RUISLIP TURTLES IS A HILLINGDON GOLD STANDARD CLUB AND IS A REGISTERED CHARITY NUMBER 1055585

Swim England Affiliated Club

THE GOLD STANDARD HILLINGDON

ESTABLISHED 1964

NEWSLETTER ISSUE 197 MAY 2026

Turtles Internal Swimming Championships –

Saturday 16th May @ 5.45 until 7.00

Our regular main pool session will be shortened at 5.40 on the 16th so that we can hold our 2026 Swimming Championships. If you would like to participate, please let Cheryl or Dave know.

Established in 1964, the Ruislip Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty. Based at Highgrove Pool in Ruislip, the club is run by a group of dedicated volunteers and meets every Saturday between 5pm and 6pm.

Turtles Swimming & Diving Championships 2026

Novice Race (Small Pool)	Event 1
Endeavour Event (Training Area)	Event 2
Junior 1 Length	Event 3
Ladies 1 Length	Event 4
Mens 1 Length	Event 5
Junior 100 Metres (3 Lengths)	Event 6
Ladies 100 Metres (3 Lengths)	Event 7
Mens 100 Metres (3 Lengths)	Event 8
Helpers 100 Metres Challenge	Event 9
Relay Race (Men v Ladies v Juniors)	Event 10
Family Fun Relay (4 Lengths)	Event 11
Diving Contest (9th May)	Event 12

Saturday 16th May 2025

5.45 until 7.00

Main Pool closes at 5 .40 on Saturday 16th May

RUISLIP TURTLES

SWIMMING CLUB

The 2026 Club Championships will consist of 12 competitive events

There will be both one and three length events for Juniors, Ladies and the Men.

There will also be a Relay event for the Ladies, Men and the Juniors.

We also have the Novice Event (Young Children Swimming One Width of the Pool) and an Endeavour race in the Training Area.

We are also going to establish the fastest Turtle Helper for 2026, and then we have the Family Relay, to round off the swimming.

The Diving event will take place on Saturday 9th May.

As the Club Championships are scheduled to take place on Saturday 16th May at Highgrove Pool, our club swim session will be limited to 40 minutes on that day (finishing at 5.40) and then we will commence with the Club Championships with a pool extension until 7pm.

Results will be announced through the newsletter and website and trophies will subsequently be awarded at the AGM in June.

Please let Dave Lee know if you wish to participate. All members are eligible to participate in our internal championships, not just the gala squad.

Membership Subscriptions

Subscriptions for 26/27 were due on April 1st 2026.

We have increased the subscriptions for the first time in 4 years so that carers / parents will pay £25 and children and registered disabled members will pay £12.50. It is only the second increase in 14 years as the chart below demonstrates and still represents tremendous value, especially when compared to mainstream swimming activities.

We do not have any staff costs because all our helpers, teachers and administrators are volunteers, but other costs continue to rise, especially gala costs, training, and pool costs.

Date	Disabled/Child	Carer
1st April 1993	£5.00	£10.0
1st April 2006	£7.00	£14.00
1st April 2012	£8.00	£16.00
1st April 2022	£10.00	£20.00
1st April 2026	**£12.50**	**£25.00**

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Disabled & Juniors £12.50
Adults & Carers £25
Trainee Helpers Nil

Please bring cash or cheque to our Saturday reception, or if you wish to pay by Bank Transfer, the details are as follows:
Bank details as follows:
Account name: RUISLIP TURTLES SWIMMING CLUB
Sort code: 60 07 25
Account No: 35869259
Please state your surname as the reference.
It would also help front desk & Treasury if you send an email confirming your bank transfer.
Thank You for your co-operation.
If you do not renew your membership, then we will offer the space(s) to families on the waiting list and should you wish to rejoin in the future, you will have to join the waiting list.

2025 Trophy Winners

Could all 2025 award winners, please return their trophies to our Saturday front desk reception.

2026 Key Events

Club Championships (Diving) - 9th May 2026

Club Championships (Main) - 16th May 2026

Hatfield Platypus Gala – 31st May 2026

Drowning Prevention Week - 13th June 2026

AGM - Saturday 20th June 2026

Special Olympics - 7th November 2026

Turtles Invitation Gala - 14th November 2026 (tbc)

We Need More Committee Members

We need more help to keep this great club running. If you think you could help, please speak to Heather or one of the current team. The current committee is listed in this issue.

