

Sports Guide 2019-20

Clubs • Facilities • Competitions • Membership



UNIVERSITY OF CAMBRIDGE



SPORT

Contents



- | | | | |
|---|--|---|---|
| 1 Welcome - Nick Brooking | 9 Dance
Dancesport
Eton Fives
Fencing | 16 Mountaineering
Netball
Orienteering
Polo | 23 Shooting – Rifle
Shooting – Small-bore
Ski and Snowboard
Squash Rackets |
| 2 Sports Service
Contacts | 10 Football (Men)
Football (Women)
Gliding
Golf | 18 Pool and Snooker
Powerlifting
Rackets
Rambling | 24 Swimming
Table Tennis
Taekwondo
Lawn Tennis |
| 3 Competitions | 11 Gymnastics
Handball
Hillwalking
Hockey | 19 Real Tennis
Riding
Rowing (Men)
Rowing (Women) | 25 Touch Rugby
Trampoline
Triathlon
Ultimate |
| 4 American Football
Archery
Athletics
Australian Rules | 13 Ice Hockey (Men)
Ice Hockey (Women)
Jiu-Jitsu
Judo | 20 Rowing – (Lightweight Men)
Rugby Fives
Rugby League
Rugby Union (M) | 26 Volleyball
Water Polo
Windsurfing
– see Sailing
Yachting |
| 5 Automobile
Badminton
Basketball (Men)
Basketball (Women) | 14 Karate
Kendo
Kickboxing
Korfball | 21 Rugby Union (W)
Sailing
Shooting
– Clay Pigeon
Shooting
– Revolver and Pistol | Disability Multisport |
| 6 Boxing
Canoe
Cheerleading
Chess | 15 Lacrosse (Men)
Lacrosse (Mixed)
Lacrosse (Women)
Modern Pentathlon | | 28 Sports Facilities
29 Support & Services |
| 7 Cricket (Men)
Cricket (Women)
Cross Country
Cycling | | | |

Welcome to the University of Cambridge, and I hope you find this guide to our University Sports Clubs helpful.

With over 75 Sports Clubs and Societies, Cambridge offers you a diverse range of competitive and recreational sport. Whether your ambition is to perform at the highest level or to start playing a sport you have not played before, there will be great opportunities for you during your time here.

Many University teams compete against their peers at other Universities in BUCS competitions throughout the season; some play in National or Regional leagues and there are also possibilities for individual representation. For team sports closer to home, there is a good range of sports available via the inter-College competitions.

The highlight of the sporting calendar for many Light Blue Clubs is their annual Varsity Match against their Dark Blue rivals at Oxford. There are over 140 Varsity matches in total and, whilst relatively few students earn a University Blue, everyone recalls their personal and team highlights from this traditional rivalry.

As well as working with the Clubs to help them deliver a great sporting experience, the Sports Service also offers excellent facilities and services that are available to every student and member of staff. The University Sports Centre at the West Cambridge site is only a 10-minute bike ride from the centre of the City, and on the way you will pass Wilberforce Road Sportsground; which now has 3 floodlit hockey pitches in addition to the athletics facilities.

If just keeping fit and healthy is your preference, then taking advantage of the Cambridge Sport membership enables you to book courts to play sport with friends, to join in the group exercise classes and to use the gyms.

If you overdo it or have an injury concern, there is the excellent Physio and Sports Injury Clinic at the Sports Centre with top quality experienced staff and discounted prices for student and staff members.

In addition to the widely documented benefits that participation in sport and physical activity has on physical and mental health, recent research carried out by the University of Cambridge has shown that Undergraduate students who participated in University-level sport performed just as well academically, if not better, than the undergraduate population as a whole.

In the shorter term, being involved with a sports club clearly provides opportunities to meet new people and to share purposeful activity outside of the academic environment. Whether it's casual, College, or University-level sport, these experiences forge lifelong friendships and memories.



