



19 September 2025



RTW monson NEWSLETTER

Please do take the time to read the whole newsletter so that you don't miss any important notices relevant to your swimmer - especially training time changes highlighted in RED



KJL Final

Good Luck to our swimmers competing in the Kent Junior League Final on Saturday – we can't wait to hear how you get on! #letsgomonson



Monson AGM

Please note the following details for this year's Monson Annual General Meeting, all members are welcome

AGM Date: Tuesday, 25th November 2025 @7:30

Location: TSC, Tonbridge School Centre @The View



CLUB AWARDS NIGHT

A huge thanks to those who helped make the awards night a success

Paul Gable for being our master of ceremonies, Mark Leman, for organising the slide show, Chris Deller for taking the photos, Helen Jones for organising all the trophies,

Sally Martin Young and Freddie Martin Young for organising and putting up the amazing decorations for the hall along with Vicky Davies, the Marshes for doing the engraving for the flat plaques

Kate Russell for organising the food, and Claire Jones for ordering the pizzas and Tracey Quiller for collecting the pizzas - there was a lot to collect!

Those who helped set up and cleared up, especially Helen, Sally and Jan who stayed to the bitter end. Everyone helping makes it such great team work

All the coaches for coming and supporting the swimmers

Parents for supporting the swimmers and bringing them and bringing food to share.

Emma and her team at the Masonic Hall

Coaches Awards

Academy 1	Most Improved	Fraser Soesan
	Coaches Award	Bella Watmough
	Endeavour Award	Elsie Betteridge
Academy 2	Most Improved	Willow Hill
	Coaches Award	Megan Miller
	Endeavour Award	Paige Denyer
Junior 1	Most Improved	Alexa McDonald
	Coaches Award	Chloe Parker
	Endeavour Award	Lois Herbert
Junior 2	Most Improved	Eleanor Goldbold
	Coaches Award	Ishanvi Pendlimadugu
	Endeavour Award	Charlotte Outten
Youth 1	Most Improved	Max Bussell
	Coaches Award	Maxine Chan
	Endeavour Award	Karunya Rajkumar
Development	Most Improved	Lilla Crewes
	Coaches Award	Emilia El-Kour
	Endeavour Award	Blaise O'Brien
Age 3	Most Improved	Vadym Tertytski
	Coaches Award	Wilf Sleightholme
	Endeavour Award	Darcey Branston
Age 2	Most Improved	Louie Russell
	Coaches Award	Elsie Saffer
	Endeavour Award	Charlie Whymark

Age 3	Most Improved	Billie Ballach
	Coaches Award	Freddie Martin-Young
	Endeavour Award	Avneesh Ganguli
Youth 1	Most Improved	Dylan Goldberg
	Coaches Award	Anna Body
	Endeavour Award	Maya Warmesley
Performance & Junior Performance	Most Improved	Josh Hill
	Coaches Award	Amalie Smith
	Swimmers Swimmer	Jess Gable

Other Awards

Swimming Progress	Julia Elvidge
Improvers Cup	Casper Chaturvedi
Junior Service	Zoe Tollit
Swimming Perseverance	Hamish Henderson & Jess Gable
Dennis Knight Award	Gabriel Marsh
Club Contribution	Reese Huckle & Freddie Martin-Young
Club Captains Award	Cameron Davidson
	Maddie Hind
Out Going Club Captains	Hayden Annan
	Jess Gable
New Club Captains	Maddie Hind
	Aubry Armada Bennett

Recognition Award	Vicky Turton
	Katie Bowman
Volunteer of the Year	Kerry Anderson
Best Boy	Hayden Annan
Best Girl	Amalie Smith
Outstanding Achievement	Amalie Smith







Photos are available for viewing/ download via the following link: [Photos](#)

Please use Password : RTW and Download Pin Code: 9736 or email [Chris](#) if you would like a full high res version



Club Captains 2025-2026

Many Congratulations to our new Club Captains for the coming season 2025-2026

Aubry Armada Bennett

Maddie Hind

With huge thanks to our outgoing Captains, Hayden Annan and Jess Gable who did an amazing job!

Left Over Plates – Awards Night



Plates left behind

If any of these plates belong to you do let us know. The plastic ones were left at last week's awards night. The other ones were not claimed last year at awards night.

We'd love to hand them back their rightful owners, but if not claimed by the end of September we'll hand into a charity shop



RTW Monson AGM

We are holding our AGM in November as you know, and our constitution states that all roles are re nominated each year. So all roles are available.

