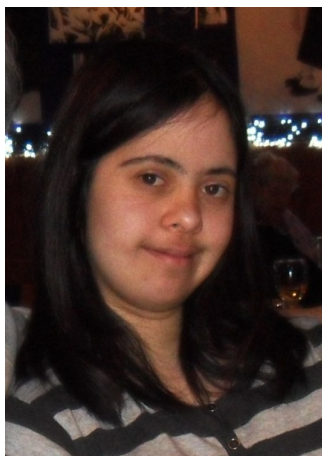
TURTLES SWIMMING CLUB

celebrating
50
years...

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

4 British Long Distance Swim Gold Medalists

Congratulations to our 4 British Long Distance Swimming Association Gold Medal winners. The victorious quartet of Shaida Ghorbanian, Gyllian Lucas, Erica Beckwith and Don Lamb are pictured below. The results for our club can be viewed on page 2 and the national results can be viewed on the BLDSA website.



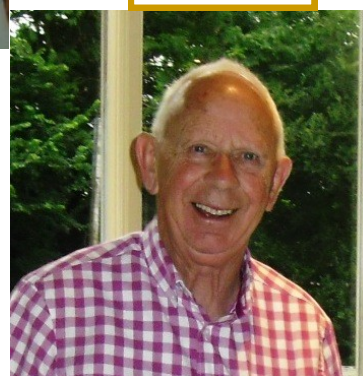
Shaida Ghorbanian

Gyllian Lucas



Erica Beckwith

Don Lamb



**No Highgrove Swim Session on
Saturday 11th October 2014**

British Long Distance Swimming Association 2014 Results

Swimmer	Category	Distance	Position within Category (Age & Disability)
Erica Beckwith	H3	1600	1st Gold
Don Lamb	H3	1550	1st Gold
Gyllian Lucas	H3	1050	1st Gold
Shaida Ghorbanian	H3	1000	1st Gold
Aaron Maddox	H1	2375	2nd
Megan Treherne	H1	1875	2nd
Gary Lee	H3	1500	2nd
Geraldine Leong	H1	1150	2nd
Karen Hoffmann	H3	1575	3rd
Jeannette Prentice	H1	1375	3rd
James Lesnek	H3	1150	3rd
Sophie Grey	H1	1775	4th
Stewart Hayes	H3	875	4th
Ian Andrew Horne	H3	1150	6th
Jessica Grey	ND	3000	37th



Congratulations to our 15 swimmers who took part in this year's long distance swim. The 4 gold medal winners will be added to the 2014 medal table.

Well done to Jessica Grey who topped our distance table this year with a stunning 3000 metres (90 full lengths of Highgrove Pool). Full details can be found on the BDSL website @

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

Thank you to Peter Jones for organising our 2014 BLDSA entry and for having the tremendous patience counting the lengths and computing the distances that our competitors completed.

Winter Wonderland Outing – 30th November

The final event of our 50 year celebration will be a trip to the Christmas Fayre, Winter Wonderland at Crews Hill.

Springtime Nursery (Crews Hill) is a very large garden centre, close to the M25 (Junction 25). The 3 - 4 weeks before Christmas, they have a large Christmas Market 'The Winter Wonderland'.

The admission price is £2

for adults and £8 for children (all payable on the door). For the £8 the children get to see Father Christmas and receive a gift. There is a live reindeer - not sure if it is Rudolph though! There is a train ride through the various Christmas scenes ending up at Santa's large grotto. Children not wishing to see Santa only have to pay £2. Not sure what happens about adults who wish to sit on Santa's knee though.....

There is a Snow Globe (photo opportunity) and all the Christmas related stalls you may require. There is a coffee shop inside the Christmas Fayre and a pub next door serving food (The Plough) but both are likely to be very busy, so you may wish to bring a packed lunch.

The Fayre opens at 10am (and is very popular and busy) so we will be setting out from Highgrove at 9.15. We will be managing this trip with 2 mini buses (with wheel chair access) rather than a coach and we request a £3 contribution per traveller. So please book your seats ASAP.



celebrating
50
years...



Christmas Wonderland Link:

<http://www.christmas-wonderland.co.uk/>

The Christmas Store :

<http://www.christmas-wonderland.co.uk/the-christmas-store>

Springtime Nursery Virtual Tour:

<http://www.thegardeningclub.co.uk/>



Turtles Invitation Gala & NASCH Region One

A good overall performance is reflected in the table of results opposite. The Turtles won 48 medals between the two Turtles teams (A & B). The event was a 'double header' with all clubs entered into the Invitation Gala but only the Turtles and Kingfishers currently compete for the NASCH Region One Shield as the other teams are either part of NASCH Regions Three or are not affiliated to NASCH.

The Invitation Gala was won by Hatfield Platypus but the NASCH Region 1 Gala was won by the Turtles B Team. Turtles swimmers won 15 Gold Medals (5 Invitation & 10 NASCH). Further details and timings can be viewed on the Turtles Website.

The winners of NASCH Gold Medals are eligible to represent NASCH Region One at the National Championships at Leamington Spa on Saturday 1st November. Well done to all the competitors.

Our Club President, Sylvia Smith OBE, wishes the Gala Team to know that she still follows all the results and activities and send her congratulations for winning the NASCH Region 1 Trophy again.