Nick Brooking
Director of Sport



Sports Service Contacts

Lucy McGennity

Sports Club Support Manager
Lucy.McGennity@sport.cam.ac.uk
 01223 336997 / 07500 883643

- Club Registration
- Health and Safety
- Team wear
- Welfare

Callum O'Shea

Sports Club Coordinator
Callum.O'Shea@sport.cam.ac.uk
 01223 760885 / 07712 433105

- BUCS
- Transport
- Training and Workshops

James Lee

Sports Club Coordinator
James.Lee@sport.cam.ac.uk
 01223 364472

- Club Registration
- Training and Workshops
- Varsity Events

Ashley Edwards

Sports Marketing Coordinator
Ashley.Edwards@sport.cam.ac.uk
 01223 336593

- Marketing and Communications
- News articles

Hugh Jackson

Bookings and Membership Assistant
Bookings@sport.cam.ac.uk
 01223 769300

- Facility and events bookings
- Membership enquiries

www.sport.cam.ac.uk
facebook.com/CamUniSport
twitter.com/CamUniSport
instagram.com/camunisport



The University of Cambridge has over 75 sports clubs and societies accommodating everyone from beginners to elite athletes across team and individual sports. Visit the Sports Fair at the beginning of Michaelmas Term to meet University Sports Clubs and Societies, and the Sports Service team, to find out about how to get involved with sport and keep active.

Competitions

There is a wide range of ways in which you can get involved with competitive and recreational sport at Cambridge. From experienced athletes to those that just want to compete once in a while, you will be able to find a sport that suits your appetite and schedule.

BUCS

British Universities & Colleges Sport (BUCS) is the national governing body for Higher Education (HE) sport in the UK. We regularly place within the top 20 in the country with over 40 different Sports Clubs representing the University of Cambridge in BUCS team and individual competitions across league and cup structures.

Varsity

Cambridge competes against Oxford University in over 180 Varsity matches taking place throughout the year. Whether it's the Boat Race on the Tideway or a 2nd XI match in front of friends and family, the Varsity matches are the highlight of the sporting calendar.

College Sport

The inter-collegiate programme provides significant competitive and social sporting opportunities for students with, for example, around 1600 people competing in the May Bumps (college rowing) alone. Many more participate in casual sport, fitness and wellbeing activities. The majority of colleges have teams for badminton, football, netball, rowing and rugby. Contact your college for more information on the provisions for sport and how you can get involved.





American Football

The Pythons are Cambridge's very own mixed American Football team. We compete in BUCS and against Oxford in Varsity every year. We recruit everyone from complete beginners, ex-rugby players to experienced US athletes. If you're looking to try a completely unique sport, enjoy the social side of things and meet some great people, get yourself down to one of our training sessions.

pythons.org.uk
facebook.com/CambridgePythons
 contact: info@pythons.org.uk



Archery (Bowmen)

We are a friendly and enthusiastic club catering for all levels, whether you wish to shoot purely for fun or desire to compete in any of the many competitions we attend. CUB have an excellent record in experienced and novice levels of competition from university to national level. The club is welcoming of all bowstyles, and has archers shooting recurve, compound, barebow, and longbow. The club also has an active social calendar, with formals and events organised regularly.

cubowmen.com facebook.com/CambridgeUniversityBowmen
 contact: cub-captain@srcf.ucam.org



Athletics

CUAC is one of the largest sports clubs in Cambridge, offering the opportunity to train and compete in all athletic disciplines, regardless of ability. With the support of our coaches, and each other, we aim to get the best out of our athletes and beat Oxford in one of the world's oldest athletics competitions, the Varsity Athletics Match in May.

cuac.org.uk
facebook.com/athletics1857
 contact: c.u.athletics@sport.cam.ac.uk



Australian Rules Football

CUARFC is a social sports club competing in both Men's and Women's matches against University and community teams throughout season, culminating in the Varsity match dating back to the early 1900s. We welcome all interested persons and no experience is necessary to join.

