

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.

Happy 18th Birthday, Jordan



Congratulations to Jordan Mason who celebrated her 18th Birthday on Friday 22nd April. Jordan, who has been a regular pool helper since 2013, is very popular with our young Turtles.

Turtles Diary Dates

Date	Event
Sat. 30th April	Turtles Club Swimming Championships
Sat. 21st May	AGM & Awards Ceremony
Sat. 25th June	Barracuda Potters Bar Gala
Sun. 11th September	Coach Outing
Sat.17th September	Turtles Invitation Gala

We all appreciate Jordan's tremendous hard work and dedication to the club and wish her many happy returns, an enjoyable birthday party and then a great family holiday in Ireland.

Turtles 2016 AGM & Presentations

Scout Hall
Church of the Most Sacred Heart
73 Pembroke Road, Ruislip, HA4 8NN
Saturday 21st May 2016 7.30pm
Fish and Chip Supper at 18.45

2016 AGM Agenda



1. Apologies for Absence
2. To Approve the 2015 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;

2016 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
Don Lamb award for 'Service to
the Turtles'

Come along and have your say

We would welcome new Committee Members, so If you are interested in joining the Committee please let Alison Grey know.

Alison Grey
(Secretary)

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

Turtles email:
turtlesswimming@yahoo.co.uk

Peter Horne
(Chair)

Turtles Club Swimming Championships Saturday 30th April at 5.45pm.

We have a pool extension on Saturday 30th April until 7pm for our annual internal swimming Championships. There will be 9 events as follows:

Event 1	Junior 1 Length	Scarlet Regan, Tillie Hewlett, Charlie Laws, Antony Laws & Oliver Regan
Event 2	Ladies 1 length	Jeannette Prentice, Shaída Ghorbanian, Karen Hoffmann
Event 3	Mens 1 Length	Don Lamb, Gary Lee, Neil Dew & Jamie Woodbridge
Event 4	Junior 100 Metres (3 Lengths)	Scarlet Regan, Tillie Hewlett, Oliver Regan
Event 5	Ladies 100 Metres (3 Lengths)	Jeannette Prentice, Shaída Ghorbanian, Karen Hoffmann
Event 6	Mens 100 Metres (3 Lengths)	Don Lamb, Gary Lee, & Jamie Woodbridge
Event 7	Helpers 100 Metres Challenge*	TBC
Event 8	Relay Team Race	Shaída, Karen & Jeannette Don, Gary & Neil Tillie, Charlie & Antony Jamie, Scarlet & Oliver
Event 9	Family Fun Relay (4 lengths)*	TBC
		* Events 7 and 9 will not involve staggered starts

*

Please Come Along

Championship Results & Presentations Saturday 21st May after the AGM

Fish and Chip Supper

Saturday 21st May 2016
Fish and Chip Supper at 18.45
AGM Commences at 19.30

We will be having the supper before the AGM but if you do not wish to participate in the supper, please feel free to come along at 19.30 for the AGM meeting.



Turtles AGM
Scout Hall
Church of the Most Sacred Heart
73 Pembroke Road, Ruislip,
HA4 8NN

The Fish & Chips will be delivered to the Scout Hall for 18.45 costing £6.50 per person but need to be pre-ordered.
Please book with Alison.

Hatfield Platypus Gala Result

- The Turtles finished 3rd (out of 5 teams) with Platypus (the home team) winning yet again.
- In total there were 12 Turtles medal winners (1 Gold, 6 Silver and 5 Bronze).
- Congratulations to Gold Medal Winner Karen Hoffmann (Ladies 1 Length).
- Silver Medal Winners were: Gary Lee (Mens 3 Lengths), Ladies Relay Team (Sophie Grey, Shaida Ghorbanian & Karen Hoffmann) and Mens Relay Team (Gary Lee & Neil Dew).
- Bronze Medal Winners were: Shaida Ghorbanian (Ladies 2 Lengths), Sophie Grey (Ladies 3 Lengths and also Ladies Diving) and Oliver Regan (Mens Diving).

