

TURTLES SWIMMING CLUB NEWSLETTER



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

Based at Highgrove Pool in Ruislip, the club meets every Saturday between 5pm and 6pm.

**Registered
Charity
Number
1055585**

Well Done Tillie!



Congratulations to Tillie Hewlett who took part in her first British Long Distance Swim event on Saturday 13th February and managed to complete 1000 Metres (40 lengths) in 60 minutes.

When Tillie joined the Turtles, just over a year ago, she was unable to swim, but she has made incredible progress in such a short period of time.

Tillie (seen above with all her distance medals) is to be congratulated on a fantastic achievement!

Tillie is now keen to join the Junior Gala Team and try to win even more medals.

New Distance Medals

We have now taken delivery of our new swim distance medals (see below). If you would like to be awarded with one of these badges, please let Peter Horne know so that he can supervise your distance swim. New badges can be awarded for the first successful completion of 10 Metres, 25 Metres, 50 Metres, 100 Metres, 200 Metres and 500 Metres.



Peter has recently awarded the following badges:

Tillie Hewlett
(see front page)
50 Metres, 100 Metres,
200 Metres, 300
Metres, 500 Metres,
800 Metres and 1000
Metres

Michael Ward
50 Metres

Sadun Suresh
50 Metres

Gabrielle Burridge
(photo above) 10 Metres



Congratulations to Tillie, Sadun, Mikey and Gabby!

Changing Rooms

The repaired changing rooms were finally re-opened on Monday 1st February. Unfortunately, we had to cancel our swim session on the 30th January because Highrove management decided that all club and children's activity needed to be cancelled for 7 days for Health and Safety reasons. This allowed the contractors to complete the final repair work having fixed the leaking floor and all the resulting damage. We always send emails to our membership list if we are informed of any cancellation so if you did not receive the message or if we do not hold your correct email details, please supply Alison with your updated email account.

March Evening Meal The Orchard, Ruislip

Tuesday 15th March 7pm for 7.30pm



The
Orchard

Ruislip

Ickenham Road
Ruislip
Middlesex
HA4 7DR

Tel: 01895 633 481

<http://www.beefeater.co.uk/steak-restaurant>

Four
Wheels
Uxbridge
Rotary



This year we have decided to opt for a local Ruislip restaurant rather than travelling further afield.

If you would like to participate in this event please leave a £10 deposit with Alison.

No need to pre-order your menu choice as you can just order on the night. It will be the usual Orchard menu that can be viewed

on the following website:

<http://www.beefeater.co.uk/steak-restaurant-menu/London/Orchard-Ruislip.html>

We will not be providing a mini-bus for this event due to the close proximity of the venue.

Thank You Uxbridge Rotary

We are very grateful to 'Four Wheels, Uxbridge Rotary' for their very kind donation of £200.

We are very fortunate to have the support of local fund-raising organisations.

British Long Distance Swimming Association

Unfortunately, our scheduled pool extension on the 30th January had to be cancelled due to the changing room refurbishment work. It was not possible to secure another pool extension before the LDSA deadline of 29th February and so we have had to incorporate the Long Distance swims into the regular Saturday swim sessions. If you wish to participate in this event, please let Nigel or Alison Grey know and they will try to find a slot for you for the Saturday 27th February swim session.

April Galas

Hatfield Platypus



Hatfield Platypus Gala

The Hatfield Platypus Gala takes place on **Saturday 9th April**.

If you would like to participate in this event, please let Dave Lee know. We will be taking a mini-bus to this event.

Hitchin Lions Gala

The Hitchin Lions Gala takes place on **Saturday 16th April**.

If you would like to participate in this event, please let Dave Lee know. We will also be taking a mini-bus to this event.



Turtles Diving Championship

The 2016 Turtles Diving Championships take place on **Saturday 23rd April** at Highgrove Pool at 5.45pm.

Oliver Regan won the 2015 Diving Championships.

Please let Nigel Grey know if you wish to participate.

Turtles Swimming Championships

The 2016 Turtles Cub Swimming Championships take place on **Saturday 30th April** at Highgrove Pool between 5.45pm and 7pm. - please see next page.

If you would like to participate in this year's event, please let Dave Lee know.



Turtles Gala Team

Turtles Diary Dates

Date	Event
Tues. 15th March	Evening Meal - The Orchard Ruislip
Sat. 9th April	Hatfield Platypus Gala
Tues. 12th April	Turtles Committee Meeting
Sat. 16th April	Hitchin Lions Gala
Sat. 23rd April	Turtles Club Diving Championship
Sat. 30th April	Turtles Club Swimming Championships
Sat. 21st May	AGM & Awards Ceremony (tbc)
Sun. 11th September	Coach Outing
Sat. 17th September	Turtles Invitation Gala (tbc)

Turtles Club Championships 2016

The 2016 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 2016 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 (23rd April).

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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|----------|--|---------|------------------------------|
| 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 23rd April) | | |

* Events 7 and 9 will not involve staggered starts

As the Club Championships are scheduled to take place on Saturday 30th April at Highgrove Pool, our club swim session in the main pool 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 21st May.

There will also be AGM presentations for the Volunteer of the Year, Junior Improver of the Year, Senior Improver of the Year and also the Don Lamb Shield for 'Services to the Turtles Swimming Club'.

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

If you would like to compete in the 2016 Turtles Championships, please let Dave Lee know.

Turtles Club Championships Saturday 30th April at 5.45 pm.

Thank you to the organisations and individuals who support the Turtles

Ruislip Combined Charity

St Lawrence
Players



Waitrose

Four Wheels Uxbridge Rotary

Alison Grey
(Secretary)

Turtles email:
turtlesswimming@yahoo.co.uk

Peter Horne
(Chair)

Turtles email:
turtlesswimming@yahoo.co.uk