cuarfc.org.uk
facebook.com/CUARFC
 contact: president@cuarfc.org.uk



Automobile

Whether you have no experience and want to try racing for a fun day out or you're a seasoned veteran aiming to represent the University with your driving; CUAC brings students kart racing, rallying and performance car driving. Our annual Cuppers and Varsity races are always packed and each year our best drivers represent the university in high-powered Club100 karts for the British Universities' Karting Championship.

cuac.soc.srcf.net

facebook.com/groups/CUAutomobileClub

contact: automobile@cusu.cam.ac.uk



Badminton

CUBaC is a great place to take your game to the next level. We compete in all 3 disciplines in variety of competitions culminating with the annual Varsity match against Oxford; a hotly contested event dating back over 60 years. We train together for the majority of the week, helping to foster a friendly and lively social scene. We hope that you will enjoy finding out more about our club and look forward to you joining us!

cubac.org

facebook.com/camunibadminton

contact: c.u.badminton@sport.cam.ac.uk



Basketball (Men)

CUBbC strives to promote basketball throughout Cambridge. We field two men's teams which both compete in BUCS leagues and cups, as well as facing off against Oxford in the annual Varsity Match. We also run college league basketball that is open to everyone - even if your college doesn't have a team you can play for another college! We're a very friendly club so please don't hesitate to get in touch with any queries.

cubbc.org.uk

facebook.com/CambridgeUniversityBasketballClub

contact: c.u.basketball@sport.cam.ac.uk



Basketball (Women)

CUWBbC includes the Women's Blues (Firsts) and Panthers (Seconds) teams which both compete in BUCS leagues and cups and the annual Varsity match against Oxford.

As a club we actively work to give less experienced players a chance to build their skills throughout the season as well as developing experienced players.

cuwbbc.org.uk

facebook.com/CUWBbC

contact: c.u.w.basketball@sport.cam.ac.uk



Boxing

Cambridge University Amateur Boxing Club (CUABC) is one of the toughest and most prestigious sports teams in Cambridge. Each season, around 250 men and women compete for one of the coveted 12 places on the Varsity Team. The annual Varsity Match against Oxford is the longest-running inter-club amateur boxing fixture in the world.

Visceral and exhilarating, CUABC is an experience like no other.

cuabc.org

facebook.com/cuabc

contact: c.u.boxing@sport.cam.ac.uk



Canoe

CUCC prides itself on being a welcoming society, made up of members ranging from complete beginners to international competitors. We regularly compete in various disciplines, including marathon racing, canoe polo, freestyle and kayaking. We run beginners courses during Michaelmas and Easter terms and several white water trips are held throughout the year.

cucanoe.co.uk

facebook.com/cucanoe

contact: publicity@cucanoe.co.uk



Cheerleading

The Cougars are a competitive cheerleading team that competes at both National student competitions and our annual Varsity match against Oxford. Cheerleading is an exhilarating and physically demanding sport combining elements of gymnastics, acrobatics, and dance and while previous experience can be beneficial, it is by no means necessary! We are a very friendly society that can't wait to welcome athletes of all genders and abilities to the team.

cambridgecheerleading.wordpress.com

facebook.com/CambridgeCougars

contact: cheerleading@cusu.cam.ac.uk



Chess

Our aim is to promote the playing of chess within the University. The club encourages participation by players of all strengths and offers a friendly and social platform for enthusiasts. We have teams in the 4NCL and the highly prestigious Varsity matches against Oxford. We hold numerous internal events throughout the year such as the Freshers' Blitz, Club chess championship and the Town vs Gown.

facebook.com/groups/575518345826156

contact: soc-chess-interested@lists.cam.ac.uk





Cricket (Men)

Playing a competitive mix of clubs, universities and other prestigious sides like the Combined Services and the MCC, the Blues (1sts) team's season culminates with three Varsity fixtures against Oxford: a T20, a 50 over match at Lord's, and a 4-day game which holds first-class status. The Crusaders (2nds) play a similarly varied fixture list that builds up to three Varsity matches, while the Colleges' XI (3rds) compete in BUCS.