There are some people who are standing down from the committee this year and are not planning to stand again and therefore we would like to invite people to get in touch and talk to us if you want to find out more about the committee work, so that we bring on board new people. Others would be happy to stand down from the committee and not put themselves forward again if others want to come on board. The commitment varies, but minimum is monthly meetings and reading papers in between plus taking on committee activities as required.

Please contact any committee member if you would like to discuss the committee work.

Jan Annan

Mark Leman

Sueli Armada Bennett

Carole Murphy

Ala El Kour

Paul Gable

Amanthi Tollit

Tim Price

Lorna Wright

Claire Jones



Kent County Relay Champs 2025





The team travelled down to Dover for the Kent County Team Championships on Sunday 14 September 2025. The girls raced in the morning and the boys followed in the afternoon.

The programme for each session started with heats for the 4 x 50m Medley and 4 x 50m Freestyle relay events, with the quickest teams progressing through to either A or B finals.

All the teams successfully made it through to finals - an amazing achievement for all of the swimmers as this was the first time that they had raced since returning from the summer break.

They were awesome and worked together as a team to bring home success. They all put the team first to push themselves and it paid off.

The Girls Open team comprised of Ilana Nightingale-Ellis (16), Chloe Edwards (16), Jessica Gable (17) and Zoe Tollit (14). They progressed through to the A finals, bringing home gold in both the 4x50m Medley and 4x50m Freestyle relays.

The Girls 16 Years & Under team comprised of Bella Jones (15), Olivia Cooley (14) and Reese Huckle (15) for both relays, with Lowri Williams (15) joining them in the Medley relay and Mae Davis (14) in the Freestyle relay. Both teams progressed through to the A finals, bringing home gold in both the 4x50m Medley and 4x50m Freestyle relays.

The Girls 14 Years & Under A team comprised of Julia Elvidge (14), Olivia Quiller (14), Jessica Evans (14) and Billie Ballach (14). Like the older teams, they progressed through to the A finals, bringing home gold in both the 4x50m Medley and 4x50m Freestyle relays.

The Girls 14 Years & Under B team comprised of Elsie Saffer (13), Georgina Henson (14), Miriam Fok (13) and Emily Tarr (12). The team held their own, having to compete with swimmers older than others and put in a huge effort placing 7th in both the 4 x 50m Medley and 4 x 50m Freestyle relay A finals. Although they were quick enough to qualify for the A finals, if they had been in the B finals they would have achieved 1st place in the 4 x 50m Medley and 2nd in the 4 x 50m Freestyle relays. What an achievement for them all.

The Girls 12 Years & Under team comprised of Safia Chaturvedi (12), Matilda Palmer (11), Ava Cummings (12) and Amelia Sela (12) for the 4x50m Freestyle relay and Tigerlily Thwaites (12), Safia Chaturvedi (12), Ava Cummings (12) and Matilda Palmer (11) for the 4 x 50m Medley relay. All swimmers absolutely swam their best for the team, with the 4 x 50m Freestyle relay placing 6th in the A final and the 4x50m Medley relay achieving 3rd in the B final.

The Boys Open team comprised of Alex Tollit (18), Aubry Armada Bennett (17) and Aran Bissett (17) for both relays, with Joshua Hill (15) joining them in the Medley relay and Charles Pressley (16) in the Freestyle relay. Both teams progressed through to the A finals, bringing home silver in both the 4x50m Medley and 4x50m Freestyle relays. A solid team performance, improving on their heat swims in both finals.

The Boys 16 Years & Under A team comprised of Joshua Hill (15), James Wright (16), Charles Pressly (16) and Rohan Bissett (14). The team progressed through to the A finals, bringing home silver in both the 4x50m Medley and 4x50m Freestyle relays. A great team performance, again improving on their heat swims in both finals.

The Boys 16 Years & Under B team comprised of Tom Murphy (15), Freddie Martin-Young (15), Elijah Lettington (15) and Alex Mialkovskiy (14). They progressed through to the B finals for both events, placing 3rd in the 4x50m Medley relay - missing out on 2nd by 0.01s - and placing 2nd in the 4x50m Freestyle relay, improving on their heat swim.

The Boys 14 Years & Under team comprised of Petar Maksimov (14), Louie Russell (13), Gabriel Marsh (13) and Charlie Whymark (13). They also progressed through to the A finals, placing 6th in both the 4x50m Medley and 4x50m Freestyle relays. A great team performance, achieving consistent times across both their heats and finals.

The Boys 12 Years & Under team comprised of Jax Marshall (12), Henryk Styles (12), Cameron Davidson (12) and Vadym Tertytskiy (12). They progressed through to the A finals for both events, placing 4th in the 4x50m Medley relay and bringing home gold in the 4x50m Freestyle relay. In doing so, improved on their heat swim by almost 2 seconds. A fantastic team performance in both events.

