



TURTLES SWIMMING CLUB NEWSLETTER

Issue 65
May 2015

Registered Charity
Number 1055585



Diary Dates

Saturday 9th May

Diving
Championships

Tuesday 12th May

Committee Meeting

Saturday 16th May

Turtles Internal
Championships

Saturday 30th May

Turtles AGM and
Annual Awards

Peter Horne to Stand as Chairman



Peter Horne will be standing for election as Chairman of the Turtles at the Club's AGM on the 30th May.

Peter will also be standing for election as Competition Secretary following Dave Lee's decision to step down from both positions.

We look forward to seeing as many of you as possible for this year's Annual General Meeting and Awards Ceremony. Details of the event are listed below and the agenda can be viewed on Page 5.

Turtles 2015 AGM

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 6.45 (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.



2015/2016 Subscriptions are now due

Just a reminder to those of you who are yet to pay their subscription for 2015/2016. The subscription rates have been frozen once again at Disabled Members £8 and Family Members £16.



Community Matters Scheme – Northwood

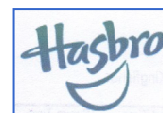
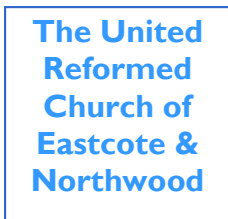
We are very grateful to Waitrose Northwood for their £170 donation to the Turtles following our Community Matters nomination.

Updating Our Records

Many of you are members of very longstanding and it has been sometime since you completed your membership forms. As Health and Safety Officer I feel that it is important that we as a club should be aware of any changes in your health that may affect your swimming ability (or indeed our reaction if there was an accident and we need to be able to tell the Ambulance service all we can). Please could you therefore update Alison or myself when next at the pool of any changes you think we ought to know about as a Committee.

Peter Horne

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



Alison Grey
(Secretary)

Turtles email:
turtlesswimming@yahoo.co.uk

Dave Lee
(Chair)

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

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.

- | | |
|---|---|
| Event 1 Junior 1 Length | Event 2 Ladies 1 Length |
| Event 3 Mens 1 length | Event 4 Junior 100Metres (3 Lengths) |
| Event 5 Ladies 100 Metres (3 Lengths) | Event 6 Mens 100 Metres (3 lengths) |
| Event 7 Helpers 100 Metres Challenge* | |
| Event 8 Relay Team Race (Junior v Ladies v Men) 4*1 Lengths | |
| Event 9 Family Fun Relay 4*1 Lengths * | |
| Event 10 Diving contest (separate event to be held on the 9th May) | |

* 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 main pool 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.



Jeannette, Karen and Shaida, the victorious Ladies Relay Team taking Gold at the Hatfield Platypus gala

Main Pool Session Ends Early on Saturday 16th May

The Club Internal Championships take place on Saturday 16th May and so we have applied for a one hour extension until 7pm. The Championships will commence at 5.30 in the main pool and so the usual swimming session will be cut to just 30 minutes (5pm until 5.30pm). The small pool will be available from 5pm until 6pm as usual. Any club member can participate in the Turtles Championships, please turn to page three for details of the various events.

Hatfield Platypus Gala

Saturday 11th April



With Bijan at the helm as Team Manager for the first time, the Turtles finished second behind the host club.

11 medals were awarded including Gold Medals for Charlie Laws (Junior One Length), Oliver Regan (Diving), and Jeannette Prentice, Karen Hoffmann and Shaida Ghorbanian winning the Ladies Relay event.

SWIMMER			Entered Time	Swum Time / Diving Score	Position
Junior	3 lengths	Oliver Regan	02:38	02:20.6	6R
Ladies	3 lengths	Shaida Ghorbanian	03:10	02:55.0	4R
Gentlemen	3 lengths	Don Lamb	03:28	03:26.0	2
Junior	1 length	Charlie Laws	00:54	00:51.7	1
Ladies	1 length	Karen Hoffmann	00:46	00:45.1	2
Gentlemen	1 length	Neil Dew	00:32	00:31.3	4
Ladies	Diving	Karen Hoffmann		12	3
Gentlemen	Diving	Oliver Regan		20	1
Junior	2 lengths	Antony Laws	01:39	01:46.3	4
Ladies	2 lengths	Jeanette Prentice	02:20	02:16.4	2
Gentlemen	2 lengths	Neil Dew	01:09	02:31.0	6
Junior	3 lengths	Charlie, Antony, Sonam Lakham	02:26	02:09.5	5R
Ladies	3 lengths	Shaida, Jeanette, Karen	02:48	02:39.0	1
Gentlemen	3 lengths	Neil, Don (2)	02:42	02:42.9	3

Team Result

Hatfield Platypus	1st	73
Ruislip Turtles	2nd	54
Stevenage Dolphins	3rd	47
Potters Bar Barracuda	4th	42
Harrow Kingfisher	5th	32
Enfield Venturers	6th	26

The Harrow Kingfisher Gala, scheduled for the 18th April was postponed and will be rearranged at a future date to be advised.

Medal Table after 3 Galas

	2015 Total	Gold	Silver	Bronze	Special Award
Jamie Woodbridge	5	5			
Oliver Regan	5	2	2	1	
Neil Dew	5			4	1
Don Lamb	5		1	4	
Charlie Laws	4	2	2		
Antony Laws	4	2	1	1	
Shaida Ghorbanian	4	1	2	1	
Jeannette Prentice	4	1	1	2	
Sophie Grey	4			3	1
Ian Andrew Horne	3	1	1	1	
Karen Hoffmann	3	1	1	1	
Carl Richards	1	1			
Gary Lee	1			1	
James Lesnek	0				
Sonam Lakham	0				
Totals	48	16	11	19	2

Turtles 2015 AGM & Presentations

2015 AGM Agenda

1. Apologies for Absence
2. To Approve the 2014 AGM Minutes
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 / Child Protection Off.
 - Assistant Secretary
 - Competition Secretary
 - Chief Instructor
 - 6 Committee Members
- 8 Appointment of Auditors
- 9 Any Other Business;

2015 Presentations

Following the AGM, presentations will be made for the following annual awards:

Junior 3 Lengths Champion

Ladies 3 Lengths Champion

Mens 3 Lengths Champion

Junior 1 Length Champion

Ladies 1 Length Champion

Mens 1 Length Champion

Diving Champion

Relay Champions

Helpers Champion

Family Relay Champions

Junior Improver

Senior Improver

Volunteer of the Year

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

We are 2
committee
members
short!



If you are interested in
joining the Committee
please step forward for
nomination

