

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	26 Kents LAC
27	28	29	30	31		

February 2025

Mon Tue Wed Thu Fri Sat Sun

					1 Kents LAC	2 Kents LAC
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 Presentation Eve (clash)	23
24	25	26	27	28		

March 2025

Mon Tue Wed Thu Fri Sat Sun

					1 Kents 1500m;	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	23
24	25	26	27	28	29 Medway 1 Mote Park	30
31						

April 2025

Mon Tue Wed Thu Fri Sat Sun

	1	2	3	4	5	6
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	3 Regionals Youth Wycombe	4 Regionals Youth Wycombe
5 Regionals Youth Wycombe BH	6	7	8	9	10 Regionals Age Grp Winchester	11 Regionals Age Grp Winchester
12	13	14	15	16	17	18 East Grinstead Open L3 K2 50s & 100s
19	20	21	22	23	24 Medway 2 Mote Pk	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	
						Mike LeGrys Gala Sheerness	
9	10	11	12	13	14	15	
					BLSC John Redding Gala L3 MP 50s,100s, 200s & 200IM	BLSC John Redding Gala L3 MP 50s,100s, 200s & 200IM	
16	17	18	19	20	21	22	
					KJL 2		
23	24	25	26	27	28	29	
					ML3		
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	13 Beachfield Open MP 50s,100s 200IM
14	15	16	17	18	19	20 (Beachfield Open MP Alternative date?)
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	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	9 Medway 50/200 Mote Pk	
10	11	12	13	14	15	16	
17	18	19	20	21	22 Maidstone or BLSC Open Meet	23 Maidstone or BLSC 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	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				