

TURTLES SWIMMING CLUB NEWSLETTER



5 BLDSA Gold Medal Winners

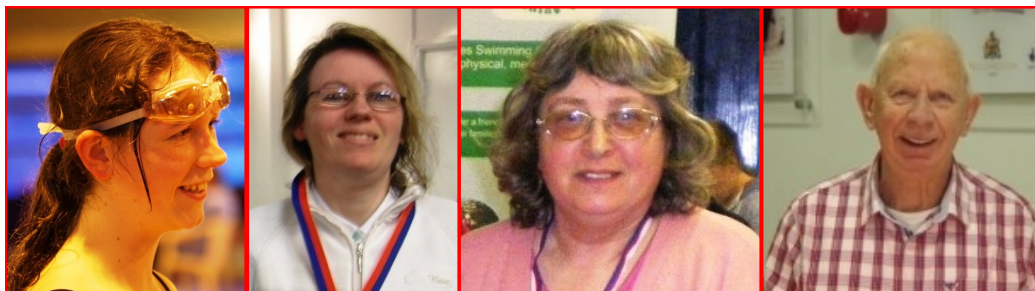
Congratulations to our eight swimmers who took part in the 2016 British Long Distance Swimming Association Event in February (Please turn to Page 3 to view their achievements).

Tillie Hewlett, Karen Hoffmann, Gyllian Lucas, Don Lamb and Dave Lee all won Gold Medals in their individual categories and Jeannette Prentice, Shaida Ghorbanian and Gary Lee were second in their categories. Well done!

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.

Draft AGM Minutes can now be viewed on the Turtles Website via the News Index



Above: Tillie, Karen Gyllian & Don
Below: Dave, Jeannette, Shaida & Gary



There will be no Highgrove Swimming Session on Saturday 17th September.

Turtles Gala

Saturday 17th September 2016 5pm for 5.20

Hillingdon Sport & Leisure Centre

**We need help in providing the buffet for after our gala.
Please let Alison know if you would be able to help provide
any of the following on the day of the gala. Thank You.**

(Alison's mobile number is 07900 118812)

Sandwiches

Chicken Nuggets

Sausages

Sausage Rolls

Cheese and Onion Rolls

Individual Cakes

Chocolate Biscuits e.g Penguins

Individual box of Raisins

Salads or Fruit (such as sliced cucumber /carrots/ cherry tomatoes /grapes)

Individual packets of crisps

Individual carton Drinks

Anything else you think may be suitable for swimmers after the gala.

Help Needed

We also need volunteers to help with the running of the gala — so please let Nigel or Alison know if you are able to help.

It takes a team of 25 volunteers to host a gala:

Referee, Announcer, Starter, Check Starter, 3 Place & Touch Judges, Chief Timekeeper, 2 Timekeepers, Whip, Runner, 2 Recorders, 2 Team Managers, Scoreboard, Presenter of Medals, Raffle, Catering Co-ordinator and at least 3 for Catering Support.

Car Parking at Hillingdon Leisure Centre

Car parking at the Hillingdon Leisure Centre is very expensive, especially for non-Hillingdon residents who do not have a Blue Badge. So we have again secured parking in a private car park belonging to Uxbridge College. The car park is on the right hand side as you travel along Gating Way towards the centre. We will mark the entrance with a Turtles sign – there will be no parking fees in this special car park for the evening but if you choose to park in the Leisure Centre car park, be sure to pay and display.

**There will be no Highgrove
Swimming Session on Saturday
17th September.**

Turtles Outing

Sunday 25th September

Unfortunately, it has not been possible to arrange the planned coach outing this Summer. We hope to arrange something for the Spring of 2017.

However, we have arranged for a Sunday Lunch Outing to the Old Orchard Restaurant in Harefield for Sunday 25th September.

If you and your family would like to participate in this event, please let Alison know. Please pay a £10 deposit per person ASAP and if you require transportation to the restaurant, please also let Alison know.

We will be meeting at 13.30 for 13.45 dining.

**The Old Orchard,
Park Lane,
Harefield. UB9 6HJ**



<http://www.brunningandprice.co.uk/oldorchard/homepage/>

Long Distance Swim Details

Our 8 swimmers completed the following distances:

Gyllian Lucas	900 Metres (36 Lengths)
Shaida Ghorbanian	1000 Metres (40 Lengths)
Tilly Hewlett	1000 Metres (40 Lengths)
Gary Lee	1350 Metres (54 Lengths)
Jeannette Prentice	1400 Metres (56 Lengths)
Don Lamb	1450 Metres (58 Lengths)
Karen Hoffmann	1500 Metres (60 Lengths)
David Lee	2500 Metres (100 Lengths)

Current Medal Table

	2016	Gold	Silver	Bronze	Gala
	Total				Events
Shaida Ghorbanian	11	4	2	5	5
Karen Hoffmann	8	4	4	0	4
Jeannette Prentice	8	4	3	1	4
Gary Lee	8	2	4	2	5
Oliver Regan	6	2	2	2	4
Tillie Hewlett	6	2	2	2	5
Don Lamb	5	3	0	2	3
Sophie Grey	5	2	1	2	2
Jamie Woodbridge	5	1	3	1	2
Antony Laws	4	2	2	0	4
Charlie Laws	3	2	1	0	4
Scarlet Regan	1	1	0	0	3
Neil Dew	1	0	1	0	2
Others	2	2	0	0	1
Totals	73	31	25	17	5

Rotary Club Of Uxbridge

We are very grateful to the Rotary Club of Uxbridge for their very generous donation of £250.



Namesco

We are very pleased to confirm that Names.co will be hosting the Turtles website and domain name for a further 2 years. Names.co have again agreed to waive all charges saving the club £126 - Much appreciated!



Turtles Diary Dates

Tues. 6th September	Committee Meeting
Sat.17th September	No Highgrove Pool session
Sat.17th September	Turtles Invitation Gala (Hillingdon Pool)
Sun. 25th September	Sunday Lunch Outing
Tues. 4th October	Committee Meeting
Thurs. 10th November	Committee Meeting

Chair Peter Horne	Turtles website: http://www.ruislipturtles.org.uk/	Turtles email: turtlesswimming@yahoo.co.uk	Secretary Alison Grey
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Thank you to the organisations and individuals who support the Turtles

