



Turtles Swimming Club Newsletter

**February 2018
Issue 99**

Thank You 'Friends Of Ken'



The Turtles Chair, Alison Grey (right), collected a £605 cheque from 'Friends of Ken' charity representative Yvette. The Turtles S.C. was selected by 'Friends of Ken' as one of their 2017 beneficiaries.

We very much appreciate their tremendous fundraising activities and are honoured to have been selected, so thank you Ken!



ESTABLISHED 1964

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

Chair:

Alison Grey

Chief Instructor:

Linda Clarke

Secretary:

Andy Wallis

Turtles email:

**turtlesswimming@
yahoo.co.uk**

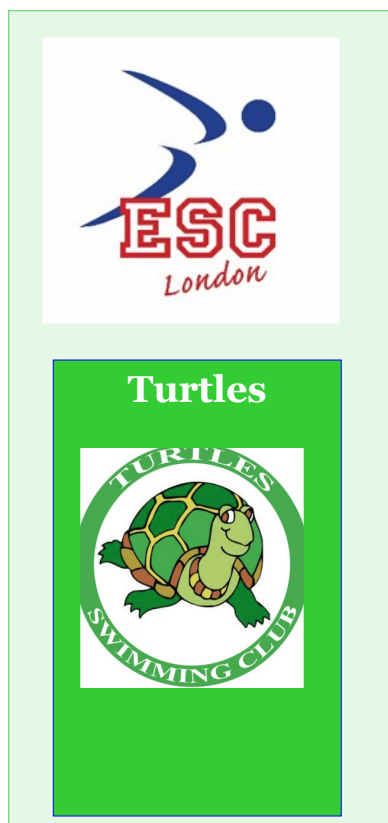
Turtles Website:

**[http://www.
ruislipturtles.org.uk](http://www.ruislipturtles.org.uk)**

Turtles Swimming Club is a registered Charity Number 1055545

EALING GALA
RESULTS
SATURDAY 13TH
JANUARY

*Impressive 1st Gala
of the Season*



Event	Team A & Team B				
	Distance	Swimmer	Time Submitted	Time Swam	Pos.
1	Junior 100M	Tillie	2.33	2.15	4th
1	Junior 100M	Matthew	2.00	1.56	1st
2	Ladies 100M	Sophie	2.25	2.28	4th
2	Ladies 100M	Jeannette	3.41	3.39	2nd
3	Men 100M	Gary	2.48	2.45	1st
3	Men 100M	Josh	2.16	2.02	7th
4	Junior 50M	Anthony	1.07	1.00	1st
4	Junior 50M	Dominic	1.29	1.28	3rd
5	Ladies 50M	Karen	1.15	1.30	5th
5	Ladies 50M	Shaída	1.20	1.22	3rd
6	Men 50M	Don	1.27	1.27	3rd
6	Men 50M	Anthony	1.04	1.03	2nd
7	Junior 25M	Anthony	0.29	0.26	2nd
7	Junior 25M	Dominic	0.44	0.53	6th
8	Ladies 25M	Karen	0.34	0.36	6th
8	Ladies 25M	Jeannette	0.52	0.51	3rd
9	Men 25M	Don	0.41	0.39	2nd
9	Men 25M	Charlie	0.33	0.25	6th
10	Junior Relay 100M	Tillie (2) & Anthony (2)	2.12	2.02	1st
10	Junior Relay 100M	Matthew & Dominic	2.26	2.21	3rd
11	Senior Relay 100M	Sophie, Gary, Karen & Don	2.11	2.22	2nd
11	Senior Relay 100M	Anthony, Josh Shaída, & Charlie	1.58	1.54	3rd
12	Team Relay 200M	Sophie (2), Karen, Don Gary (2), Tillie & Anthony	4.21	4.38	6th
12	Team Relay 200M	Anthony (2), Charlie, Josh Dominic Matthew, Shaída & Jeannette	4.36	4.26	5th

TURTLES 'A' & TURTLES 'B' FINISH JOINT 2ND

A very close inaugural effort by all our Ealing SC Gala saw Hatfield Platypus continue their fine form by snatching victory in the final event of the evening. There were only 2 points covering the top 4 teams with the Turtles A Team and the Turtles B Team both finishing in joint second place just one point behind Platypus. A tremendous

effort by all our swimmers with a total of 26 medals awarded to the Turtles. Congratulations to Gold Medal winners: Matthew, Gary, Tillie and Antony L.—who won two Gold Medals and now leads the medal table after the first Invitation Gala of the 2018 Gala Season. Next stop, Hanworth & Feltham on March 18th.

Well done to all our swimmers!

Team Result	Pts
Hatfield Platypus	57
Turtles A	56
Turtles B	56
Stevenage Dolphins	55
Harrow Kingfisher	41
Ealing B	39
Ealing A	30

2018 MEDAL TABLE

	2018 Total	Gold	Silver	Bronze	Gala Events
Antony L.	3	2	1	0	1
Matthew O'N.C	3	1	1	1	1
Jeannette P.	3	0	2	1	1
Anthony O.	3	0	2	1	1
Shaida G.	3	0	1	2	1
Dominic O'N. C.	3	0	1	2	1
Don L	2	0	1	1	1
Josh A.	2	0	1	1	1
Charlie L.	2	0	1	1	1
Gary L.	1	1	0	0	1
Tillie H.	1	1	0	0	1
Sophie G.	0	0	0	0	1
Karen H.	0	0	0	0	1
Totals	26	5	11	10	1

Antony the early medal leader!