Hatfield Platypus Invitation Gala

The above gala has been arranged for Sunday 31st May. Please email Dave if you wish to participate

2026 Diving Championships

The annual Diving Championships take place at 5.40pm on the 9th of May. Please let Cheryl know if you wish to participate.

If you wish to participate in this year's Drowning Prevention Week Event, please remember to bring a t-shirt to wear in the pool.

Hitchin Lions Gala Result

Sadly, Ruislip Turtles were unable to retain the Hitchin Shield won last year. Our team finished 7th out of 7 competing clubs. Only Shaida (Silver) and Karen (Bronze) managed to win medals. But a lot of unlucky 4th places for our swimmers. Team scores are below:

Hatfield Platypus B	79
Stevenage Dolphins	75
Letchworth Pisces	65
Hatfield Platypus A	64
Runnymede Essex	63
SOSA (St. Albans)	59
Ruislip Turtles	58

Event	SWIMMER	Entered Time	Swum Time	Repo. Time	Pos.	Pts.
1	Gary Lee	00:34	00:29.0	00:03	6	2
2	Shaida Ghorbanian	00:32	00:31.0	00:03	2	6
3	Anthony Or	00:30	00:31.4	00:03	4	4
4	Josh Arends	00:20	00:21.6	00:03	4	4
5	William Davies	00:55	00:57.8	00:03	4	4
6	Karen Hoffmann	00:45	00:45.0	00:03	3	5
7	Jeanette Prentice	00:44	00:44.0	00:03	5	3
8	Gary Lee	00:34	00:28.2	00:03	7	1
9	Shaida Ghorbanian	00:32	00:32.6	00:03	4	4
10	Anthony Or	00:30	00:31.8	00:03	5	3
11	Josh Arends	00:20	00:19.8	00:03	4	4
12	William Davies	00:55	01:07.0	00:03	5	3
13	Karen Hoffmann	00:45	00:44.3	00:03	5	3
14	Jeanette Prentice	00:44	00:45.3	00:03	4	4
15	Josh Arends, Shaida Ghorbanian, Anthony Or, Gary Lee	01:56	01:54.0	00:12	4	8

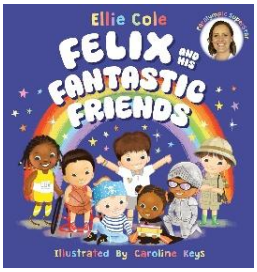
Hitchin Lions Photo Gallery

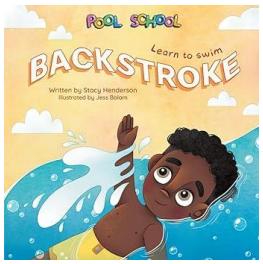
Shaida & Karen, our 2 medal winners

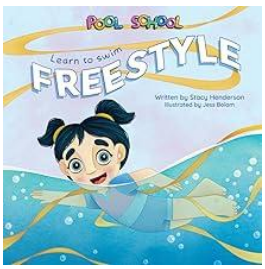
World Book Day

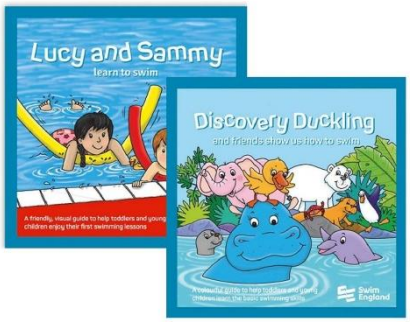
Thursday 5th of March 2026

Younger Turtles Books



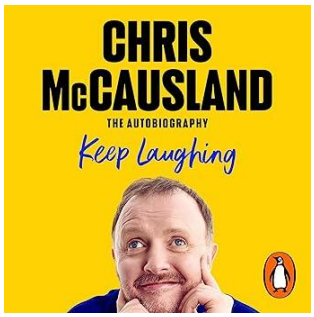


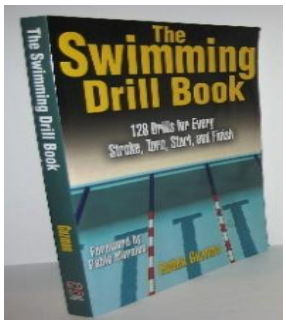




The Pool School Books Freestyle & Backstroke were featured at the Swim England Summit held in March 2026. Felix and his Fantastic Friends is a Childrens book wirttern by Para-Swimmer Eliie Cole on growing up with a disability. The Lucy and Sammy & Discovery Ducking Books are Swim England reccomended book and these are at the Turtles Reception.