cucc.net

facebook.com/cambridgeuniversitycc

contact: c.u.cricket@sport.cam.ac.uk



Cricket (Women)

Women's cricket is a Full and Half Blue sport with two prestigious Varsity matches: the Twenty20 fixture and the One-Day University Match at Lord's. We welcome both new and experienced players alike. Our Open and Squad Training sessions, led by our dedicated coach, facilitate player development at all levels. In the summer, we enter an MCCU team into BUCS and also have several historic and regional fixtures during the season.

cucc.net

facebook.com/CUWCC

contact: c.u.w.cricket@sport.cam.ac.uk



Cross-Country

Hare & Hounds is the University running club. Our runners participate in a wide range of events from 800m to mountain marathons. We focus on cross-country over the winter (highlights include Varsity in Michaelmas and BUCS XC in Lent - anyone can get involved with both of these to help Cambridge win!) and then road and track running in the summer. We cater for all everyone, whether you're looking to gain some speed or trying to make the next GB team we've got a group for you!

cuhh.soc.srcf.net

facebook.com/Cambridge-University-Hare-and-Hounds

contact: c.u.hareandhounds@sport.cam.ac.uk



Cycling

Founded in 1874, Cambridge University Cycling Club (CUCC) is one of the oldest clubs in the country. We cater for all University members, providing access to all cycling disciplines from beginners to elite athletes. As well as competing in (and often winning!) BUCS races and other events, we regularly organise social and touring rides which allow beginners to improve their fitness and to discover the countryside around Cambridge and beyond.

cycling.soc.srcf.net

facebook.com/cambridgeuniversitycyclingclub

contact: c.u.cycling@sport.cam.ac.uk



Dance

The Dance Society compete at national student competitions against other universities in addition to our annual Varsity match against Oxford. We welcome people of all dance backgrounds and interests from beginners to advanced levels. We offer competition in a range of dance styles including ballet, tap, jazz, street, contemporary and a wild card section.

cutazz.com

facebook.com/CutazzDanceSociety

contact: competitions@cutazz.com



Dancesport

Cambridge University Dancesport Team (CUDT) is the most successful university team in the UK, undefeated at National Championships and Varsity since 2012. We welcome all levels of experience in our Beginners, Second and First Teams. Throughout the year the team competes against other universities in all Ballroom and Latin American dances. Please get in touch if you want to join.

cudt.org

facebook.com/cambridgedancesport

contact: cudtcaptains@gmail.com



Eton Fives

Eton Fives is a hand-ball game, played in pairs, in a three-sided court. It is a quick and unpredictable game, which makes it an addictive and fun sport. Although the main focus of the club throughout the year is the Varsity Match, the club is very welcoming of beginners and experienced players, willing to play either recreationally or competitively. If you have played before and want to continue, or if you just want to try something new, get in touch with the club.

cuefc.co.uk

facebook.com/groups/638748226176962/?ref=br_rs

contact: c.u.etonfives@sport.cam.ac.uk



Fencing

CUFC, founded in 1896, is one of the oldest clubs at Cambridge and also one of the most successful, winning numerous national university (BUCS) titles in recent years. Whether you've been fencing for years or if you have just always wanted to give it a go, the club prides itself on offering training in all three weapons and across a full spectrum of abilities with top coaches. To find out more don't hesitate to get in touch or, even better, come down to a session!

cufencing.org.uk

facebook.com/CambridgeUniversityFencingClub

contact: c.u.fencing@sport.cam.ac.uk



Football (Men)

CUAFC is one of the oldest football clubs in the world. The men's Blues (1sts) and Falcons (2nds) both compete in BUCS and the Kestrels (3rds), play friendlies throughout the year. All three teams play Varsity matches against Oxford each year. Training is three times a week, including a session run by Cambridge United Football Club staff, with matches on a Wednesday afternoon.

