



TURTLES NEWSLETTER

Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty

Registered Charity Number 1055585

OCTOBER 2013

Turtles Celebrate a Double Gala Victory



A really great performance from the 15 Turtles who won a total of 69 medals at the Invitation Gala & NASCH Region 1 'double header' Gala on Saturday 14th September.

The Turtles entered 2 teams (A & B) with the Turtles 'A' team winning both the Invitation Shield and the NASCH Region 1 Trophy and Turtles 'B' finishing second in both competitions and winning the Harold White Cup.

We were delighted that the Deputy Mayor (Catherine Dann) joined us for the evening and that Danny Marks (Sainsburys South Ruislip Store Manager) and his team also joined us and presented the medals.

The full detailed results are available on our website, and the summary of the results can be viewed on page 3, with photos on page 4 and the up to date medal table on page 5.



Club Dates

Committee Meeting
Wednesday 2nd October

Stevenage Dolphins Gala
Saturday 26th October

NASCH Championships
Leamington Spa
Saturday 2nd November

Committee Meeting
Tuesday 12th November

Thank You Norman

It is with great reluctance that we accepted the news that Norman was leaving us after so many years of loyal and committed service to the Turtles due to ongoing health problems.



Norman joined the Turtles in 1973 as a Helper and became Chief Instructor in 1988 following the retirement of Harold White. He remained 'the chief' for 10 years and was responsible for many non swimmers firstly gaining confidence in the water and then going on to become competent swimmers and achieve swimming awards and excel in galas. When he gave up the Chief Instructor's role he remained very much on hand and continued to teach swimming to our members, particularly the younger ones and also took over responsibility for the Distance and Achievement badges.

Norman had said that he became passionate about youngsters learning to swim ever since he witnessed a boy almost drown and he has always regarded swimming as an essential activity for life.

We hope that Norman's health improves rapidly as he has assured us that he will return to swim as soon as he is able. However, he says that if you should see a muscular and athletic man effortlessly swimming lengths of the pool it probably won't be him!

NASCH

In a last ditch attempt to persuade the NASCH Committee to reconsider their stance regarding club insurance, Anne Rourke (NASCH Secretary) presented a Powerpoint summary on behalf of the Turtles summarising the issues and concerns that the Turtles Committee are facing.

Unfortunately, the NASCH Committee did not change their position at all and reasserted that clubs can only be affiliated to NASCH if they participate in the NASCH / RSA insurance.

The Committee will now set about applying for independent insurance and if successful will sever links with NASCH on 31st December.

If you would like a copy of the presentation, please send an email request to the Turtles email account (see page 5).

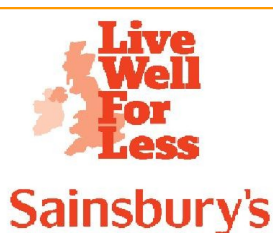
Trefoil Coffee Morning

We will be presenting to the Trefoil Group next month as they wish to make a donation to the Turtles.

A Trefoil fund raising Coffee Morning will be held on Saturday 9th November at Pinner Methodist Church, Love Lane, between 10.30am & 12pm. Free entry (but obviously you will be expected to pay for Coffee), there will be a raffle, sales table and cake stall. Turtles members are welcome to go along to this event.

Thank you to the organisations who sponsor our club!

The United
Reformed
Church of
Eastcote &
Northwood
Hills



Hillingdon, Early
Intervention Services
for Children & Young
People



Fourways
Ladies
Group

Eastcote
Community
Association

Turtles Invitation Gala & NASCH Region One Gala Results

An impressive set of results from the double header gala with the Turtles winning 69 medals between the two Turtles teams (A & B). The event was a 'double header' with all the teams entered into the Invitation Gala but with the NASCH Region One Gala only the Turtles and the Kingfishers compete as the other teams are either part of NASCH Regions Three or are not affiliated to NASCH.

The two sets of results are displayed opposite with some truly outstanding performances. The Turtles A ran out the winners of both galas with Turtles B runner-up in both cases. The Turtles swimmers won 28 Gold Medals (11 Invitation & 17 NASCH).

The winners of NASCH Gold Medals are eligible to represent Region One at the National Championships at Leamington Spa on Saturday 2nd November.

Well done to all the competitors.

Further details and timings can be viewed on the Turtles Website.