There was great racing by all - you should be proud of yourselves.



Where are they now....

Lily Barwick - Lily has been a member of Monson since she was 7 yrs old

When did you first start swimming? when I was 3 yrs old

When did you join Monson? I joined Monson when I was 7 yrs old

What is your best memory of your time with Monson as a swimmer?

The best memory for me was going to the Cyprus international camp

What was your favourite stroke or strokes? Freestyle and Butterfly

Tell us a little about what you are doing now? I am studying sport and exercise science at Cardiff metropolitan University and just going into my second year. When I stopped competitive swimming when I was in 6th form, I trained as a Level 1 assistant swimming coach, and I supported our academy squads. I then completed my level 2 swim coach course when I was in my first year at University, and so when I come home in the holidays, I am still coaching as provider cover for the RTW Monson coaches.

If you could give one tip to your younger self or a young swimmer, what would it be? as long as you try your best no one can ask for more than that **What's your favourite food?** Chicken Caesar salad

We would love to feature former swimmers to find out what they are doing now, so if you would like to share your story, please contact the newsletter





South East Swimming Young Volunteers Programme

Freddie Martin Young



My Young Volunteers Journey So Far

Hi, I'm Freddie, and I'm currently halfway through the South East Swimming Young Volunteers Programme. I'm 15 and swim in Junior Performance with Coaches Karen and Richard. So far this year, I've completed 60 hours of volunteering, and it's honestly been one of the best things I've done with Monson alongside competitive swimming.

I wanted to try out lots of bits of all the volunteer routes that Monson offers to swimmers. Being a Poolside Helper has given me the chance to see what coaching is like from the other side of the water. I've been supporting Coach Carole every week with Academy 2 training sessions, as well as helping Coach Alex at the Monson Summer Swim Camp in July.

I've learned so much from the coaches, and it's been great fun working with the younger swimmers. I love seeing them improve! It was especially rewarding watching them race at the Tonbridge Summer Holiday Festival, where I also helped out with marshalling. Reece and I are looking forward to travelling to Lewisham for the Kent Junior League to help cheer them on.

I've completed my Aquatics Safeguarding course and the Timekeepers training, which means I've been able to time keep at meets for both Monson and Beacon Swim Clubs. I've also been invited to help officiate at the South East Region Masters Champs in a few week's time. On top of that, I've supported event management at galas with Claire and Reese and helped Jan, Helen and Bella at our Awards Night.

One of the best parts of the programme is having a mentor in the club, plus the monthly check-ins with Swim England South East, which keep me on track and make me feel supported. I'm now working towards my Gold award (100 hours), and I know the skills I've gained so far will help me in swimming and beyond, whether that's more officiating, lifeguarding or swim teaching in the future.

If you're thinking about joining me as a young volunteer, I'd definitely recommend it. It's fun, rewarding, and gives you the chance to try out lots of different roles in aquatics. It also looks great on your CV!

Interested in joining the programme?

This is the last chance to sign up for this year's Swim England South East Young Volunteers Programme. Sign up by Wednesday 24th September and don't miss the online welcome workshop on Sunday 28th September.

You can find out more using this link <https://www.southeastswimming.org/volunteers/young-volunteer-programme> or contact Kate Hutchinson (South East Regionals Club Development Officer) at kate.hutchinson@southeastswimming.org



New Role - Administrator

Administrator - A new role is being established on a self-employed employed basis. This role will support the Treasurer, chair, and head coach.

We expect we will need 10 hours a week and, as a minimum, to work a few hours on Mondays, Wednesdays and Fridays. This is a remote position.

If you would like to find out more please contact [Jan Annan](#)



Officials Sign Up & News

Please see below the links for Officials sign up for the following events

Saturday 18th October - Autumn Blast - [Autumn Blast](#)

Sunday 12th October - CC 800m - [Club Champs 800m](#)

Tuesday 18th November - CC 1500m - [Club Champs 1500m](#)

Sat 22nd/Sun 23rd/ Sat 29th/Sun 30th November - Club Champs - [Club Champs](#)

OFFICIALS NEWS

With a number of home events coming up in October and November, please do think about helping out the club by training to be an official. Home events are a great opportunity to undertake your training amongst familiar faces - and events cannot run unless we have enough of you!

Becoming an official is not only for the parents, but our dedicated swimmers are also invited too. From 14yrs they can train to be a timekeeper and from 15yrs, a qualified Judge Level 1.

Our very own Eva Elliott and Freddie Martin-Young both qualified this year, both helping out at the Regional Chaser in March and Eva also heading to support the Tonbridge meet in the summer too.

