

Spring Kathryn Day

Actor / Writer / Comedian



Star of 'Live At The Apollo', Spring is an American stand-up comedian, writer, and actor. Spring's uniquely acerbic and sassy style of comedy is always a crowd pleaser, or shocker... A fluent Japanese speaker and a mild cerebral palsy haver, Spring began her career headlining at the Tokyo Comedy Store whilst based in Japan. She has opened at Melbourne Comedy Festival and has gone on to gig around the world including clubs in London, Manchester, LA, New York and Paris. Spring has most recently recorded the second series of 'Rosie Jones' Disability Comedy Extravaganza' for UKTV.

She has written, produced, directed, and performed seven solo shows at the Edinburgh Fringe Festival, her 2024 show 'Exvangelical' receiving multiple 4 star reviews. Beyond the Joke -★★★★- "Wow, does Spring Day have an amazing story to tell."

She has also written for and appeared in BBC Three sitcom 'Jerk', written an episode of Audible series 'Crush Hour' and written on 'Horrible Histories' and 'Horrible Science' for the BBC.

Agents

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Credits

Television

Production	Company	Notes
HORRIBLE SCIENCE SERIES 2 2025	Lion Television North Limited	Writers Room
HORRIBLE SCIENCE 2024	Lion Television North Limited	Writers Room

Production	Company	Notes
HORRIBLE HISTORIES SERIES 10/11 2022	BBC	Writers' Room

In Development

Production	Company	Notes
THICKER THAN 2025	BBC Studios	cowritten with Tim Renkow

Radio

Production	Company	Notes
CRUSH HOUR	Mercury Studios / Audible	Writer