Team Results

Invitation Gala

Ruislip Turtles A	96 pts
Ruislip Turtles B	84 pts
Hatfield Platypus	79 pts
Harrow Kingfishers	67 pts
Stevenage Dolphins	40 pts
Chiswick Hogarth Gateway	7 pts

NASCH Region 1

Ruislip Turtles A pts	97
Ruislip Turtles B pts	83
Harrow Kingfishers pts	78

Team	Event	Competitor	Invitation Gala	NASCH Region 1
1A	Girls 25 Metres	Megan Treherne	2 nd	2 nd
1B	Girls 25 Metres	Sophie Grey	1 st	1 st
2A	Boys 25 Metres	Jamie Woodbridge	1 st	1 st
2B	Boys 25 Metres	Oliver Regan	R3 rd	R3 rd
3A	Ladies 25 Metres	Anne Rourke	2 nd	2 nd
3B	Ladies 25 Metres	Karen Hoffmann	1 st	1 st
4A	Mens 25 Metres	Jack Locket	2 nd	1 st
4B	Mens 25 Metres	Don Lamb	4 th	2 nd
5A	Girls 50 Metres	Megan Treherne	1 st	1 st
5B	Girls 50 Metres	Sophie Grey	2 nd	2 nd
6A	Boys 50 Metres	Jamie Woodbridge	1 st	1 st
6B	Boys 50 Metres	Oliver Regan	2 nd	2 nd
7A	Ladies 50 Metres	Jeannette Prentice	5 th	3 rd
7B	Ladies 50 Metres	Karen Hoffmann	1 st	1 st
8A	Mens 50 Metres	Jack Locket	2 nd	1 st
8B	Mens 50 Metres	Don Lamb	4 th	2 nd
9A	Girls 100 Metres	Megan Treherne	1 st	1 st
9B	Girls 100 Metres	Sophie Grey	2 nd	2 nd
10A	Boys 100 Metres	Aaron Maddox	2 nd	2 nd
10B	Boys 100 Metres	Tom Regan	3 rd	3 rd
11A	Ladies 100 Metres	Gyllian Lucas	3 rd	3 rd
11B	Ladies 100 Metres	Shaida Ghorbanian	1 st	1 st
12A	Mens 100 Metres	Gary Lee	2 nd	1 st
12B	Mens 100 Metres	Carl Richards	4 th	3 rd
13A	Junior Relay	Megan, Aaron & Jamie	1 st	1 st
13B	Junior Relay	Sophie, Tom & Oliver	2 nd	2 nd
14A	Ladies Relay	Anne, Gyllian & Jeannette	R4 th	R2 nd
14B	Ladies Relay	Karen & Shaida	D	D
15A	Mens Relay	Jack, & Carl	3 rd	1 st
15B	Mens Relay	Don & Gary	R4 th	R2 nd
16A	Diving	Aaron Maddox		1 st
16B	Diving	Sophie Grey		2 nd

Turtles Invitation Gala & NASCH Region One Gala Photos

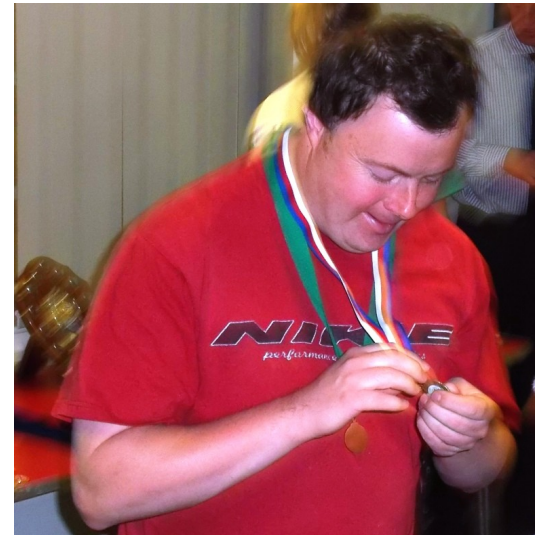
Members of the Turtles A Team collecting their second trophy of the evening



Deputy Mayor Catherine Dann joined us for the evening's proceedings.



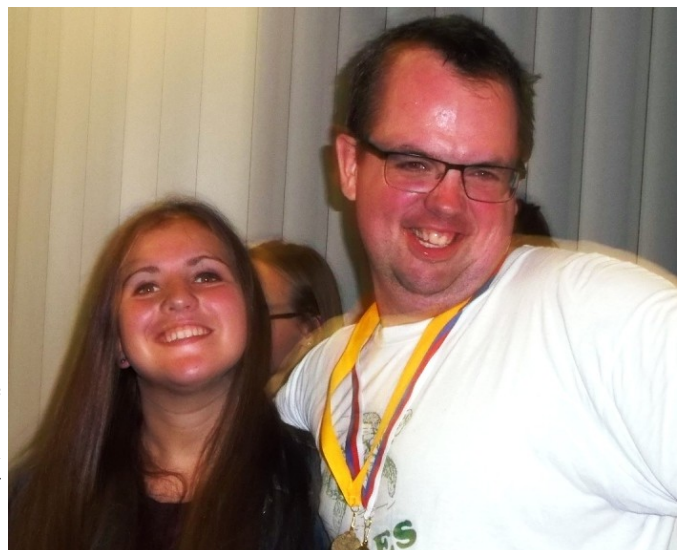
No-one enjoys winning more than Carl Richards — 2 more medals to cherish!



Sainsbury's Store Manager, Danny Marks presenting Megan Treherne with one of her 6 gold medals won on the night!