cuafc.org

facebook.com/CambridgeUniversityAFC

contact: c.u.football@sport.cam.ac.uk



Football (Women)

University Football consists of two teams on the women's side; the Blues (1st) and Eagles (2nd). The Blues compete in BUCS and the Eagles play in Cambridgeshire FA Women's Premiership Division. The club caters for experienced players wanting to develop their skills as well as encouraging the development of less experienced but committed players in a fun and relaxed environment.

cuafc.org facebook.com/CUWAFC

contact: c.u.w.football@sport.cam.ac.uk



Gliding

Gliding is the most natural form of flying. We rely on warm air currents to provide lift that allows us to fly high and as far as 1000km. We have access to a variety of training and advanced aircraft for pilots of any ability and pride ourselves in taking members with no experience to solo level and beyond. Whether you're looking for a flexible sporting commitment or a massive thrill, gliding could be for you.

cugc.org.uk

facebook.com/CambridgeUniversityGlidingClub

contact: enquiries@cugc.org.uk



Golf

The Club's objective is to encourage the pursuit of golf within the university, and enable student golfers to meet one another. Both Men's teams, the Blues and the Stymies, play an outstanding fixtures list throughout the year including a Varsity Match at many of the finest clubs in England. The Ladies' team also has an expanding fixture list on similar lines.

cugc.uk

facebook.com/CambridgeUniversityLadiesGolfTeam

contact: c.u.golf@sport.cam.ac.uk



Gymnastics

The gymnastics club is small and friendly. It welcomes anyone with an interest in gymnastics, from experienced individuals to complete beginners. We compete in a number of competitions each year including BUCS gymnastics championships and our annual Varsity Match against Oxford in Lent term. Each member can decide how much of a time commitment gymnastics will be for them: some train religiously up to five times a week, while others just drop in occasionally.

cuogc.soc.srcf.net facebook.com/CUGymnasticsClub
contact: c.u.gymnastics@sport.cam.ac.uk



Handball

Cambridge University Handball Club is a half-blue sport providing two handball and one strength trainings per week, leading to University Championships, Varsity, friendly matches and regular social events. Handball is a versatile team sport, combining speed, technique, strength, endurance, balance, flexibility and a lot of fun! We look forward to meeting you all!

handball.soc.srcf.net
facebook.com/CUHandball
contact: handball@cusu.cam.ac.uk



Hillwalking

We are the University's friendliest outdoors society, a club that travels to mountainous regions across the UK for hillwalking, hiking, fell-running, scrambling and wild swimming at all levels of ability. We run day trips, weekends away and longer trips during the vacations to areas like the Lake District, Snowdonia, the Pennines, the Brecon Beacons, and Scotland. Everybody is welcome to join one of the University's most active societies.

cuhwc.org.uk
facebook.com/cuhwc/?ref=br_rs
contact: cuhwcpresident@gmail.com



Hockey

CUHC is the largest mixed sports club at Cambridge. We have 6 teams (3 men's and 3 women's) who play in the East Leagues on a Saturday. Our 1st and 2nd teams play in BUCS on a Wednesday, with our Blues (1st teams) playing in the Premier Leagues. The Varsity Matches are the biggest events in our calendar – the Blues' matches take place at Southgate, whilst the 2nds and 3rds alternate between Cambridge and Oxford.

cuhc.co.uk facebook.com/cambridgeunihockey
contact: c.u.hockey@sport.cam.ac.uk





Ice Hockey (Men)

Founded in 1885, CUIHC is one of the oldest ice hockey clubs in the world. Along with its Oxford counterparts, CUIHC is part of the oldest ice hockey rivalry in the world, culminating each year in the Varsity Match. The club has two teams, the Blues (1sts) who compete in BUIHA, and the Eskimos (2nds) who form the recreational side of the club.

cambridgeicehockey.com

facebook.com/CUIHC

contact: c.u.icehockey@sport.cam.ac.uk



Ice Hockey (Women)

