



# TURTLES SWIMMING CLUB NEWSLETTER

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

ISSUE 67 JUNE 2015

Registered Charity Number 1055585

## Congratulations to all our 2015 Award Winners!

Junior Improver  
of the Year

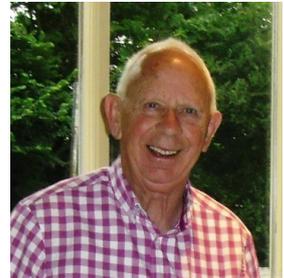
Saanidhya  
Ludhani



Junior 1 Length  
Champion  
Antony Laws



Senior  
Improver  
of the  
Year  
Don Lamb



Junior 3  
Lengths  
Champion  
Charlie  
Laws



Ladies 1 Length  
Champion  
Geraldine  
Leong



Helpers Champion  
Alice Evans

Ladies 3  
Lengths  
Champion  
Karen  
Hoffmann



Mens 1 Length  
Champion &  
Mens 3 Length  
Champion  
Gary Lee



Volunteer of  
the Year  
Dave Lee



Diving  
Champion  
Oliver  
Regan



Grey Family

Family Relay Champions

Relay  
Champions  
Karen  
Hoffmann,  
Georgina Leong  
& Sophie Grey

## Club 2015 Championship Results

Event	1st	2nd	3rd	4th	5th	6th
<b>Junior 3 Lengths</b>	<b>Charlie Laws</b>	<b>Antony Laws</b>				
<b>Ladies 3 lengths</b>	<b>Karen Hoffmann</b>	<b>Sophie Grey</b>	<b>Geraldine Leong</b>	<b>Jeannette Prentice</b>	<b>Shaida Ghorbanian</b>	<b>Gyllian Lucas</b>
<b>Mens 3 Lengths</b>	<b>Gary Lee</b>	<b>Ian Andrew Horne</b>	<b>Don Lamb</b>			
<b>Junior 1 Length</b>	<b>Anthony Laws</b>	<b>Tillie Hewlett</b>	<b>Charlie Laws</b>			
<b>Ladies 1 Length</b>	<b>Geraldine Leong</b>	<b>Sophie Grey</b>	<b>Karen Hoffmann</b>	<b>Jeannette Prentice</b>	<b>Shaida Ghorbanian</b>	
<b>Mens 1 Length</b>	<b>Gary Lee</b>	<b>Don Lamb</b>	<b>Neil Dew</b>	<b>Ian Andrew Horne</b>		
<b>Helper Race</b>	<b>Alice Evans</b>	<b>Jordan Mason</b>	<b>Jessica Grey</b>	<b>Dave Lee</b>	<b>Peter Horne</b>	<b>Linda Clarke</b>
<b>Relay Race</b>	<b>Sophie, Geraldine &amp; Karen</b>	<b>Antony &amp; Charlie</b>	<b>Ian Andrew, Gary Neil &amp; Don</b>	<b>Shaida, Gyllian &amp; Jeannette</b>		
<b>Family Relay</b>	<b>Grey Family</b>	<b>Horne Family</b>	<b>Ghorbanian Family</b>	<b>Leong Family</b>	<b>Wallis/Laws Family</b>	
<b>Diving</b>	<b>Oliver Regan</b>	<b>Neil Dew</b>	<b>Shaida Ghorbanian</b>	<b>Karen Hoffmann</b>		

The winners above have all been added to the Turtles Hall of Fame @ <http://www.ruislipturtles.org.uk/HallofFame.htm>

Congratulations to all our 2015 award winners.

In total we had 27 competitors participating in the 2015 Club Championships.

The updated Medal Table is shown opposite. Congratulations to Don Lamb who currently leads the table after 4 events.