Gary Lee celebrating his success with Swim Teacher Sarah Harrington



2013 Gala Medal Table

The 69 medals have now been added to the 2013 Medal Table and it now looks like Sophie Grey will top the table for a second year running.

With only 2 more galas left in the season it is going to be almost impossible for the chasing pack to catch Sophie.

But special mentions go to Aaron Maddox who leads the Gold Medal Table with 8, and also to Megan Treherne and Jamie Woodhouse who both won 6 gold medals at our 'double header' gala on the 14th September to keep the pressure on.

We are on target to beat the 174 medals won in 2012 (144 in 2011, 114 in 2010 and 94 in 2009) and with 21 swimmers representing the Turtles this season, we can be proud of the continued success of our Gala Squad.



Thank You

***For Your Help, Your Support &
Your Donations to the Buffet at the 2013 Turtles Gala***

	Swimmer	Total	Gold	Silver	Bronze	Other/ Special	Gala Events
1	Sophie Grey	21	5	13	3		8
2	Aaron Maddox	14	8	3	0	3	7
3	Tom Regan	12	3	5	4		6
4	Oliver Regan	12	1	7	3		7
5	Karen Hoffmann	11	4	3	4		7
6	Jamie Woodbridge	10	7	0	2	1	5
7	Don Lamb	10	6	4	0		7
8	Megan Treherne	10	6	2	0	2	3
9	Jack Locket	9	5	3	1		5
10	Gary Lee	9	3	4	2		8
11	Ian Andrew Horne	9	2	3	4		5
12	Gyllian Lucas	7	3	1	3		4
13	Jeannette Prentice	7	2	3	2		8
14	Anne Rourke	7	0	4	2	1	7
15	Shaida Ghorbanian	6	3	0	3		6
16	Fiona Wilstead	3	1	1	1		3
17	Carl Richards	3	1	0	2		5
18	James Lesnek	2	1	0	1		2
19	Geraldine Leong	1	1	0	0		1
20	Erica Beckwith	1	1	0	0		1
21	Matthew McLaughlin	0	0	0	0		1
Totals		164	63	56	37	8	8

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 between 5pm and 6pm.

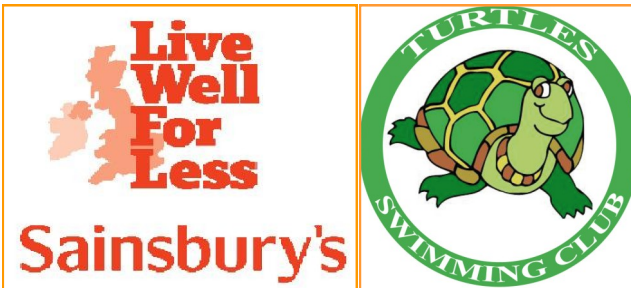
Alison Grey
(Secretary)
07900 118812

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

Turtles email:
turtlesswimming@yahoo.co.uk

Dave Lee
(Chair)
07730 047500

Sainsburys Update



Our fund raising activities with Sainsburys continues on. Thank you to those of you who came along for a shift of bucket collecting on Saturday 21st September, we really do appreciate your support. At time of publication we are yet to hear how much we collected on the day but suffice to say, we are very grateful to the shoppers for their generosity.

On Saturday 23rd November, we have a double event lined up with a Tombola Table in reception and a Bag Packing Team at the check-outs.

Linda Clarke is organising the Tombola event and Andy Wallis is heading up the bag packing team. All help will be gratefully accepted so if you would like to get involved please talk to Linda and Andy.

On the Saturday 14th December we will be organising a Carol Singing day, to be organised by Peter Horne (and family).

It was also good for some of you to meet the representatives from Sainsburys at our Gala on the 14th. We were delighted to welcome Danny and his team and we are sure that they now have a much better idea about the sport of 'swimming with disabilities'.



Don and Ronnie Lamb on bucket duty collecting on Saturday 21st September

Membership Numbers Continue to Grow

The profile of the Turtles Club has been growing steadily over the last few years. Our move to Hillingdon Pool last year generated interest from new members in the South of the borough and our subsequent return to Highgrove triggered the return of former members who had decided against making the switch to Hillingdon.

Our gala successes and the higher emphasis on helping and teaching has also generated more interest and our recent association with Sainsburys has generated a great deal of interest. So as a consequence we are currently receiving numerous calls from potential new members.

Our approach to Hillingdon Sports Council for 'free' increased pool time was turned down and although we have taken steps to organise the pool with designated areas for the more vulnerable swimmers and also a segregated teaching area, the Committee are seriously having to consider capping membership numbers and create a waiting list for potential new members.

Acorn Club (for Young People with Learning Difficulties)

The Acorn Youth Club is celebrating their 25th Anniversary and the club may be of interest to some of Turtles membership. If you would like to know more about the club's activities, events and outings please call Maureen Myers (0208 5823853), email acornyouthclub@hotmail.co.uk or visit their website at www.acornyouthclub.org.uk