



TURTLES SWIMMING CLUB NEWSLETTER

Issue 64
April 2015

Registered Charity
Number 1055585

Established 1964
Established 1964

Diary Dates

Saturday 11th April
Hatfield Gala

Tuesday 14th April
Committee Meeting

Saturday 18th April
Harrow Gala

Saturday 9th May
Diving

Saturday 16th May
Turtles Internal
Championships

Saturday 30th May
Turtles AGM and
Annual Awards

AGM set for Saturday 30th May

Please make a note in your diaries for Saturday 30th May when we will be returning to the Church of the Most Sacred Heart (Scout Hall) in Ruislip for our Annual General Meeting and our Annual Awards Ceremony. The meeting will take place at 7.30, but for those who book, there will be the usual Fish and Chip Supper at 6.45 (Price £6.50). The full list of awards can be viewed on page three and include; Young Improver of the Year, Senior Improver of the Year and Volunteer of the Year.

We also need additional Committee Members for 2015/16, so if you are interested in helping out, please contact the Turtles Secretary, Alison Grey.

Scout Hall
Church of the Most Sacred Heart
73 Pembroke Road, Ruislip, HA4 8NN
Saturday 30th May 2015 7.30pm
Fish and Chip Supper at 18.45 (Price £6.50)

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.

British Long Distance Swimming Association



10 Turtles participated in this year's BLDSA 'Postal' event.

Well done to all participants, but special mention goes to Jessica Grey who topped the Turtles distance table and also to Don Lamb, who at the modest age of 79, topped the Turtles 'Disabled' distance table.

We will receive the National results & category awards in the Summer.

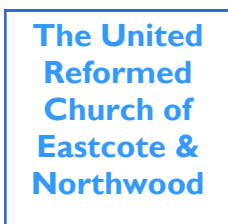
<u>2015 Postal Swim</u>	Number of Lengths	Distance swam in metres
Jessica Grey	84	2770
Jack Grey	66	2175
Alison Grey	54	1780
Don Lamb	47	1550
Karen Hoffmann	46	1515
Jeannette Prentice	44	1450
Judith Jones	40	1320
James Lesnek	40	1320
Shaida Ghorbanian	36	1185
Gyllian Lucas	30	990

Waitrose

Community Matters Scheme – Northwood

The Turtles Swimming Club has been selected as one of the three good causes supported by Waitrose Northwood store for the month of March. Community Matters is a scheme whereby each month the local Northwood branch donates £1000 spread between three local causes. At the checkout shoppers are given a green token to place in one of the three boxes representing the month's three local fund raising activities. The more tokens that are placed in the box marked 'Ruislip Turtles Swimming Club' the greater the share of the £1000 we receive. Our box has been there since the 1st March so please tell all your friends, neighbours and relatives to get along to the Northwood store and place a green token in our box! Thank you Waitrose!

Thank you to all the organisations and individuals who support the Turtles



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Turtles website:
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Turtles Club Championships Saturday May 16th

The 2015 Club Championships will consist of 10 competitive events. There will be both three and one length events for Juniors, Ladies and the Men. There will also be a Relay event for the Ladies, Men and the Juniors.

We are also going to establish the fastest Turtle Helper for 2015 and then we have the Family Fun Relay to round off the racing.

The Diving event will take place at 5.40pm the previous week (9th May).

We will try to allocate at least one swim to those who wish to take part but as we only have 6 lanes at Highgrove it will have to be a case of giving priority to those who register first if we are over subscribed.

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| <p>Event 1 Junior 1 Length</p> <p>Event 3 Mens 1 length</p> <p>Event 5 Ladies 100 Metres (3 Lengths)</p> <p>Event 7 Helpers 100 Metres Challenge*</p> <p>Event 8 Relay Team Race (Junior v Ladies v Men) 4*1 Lengths</p> <p>Event 9 Family Fun Relay 4*1 Lengths *</p> <p>Event 10 Diving contest (separate event to be held on the 9th May)</p> | <p>Event 2 Ladies 1 Length</p> <p>Event 4 Junior 100Metres (3 Lengths)</p> <p>Event 6 Mens 100 Metres (3 lengths)</p> |
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* Events 7 and 9 will not involve staggered starts

As the Club Championships are scheduled to take place on Saturday 16th May at Highgrove Pool, our club swim session will be limited to 30 minutes on that day (finishing at 5.30) and then we will commence with the Club Championships with a pool extension until 7pm.

Results will be announced and trophies awarded at the Club AGM on the 30th May.

There will also be AGM presentations for the Volunteer of the Year, Junior Improver of the Year and Senior Improver of the Year

We will also need helpers for the Championships (timekeepers, place judges etc.) so please let Nigel Grey know if you are able to help.

If you would like to compete in the 2015 Turtles Championships, please let Nigel Grey know.



Hatfield Platypus Gala Saturday 11th April

The following swimmers have been entered for the above Gala.

Junior 1 Length	Charlie Laws
Junior 2 Lengths	Antony Laws
Junior 3 Lengths	Oliver Regan
Ladies 1 Length	Karen Hoffmann
Ladies 2 Lengths	Jeannette Prentice
Ladies 3 Lengths	Shaida Ghorbanian
Mens 1 Length	Neil Dew
Mens 2 Lengths	Neil Dew
Mens 3 Lengths	Don Lamb
Junior Relay	Charlie, Antony & Sona
Ladies Relay	Jeannette, Shaida & Karen
Mens Relay	Don and Neil
Diving	Oliver Regan and Karen Hoffmann

Report Time 6pm for 6.30 Start

Harrow Kingfisher Gala

The Harrow Kingfisher Gala has been arranged for Saturday 18th April. If you would like to participate in this event, please let Dave Lee know.



Hitchin Lions Gala - Saturday 14th March



We entered 2 teams, Turtles A and Turtles B. Team A finished 2nd and Team B finished 3rd. In total we won 21 medals. Congratulations to all our medal winners and swimmers, but in particular to Jamie Woodbridge winner of 4 Gold edals at the event who now tops the 2015 Medal Table.

Competing Club	Pts.
Hatfield Platypus B	68
Ruislip Turtles A	62
Ruislip Turtles B	61
Hatfield Platypus A	58
Letchworth Pisces	50
Stevenage Dolphins	38

Detailed results and timings are available on the Turtles Website. The medals awarded are listed below.



Turtles Hitchin Gala Team A	Total	G	S	B
Antony Laws	3	1	1	1
Sophie Grey	3	0	0	3
Shaida Ghorbanian	2	0	1	1
Don Lamb	2	0	0	2
Neil Dew	1	0	0	1
Oliver Regan	1	0	0	1
Gala Team B				
Jamie Woodbridge	4	4	0	0
Ian Andrew Horne	2	1	1	0
Jeannette Prentice	2	0	0	2
Charlie Laws	1	0	1	0
Total	21	6	4	11

Medal Table after 2 Galas

	Total	G	S	B	Other
Jamie Woodbridge	5	5			
Antony Laws	4	2	1	1	
Oliver Regan	4	1	2	1	
Sophie Grey	4	0	0	3	1
Neil Dew	4	0	0	3	1
Charlie Laws	3	1	2	0	
Ian Andrew Horne	3	1	1	1	
Shaida Ghorbanian	3	0	2	1	
Don Lamb	3	0	0	3	
Jeannette Prentice	2	0	0	2	
Carl Richards	1	1	0	0	
Gary Lee	1	0	0	1	
Total	37	11	8	16	2

