



Turtles Swimming Club Newsletter

Five British Long Distance Gold Medal Winners

Congratulations to our five British Long Distance Swimming Association Gold Medal winners who have been classified as National Champions for swimming the furthest distance for their age group within their disability classification. Competing against clubs from all over the country, our Gold Medal winners are Tillie Hewlett, Dave Lee, Don Lamb, Gyllian Lucas and Karen Hoffmann.



TILLIE



DAVE



DON



KAREN



GYLLIAN

Turn to Page 2 for more details.

The full National results can be viewed on the BLDSA Postal Swim Website.



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:

Cheryl Lee

Secretary:

Andy Wallis

Turtles email:

turtlesswimming@yahoo.co.uk

Turtles Website:

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

CONGRATULATIONS TO OUR BLDSA SWIMMERS



THANK YOU TO THE ORGANISATIONS AND INDIVIDUALS WHO SUPPORT THE TURTLES

Friends of Ken



Waitrose

Ruislip Combined Charity



ASDA

Due to an error by the BLDSA, the initial published results excluded the distances swum by Turtles members. But fortunately the corrected results established that we had 5 gold winners and 3 runners-up. So good news!

Every year, we take a one hour pool extension following one of our January Saturday swim sessions. Any of our members can participate, including those who do not have a disability. The swim distances recorded are categorised within 5 year age groupings and also by three categories of disability. The National results are then collated by the BLDSA and Gold Medals awarded accordingly for each age /category.

The disabled members are also included in the results for able bodied members by age group. Full results are published on the BLDSA website @

<http://postalswim.com/results/PostalSwim2018RESULTS03.pdf>

BLDSA 2018 RESULTS

Swimmer	Distance Swum (Mtrs)	Lengths Swum	National Position Within Classification	Position Including Able Bodied Swimmers
Dave Lee	2597	78	1st	5th
Sophie Grey	1499	45	2nd	6th-
Don Lamb	1499	45	1st	4th
Heather Johnson	1432	43	-	29th
Gary Lee	1432	43	2nd	10th
Karen Hoffmann	1432	41	1st	29th
Jannette Prentice	1299	39	2nd	30th
Tillie Hewlett	1232	37	1st	18th
Gyllian Lucas	1099	33	1st	5th

TURTLES INVITATION GALA RESULTS

•The Turtles entered 2 teams: 'Turtles A Team' and 'Turtles B Team' on Saturday 15th September, at the Hillingdon Sport & Leisure Centre, Uxbridge.

•Congratulations to Potters Bar Barracuda who won the Turtles Invitation Shield.

•Turtles A Team finished 3rd and Turtles B finished 6th..

•14 swimmers represented the Turtles.

•Congratulations to Gold Medal Winners: Sophie (2), Don & Josh.

•Silver medals were won by Karen, Jeannette and the Ladies Turtles B Relay Team (Shaida, Karen & Tillie).

•Bronze medals were won by Shaida and the Ladies Turtles A Team (Sophie & Jeannette).

A very big thank you to all the volunteers and for the donations of food for the buffet.

Turtles A					Turtles B				
Event	Competitor	Submitted time	Time Taken	Pos.	Competitor	Submitted time	Time Taken	Pos.	
Ladies 1 Length	Jeannette P.	00:52		4th	Karen H.	00:34	0.29	Silver	
Mens 1 Length	Don L.	00:46	0.41	Gold	Terry C.	01:28	1.15	6th R	
Junior 2 Lengths	Solomon G.	00:59	0.51	5th R					
Ladies 2 Lengths	Jeannette P.	01:44	1.47	Silver	Shaida G.	01:15	1.19	Bronze	
Mens 2 Lengths	Gary L.	01:07	1.06	4th	Anthony O.	01:04	1.03	5th	
Junior 4 lengths	Solomon G.	02:20	2.06	5th R					
Ladies 4 Lengths	Sophie G.	02:28	2.241	Gold	Tillie H.	02:20	2.29	5th	
Mens 4 Lengths	Josh A.	02:05	2.00	Gold	Jamie W.	01:56	2.08	5th	
Ladies 4x1 Relay	Sophie (2) & Jeannette (2)	02:51	3.01	Bronze	Tillie (2), Shaida & Karen	02:21	2.12	Silver	
Mens 4x1 Relay	Don, Gary, Josh & Charlie L.	01:58	2.01	4th	Anthony, Jamie, Ian Andrew H, & Antony L.	01:41	1.50	6th	
Diving	Sophie G.	-		Gold	Anthony O.	-		5th	

