

Turtles Swimming Club Newsletter



Well Done Jess....yet again!

Congratulations to Jessica Grey who has now passed her Level Two Swim Teaching Qualification.

Jessica spent her Easter holidays improving her swim teaching skills by attending the higher level training course and then passing the subsequent examination.

Congratulations Jess!

**Turtles Club Swim Session on the 6th May will be limited to 30 minutes (due to the 5.45 Club Championships)
The Small Pool will be available for the full hour though.**

**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

If you wish to take advantage of the invitation from Aspire (below), please make direct contact.

Dear Ruislip Turtles Swimming Club,

I am emailing from the charity Aspire, which provides practical help to people who have been paralysed by spinal cord injury, to tell you about a brilliant sporting opportunity for your members.

We currently have 6 team places available in the Super Hero Triathlon; a fully inclusive triathlon with a choice of two distances that will occur on 19th August 2017 at Dorney Lake, Windsor. Enter in a team of three to take on a stage each—that's a swim, a cycle and a push/run!

The Superhero Tri is the one and only UK disability sports series for the everyday superhero; anyone can enter as long as there is at least one person who considers themselves to have a disability per team. It's fully inclusive, and you can also bring a 'Side-Kick' to push, guide or simply accompany any member of your team around the course if you wish.

More information about the event can be found here: <https://www.aspire.org.uk/superhero-tri>. I would be incredibly grateful if you could advertise this event to your members, and if you have any questions please don't hesitate to contact me on 020 8420 6737, or email alice.hanson-bray@aspire.org.uk.

This event is looking to be incredibly popular and will be a fantastic day out, so if any of your members are interested please get in touch!

Best Wishes,
Alice Hanson-Bray
 Events Fundraiser and Administrator
alice.hanson-bray@aspire.org.uk

Congratulations Karen!



Karen Hoffmann participated in the 2017 Swimathon at Hillingdon Leisure Centre on Saturday 8th April. Karen swam 1900 Metres in 75 minutes raising funds for Marie Curie charity.

Well done Karen!

Well Done Cameron

Cameron Chan was awarded his 25 Metres Badge on the 15th April.
 Congratulations Cameron

Subscriptions Please

Annual subscriptions were 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 6th May	Turtles Swimming Championships
Saturday 13th May	Harrow Kingfisher Gala
Tuesday 23rd May	Committee Meeting
Saturday 10th June	Turtles AGM

Hatfield Platypus Gala Result

Saturday 8/4/17

The team bounced back from a disappointing result at the Feltham & Hanworth Gala with a fine performance at Hatfield finishing 2nd behind the hosts, Platypus Hatfield. Our team took home 13 medals with special mention going to Gold Medalists – Shaida, Scarlett and Don.

At the half way stage Turtles were leading the pack but the ever strong Platypus Team were able to fight back and win yet again. Platypus Club has won 8 of the last 9 Hatfield Galas—missing out only in 2012. Well done also to Oliver Regan who swam as a senior (as agreed with the organisers) to help out the team even though he is just 13 years old and in doing so collected 3 medals! Detailed results below:

Turtles



Gala Team

		SWIMMER	Entered Time	Swum Time / Diving Score	Position	Points
Junior Ladies	3 lengths	Tillie Hewlett	02:38	02:49.8	3	3
Gentlemen	3 lengths	Sophie Grey	02:10	02:19.5	3	3
Junior Ladies	3 lengths	Oliver Regan	02:18	02:20.0	3	3
Junior Ladies	1 length	Scarlett Regan	00:57	00:55.0	1	5
Junior Ladies	1 length	Shaida Ghorbanian	00:46	00:51.5	1	5
Gentlemen Ladies	1 length	Don Lamb	00:54	00:52.0	1	5
Gentlemen Ladies	Diving	Sophie Grey		14	2	4
Gentlemen Ladies	Diving	Oliver Regan		13	3	3
Junior Ladies	2 lengths	Scarlett Regan	02:28	02:17.0	5	1
Junior Ladies	2 lengths	Jeanette Prentice	02:18	02:27.0	4	2
Gentlemen Junior	2 lengths	Don Lamb	01:57	02:04.1	4	2
Junior Relay	3 lengths	Tillie, Scarlett	02:53	02:41.0	4	2
Ladies Relay	3 lengths	Sophie, Jeanette, Shaida	02:28	02:37.0	2	4
Gentlemen Relay	3 lengths	Don, Oliver	02:35	02:37.6	2	4

Final Team Scores



Hatfield Platypus	49
Ruislip Turtles	46
Stevenage Dolphins	46
Potters Bar Barracuda	41
Enfield Venturers	21

Hatfield Platypus Gala Photos



Saturday
8/4/17



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 event starts at 5.45

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.

We will also need helpers for the Championships so please let Rosemary Noyes know if you are able to help.

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

If you wish to take part in the Championships please let Dave Lee know by 30th April.

Harrow Kingfisher Gala –Saturday 13th May



The Harrow Kingfisher Gala takes place on Saturday 13th May. If you would like to participate, please let Dave Lee now ASAP.



Turtles 2017 AGM & Presentations

2017 AGM Agenda

1. Apologies for Absence
2. To Approve the 2016 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;

Scout Hall
 Church of the Most Sacred Heart
 73 Pembroke Road, Ruislip, HA4 8NN
Saturday 10th June 2017 19.30pm
Fish and Chip Supper at 18.45

2017 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'

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

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.

Please Come Along!
Saturday 10th June 2017

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

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

2017 Medal Table

	2017 Total	Gold	Silver	Bronze	Gala Events
Tillie Hewlett	4	2	1	1	2
Shaída Ghorbanian	4	1	3		3
Jeannette Prentice	4	1	3		3
Don Lamb	4	1	1	2	2
Oliver Regan	3	1	2		2
Sophie Grey	3		2	1	1
Antony Laws	2	1	1		1
Matthew O'Neill Cuadros	2	1		1	1
Geraldine Leong	2		1	1	1
Charlie Laws	1	1			1
Scarlett Regan	1	1			2
Jamie Woodbridge	1			1	1
Karen Hoffmann					1
Gary Lee					2
Totals	31	10	14	7	3

Turtles



Gala Team

After 3 gala events, the medal table is headed up by Tillie Hewlett, with Jeannette Prentice and Shaída Ghorbanian close behind having also won 4 medals.

The next competitive event will be the Turtles Club

Championships concluding on the 6th May, followed by the Harrow Gala on the 13th May.



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



Phoenix Ladies' Club
Pinner



Friends of Ken



Combined Charities
of Ruislip



Four Wheels
Uxbridge Rotary