Older Turtle Books





Chris McCausland has published a book (available in audio format) about his disability, and he talks about his first swimming lesson amongst other experiences like Strictly Come Dancing.

If you would like inspiration on drills to do in the pool, check out 'The Swimming Drills Book'. Always check first with a Turtles Teacher if it is ok to perform or if you would need the drill adapting.

Female Health

It can be challenging for any female to take part in swimming before and during their period. Swimming on your period is completely safe, yet it remains one of the most common reasons women and girls step away from the pool. While the water doesn't "stop" your period, the science of hydrostatic pressure (water pushing against your body) can temporarily slow the flow while you are submerged. (*Source: https://wuka.co.uk)*

A survey by Swim England reported that 74% of female swimmers felt mentally refreshed after swimming, highlighting its stress relieving benefits. (*Source: https://www.swimming.org/justswim/menstrual-cycle-information-for-aquatic-participants/)*

Myth-Busting by the Numbers

Myth	The Reality
"It's unhygienic."	**False.** Pool chemicals (chlorine/bromine) are designed to neutralize bodily fluids. The average total blood loss during an entire period is only **4–12 teaspoons**, most of which stays contained by products or water pressure. *(Source: www.gov.co.uk & https://www.nhs.uk/)*
"Sharks will find me."	**False.** There is **0%** evidence linking menstruation to shark attacks. Sharks are attracted to amino acids found in fish blood and oils, not human menstrual blood. *(Source:* https://tampax.co.uk/en-gb/)
"Cramps make it impossible."	**Varies.** While **73%** of girls cite pain as a reason to avoid activity, research shows that the endorphins released during swimming act as natural painkillers, often **reducing** cramp severity. *(Source: Women in Sport in 2022 and the Youth Sport Trust-Girls Active National Report 2023)*

Period Product Success Rates

Since traditional pads are ineffective in water (they absorb water and lose stickiness), women typically use the following:

- **Tampons: The most common choice. They should be inserted just before swimming and changed shortly after exiting to avoid absorbing pool water.**
- **Menstrual Cups/Discs: Highly effective because they create a seal and collect rather than absorb, meaning they don't get "waterlogged."**
- **Period Swimwear: A rapidly growing market. These suits feature a hidden absorbent gusset that can typically hold the equivalent of 1–2 tampons of flow without looking bulky.**

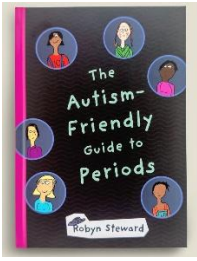
Female Health (Contd.)

Period Swim Wear.

There are two main brands that offer period swimwear and these are WUKA and Modibodi. We are really pleased that WUKA have sponsored two of or members to wear their costumes. The costumes are around £40.00 each and we hope it will mean they can continue enjoying their swimming throughout the month.

WUKA
NEXT GEN PERIOD CARE

Modibodi®



The Autism- Friendly Guide To Periods

A book recommended to help explain to those with Autism about periods.

Across Sport

Currently, there is very little research around periods and the effect it has on the athletes regarding their performance in swimming. At the Swim England Summit that took place in March, the Netball Association were championing their research into this area with their 'Netballer website'. "Historically, sports science has been based on male data, which assumes a stable, predictable body every day of the month. This simply doesn't apply to women'. *Source:* *www.play-netball.co.uk* . Recent research shows that depending on where you are in your cycle effects your performance. "The US Women's Football Team famously started tailoring training camps around their players 'high performance windows based on their cycle'. *Source:* *www.play-netball.co.uk* . Even if you are not competing and just like to leisurely swim the article on www.play-netball.co.uk is an interesting read to understanding more about how your body is performing and how it will change over time through a given month.