CUWIHC is one of only two all-women ice hockey teams registered in the BUIHA league. Boasting players from a wide range of backgrounds, from complete beginners to 10+ year veterans, the squad works hard and has a strong performance in the Varsity match each year. Off the ice, fitness sessions and socials are prominent in the calendar, creating a great atmosphere in which to both practice and play.

cambridgeicehockey.com

facebook.com/CUWIHC

contact: c.u.w.icehockey@sport.cam.ac.uk



Jiu-Jitsu

Our club teaches Japanese jiu-jitsu, a traditional martial art focusing on practical self-defence skills. It is a fun but also useful martial art, with a friendly and welcoming club atmosphere. Everyone is welcome, no experience necessary. We have frequent socials and national events throughout the year.

cujjc.soc.srcf.net

facebook.com/groups/CUJJC

contact: soc-cujjc@lists.cam.ac.uk



Judo

CUJC welcomes adults from across Cambridge and the world, students and non-students. We are a vibrant club with a diverse membership of beginners, social judoka and talented amateurs from the University and beyond. We train hard, but with an ethos of fun, respect and personal development, so we cater for everyone from complete beginners to international-standard black belts.

cujc.soc.srcf.net

facebook.com/CUJC.judo

contact: cujc@cusu.cam.ac.uk



Karate

CUKC is one of Cambridge's most successful clubs, with a streak of 12 consecutive Varsity victories! The club welcomes new members of any skill level and background. We have designated beginner classes, as well as kata and kumite sessions for our more advanced karateka and all sessions are taught by experienced instructors. We compete at various regional and national competitions and host regular gradings.

cukc.org

facebook.com/groups/2202091582

contact: mens-captain@cukc.org



Kendo

Kendo is the Japanese "way of the sword". It is a modern fencing martial art derived from the centuries-old swordsmanship tradition of the samurai. We are a student society, but our practice sessions are also open to non-students. We welcome all levels, from total beginner to experienced dan grades. We practice regularly during academic full term and also out of term depending on the availability of venues and instructors.

kendo.soc.srcf.net

facebook.com/CambridgeKendo

contact: kendo-info@srcf.ucam.org



Kickboxing

CUKBS is a society for members of all abilities, from complete beginners to those with several years of training and fight experience. Each year around half of the club start as beginners with a specially-designed introductory course that teaches the basics. Advanced members are welcome to join our additional weekly sparring sessions. The club is ideal for anyone who wishes to learn self-defence, compete in fights, or simply improve their fitness in a fun and efficient way.

srcf.ucam.org/cukbs

facebook.com/groups/445307238986374

contact: cukbs-committee@srcf.net



Korfball

Korfball is a fast paced mixed-sex team sport, best described as a mix of netball, handball and basketball. Our club is accessible to all and many people won't have heard or played it before university. It is therefore the perfect game to get involved with at a university level with no previous experience. We have two teams competing in Cambridge leagues and also compete in university competitions including BUCS.

korfball.soc.srcf.net facebook.com/CUKorfClub

contact: c.u.korfball@sport.cam.ac.uk



Lacrosse (Men)

The men's team was founded in 1882, making it the oldest university lacrosse club in the UK. On Saturdays our firsts contend in the SEMLA Premiership, whilst our second team play in Division 2, with Wednesday BUCS in the Midlands Leagues. Our squad varies from complete beginners (our current captains started at Cambridge) to experienced players, so anyone can get involved.

cambridgelacrosse.com
facebook.com/cambridgeunilacrosse
 contact: c.u.lacrosse@sport.cam.ac.uk



Lacrosse (Mixed)

We are a friendly, competitive team representing the University at the highest standard of University Lacrosse. We play in the Midlands division of the English Lacrosse Mixed Lacrosse League, and also play an annual Varsity match against Oxford, which we have won for the last five years. If you are interested in playing Lacrosse at Cambridge, whatever your experience, come along to a practice or two...we look forward to meeting you!