	Total	Gold	Silver	Bronze	Special	Events
<b>Don Lamb</b>	9		2	6	1	4
<b>Neil Dew</b>	8		1	6	1	4
<b>Charlie Laws</b>	7	3	3	1		4
<b>Antony Laws</b>	7	3	3	1		4
<b>Sophie Grey</b>	7	1	2	3	1	3
<b>Oliver Regan</b>	6	3	2	1		4
<b>Karen Hoffmann</b>	6	3	1	2		3
<b>Jamie Woodbridge</b>	5	5				2
<b>Ian Andrew Horne</b>	5	1	2	2		3
<b>Shaida Ghorbanian</b>	5	1	2	2		4
<b>Gary Lee</b>	4	2		2		2
<b>Jeannette Prentice</b>	4	1	1	2		4
<b>Geraldine Leong</b>	3	2		1		1
<b>Carl Richards</b>	1	1				1
<b>Tillie Hewlett</b>	1		1			1
<b>James Lesnek</b>	0					1
<b>Sonam Lakhman</b>	0					1
<b>Gyllian Lucas</b>	0					1
<b>Totals</b>	78	26	20	29	3	4

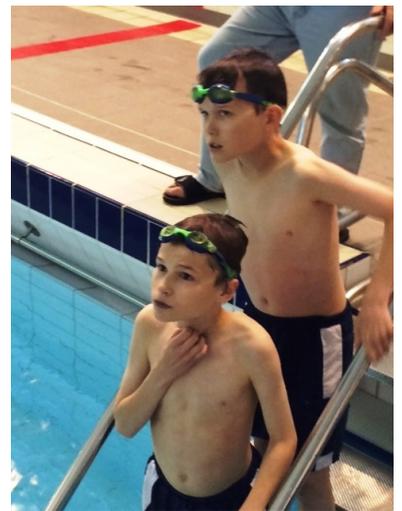


**Club 2015  
Championship  
Photos**

You can view many more photos from the 2015 Turtles Championship on the Turtles Website @



<http://www.ruislipturtles.org.uk/gallery/Album20.htm>



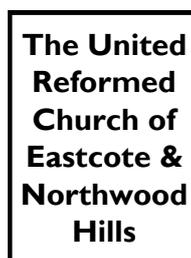
## AGM Chairman's Report



My final year as Chair of the Turtles has been a successful and rewarding year and I would like to thank the committee, volunteers and members for the help and support they have given me as Chair of the club over the last seven years.

The Treasurer, Rosemary Noyes, will explain the financial situation in her report, but suffice to say we have had an exceptionally good year with continued good support from a number of local organisations (listed below) over the last year. Special mention though goes to the extremely generous donation of £1300 made anonymously by one of our member families and also an £800 donation from a new sponsor the 'St. Lawrence Players of Eastcote'. Thank you for all your donations.

### Thank you to our 2014/15 Sponsors



After a couple of years of re-locations, new pool facilities, insurance concerns and financial uncertainty, it is fair to say that the last 12 months have been far more settled and predictable.

The work involved in running a club like the Turtles has increased a great deal over the last seven years and much of that work falls on the Club Secretary functions. Alison and Nigel Grey work tremendously hard for the Turtles Club and I am very grateful to them both for their conscientious application and dedication. We have had a very busy social calendar and together with the tireless work of our Treasurer, Rosemary Noyes, Alison and Nigel have held us all together and organised some great events.

We could not let the 50th Anniversary of the club pass without celebrating and I am delighted that all the organised events were so popular and well supported, the party and disco in July being the highlight where it was particularly pleasing to see founder members Sylvia Smith OBE (Club President) and Audrey Buckingham. The full list of events were as follows:

- |                  |                                       |                  |                                       |
|------------------|---------------------------------------|------------------|---------------------------------------|
| <b>January</b>   | Sunday Fun Session (Hillingdon Pool)  | <b>March</b>     | Evening Meal (Blue Check Restaurant)  |
| <b>May</b>       | Club Championships                    | <b>May</b>       | AGM and Awards Evening                |
| <b>July</b>      | Celebration Party at Fairway, Ruislip | <b>August</b>    | Sunday Lunch (Young Pretender)        |
| <b>September</b> | Invitation Gala attended by the Mayor | <b>September</b> | Amberley & Littlehampton coach outing |
| <b>October</b>   | Fun Session (Highgrove Pool)          | <b>November</b>  | Crews Hill, Winter Wonderland Outing  |
| <b>March</b>     | Evening Meal (Blue Check Restaurant)  |                  |                                       |

## **AGM Chairman's Report**

We have continued to use Community Transport mini-buses where ever possible and the special wheelchair access Chalfont Coaches for the longer outings. We have also provided the funding for mini-bus travel to the majority of the galas.

