



# TURTLES SWIMMING CLUB NEWSLETTER

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Established 1964  
Established 1964

**4 Long  
Distance  
Gold  
Medal  
Winners!**

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**Meet The  
New  
Chairman**

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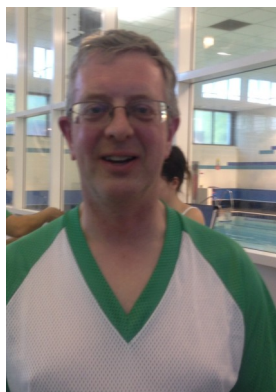
## Good Luck Peter!



Peter Horne was elected as the new Chairman of the Turtles at the AGM on Saturday 30th May. Peter presented outgoing Chairman Dave Lee with the Volunteer of the Year Award and thanked him for his 7 years of service to the club. Dave, who will still be a Committee Member, thanked Peter for standing for election and wished him good luck for the future. Turn to page 2 to find out more about the new Chairman.

**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.**

## Meet the new Chairman—Peter Horne



Hi, as new Chairman I thought I'd better tell you a bit more about myself!

I joined the Turtles in 2008 as Ian-Andrew, my boy with Down's Syndrome always enjoyed swimming and our friends the Woodbridges brought us along for a taster session. I don't think we have missed many sessions since.

I live in Stanmore with my wife Catriona (who rarely swims –She enjoys the peace and quiet whilst we are at the pool!), Ian-Andrew who is 18 his sister Eleanor who is 12 and occasionally his elder sister Katie who is currently away at University. We should really belong to Kingfishers but I've always disliked



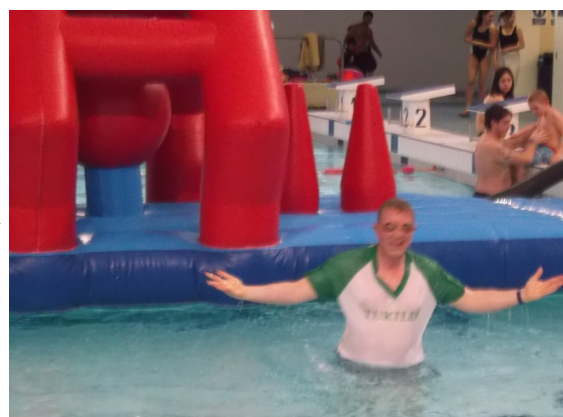
Harrow Leisure Centre as they demolished a perfectly good outdoor pool (where I learnt to swim) to build it. I love outdoor swimming so you never know there might be a trip organised to a warmer pool than Uxbridge some time in the future!

Turtles has been great in encouraging Ian-Andrew to improve his swimming and indeed I've picked up some tips along the way. Now he's off to college the only way to stay involved is be on the committee! I started off just helping with the timing at Galas as I was there any way. I then joined committee three years ago as they were then short. Given the saga of the insurance I soon found myself as Health and Safety Officer as I have been involved with this at work (by Day I am a Civil Servant working for HMRC and no I won't answer Questions about your tax code at poolside!). I missed a meeting whilst I was on holiday and found when I return that I had been volunteered to organise the Carol singing at Sainsburys. This was great fun and we hope to do it again if we can ever secure a pitch (anyone know anyone I could approach?)



Gradually Dave then encouraged me to help him teach swimming at the Saturday session. I've finally decided to go the whole hog and am taking a coaching course in August so hopefully I'll be another Level One Instructor. We still need a level two instructor to help us out. Anyone know one?

As I still work full time I will not be able to be the jack of all trades that Dave has been over the last seven years but hopefully you can rely on me to keep the club going for a few more years yet and until I can persuade some other mug to succeed me!



## 4 British Long Distance Swim Gold Medalists



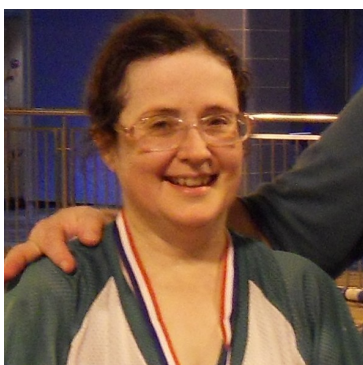
Don Lamb

Congratulations to our 4 British Long Distance Swimming Association Gold Medal winners. The victorious quartet of Jeannette Prentice, Karen Hoffmann, Gyllian Lucas and Don Lamb will receive their awards for winning their national grouping. The full list of our entrants is displayed below and the full national results can be viewed on the BLDSA website.

Well done to everyone who took part.



Gyllian Lucas



Jeannette Prentice



Karen Hoffmann

<u>2015 Postal Swim</u>	<b>Number of Lengths</b>	<b>Distance swam in metres</b>	<b>Position</b>	<b>Disability Class</b>	<b>Position</b>
Don Lamb	47	1550	8th.	H3	1st.
Karen Hoffmann	46	1515	19th.	H3	1st.
Jeannette Prentice	44	1450	20th.	H1	1st.
Gyllian Lucas	30	990	14th.	H3	1st.
Shaida Ghorbanian	36	1185	7th.	H3	2nd.
James Lesnek	40	1320	30th.	H3	4th.
Jessica Grey	84	2770	26th.	-	-
Jack Grey	66	2175	60th.	-	-
Alison Grey	54	1780	37th.	-	-
Judith Jones	40	1320	5th.	-	-



# Turtles Annual Awards Gallery May 30th





## We have new Turtles Medals.....

We recently purchased some new club medals. The old ones lasted well over 10 years, so we were overdue a new design! Karen and Geraldine (opposite) can be seen displaying the new medals and naturally we awarded one to our Club President, Sylvia Smith OBE, who sends her love to all at the Turtles!



