

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.

Mark Makes A Splash With His First Gala Appearance!



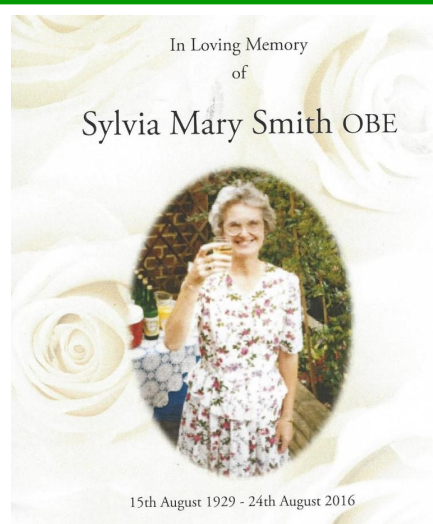
Congratulations to Mark Bishop who was the star of the show at the Turtles Invitation Gala on Saturday 17th September 2016.

Making his debut for the Turtles Gala Team, Mark won 2 Gold Medals and a Bronze Medal.

The highlight of the evening was when Mark won the Diving Competition scoring a maximum 15 points with 3 faultless dives. Well Done Mark!



Sylvia Smith OBE



Sylvia's family would like to thank you for the kind thoughts and words at this very sad time.

If desired, donations in Sylvia's memory may be made to:

Langdale and Ambleside Mountain Rescue Team
Low Fold, 1 Old Lake road, Ambleside, Cumbria
LA220DN
:Web <http://www.lamrt.org.uk>

The Turtles Committee has decided that the Turtles Invitation Gala will now be renamed 'The Sylvia Smith Memorial Gala' in recognition of her tremendous achievements.

Remembering Neil Dew

The Committee members were overwhelmed to receive the proceeds from the donations that followed Neil's very sad passing.

Neil's family has very generously overseen donations to the Turtles exceeding £3400.

A fantastic sum, recognising a truly fantastic chap who is so dearly missed.

It is important that Neil's memory and contribution lives on in the Turtles and the following steps have already been agreed:

- A new Trophy will be purchased (The Neil Dew Trophy) and will be awarded annually to the Junior One Length Champion. Neil would only ever swim one length in the galas even though he was able to swim much further, so we believe it is fitting to mark this event going forward.
- We have already purchased some additional pool equipment including a number of support belts for the very young.
- Neil very much enjoyed the Turtles Fun Sessions usually scheduled for a special Sunday timeslot. So we will be organising another Fun Session one Sunday once we have secured a pool date.

The money we have receive helps secure the future of our club at a time of considerable financial uncertainty. Many of the clubs that we come into contact with are struggling under the financial constraints with some unable to host an invitation gala. Our gala schedule is much reduced as a consequence.

A very big thank you to the Dew Family. A huge appreciation to all who made donations.....and God Bless Neil.

Thanks Maurice!

Thanks go to Maurice Woodbridge for some great action photos from our 2016 gala season.

Thank You Helpers

Thank you to all the helpers, volunteers and for the food donations that made our Invitation Gala a great success. We could not do it without all your help.

Pool Evacuation

At some point over the next few weeks we will be organising a pool evacuation drill.

Please follow the directions of the pool staff and co-operate fully.

These drills are organised to ensure your safety in the event of a future real emergency.

Turtles Diary Dates

Tuesday 4th October	Committee Meeting
Thursday 10th November	Committee Meeting
Tuesday 6th December	Committee Meeting