TURTLES INVITATION GALA - TEAM SCORES



Potters Bar Barracuda	67 pts
Stevenage Dolphins	64 pts
Ruislip Turtles A	58 pts
Hatfield Platypus	55 pts
Harrow Kingfishers	49 pts
Ruislip Turtles B	34 pts
Ealing SC	23 pts



A well deserved victory for Potters Bar Barracuda who led the competition throughout!

Stevenage Dolphins chased them hard for 2nd place.



TURTLES MEDAL TABLE



Sophie continues to lead the medal table!

Next event will be the Stevenage Dolphins Gala on Saturday 6th October.

	2018 Total	Gold	Silver	Bronze	Gala Events
Sophie G.	14	6	6	2	8
Jeannette P.	13	2	6	5	8
Shaida G.	12	3	3	6	6
Dominic O- C.	10	2	5	3	5
Charlie L.	8	4	2	2	5
Matthew O-C	8	4	1	3	5
Josh A.	8	2	1	5	6
Anthony O.	8	1	3	4	6
Antony L.	7	2	3	2	5
Don L	7	2	1	4	5
Jamie W.	6	1	2	3	6
Gary L.	6	1	1	4	7
Tillie H.	5	4	1	0	6
Estelle B-B	5	4	0	1	3
Oliver R.	3	1	1	1	1
Karen H.	2	1	1	0	3
Ethan	1	1	0	0	1
Dave L.	1	1	0	0	1
Gyllian L.	1	1	0	0	1
Mary	1	0	1	0	1
Ayon	1	0	0	1	1
Totals	127	43	38	46	8

STEVANAGE DOLPHINS GALA—TEAM SHEET

The team for Stevenage Gala is listed below. This could end up being the last event of the 2018 season.



**Saturday 6th
October 2018**

**Report 5.30
for 6pm**

**Stevenage
Swimming
Centre St.
Georges Way,
Stevenage
SG1 1XY**

Turtles



Gala Team

Event	Competitor	Submitted time
Junior 1 length	Dominic O-C	0.36
Ladies 1 Length	Shaída G	0.35
Mens 1 Length	Anthony O	0.31
Junior 2 Lengths	Solomon G	0.53
Ladies 2 Lengths	Jeannette P	1.46
Mens 2 Lengths	Jamie W	0.47
Junior 4 lengths	Matthew O-C	1.58
Ladies 4 Lengths	Tillie H	2.28
Mens 4 Lengths	Josh A	2.03
	Dominic O-C	
Juniors 4x1 Relay	Matthew O-C	
	Solomon G (2)	1.51
Ladies 4x1 Relay	Sophie G	
	Tillie H	
	Shaída G	
	Jeannette P	2.27
Mens 4x1 Relay	Gary L	
	Charlie L	
	Antony L	
	Josh A	1.40
Mens Diving	Anthony O	-
Ladies Diving	Sophie G	-

POTTERS BAR BARRACUDA GALA

Following the June postponement of the above gala, it is now looking unlikely that a replacement date can be found. The gala season runs from January to November, breaking for 2 months in the Summer (July & August). We have been informed that the club is working hard to find a date that does not clash with other gala dates and in particular the NASCH Regional and National Championships. If a date cannot be found, they hope to schedule the 2019 event for the first quarter of the year. Turtles are the current holders of the Barracuda Trophy following our victory in 2017—so we shall hold the trophy until the new date.

