



TURTLES SWIMMING CLUB NEWSLETTER

Issue 71
November

Registered Charity
Number 1055585



**Turtles
Fun
Session**

**Hillingdon
Sport &
Leisure
Centre**

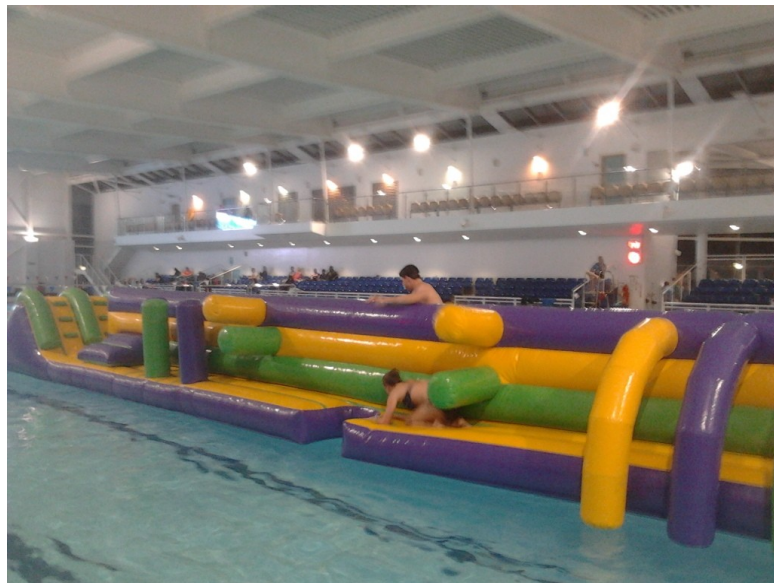
**Gatting
Way,
Uxbridge**

**Sunday 8th
November
@ 5pm**

Busy Weekend Ahead

The Turtles Fun Session commences at 5pm on Sunday 8th November at Hillingdon Sport & Leisure Centre, Uxbridge. The Fun Session will be followed by a free buffet at 6pm to celebrate Don Lamb's birthday, with an invitation extended to all members of the Turtles Swimming Club (sorry no guests).

It will be a busy weekend because our regular Saturday afternoon swim session goes ahead as usual at Highgrove Pool on Saturday 7th November at 5pm.



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

Turtles Fun Sessuion

Sunday 5pm 8th November

Hillingdon Sport & Leisure Centre

Gatting Way, Uxbridge UB8 1ES

No
entrance
fees
required



The Turtles Swim session will take place every Saturday through Christmas and New Year with the exception of Saturday 26th December

Turtles email:
turtlesswimming@yahoo.co.uk

Peter Horne
(Chair)

Alison Grey
(Secretary)

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



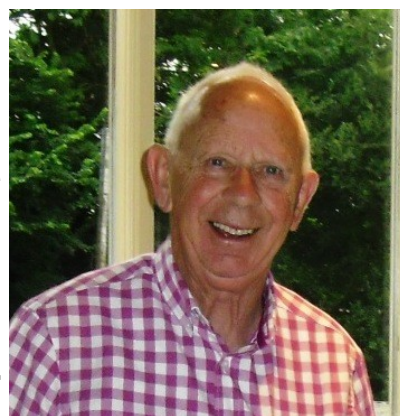
Thank you to all the organisations and individuals who support the Turtles



The Final 2015 Gala Medal Table

Congratulations to Don Lamb who has topped the 2015 Final Medal Table. Our most senior gala swimmer has put in an outstanding performance to show the younger swimmers how it is done.

It has been a much reduced gala season this year due to the cancellation of both the Harrow Kingfishers and the Stevenage Dolphins Invitation Galas. As we are no longer affiliated to NASCH, we also lost the NASCH Region One Gala and the NASCH Championships, leaving us with just 7 competitive events, the lowest for many years.



It also means that we have less to report on in the Newsletter!

	2015 Total	Gold	Silver	Bronze	Special Award	Gala Events
Don Lamb	11	1	3	6	1	6
Jeannette Prentice	10	5	3	2		7
Charlie Laws	10	3	4	3		5
Sophie Grey	10	3	2	4	1	4
Shaida Ghorbanian	10	2	6	2		6
Neil Dew	10		3	6	1	6
Antony Laws	8	3	4	1		5
Karen Hoffmann	7	4	1	2		4
Oliver Regan	7	3	3	1		5
Gary Lee	7	2	3	2		4
Ian Andrew Horne	6	2	2	2		4
Jamie Woodbridge	5	5				3
Geraldine Leong	5	2	1	2		2
Carl Richards	2	2				2
Gyllian Lucas	2	1	1			3
Tillie Hewlett	1		1			2
James Lesnek	1			1		3
Sonam Lakham	0					1
Totals	112	38	37	34	3	7