We renewed our independent insurance arrangement with Hiscox (via Swimsure Brokerage) for a further year. In December the Committee made the very difficult decision to end our near 50 year association with our governing body, NASCH.

Although the introduction of pool entrance fees was not popular with some of the membership, the changeover has been pretty smooth and we are now in a better position when dealing with Hillingdon Council and when applying for financial support and grants. We had already taken the decision to again freeze the subscription levels for 2015/16 and we are also not proposing any increase for 2016/17.

### **Thank you to all the Volunteers**

The club only exists because of the fantastic volunteers who support the Turtles.

At poolside, Jessica Grey has joined our regular young helpers, Jordan Mason and Alice Evans.

We are still very short of qualified swim teachers and we will be losing Sarah Harrington this Summer when she departs for University. We are very grateful to Sarah for all her hard work and wish her the best of fortune at university.

A special thank you to Patricia Bonney who has managed the system change over to pool entrance fees and the associated raffle. Patricia has managed the raffle for the club for many years and is also a Committee member.

Thank you also to Peter Jones who has yet again organised the British Long Distance Swim and also handled the organisation of the competitive data for our in-house Gala and Championships.

Huge thank you to all of the helpers who have assisted the club over the last year!

### **Pool Activity**

Linda Clarke (Chief Instructor) continues to organise the Saturday poolside activities and we have some rewarding successes with the tuition, but we are desperately short of qualified teachers. We have tried various different approaches to identify support but so far without success. The situation may well become critical in the Summer of 2015 when we lose Sarah Harrington and David Lee from the teaching team.

We also decided that as we did not have a qualified Diving Teacher on the team, that we should suspend diving tuition. Individuals may still practise diving from 5.45 should they wish, but it will no longer be tutored diving.

The special pool equipment that we have purchased over the years continues to be both useful and popular. In particular, the special swim belts, and so we bought 3 additional belts and also an additional equipment trolley.

The October Pool Fun Session was not as well attended as previous session but possibly because of the restrictions that Highgrove Pool placed on the session. We had been used to more latitude at our previous Fun Sessions at Hillingdon S&L.

Peter Horne has provided good support on the Health and Safety front and we have had no major incidents in the last year.

## AGM Chairman's Report

### Gala & Competitive Activities

The Gala team enjoyed another successful season taking part in 10 competitive events and winning the NASCH Region One Trophy. Unfortunately, more and more clubs are struggling to host galas and arrange travel to invitation galas. This year Stevenage Dolphins did not hold their usual gala but we were fortunate to be invited to the Lions Gala at Hitchin for the first time. As we are no longer members of NASCH, we will not be participating in the Region One Gala, nor will we be attending the NASCH Championships at Leamington Spa in November. We have also been warned that due to funding issues, the Lions Hanworth Gala is also at risk for 2016.

The Club was represented by 19 swimmers during the season, winning 177 medals (183 in 2013 and 174 in 2012) of which 64 were gold medals. Gary Lee topped the medal table with 20 medals, Oliver Regan topped Junior medal table with 15 medals.

Eight Turtles represented Region One at the Annual NASCH Championship.

Fifteen Turtles participated in the 2014 British Long Distance Swimming Association and won 4 category Gold Medals. The Gold medal winners were: Erica Beckwith, Shaida Ghorbanian, Don Lamb, and Gyllian Lucas.

Congratulations go to all our competitive swimmers who represented the Turtles and a thank you to the helpers and supporters of our gala squad.

