

Turtles Swimming Club Newsletter



Bowling Outing Confirmed for Sunday 23rd April



AIRPORT BOWL
BAR · ARCADE · RESTAURANT

The Ten Pin Bowling Turtles social event has been confirmed for Sunday 23rd April at 2pm. The event will take place at Airport Bowl (near Heathrow Airport) where we have initially pre-booked 6 lanes. The event is open to all members, close family and / or their carers and the cost is just £1.70 per game per person. We have booked for 2 games each, so £3.40 each person bowling.

To participate you will need to book (and prepay) with Alison as we need to confirm final numbers. There is a Pay & Display Car Park behind Airport Bowl and the address is:

Airport Bowl, Bath Road, Harlington, Middlesex, UB3 5AL

**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.**

Established 1964

Swimming Galas

The list below have been entered for the forthcoming gala events:

Swimmer	Hitchin Saturday 18/3	Feltham Sunday 26/3	Hatfield (Platypus) Saturday 8/4
Jeannette Prentice	Yes	Yes	Yes
Shaida Ghorbanian	Yes	Yes	Yes
Karen Hoffmann	Yes	No	No
Sophie Grey	No	No	Yes
Geraldine Leong	No	Yes	No
Don Lamb	Yes	Yes	Yes
Carl Richards	Yes	No	Yes
Gary Lee	Yes	Yes	No
Jamie Woodbridge	Yes	Yes	No
Matthew O'Neil Cuadros (J)	No	Yes	No
Tillie Hewett (J)	No	Yes	Yes
Essie Bodden-Bryan (J)	No	Yes	Yes
Charlie Laws (J)	No	Yes	No
Antony Laws (J)	No	Yes	No



Turtles



Gala Team



Swimmer	Hitchin Saturday 18/3	Feltham Sunday 26/3	Hatfield Saturday 8/4
Address	Hitchin Swim Cent. Fishponds Road	Hanworth Air Park Uxbridge Road	Hatfield Swim Cent. Lemsford Road
Post Code	SG5 1HA	TW13 5EG	AL10 0EB
Report Time	6.00pm	3.00pm	6.00pm
Gala Start Time	6.30pm	3.30pm	6.30pm
Mini-bus Travel	Yes	No	TBC
Organiser	Lions	Lions	NASCH

British Long Distance Swimming Association



Thank you to all the competitors, organisers and recorders for another successful event. Our club is very much dependent on the volunteers that give up their time so generously and so regularly.

Ten swimmers took part, their recorded distances in the permitted 60 minute swim are shown below. The results now go forward to the BLDSA for consolidation into the National Results. The National BLDSA medal winners (classified by age within disability

grouping) will be announced late Spring.

Some great distances recorded, well done to all who participated.

	2017 Distance	2017 Highrove Lengths	2016 Distance
Jessica Grey	2838m	86	-
Dave Lee	2574m	78	2500m
Sophie Grey	1848m	56	-
Karen Hoffmann	1518m	46	1500m
Don Lamb	1518m	46	1450m
Gary Lee	1386m	42	1350m
Jeannette Prentice	1320m	40	1400m
Tillie Hewett	1155m	35	1000m
Shaïda Ghorbanian	1056m	32	1000m
Gyllian Lucas	1056m	32	900m

Swimming Badge Winners

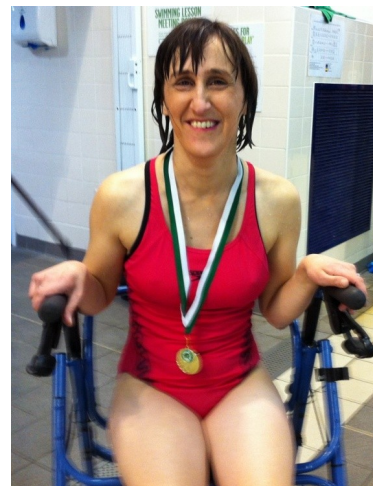


Congratulations to Varun Kodial on receiving his 10 Metres and 25 Metres badges.

Veron was reluctant to have his photo taken but was persuaded by Helper Bijan!

Also, congratulations to Catherine Marshall who has been awarded her 10 Metres badge.

Well done Varun! & Catherine



Health & Safety

May we ask all parents/ carers to double check that their child has visited the toilet before entering the swimming pool so we can minimise the risk of accidents occurring in the water, although we are aware that, by definition, accidents may well happen. Many thanks.

Club Policies

The Turtles Club Constitution and Club Policies can all be viewed on the Turtle's website. The Turtles Committee will be reviewing all of the club's policies over the next year to ensure that they are still up to date and appropriate. The first to be reviewed will be the Club's Disciplinary Policy. If you have any comments on the current Disciplinary Policy, Constitution, or any of the club's policies, please speak to Peter or Alison.

Turtles Diary Dates

Thursday 9th March	Committee Meeting
Saturday 18th March	Lions Hitchin Gala
Sunday 26th March	Lions Hanworth & Feltham Gala
Saturday 8th April	Hatfield Platypus Gala
Tuesday 18th April	Committee Meeting
Sunday 23rd April (2pm)	10 Pin Bowling Outing -Heathrow Airport Bowl
Saturday 29th April	Turtles Diving Championships
Saturday 6th May	Turtles Swimming Championships
Saturday 10th June	Turtles AGM



Turtles Swimming Club is a Registered Charity

Nos. 1055585

Chair

Peter Horne

Secretary

Alison Grey

Turtles email:

turtlesswimming@yahoo.co.uk

Turtles website:

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

Thank you to the organisations and individuals who support the Turtles



Four Wheels Uxbridge Rotary



Combined Charities of Ruislip