HANWORTH & FELTHAN GALA

The Hanworth & Feltham Lions Gala takes place on Sunday 18th March at the Hanworth Air Parc Leisure Centre. (report Time 3.10 for 3.30 start).

We can enter unlimited number of swimmers in this event so if you would like to participate, please let Dave Lee know.



[Hanworth Air Park Leisure Centre](#)

TURTLES EALING GALA PHOTOS



WE HAVE BEEN BUSY BOOKING UP 2018!

Our Internal Club Swimming Championship will take place after our regular swim session on Saturday 12th May with the Diving Championship scheduled for Saturday, 28th April.

Our Invitation Gala will again take place at Hillingdon Leisure Centre , Uxbridge on Saturday 15th September and so there will be no swim session on that day.

Our 2018 Fun Session, also at the Hillingdon Leisure Centre on Sunday 25th March at 5.15 (see Page 6).

The AGM and 2018 Awards Ceremony is scheduled for the evening of Saturday 9th June. (subject to confirmation from the venue)

TURTLES 2018 CALENDAR

Tuesday 20th February	Turtles Committee Meeting
Sunday 18th March	Hanworth & Feltham Gala
Sunday 25th March	Fun Session, Hillingdon Leisure Centre
Saturday 14th April	Hatfield Gala
Saturday 21st April	Hitchin Gala
Saturday 28th April	Turtles Diving Championship
Saturday 12th May	Turtles Swim Championship
Saturday 9th June (tbc)	Turtles AGM
Saturday 15th September	Turtles Invitation Gala

Time to update those 2018 Diaries!

THANK YOU TO THE ORGANISATIONS AND INDIVIDUALS WHO SUPPORT THE TURTLES

Waitrose

Ruislip Combined Charity

Friends of Ken



ASDA

names.co.uk
A DADA BRAND

TIME FOR ANOTHER FUN SESSION!



Fun Time!

We will be organising another Fun Session at the Hillingdon Sport & Leisure Centre, Gating Way, Uxbridge on Sunday 25th March 5.15–6pm. The event is free to all Turtles members, but please note that we cannot accommodate guests to this event.

Don't be put off by the outdoor pool photo above. We hire the indoor pool, it would be a tad too cold out in the open air!

If you are interested in coming along to try your hand on the inflatables, please make Bijan or Alison aware on the Saturday registration

Congratulations Ethan



WELL DONE ETHAN

Congratulations to Ethan who has now competed his 25 Metres Distance Badge.

Now for the 50 Metres badge Ethan!



THANK YOU WAITROSE SOUTH HARROW

Thank you Waitrose, Randall who nominated South Harrow for your the Turtles as one of generous £200 donation Waitrose Community to the Turtles. Thank you Matters December once again to Christina Charities.

Waitrose donate £200

The logo for Waitrose, featuring the word "Waitrose" in a green, stylized font.The logo for Community Matters, featuring the words "Community" and "Matters" stacked vertically in a green, sans-serif font.

THANK YOU ASDA SOUTH RUISLIP

More Good News!

We have been nominated at ASDA, South Ruislip, as one of their chosen Foundation charities.

So please consider shopping there and collecting green tokens for the Turtles box.

You are not given tokens at ASDA, you just collect them from the tubs at the checkouts.

The collection boxes are at the bottom of the stairs by the entrance.

Please spread the word amongst your family and friends and help the Turtles raise more funds.

Turtles Selected for the ASDA Foundation!

The logo for The Asda Foundation, featuring the words "The Asda" and "Foundation" stacked vertically in a green, sans-serif font.The ASDA logo, featuring the word "ASDA" in a large, bold, green, sans-serif font.

MORE EQUIPMENT PURCHASED

We have purchased some more pool equipment including new Forearm Fulcrum Positioners to help with stroke development (photo opposite). If you would like to use these, please ask one of the Swim Teachers for advice.

As our stock of pool equipment continues to

grow, we have had to upgrade to a bigger poolside trolley as well.

Our Newsletter printer has also seen better days and so we have purchased a new inkjet printer.

So a big thank you to all our supporters.

We have been spending money as well



WELL DONE TO ALL OUR BLDSA COMPETITORS

Nine Turtles participated in this year's British Long Distance Swimming Association Sponsored Postal Swim, recording how far they could swim in sixty minutes. The distances recorded for the nine swimmers will now be forwarded to the National Association and classified by age and disability grouping. The national results will be announced in the Summer, with Gold Medals awarded to the best recorded distance in each category.

Thank you to the organizers (the Grey Family) and all the officials.

Well done swimmers!

Swimmer	British Long Distance Swim 2018 Distance Swum (Mtrs)	Lengths Swum	2017 Lengths Swum	2016 Lengths Swum
Dave Lee	2597	78	78	75
Sophie Grey	1499	45	56	-
Don Lamb	1499	45	48	43
Heather Johnston	1432	43	-	-
Gary Lee	1432	43	42	42
Karen Hoffmann	1432	41	46	45
Jannette Prentice	1299	39	40	42
Tillie Hewlett	1232	37	35	33
Gyllian Lucas	1099	33	32	30

100 METRES MEDAL FOR SAM

Congratulations to Sam Randall who collected his 100 Metres Distance Medal on Saturday 27th January.

Sam is pictured opposite with mum, Christina.

Keep going Sam!



Phew!



British Long Distance Swimming Association

Yet another Distance Medal