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



Alison Grey  
(Secretary)

Turtles email:  
[turtlesswimming@yahoo.co.uk](mailto:turtlesswimming@yahoo.co.uk)

Peter Horne  
(Chair)

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

# Barracuda Potters Bar Gala

## Saturday 20th June

A really unusual set of circumstances produced one of the craziest galas that we have ever attended. The evening started badly for the Turtles as we lost Oliver Regan (who was already the only remaining Junior) to a tummy bug and Sophie Grey also to poor health. That reduced our gallant team down to just 5 swimmers! But as the teams were about to get changed, the pool staff attempted to lower the pool boom to return the pool length to 33 metres when the boom jammed causing an electrical fault, setting off the alarms. A building evacuation was then followed by an appearance by the Potters Bar Fire Brigade. Having declared the pool safe, the gala then commenced with a shortened pool as the boom could not be fixed. Unfortunately, all the submitted times were calculated for 33 metres and so some swift recalculating back to 25 metres was necessary! Unfortunately, the Diving also had to be cancelled.

However our swimmers performed really well, all 5 picking up medals. The Turtles finished 3rd overall just one point behind Harrow Kingfishers. Well done to our team for coping with all the upheaval and for then performing so well!

### Individual Results

**Ladies 1 length** Shaída Ghorbanian Silver

**Mens 1 length** Neil Dew Silver

**Ladies 3 lengths** Shaída Ghorbanian

**Mens 3 lengths** Gary Lee Silver

**Ladies 2 lengths** Jeanette Prentice Gold

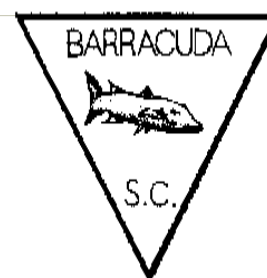
**Mens 2 lengths** Don Lamb

**Ladies 3L Relay** Shaída & Jeanette Silver

**Mens 3L Relay** Don, Neil & Gary Silver

### Team Result

Hatfield Platypus	1st
Harrow Kingfisher	2nd
Ruislip Turtles	3rd
Potters Bar Barracuda	4th
Stevenage Dolphins	5th
Enfield Venturers	6th



### Current Medal Table

	2015 Total	Gold	Silver	Bronze	Special Award	Gala Events
Don Lamb	11	1	3	6	1	6
Neil Dew	10		3	6	1	5
Shaída Ghorbanian	8	1	5	2		5
Karen Hoffmann	7	4	1	2		4
Charlie Laws	7	3	3	1		4
Antony Laws	7	3	3	1		4
Jeannette Prentice	7	3	2	2		6
Sophie Grey	7	1	2	3	1	3
Oliver Regan	6	3	2	1		4
Gary Lee	6	2	2	2		3
Jamie Woodbridge	5	5				2
Ian Andrew Horne	5	1	2	2		3
Geraldine Leong	3	2		1		1
Carl Richards	1	1				1
Gyllian Lucas	1	1				2
Tillie Hewlett	1		1			1
James Lesnek	0					2
Sonam Lakham	0					1
<b>Totals</b>	<b>92</b>	<b>31</b>	<b>29</b>	<b>29</b>	<b>3</b>	<b>6</b>

Turtles Gala



Team

## 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

### Medal Winners

Congratulations to the 3 swimmers listed below who have been awarded distance badges as follows:

*Suresh Ysadun*      *25m & 50m*

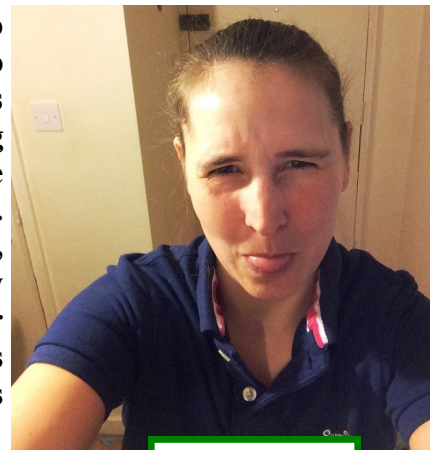
*Tillie Hewlett*      *10m & 25m*

*Kerry Henderson*      *10m*

If you would like to try for a distance badge, please make Peter Horne aware at poolside.

### New Committee Member

A warm welcome to Emma Hewlett who joined the Turtles Committee following her election at the AGM in May. Emma's daughter, Tillie has recently been awarded her first distance badges (see medal winners opposite).



Emma Hewlett

### Well Done Ian Andrew!



Lorna Wright and Alex Pye from Aspire's Swim School took seven swimmers, to represent Harrow in the ParaGames Swimming Gala at Beckham Spa, as part of the London Youth Games.

The Youth Games is Europe's largest annual youth sports event, with more than 1,700 people taking part each year. The Harrow team – who each participated in one individual race and one mixed relay - took on 22 teams, with the girls coming in tenth and the boys team in 16th.

Ian Andrew Horne won a bronze medal in the 25m Freestyle race. Lorna Wright, team manager, said: "This was my first time going to Games, and I was privileged and amazed at the teamwork and motivation of all the swimmers and their parents, particularly Ian's father Peter Horne. "We were by far the loudest team, cheering on everyone from start to finish. I am extremely proud of the whole team."

Harrow Times