### In Closing.....

I have really enjoyed my term as Chair of the Turtles Swimming Club. I am sad to be stepping down, but due to health issues it is not possible for me to devote the time and physical effort to the various roles that I have been covering for the club. As my treatment intensifies throughout the Summer it will not be possible for me to swim or contribute to the activities. Thank you for all the well wishes that I have received, I really appreciate it.

I hope to be able to return in some greater capacity in the future but for now I have offered to continue on as a Committee Member in support of the new chair who I wish all the best for the future.

Over the last 7 years we have raised over £25k through our fundraising activities and the club is now in a strong position. The gala team has given me immense pleasure but helping members, new and old with their swimming development still gives me the most satisfaction. When I see one of our members swim for the first time, there is no greater feeling.

Long may it last!

Dave Lee

Chairman



*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.*

**Turtles email:**  
turtlesswimming@yahoo.co.uk

**Alison Grey (Secretary)**  
07900 118812

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

## Treasurer's Report



I am delighted to be able to say that we have ended this year in the best financial position since the club began.

Additional income has been generated from the Saturday entry charge, introduced at the beginning of this financial year, despite a drop in membership numbers (although visitor numbers have increased slightly.)

We have also been fortunate to receive generous donations from our sponsors. Dave has given more details in his report.

On expenditure; we have again purchased independent insurance this year but have not had the additional expense of re-affiliation to NASCH. We have bought more swimming aids and funded our very successful anniversary party. It is also worth noting how the gala minibus expenditure is creeping up year on year. However, overall our expenses are quite modest and compare favourably with last year's.

We intend to continue to subsidise some of the Club's social activities so we hope that you will come along and support them.

As always I would like to thank everyone who assists in raising funds and also grateful thanks go to our generous donors.

Rosemary Noyes

Hon Treasurer

## Secretary's Report



It has been a relatively quiet and stable year for Turtles Swimming Club. We have welcomed several new members throughout the year and unfortunately had to say goodbye to some of our longer standing members. We continue to be an active club; participating in galas, organising our own gala, running social outings, holding fun sessions with the inflatable and competing in the long distance swim award.

It is with some regret that the committee took the very difficult decision to leave NASCH at the start of this year.

Several committee members have stepped down throughout the year, we are looking for any members who would like to be more actively involved in running our club to join our committee. Please speak to any committee member if you would like to find out more.

I would like to take this opportunity on behalf of Turtles Swimming Club and personally to acknowledge a huge debt of gratitude to Dave Lee, our chairman. He has worked tirelessly for the benefit of our club for many years. His level of commitment has been extraordinary, this is apparent when we consider the long list of roles he fills. These include minibus driver, swimming teacher, newsletter writer, website guru, fund raiser, team manager and the list goes on. In addition to these roles, Dave has been the driving force that ensures our club continually evolves to meet the needs of our members. His loss as our chairman will be greatly felt, however, we will be grateful for his wisdom and experience in his continued role as a committee member.

I know I speak on behalf of the club in passing on our sincere thanks and send him our very best wishes with his treatment.

Alison Grey

Secretary

# Committee & Officer Elections 2015/2016



Peter Horne  
Chair  
Competition Secretary &  
Health & Safety Officer



Alison Grey  
Secretary &  
Child Protection Officer



Rosemary Noyes  
Treasurer



Linda Clarke  
Chief Instructor



Nigel Grey  
Vice Chair



Bijan Ghorbanian  
Assistant Secretary



Andy Wallis  
Committee Member



Ann Chivers  
Committee Member



David Lee  
Committee Member



Patricia Bonney  
Committee Member

Emma Hewlett  
was also  
appointed as a  
Committee  
Member

**If you are interested in joining the Committee please contact Peter Horne as we are still one Committee Member short**



## Big Thank You to Anne Rourke

Anne Rourke has decided to step down from the Committee after many years of dedicated work. Anne has also been the Secretary of NASCH for many years and the Turtles Committee would like to express their sincere thanks for all her work and support for our club.