All information in this article has been sourced from the internet. If you have been given specific health advice from a medical professional, please follow this advice.

Notice of Ruislip Turtles 2026 AGM Agenda

Saturday 20tht June 2026 19.30pm
Community Close Ickenham

1. Apologies for Absence
2. To approve the 2025 AGM Minutes
3. Any Matters Arising
4. Report from the Chair
5. To Receive & Approve the Annual Accounts and Treasurer's Report
6. Secretary's Report
7. Chief Instructor's Report
8. Election of Officers & Committee: Chair, Vice Chair, Secretary, Treasurer, Chief Instructor, Assistant Secretary, Child Protection Officer, Competition Secretary, Health & Safety Officer, and six Committee Members.
9. Appointment of Auditors
10. Any Other Business

Following the AGM, the 2026 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
Novice Champion
Diving Champion
Relay Champions
Helper's Champion
Family Relay Champions
Junior Improver
Senior Improver
Volunteer of the Year
Endeavour Award
Don Lamb award for 'Service to the Turtles'

Come along to our awards evening on Saturday May 16th and be sure to book your Fish and Chip Supper with our Saturday Reception desk.

Ruislip Turtles Committee

HEATHER JOHNSTON
CHAIR

CHERYL LEE
CHIEF INSTRUCTOR

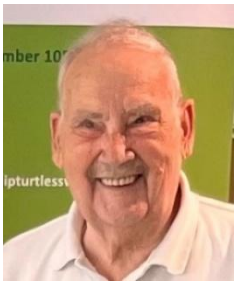
AJAY JOGINIPALLY
TREASURER

DAVE LEE
COMPETITION SECRETARY & CLUB PRESIDENT

FIONA MACINTYRE
VICE CHAIR, SECRETARY & WELFARE OFFICER

BIJAN GHORBANIAN
ASSISTANT SECRETARY

PETER HORNE
HEALTH & SAFETY OFFICER



TERRY CHESHIRE, JANET EVANS. & ANDY WALLIS
COMMITTEE MEMBERS

Poolside Support

CHERYL LEE
CHIEF INSTRUCTOR & HEAD OF TRAINEE SCHEME

Level Two Teachers

JANET

RACHEL

KRISHA

ANOUSHKA

ESHA

Level One Teacher

JORDAN

Poolside Support Teachers

PETER

DAVE

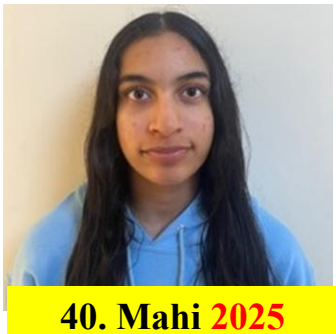
Trainees 2026

Our President, Dave Lee started the trainee scheme back in 2010. We have had 47 trainees through the scheme and even survived the tricky Covid-19 time to rebuild the scheme once again. We have more trainees today than ever before. We are very grateful to these wonderful youngsters who give up their time for free to help the club. In return, the club supports their Duke of Edinburgh applications and provides financial support for swim teaching training. Cheryl Lee is a Swim England & Swim Teachers Association Tutor, and our scheme is dependent on her to provide the necessary skills and mentoring.

28. Katie 2023

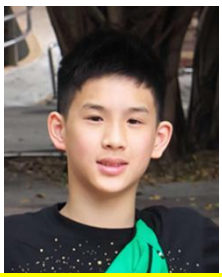
37. Sienna 2024

38. Adib 2024



40. Mahi 2025

41. Julie 2025



42. Harry 2025

43. Amina 2026

46. Nikhil 2026

44. Shreya 2026

45. Hannah 2026

47. Orla 2026

Ruislip Turtles Facebook Page:

https://www.facebook.groups/239441714565996

Ruislip Turtles email: turtlesswimming@yahoo.co.uk

Ruislip Turtles Website: http://www.ruislipturtles.org.uk

Ruislip Turtles Instagram page:

https://www.instagram.com/ruislipturtlesswimming/