

Turtles Swimming Club Newsletter



Welcome Back Pippa & Cheryl!

Our Saturday Swim Session welcomes back two of our experienced Swim Teachers.

Pippa Haggitt returns having first joined the Turtles as a Swim Teacher back in 2010. Pippa has just returned to the Highgrove area and has volunteered her services once again.

Cheryl Lee first came along to the Turtles with her brother (Gary) back in 1990 when Cheryl was just 9 years old and Gary was aged 7. Cheryl has been back helping several times over the years but is now re-joining the Saturday Swim Teaching Team.



We appreciate all the volunteers on the team and it is wonderful to welcome back two qualified teachers to Turtles pool-side.



Pippa and Cheryl

**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

Bowling Outing Sunday 23rd April



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**



Turtles Selected as 'Friends of Ken' Charity of the Year

Ken Weinling has kindly selected the Turtles to be a beneficiary of his 2017 fundraising activities following a nomination by Yvette Papps who is a lifeguard. We hope Ken and his guide dog will be able to attend one of our Saturday sessions in the near future. Thank you very much, Ken and Yvette. Friends of Ken's letter of notification:

I AM PLEASED TO MAKE YOUR CLUB THE CHARITY OF THE FRIENDS OF KEN.

I AM KEN WEINLING, YOU WERE PROPOSED BY YVETTE PAPPS, I WILL BE SENDING YOU OUR NEWSLETTER EACH 3 MONTHS, THERE IS ONE DUE FOR MARCH.

WE RAISE FUNDS FOR TWO GROUPS EACH YEAR GUIDE DOGS IS OUR FIRST GROUP EACH YEAR AND THIS YEAR YOU ARE OUR SECOND.

I AM SURE I WILL GET ROUND TO VISIT YOUR CLUB, BUT I MUST POINT OUT THAT I AM NOT A SWIMMER.

OUR GROUP HAS BEEN GOING FOR 11 YEARS, AND PRIOR TO THIS HAVE BEEN SUPPORTING GUIDE DOGS FOR OVER 25 YEARS.

WE HOLD SEVERAL COFFEE MORNINGS THROUGHOUT THE YEAR A FUN DAY GARDEN PARTY AND TALKS TO GROUPS.

I LOOK FORWARD TO HEARING FROM YOUR GROUP, AND LOOK FORWARD TO HELPING YOU THIS YEAR.

KIND REGARDS KEN WEINLING.

Swimming Badge Winners

Congratulations to the following badge winners:

Ruby Denton
10 Metres

Elice Ferrett
10 Metres

Uttan Dhanjal
25 Metres

Varun Kodial
50 Metres

and last but not least,

Matthew O'Neill-Cuados
100 Metres

Well done!



If you would like to swim for a distance medal, please make Peter Horne aware.



Hitchin Gala Results 18/3/17

A disappointing evening as Turtles finished 5th out of 5 competing teams—the first time that has happened for a very long time! Performance of the evening came from Jeanette Prentice winning 2 medals, with Don Lamb, Jamie Woodbridge and Shaida Ghorbanian also collecting medals.

So not the start to the season that we were all hoping for, but still some great individual performances. Full team and individual results are listed below:

Event	Turtles Swimmer	Time Entered	Time Swum	Position
1	Jeanette Prentice	00:49	00:47.3	1
2	Scarlett Regan	00:49	00:40.8	5
3	Gary Lee	00:28	00:32.8	4
4	Jamie Woodbridge	00:20	00:20.4	3
5	Shaida Ghorbanian	00:37	00:30.7	4
6	Karen Hoffmann	00:30	00:33.9	5
7	Don Lamb	00:36	00:37.9	3
8	Oliver Regan	00:30	00:23.5	5
9	Gary Lee	00:28	00:31.3	5
10	Jamie Woodbridge	00:20	00:20.0	4
11	Jeanette Prentice	00:49	00:47.5	2
12	Scarlett Regan	00:49	00:44.7	4
13	Shaida Ghorbanian	00:37	00:35.5	2
14	Karen Hoffmann	00:30	00:36.3	4
15	Oliver, Don, Gary, Jamie	01:54	01:56.2	4



Turtles



Gala Team

Final Score	Letchworth Pisces	1st	60
	Hatfield Platypus A	2nd	53
	Hatfield Platypus B	3rd	48
	Stevenage Dolphins	4th	45
	Ruislip Turtles	5th	37

Feltham & Hanworth Gala Team



Hanworth & Feltham Gala Results 26/3/17

The second gala of the 2017 season got off to a tricky start with many of our gala team stuck in traffic and missing some of their swims. However, the Turtles Junior Team finished second and the Senior Team finished joint 4th. Matthew O'Neill Cuadros won a special achievement award for his performance in his first ever Turtles Gala. Congratulations to all the medal winners and commiserations to the swimmers who swam close to their submitted time but did not win medals. Sometimes the results are truly baffling at this gala! The Junior Gala was won by Ealing Swimming Club and the Senior Gala was won by Wandsworth Dolphins.

