

January 2025

Mon Tue Wed Thu Fri Sat Sun

		1 BH No training	2	3 First day back training	4 KWSS L3 Meet MP 50s,100s, 200s 400s	5 KWSS L3 Meet MP 50s,100s, 200s 400s
6	7	8	9	10	11 Kents 800m K2	12 KSSA Sec Ind Margate
13	14	15	16	17	18	19
20	21	22	23	24	25 Kents LAC L1 LC	26 Kents LAC L1 LC
27	28	29	30	31		

February 2025

Mon Tue Wed Thu Fri Sat Sun

						1 Kents LAC L1 LC	2 Kents LAC L1 LC
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22 Medway 5 (from 2024) Mote Pk L3 Presentation Eve (clash)	23	
24	25	26	27	28			

March 2025

Mon Tue Wed Thu Fri Sat Sun

					1 Kents 1500m Crawley LC	2
3	4	5	6	7	8 ML1	9
10	11	12	13	14	15	16
17	18	19	20	21	22 KJL Rd 1 at Maidstone L4	23 KSSA Primary Schools Margate
24	25	26	27	28	29 Medway 1 Mote Park L3	30
31						

April 2025

Mon Tue Wed Thu Fri Sat Sun

	1	2	3	4	5 Crawley L1 LC MEMS Time trial L4	6 Crawley L1 LC
7	8	9	10	11	12	13
14	15	16	17	18 BH	19	20
21 BH	22	23	24	25	26 Regionals Age Grp K2 ML2	27 Regionals Age Grp K2
28	29	30				

May 2025

Mon Tue Wed Thu Fri Sat Sun

			1	2 Regionals Youth Wycombe L1	3 Regionals Youth Wycombe L1	4 Regionals Youth Wycombe L1
5 Regionals Youth Wycombe L1 BH	6	7	8	9	10 Regionals Age Grp Winchester L1	11 Regionals Age Grp Winchester L1
12	13	14	15	16	17 MEMS Time Trial L4	18
19	20	21	22	23	24 Medway 2 Mote Pk L3	25
26 BH	27	28	29	30	31	

June 2025

Mon Tue Wed Thu Fri Sat Sun

							1
2	3	4	5	6	7	8	8
						Mike LeGrys Gala Sheerness	
9	10	11	12	13	14	15	15
16	17	18	19	20	21	22	22
					KJL 2		
23	24	25	26	27	28	29	29
					ML3	Maidstone Development Meet L3	
30							

July 2025

Mon Tue Wed Thu Fri Sat Sun

	1	2	3	4	5	6
7	8	9	10	11	12 Medway 3 Mote Pk L3	13
14	15	16	17	18	19 Beachfield Open L3	20 Beachfield Open L3
21	22	23	24	25	26	27
28	29	30	31			

August 2025

Mon Tue Wed Thu Fri Sat Sun

					1	2	3
4	5	6	7	8 Last session	9 Break	10 Break	
11 Break	12 Break	13 Break	14 Break	15 Break	16 Break	17 Break	
18 Break	19 Break	20 Break	21 Break	22 First session back	23	24	
25 BH	26	27	28	29	30	31	

September 2025

Mon Tue Wed Thu Fri Sat Sun

1	2	3	4	5	6 Beachfield LTS Gala Sheerness	7
8	9	10	11	12	13 Medway 4 Mote Pk	14
15	16	17	18	19	20 KJL3	21
22	23	24	25	26	27 ML4 Cup	28
29	30					

October 2025

Mon Tue Wed Thu Fri Sat Sun

		1	2	3	4 Medway 5 Mote Pk	5
6	7	8	9	10	11 NASL RD 1 KWSS	12
13	14	15	16	17	18	19
20	21	22	23	24	25 Kent Junior Meet L3 MP 20s, 100s and 200Im 10-14yo	26 Kent Junior Meet L3 MP 20s, 100s and 200Im 10-14yo
27	28	29	30	31		

November 2025

Mon Tue Wed Thu Fri Sat Sun

						1 Erith & Dartford Fireworks L3 Crook Log 50s,100,200s & 400s	2 Erith & Dartford Fireworks L3 Crook Log 50s,100,200s & 400s
3	4	5	6	7	8 NASL RD 2 KWSS	9 Medway 50/200 Mote Pk	
10	11	12	13	14	15	16	
17	18	19	20	21	22 Maidstone L3 or BLSC L2 Open Meet	23 Maidstone L3 or BLSC L2 Open Meet	
24	25	26	27	28	29	30	

December 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6 NASL RD 3 KWSS	7
8	9	10	11	12 Barry Smith and Mike Le Grys cups?	13 Club champs?	14
15	16	17	18	19	20	21
22	23	24	25 BH	26 BH	27	28
29	30	31				