N.B. The pool at Hatfield is the unusual length of 36.67 yards long.

Hatfield Platypus 	Team Result		Turtles  Gala Team	Saturday 9th April 2016
	Hatfield Platypus	1st 56		
	Stevenage Dolphins	2nd 50		
	Ruislip Turtles	3rd 40		
	Potters Bar Barracuda	4th 39		
Enfield Venturers	5th 16			

		SWIMMER	Entered Time	Swum Time / Diving Score	Position
Junior	3 lengths	Scarlet Regan	5.00	4.06	5R
Ladies	3 lengths	Sophie Grey	2.05	2.08	3
Mens	3 lengths	Gary Lee	2.55	2.51	2
Junior	1 length	Tillie Hewlett	1.02	0.45	5R
Ladies	1 length	Karen Hoffmann	0.46	0.44	1
Mens	1 length	Neil Dew	0.31	0.41	4
Ladies	Diving	Sophie Grey		16pts	3
Mens	Diving	Oliver Regan		17pts	3
Junior	2 lengths	Antony Laws	1.46	1.32	4
Ladies	2 lengths	Shaida Ghorbanian	1.48	1.51	3
Mens	2 lengths	Gary Lee	1.48	1.41	3R
Junior Relay	3 lengths	Charlie, Antony, Oliver	2.20	2.02	4R
Ladies Relay	3 lengths	Shaida, Sophie, Karen	2.13	2.22	2
Mens Relay	3 lengths	Neil, Gary(2)	2.27	2.22	2

Hatfield Platypus Gala Photo Gallery

Back on the Gala trail!
Our first gala for over
6 months! Then just
like buses they all come
along at once!



Sophie, Karen & Shaida



Team Manager—Dave



Tillie, Antony & Charlie






Sophie, Neil, Oliver & Scarlet



The Mayor with
Gary & Neil

Hitchin Lions Gala Report

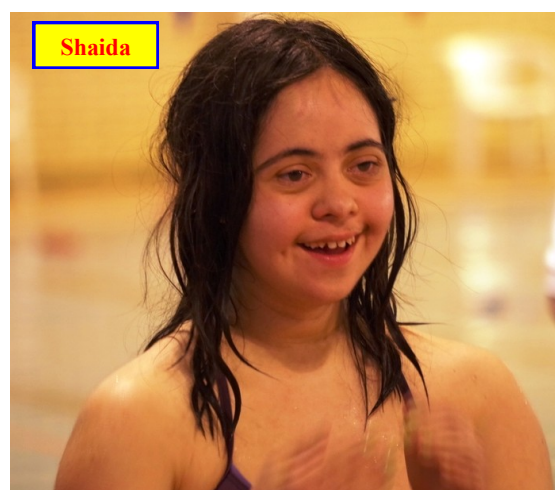
- The Hitchin Gala is organised in a different way to all the other galas.
- All the races are for 25 Metres, with all swimmers entered for at least 2 races.
- The Turtles entered 2 teams, 'Turtles Seniors' and 'Turtles Juniors', so it provides a rare opportunity for the youngsters to compete against their seniors. The Juniors finished 3rd and the Seniors finished 5th.
- Unfortunately, there were a number of incorrect race re-positionings and so races 1, 6, 11 and 14 were subsequently recast the following day, substantially changing the overall results. Several medals were therefore incorrectly awarded on the night. The correct results are listed on page 7 — the Lions apologised for any confusion and there is no need to return any of the medals.
- Congratulations to Shaida (winner of 2 Gold Medals) and to the other Gold Medal winners: Charlie, Antony, Karen & Oliver.

 	Team Result		Pts .	 Turtles Gala Team	Saturday 16th April 2016
	Hatfield Platypus Seniors	1st	66		
	Letchworth Pisces	2nd	60		
	Ruislip Turtles Juniors	3rd	57		
	Hatfield Platypus Juniors	4th	55		
	Ruislip Turtles Seniors	5th	51		
Stevenage Dolphins	6th	48			

Congratulations to Shaida who now leads the 2016 Medal Table after 2 events.