It's a great way for our older swimmers to support our younger swimmers at their target meets by facilitating the events to go ahead.

Events cannot be licensed unless a number of qualified officials are available to help - so YOUR CLUB NEEDS YOU!

If you would like to get involved, or have any questions then please email [Kate Elliott](#)



Swim England Club Affiliation

The committee is pleased to announce the successful completion of our annual club affiliation. Swim England Club Affiliation is a formal process where clubs demonstrate they meet high standards of safety, governance, and effective practice to operate as a Swim England affiliated club. This annual process involves submitting evidence of things like risk assessments and welfare officer training to ensure clubs are well-run, personnel are appropriately checked, and members can train and compete safely. Affiliation offers benefits such as insurance, training opportunities, and access to Swim England's resources and programmes



Swim England Winter Nationals 2025

The event information and qualifying times for the Swim England Short Course Winter Nationals to be held 11-14 December 2025 at Ponds Forge in Sheffield are now available. Please use the following links:

[Event Information](#)

[Qualifying Times](#)

[Draft Schedule](#)



Winter Short Course Regionals 2025

The 2025 Short Course Championships will be held at Winchester Sports & Leisure Park over the weekend of 1st / 2nd November 2025. The event information and qualifying times are as follows:

[Schedule of Events](#)

[Qualifying Times](#)

[Conditions \(provisional\)](#)



IMPORTANT - PLEASE NOTE: PERSONAL PROPERTY

Regrettably we have had an incident where a swimmer has had some of their belongings taken from a changing room, so please do remind your swimmers to look after their belongings

This is a reminder to all our members, to please leave valuables at home or leave with parents when in the pool.

When swimming at our pools and especially the public pools, please use lockers available and secure the lockers as, unfortunately, neither the pools nor the club cannot be responsible for any losses or damage to personal belongings.



Aquatics GB

Race to Recycle Programme

Aquatics GB have launched an initiative to recycle racing suits to support athletes and reinforce their commitment to sustainability.

Athletes can donate pre-loved racing suits at selected Aquatics GB events which are then recycled and redistributed to athletes who may otherwise struggle to afford them

For more information please use the following link: [Race to Recycle](#)

The eligibility criteria for applying for a pre loved race suit is here: [Eligibility](#)



Monson OneTeam Hours

A gentle reminder that our OneTeam policy asks all families with a swimmer in a competitive squad to complete 6 hrs of volunteer time in a calendar year to avoid incurring the charge set out in the OneTeam Initiative.

Please don't forget to log your volunteering hours using the following link: [OneTeam](#)

If anyone is unsure how this scheme works please do get in touch with our [membership secretary](#)

Upcoming Timetable Changes

No changes

Easy Fundraising – www.easyfundraising.co.uk

We are always looking for ways to raise money for our club and this way is simple. Please follow the link below to register, every time you shop online/via the easy fundraising app a donation is made to Monson, whether it's a £5 purchase and we get 1p, or if you buy car insurance through compare the market and we get a £12.30 donation.

It doesn't cost you anymore than your purchase and the retailers, who range from Amazon, Ebay, Halfords, M & S and 100's more provide the donation.

Easy Fundraising

Every person that registers via this link, Monson get a £5 so please share it around to aunts and uncles, grandparents etc it really does all make a huge difference to our club.

CLUB CONTACTS

In order to streamline communication, please use the following email addresses.

NEWSLETTER ITEMS

If you would like to add anything to the newsletter, please email monsonnewsletter@gmail.com. Please ensure that any content is received by midday Thursday for inclusion in that week's newsletter

For any coaching related queries:

Performance & Junior Performance -
[Karen Bradbury](#)

Age Group 1 – [Richard Smith](#)

Age Group 2 - [Alex Counsell](#)

Age Group 3 - [Alex Counsell](#)

Development - [Della Clout](#)

Academy 1 & 2 - [Sarah Williams](#)

Youth Squad 1 - [Richard Smith](#)

Youth Squad 2 - [Vicky Turton](#)

Junior Squad 1 - [Jan Annan](#)

Junior Squad 2 - [Jan Annan](#)

Water Polo - [Tim Price](#)

For any other queries

General Club enquiries - [Sueli Armada Bennett](#)

Membership - [Amanthi Tollit](#)

Billing & Finances – [Ala El-Kour](#)

Kit - TBC

Hats - [Rhodri Joyce](#)

Event Hats - [Kerryn Smith](#)

Officials - [Kate Elliott](#)

Welfare - [Jessica Nightingale-Ellis](#)

Galas - [Lorna Wright](#)

Social Media - [Ellie Lott](#)

Newsletter – [Diana Hind](#)

Website - [Julia Walmsley](#)

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