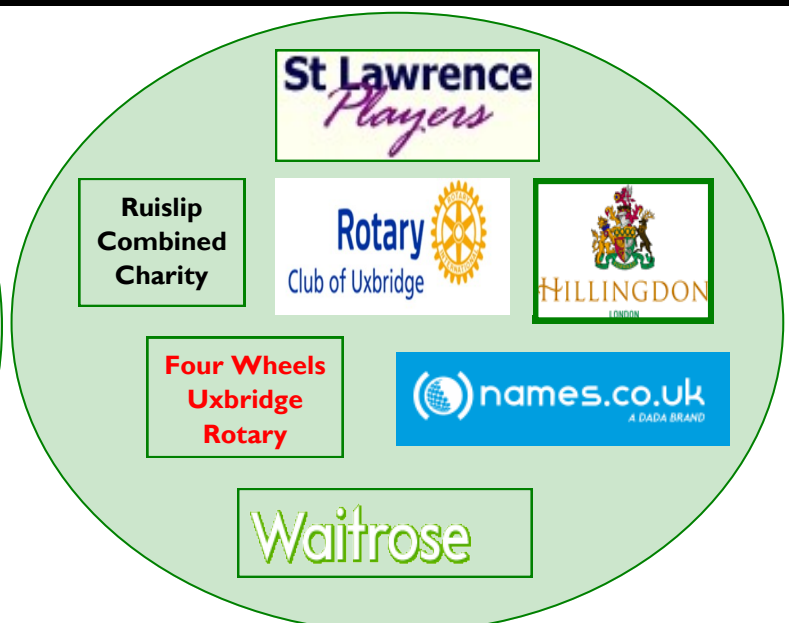
Chair
Peter Horne

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

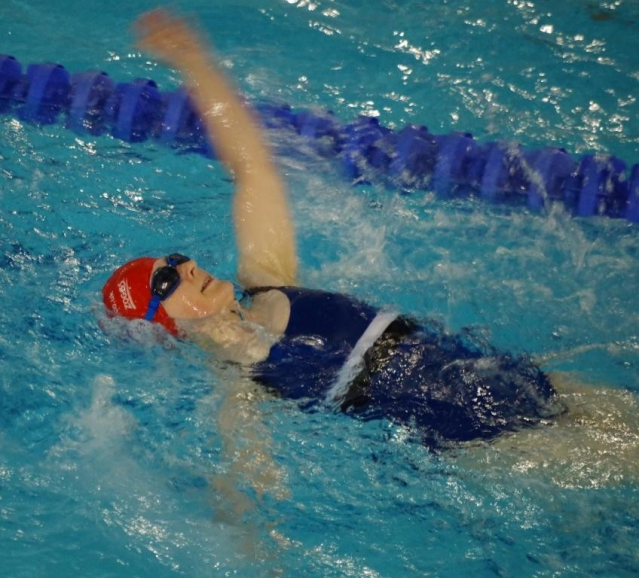
Turtles email:
turtlesswimming@yahoo.co.uk

Secretary
Alison Grey

Thank you to the organisations and individuals who support the Turtles



Turtles Invitation Gala



Turtles Invitation Gala Results

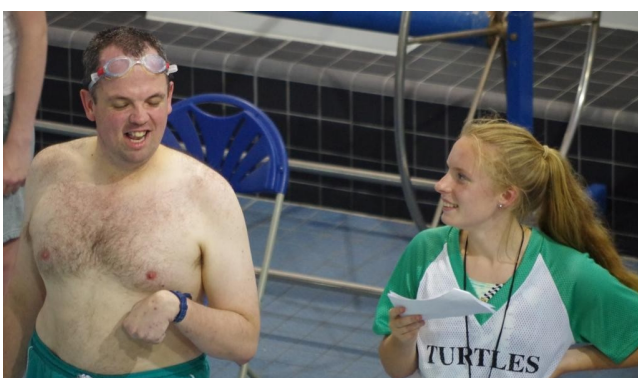
Hatfield Platypus won the Turtles Invitation Gala for the third year running. The Turtles entered 2 teams but could only manage 3rd and 5th in a close contest. Gold medals were won by Mark Bishop (2), Don Lamb, Gary Lee and also the Turtles A Ladies Relay Team (Sophie, Karen and Geraldine). Silver medals were won by Karen Hoffmann and Tillie Hewlett. Jamie Woodbridge and Mark Bishop won Bronze medals as did the Turtles B Mens Relay Team (Jamie, Mark and Dave Lee). 13 medals were added to the medal table in a solid team performance.

