



Turtles Newsletter



December 2010 Newsletter
For members of the Ruislip Turtles Swimming Club

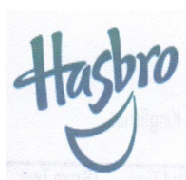
*The Committee Wish You All A Very Happy
Christmas and a Prosperous New Year*



*and thank all of the organisations that provided support
to our club in 2010.....*

grassroots
grants

Managed by the Community Development Foundation
Funded by the Office of the Third Sector



Waitrose

London Borough of Hillingdon Youth & Connexions



NASCH Championships 2010—Leamington Spa

Congratulations to Neil Dew who won the 25 Metres National Championship Trophy on 6th November. A fantastic achievement for Neil who has become a national champion in his first year with the Senior Team!

When we swim at the National Championships we are representing our Region (Region 1). The Region 1 Team this year comprised of 12 swimmers, 10 of whom were from our club. The other two swimmers coming from Watford Sea Lions and Harrow Kingfishers.

Swimmers in the National Championships must qualify through their Regional Championships. This year's Regional event took place at Watford in September but following our success will take place next year at our Ruislip pool next September.

Well done to all of the Region 1 qualifiers who took part at Leamington Spa:

Sophie Grey
Tom Regan
Neil Dew
Carl Richards
Gary Lee
James Lesnek
Jeannette Prentice
Anne Rourke
Erica Beckwith
Karen Hoffmann
Aisha Lilley (Watford Sea Lions)
Sebastian Fischer-Burrows (Harrow Kingfishers)

The Junior Team (Region1) finished joint second.

The Senior Team Finished 3rd.

The combined team finished joint second—sharing the Elaine Parker Trophy with Region 3.

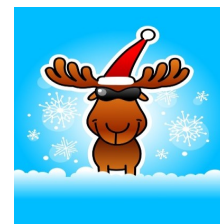
The three Relay Teams (Junior, Ladies & Mens) all won Bronze Medals.



Neil Dew National 25 Metres Champion

Region 1 Medal Winners

Competitor(s)	Event	Position
Neil Dew	Mens 25 Metres	1st Gold
Sophie Grey; Tom Regan & Aisha Lilley	Junior Relay Team	3rd Bronze
Karen Hoffmann; Jeannette Prentice & Anne Rourke	Ladies Relay Team	3rd Bronze
Gary Lee; Carl Richards & James Lesnek	Mens Relay Team	3rd Bronze
Sebastian Fischer-Burrows	Boys 25 Metres Boys 50 Metres Boys 100 Metres	2nd Silver 3rd Bronze 2nd Silver



Make sure you visit the Turtles website at:

<http://www.ruislipturtles.org.uk/> to view the full results and photographs



2010 GALA SEASON MEDAL WINNERS (9 Galas)

	2010 Total	Gold	Silver	Bronze	Special Award	Gala Events	2009 Medals
Jeannette Prentice	15	9	1	5		9	2
Sophie Grey	14	4	4	6		6	1
Tom Regan	13	3	4	6		5	-
Gary Lee	12	6	2	4		9	12
Karen Hoffmann	10	6	0	4		7	11
Jack Locket	10	3	3	4		5	18
Neil Dew	9	4	2	2	1	7	13
Carl Richards	9	2	4	3		7	12
Anne Rourke	8	3	0	5		9	9
James Lesnek	6	4	0	1	1	3	2
Erica Beckwith	6	2	1	3		7	8
Emma Groves	1	1	0	0		2	-
Stewart Hayes						0	1
Sandra Woodhouse						0	2
Gyllian Lucas						0	3
Ann Chivers						0	0
Totals	113	47	21	43	2		94

A fantastic performance throughout the season from our gala team. Our team won 4 out of the 7 events that we competed in as the Ruislip Turtles. The table above includes the Turtles Championship and the National Championships (where we compete as NASCH Region One). So across the season our swimmers won a total of 113 medals – 19 more than last year. Special mention goes to Jeannette Prentice who won a total of 15 medals including 9 gold medals. Our current two Juniors (Sophie Grey and Tom

Regan) won 27 medals between them. This was particularly pleasing as last season's Juniors (Jack Locket and Neil Dew) both moved up to the Senior Team and continued winning medals for the club. Neil capped his elevation by winning the National 25 Metres Championship on November 6th.

Our swimmers participated in 9 competitive events this season compared with 10 in 2009 and 11 in 2008 (due to the cancellation of the Feltham and Barnet Galas).



**Top Medal winner 2010
Jeannette Prentice**

Sunday 6th February - Feltham Lions Gala—The new Season starts!





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2011 Diary Dates

Committee Meeting	Wednesday 5th January
Feltham Gala	Sunday 6th February
Committee Meeting	Wednesday 9th February
Evening Meal	Thursday 17th February
Cadbury World Outing	Sunday 27th March
Hatfield Gala	Saturday 16th April
Watford Gala	May tbc
Turtles Championship	Saturday 4th June
Turtles AGM	Saturday 4th June
Turtles Invitation Gala	Saturday 10th September
NASCH Region 1 Gala	Saturday 10th September
NASCH Championships Royal Leamington Spa	Saturday 5th November

Pool Closures

Please note that there will be no club sessions on Saturday the 25th December 2010 or Saturday 1st January 2011.

We return to regular Saturday sessions on the 8th January. Highgrove Pool is also closed on Boxing Day.

Evening Meal

The location has been chosen for the evening meal scheduled for Thursday 17th February. We will be returning to The Black Horse, Iver Heath.

If you require transportation please book early for seats on the minibus.

Marion will be collecting the £10 meal deposits

Pool Safety

Please remember not to enter either of the two pools before 5pm and even then only when the 2 lifeguards are in position.



Long Distance

Lane One of the pool will be used for the recording of the long distance 'postal' swim from now until the end of February. This year the event will be organised by Peter Jones so please let Peter or Marion know if you wish to take part.



Sylvia Smith Update



Sylvia is pleased to be home recovering after her stay in the Stroke Unit at Hillingdon Hospital. She is initially being cared for by her sister, Valerie. Progress is likely to be slow, but as ever Sylvia is her usual determined self.

She thanks you all for all your kind thoughts and wishes and is looking forward to seeing you all again.

We all wish her a speedy recovery.

Cadbury World Outing

We are a swimming club for anyone with a physical, mental health or learning difficulty. The Turtles Swimming Club is based at Highgrove Pool, Ruislip and meets every Saturday from 5pm to 6pm.

The Turtles Swimming Club is a registered charity Number: 1055585

Prices for the outing on the 27th March 2011 are as follows:

Adults	£8.50
Children 4-15	£6
Under 4s	Free

This is a big discount on the usual admission charge of Adults £13.90 and Children £10.10 and our price also includes the cost of the special coach thanks to the grant from Grass Roots.



Please see Marion to book and pay for your place on the outing.

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

Turtles email: turtlesswimming@yahoo.co.uk

Chair (Dave): 07730 047500

Secretary (Marion) 0208 866 8606