Current 2016 Medal Table

Swimmer	Total	Gold	Silver	Bronze	Galas
Shaida Ghorbanian	5	2	1	2	2
Karen Hoffmann	3	2	1		2
Oliver Regan	3	1	1	1	2
Gary Lee	3		2	1	2
Sophie Grey	3		1	2	1
Jeannette Prentice	2		2		1
Jamie Woodbridge	2		2		1
Tillie Hewlett	2		1	1	2
Antony Laws	1	1			2
Charlie Laws	1	1			2
Neil Dew	1		1		2
Totals	26	7	12	7	2



Hitchin Lions Gala Results & Photos

Race	Swimmer	Entered Time	Swum Time	Position	Points
Turtles Seniors					
1	Jeannette Prentice	00:47	00:52.3	2	5
2	Karen Hoffmann	00:33	00:34.5	6	1
3	Neil Dew	00:28	00:28.7	6	1
4	Shaida Ghorbanian	00:36	00:34.4	1	6
5	Jeannette Prentice *	00:35	00:43.6	5	2
6	Gary Lee	00:31	00:27.4	4	3
7	Karen Hoffmann	00:33	00:30.0	1	6
8	Jeannette Prentice	00:47	00:49.6	6	1
9	Shaida Ghorbanian	00:36	00:33.8	1	6
10	Neil Dew	00:28	00:40.0	4	3
11	Shaida Ghorbanian*	00:35	00:33.9	3	4
12	Gary Lee	00:31	00:26.8	5	2
13	Shaida Ghorbanian	00:36	00:37.5	5	2
14	Jeannette Prentice	00:47	00:46.1	2	5
15	Gary, Karen, Neil, Jeannette*	02:07	02:11.0	5	4
Turtles Juniors					
1	Scarlet Regan	00:52	00:41.1	5	2
2	Tillie Hewlett	00:33	00:30.2	3	4
3	Jamie Woodbridge	00:20	00:18.6	2	5
4	Charlie Laws	00:34	00:28.0	5	2
5	Antony Laws	00:29	00:26.0	1	6
6	Oliver Regan	00:28	00:25.6	1	6
7	Scarlet Regan	00:52	00:44.8	6	1
8	Tillie Hewlett	00:33	00:33.1	4	3
9	Jamie Woodbridge	00:20	00:19.2	2	5
10	Charlie Laws	00:34	00:28.3	5	2
11	Oliver Regan	00:28	00:25.1	2	5
12	Antony Laws	00:29	00:25.0	4	3
13	Tillie Hewlett	00:33	00:31.5	2	5
14	Charlie Laws	00:34	00:31.2	1	6
15	Charlie, Antony, Scarlet, Jamie	02:15	01:59.3	6	2

* Substitute swimmer



Scarlet



Tillie



Charlie & Jeannette



Antony



Jamie @ Neil



Karen



Gary



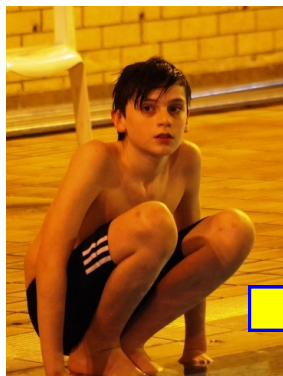
Sometimes the excitement gets too much for our gala supporters...



Turtles Gala Team



Charlie, Tillie & Shaida, otherwise engaged



Oliver



Early Finish

The Main Pool session will be for just 30 minutes on Saturday 30th April, finishing early due to the Club Championships, but the Training Pool will remain open as usual until 6pm.

2016/2017 Subscriptions are now due please

Thank you to the organisations and individuals who support the Turtles

- Ruislip Combined Charity
- St Lawrence Players
- Four Wheels Uxbridge Rotary
- HILLINGDON LONDON
- Namesco: Get your website online!
- Waitrose