Team Results	Pts
Hatfield Platypus	67
Potters Bar Barracuda	59
Ruislip Turtles A	56
Harrow Kingfishers & Ealing S.C	52
Ruislip Turtles B	51
Stevenage Dolphins	42
Enfield Venturers	30

Team	Event	Competitor	Medal /Place	Time Entered	Time Swum
A	Junior 25 Metres	Oliver Regan	6th	0.26	0.30
B	Junior 25 Metres	Tillie Hewlett	Silver	0.33	0.32
A	Ladies 25 Metres	Geraldine Leong	5th	0.57	0.46
B	Ladies 25 Metres	Jeannette Prentice	4th	0.46	0.47
A	Mens 25 Metres	Don Lamb	4th	0.36	0.37
B	Mens 25 Metres	Mark Bishop	Gold	0.26	0.24
A	Junior 50 Metres	ScarletRegan	5th	1.35	1.48
B	Junior 50 Metres	Tillie Hewlett	7th	1.30	1.15
A	Ladies 50 Metres	Karen Hoffmann	Silver	1.11	1.13
B	Ladies 50 Metres	Jeannette Prentice	4th	1.36	1.42
A	Mens 50 Metres	Don Lamb	Gold	1.30	1.25
B	Mens 50 Metres	Jamie Woodbridge	Bronze	0.47	0.46
A	Junior 100 Metres	Oliver Regan	4th	2.15	2.27
B	Junior 100 Metres	Tillie Hewlett	6th	3.22	2.50
A	Ladies 100 Mtrs.	Sophie Grey	6th	2.40	2.24
B	Ladies 100 Mtrs.	Shaيدا Ghorbanaian	4th	2.55	3.06
A	Mens 100 Metres	Gary Lee	Gold	2.46	2.39
B	Mens 100 Metres	Jamie Woodbridge	4th	1.50	1.52
A	Junior Relay	Scarlet (2) Oliver (2)	4th	2.31	2.50
B	Junior Relay	No team			
A	Ladies Relay	Sophie, Karen (2) & Geraldine	Gold	2.43	2.30
B	Ladies Relay	Jeannette (2) & Shaيدا (2)	6th	2.55	3.05
A	Mens Relay	Gary (2) & Don (2)	4th	2.38	2.39
B	Mens Relay	Jamie (2), Mark & Dave Lee	Bronze	1.41	1.40
A	Diving	Sophie Grey	5th		
B	Diving	Mark Bishop	Gold		



Turtles Invitation Gala



Early End To The 2016 Gala Season

Unfortunately, we will not be able to send a Turtles team to the Stevenage Dolphins Gala this year. Several of our team are unavailable, including our drivers, team managers and timekeepers! Harrow Kingfishers Club is again unable to hold their Gala this year. So sadly, that means that our own Invitation Gala on the 17th September was the final date of our 2016 gala season and so the medal table opposite is the final table for 2016.

Final Medal Table

	2016 Total	Gold	Silver	Bronze	Gala Events
Shaida Ghorbanian	11	4	2	5	6
Karen Hoffmann	10	5	5	0	5
Gary Lee	9	3	4	2	6
Jeannette Prentice	8	4	3	1	5
Tillie Hewlett	7	2	3	2	6
Jamie Woodbridge	7	1	3	3	3
Don Lamb	6	4	0	2	4
Sophie Grey	6	3	1	2	3
Oliver Regan	6	2	2	2	5
Antony Laws	4	2	2	0	4
Charlie Laws	3	2	1	0	4
Mark Bishop	3	2		1	1
Dave Lee	2	1		1	2
Scarlett Regan	1	1	0	0	4
Geraldine Leong	1	1	0	0	1
Gyllian Lucas	1	1	0	0	1
Neil Dew	1	0	1	0	2
Totals	86	38	27	21	6



We'll Done Shaida!

Congratulations go to Shaida Ghorbanian who topped the 2016 Medal Table winning 11 medals.

Karen Hoffmann gets a special mention for winning the highest number of Gold Medals (5).

Tillie Hewlett recorded the best performance of a Junior winning 7 medals including 2 Gold Medals.

So that is it for another year.
Roll on 2017 Gala Season!