Swimmers Name	Event No.	Time Entered	Actual Time
Tillie Hewlett	Girls 1L	0.35	0.27 2nd
Matthew O'Neill Cuadros	Boys 1L	0.33	0.25 3rd
Geraldine Leong	Ladies 1 L	0.47	0.45
Shaïda Ghorbanian	Ladies 1 L	0.37	0.31
Jamie Woodbridge	Mens 1L	0.20	0.20
Gary Lee	Mens 1L	0.28	0.32
Don Lamb	Mens 1L	0.36	0.35
Tillie Hewlett	Girls 2 L	1.2	1.09 1st
Anthony Laws	Boys 2 L	1.07	0.54
Charlie Laws	Boys 2 L	1.20	1.02
Matthew O'Neill Cuadros	Boys 2 L	1.12	0.58
Geraldine Leong	Ladies 2L	1.52	1.46 3rd
Jeannette Prentice	Ladies 2L	1.42	1.45
Shaïda Ghorbanian	Ladies 2L	1.19	1.21
Jamie Woodbridge	Mens 2L	0.46	0.44
Gary Lee	Mens 2L	1.08	1.08
Don Lamb	Mens 2L	1.26	1.17 3rd
Anthony Laws	Boys Back	0.44	0.29 2nd
Charlie Laws	Boys Back	0.38	0.32
Matthew O'Neill Cuadros	Boys Back	0.34	0.27
Geraldine Leong	Ladies Back	0.47	0.47
Jeannette Prentice	Ladies Back	0.48	0.51
Shaïda Ghorbanian	Ladies Back	0.37	0.39
Jamie Woodbridge	Mens Back	0.30	0.26
Gary Lee	Mens Back	0.38	0.36
Don Lamb	Mens Back	0.46	0.46
Tillie, Antony, Charlie & Matthew	Junior Relay	2.14	1.52 1st
Jamie, Gary & Don	Senior Relay	1.51	1.55
Geraldine, Shaïda & Jeannette	Senior Relay	3.06	3.01 2nd

Medals (Certificates) were awarded as follows:

Gold	Junior Relay	Tillie, Charlie, Antony & Matthew
Gold	Girls 2 Lengths	Tillie
Silver	Girls 1 Length	Tillie
Silver	Boys 1 Length Backstroke	Antony
Silver	Senior Relay	Shaïda, Jeannette & Geraldine
Bronze	Boys 1 Length	Matthew
Bronze	Ladies 2 Lengths	Geraldine
Bronze	Mens 2 lengths	Don

Turtles Hanworth Gala Team

Charlie Laws
Tillie Hewlett
Antony Laws
Matthew O'Neill Cuadros
Geraldine Leong
Jeannette Prentice
Shaïda Ghorbanian
Gary Lee
Don Lamb
Jamie Woodbridge

Competing Clubs

Ealing SC
Ruislip Turtles
Dolphins Wandsworth
Hogarth Gateway
Barking Beavers
Spartan New Malden
Me Too & Co Richmond



Hatfield Platypus Gala Teamsheet

Swimmer	Event
Scarlett Regan	Junior 1 Length
Essie Bodden-Bryan	Junior 2 Lengths
Tillie Hewlett	Junior 3 lengths
Oliver Regan, Tillie Hewlett & Scarlett Regan	Junior Relay
Shaida Ghorbanian	Ladies1 Length
Jeannette Prentice	Ladies 2 Lengths
Sophie Grey	Ladies 3 Lengths
Shaida Ghorbanian, Jeannette Prentice & Sophie Grey	Ladies Relay
Don Lamb	Mens 1 length
Don Lamb	Mens 2 Lengths
Oliver Regan	Mens 3 Lengths
Don Lamb (2) & Oliver Regan	Mens Relay
Sophie Grey	Ladies Diving
Oliver Regan	Mens Diving

Hatfield Platypus
Gala
Saturday 8/4/17



Turtles



Gala Team

Swimmer	Hatfield Saturday 8/4/17
Address	Hatfield Swim Cent. Lemsford Road
Post Code	AL10 0EB
Report Time	6.00pm
Gala Start Time	6.30pm
Team Manager	Nigel Grey
Pool Length	36.6 Yards
Organiser	NASCH

2017 Medal Table

	2017 Total	Gold	Silver	Bronze	Gala Events
Tillie Hewlett	3	2	1		1
Jeannette Prentice	3	1	2		2
Antony Laws	2	1	1		1
Matthew O'Neill Cuadros	2	1		1	1
Shaida Ghorbanian	2		2		2
Geraldine Leong	2		1	1	1
Don Lamb	2			2	1
Charlie Laws	1	1			1
Jamie Woodbridge	1			1	1
Totals	18	6	7	5	2

After 2 gala events, the medal table is headed up by Tillie Hewlett, with Jeannette Prentice close behind.

Turtles Club Championships 2017 –Saturday 6th May

The 2017 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 2017 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 (29th April).

Event 1	Junior 1 Length
Event 2	Ladies 1 length
Event 3	Mens 1 Length
Event 4	Junior 100 Metres (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 Race (Men v Ladies v Juniors)
Event 9	Family Fun Relay (4 lengths)*
Event 10	Diving Contest (29th April)

* Events 7 and 9 will not involve staggered starts

As the Club Championships are scheduled to take place on Saturday 6th May 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 10th June.

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 so please let Rosemary Noyes know if you are able to help.

If you would like to compete in the 2017 Turtles Championships, please make Dave Lee aware.

**Turtles Club Diving Championships
Saturday 29th April 2017 at 5.40pm.**

**Turtles Club Swimming Championships
Saturday 6th May 2017 at 5.45pm.**

Turtles Club Swim Session on the 6th May will be for 30 minutes only

Annual Subscriptions are due this month

Annual subscriptions are due on the 1st April. Rates remain unchanged as follows:

All disabled members £8

Non-disabled members £16

Non-disabled junior members £8

Visitors (per session) £2

There is an entrance fee charge of £1 per session (£3 for a family) in return for a raffle ticket.

Turtles Diary Dates

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
Tuesday 23rd May	Committee Meeting
Saturday 10th June	Turtles AGM



Turtles Swimming Club is a Registered Charity

Nos. 1055585

Chair

Peter Horne

Secretary

Alison Grey

Turtles email:

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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