T e a m	Event	Competitor	Invitation Gala	NASCH Region 1
A	Boys 25 Metres	Antony Laws	2 nd	1 st
B	Boys 25 Metres	Charlie Laws	R5 th	R3 rd
A	Ladies 25 Metres	Karen Hoffmann	1 st	1 st
B	Ladies 25 Metres	Geraldine Leong	2 nd	2 nd
A	Mens 25 Metres	Don Lamb	2 nd	2 nd
B	Mens 25 Metres	Neil Dew	1 st	1 st
A	Boys 50 Metres	Antony Laws	2 nd	1 st
B	Boys 50 Metres	Charlie Laws	R5 th	R3 rd
A	Ladies 50 Metres	Jeannette Prentice	3 rd	3 rd
B	Ladies 50 Metres	Gyllian Lucas	1 st	1 st
A	Mens 50 Metres	Don Lamb	3 rd	3 rd
B	Mens 50 Metres	Gary Lee	1 st	1 st
A	Boys 100 Metres	Jamie Woodbridge	1 st	1 st
B	Boys 100 Metres	Oliver Regan	3 rd	3 rd
A	Ladies 100 Mtrs.	Shaida Ghorbanaian	2 nd	1 st
B	Ladies 100 Mtrs.	Sophie Grey	3 rd	2 nd
A	Mens 100 Metres	Ian Andrew Horne	R6 th	R4 th
B	Mens 100 Metres	Gary Lee	3 rd	2 nd
A	Junior Relay	Jamie(2) Antony (2),	3 rd	1 st
B	Junior Relay	Charlie (2) Oliver (2)	R4 th	R2 nd
A	Ladies Relay	Shaida, Karen , Jeannette (2)	D	D
B	Ladies Relay	Geraldine, Gyllian, Sophie (2)	2 nd	2 nd
A	Mens Relay	Ian Andrew (2) Don (2)	5 th	4 th
B	Mens Relay	Neil, Gary (3) l	2 nd	2 nd
A	Diving	Erich Hoffmann	6 th	
B	Diving	Oliver Regan	4 th	



Team Results		Invitation Gala	Pts
NASCH Region 1			
Ruislip Turtles B	76	Hatfield Platypus	87
Ruislip Turtles A	64	Ruislip Turtles B	69
Harrow Kingfishers A	59	Ruislip Turtles A	54
Harrow Kingfishers B	25	Harrow Kingfishers A	53
		Enfield Venturers	40
		Harrow Kingfishers B	28

2014 Medal Table

Gary Lee is out in front in the 2014 Medal Table (below) having won 20 medals so far this season. The table reflects the situation after 9 competitive events and includes the 4 Gold Medals awarded by the British Long Distance Swimming Association. We have not as yet had confirmation of the Stevenage Dolphins Gala (usually in October) but the final competitive event of the year will as usual be the National Championships at Leamington Spa on the 1st November.

	Total	Gold	Silver	Bronze	Special Awards
Gary Lee	20	8	10	2	
Oliver Regan	15	5	5	5	
Jeannette Prentice	14	4	6	4	
Sophie Grey	14	4	4	6	
Antony Laws	13	4	5	4	
Ian Andrew Horne	12	6	5	1	
Don Lamb	12	4	4	4	
Charlie Laws	11	3	4	3	1
Shaida Ghorbanian	10	4	3	3	
Karen Hoffmann	10	4	2	4	
Geraldine Leong	7	1	4	2	
Gyllian Lucas	6	4	2	0	
James Lesnek	5	2	3	0	
Anne Rourke	5	1	0	3	1
Jamie Woodbridge	4	3		1	
Neil Dew	4	2	2		
Carl Richards	4	1	3	0	
Jack Locket	3	3			
Erica Beckwith	2	1		1	
Totals	171	64	62	43	2

Diary Dates

Saturday 11th October
No Highgrove Pool Session

Sunday 12th October
Highgrove Fun Session

Saturday 1st November
NASCH Championships
Leamington Spa

Sunday 30th November
Winter Wonderland
Outing

Happy Birthday Vida



Congratulations to Vida Chalkley who celebrates her 80th Birthday on Saturday 11th October.

Many Happy Returns!

**Turtles
Gala
13th
September**



The medals for the Turtles invitation Gala and the NASCH Region One Gala were presented by the Mayor of Hillingdon, Cllr. Catherine Dann who attended the gala with Mayoress, Rita Kilroy.



**Please Remember—No Highgrove Swim
Session on Saturday 11th October but
there is a Highgrove Fun Session instead
on Sunday 12th October at 5.30pm**

Fun Session Sunday 12th October 5.30pm

Unfortunately, the Highgrove Pool is not available on Saturday 11th October due to a Diving Competition. The good news though is that we have been able to arrange a Fun Session (this time at Highgrove Pool) for the following day, Sunday 12th October from 5.30 until 6.30 pm. The main pool will only be used for the inflatable island (below) N.B. **there will be no general swimming allowed. Children must be at least eight years old and able to swim 25 metres before attempting the inflatable island challenge.** As usual, our adults are also welcome to try their hand, but no guests can come along for this session. The Teaching Pool will also be available for all those not wishing to take on the island challenge.

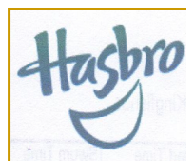


Thank you to all the organisations who support the Turtles

The United Reformed Church of Eastcote & Northwood Hills



Combined Charities of Ruislip



Hillingdon, Early Intervention Services for Children & Young People



Trefoil

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/>

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