cumlc.soc.srcf.net
 contact: mixedlacrosse@cusu.cam.ac.uk



Lacrosse (Women)

CUWLC is one of Cambridge's most successful and long-running female sports clubs. We train 3-4 times a week and have matches every Wednesday during term. The Club is made up of two teams: the Blues and the Kingfishers, both of which are in the highest respective leagues - Southern Premiership and Midlands 1A. We welcome players of all abilities, provided that they have played in their last two years of school.

cuwlc.com
facebook.com/CUWLC
 contact: c.u.w.lacrosse@sport.cam.ac.uk



Modern Pentathlon

Modern Pentathlon is a multi-sports event consisting of swimming, fencing, showjumping, shooting and running. We welcome members with a wide range of abilities from those who have only ever participated in one of the sports to experienced pentathletes. Membership gives access to high quality training and facilities for all five sports. There are various competitions throughout the year culminating in Varsity at the end of March.

cumpc.soc.srcf.net facebook.com/CUMPC16
 contact: c.u.modernpentathlon@sport.cam.ac.uk



Mountaineering

The Cambridge University Mountaineering Club is one of the oldest climbing clubs in Britain. Founded in 1905, it exists to help climbing students of the University make contact with one another and to go climbing and mountaineering. We cater for members with a broad variety of climbing tastes including indoor climbing, scrambling, bouldering, rock climbing, ice climbing and alpine climbing. The club organises trips at the weekend and outings to climbing walls during the week.

cumc.org.uk facebook.com/groups/329525923794139
contact: president@cumc.org.uk



Netball

CULNC prides itself on a culture of support and community. We enable our members to play high-level competitive netball, with our three teams competing in BUCS league across the Midlands. We have also introduced a fourth team whom will play local matches, growing our club even further. With netball training, fitness, and sports psychology sessions, we strive to offer a full and rounded experience of university sport - and, of course, beat oxford at varsity.

culnc.org
facebook.com/CambridgeUniversityLadiesNetballClub
contact: captain@culnc.org



Orienteering

CUOC is the orienteering club for members of the University. We welcome new members of all abilities - from complete beginners to international athletes. We train in Cambridge during the week and go to races at the weekend. We also organise a number of socials each term and several training camps throughout the year. The main competitions throughout the year are the Varsity Match, BUCS, The JK and Cuppers.

cuoc.org.uk
facebook.com/cuorienteering
contact: captain@cuoc.org.uk

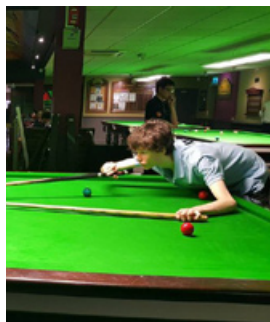


Polo

Based at Cambridge County Polo Club in Lode, we aim to provide polo for all; from those who have never sat on a horse before to handicapped players. We run 8 lessons per week (2 sessions per level), as well as regular matches for all levels. We enter teams into the SUPA Winter Nationals tournament. Our professional coaches are all HPA qualified and keen to help you reach the next level in your game.

cupolocclub.com
facebook.com/CambridgeUniversityPoloClub
contact: membership@cupolocclub.com





Pool and Snooker

The Cambridge University Pool & Snooker Club exists to promote the playing of cue sports within the university, and to run the intercollegiate pool league. There are university-wide tournaments on a termly basis, and three teams competing in local leagues and national tournaments. The season culminates in men's and women's Varsity pool & snooker matches - held over a weekend in May - in which the top players from each university lock horns.

cupc.co.uk facebook.com/groups/550144335051895
contact: pool@cusu.cam.ac.uk



Powerlifting

CUPLC is a club dedicated to promoting excellence in powerlifting and strength training within our University. We host workshops and competitions through the year aimed at people of all levels, and, of course, produce a team to smash Oxford at Varsity! Whether you are new to the world of weight-training and just want to get comfortable with lifting, or are a competitive lifter wanting to maximise your potential, CUPLC's friendly members will make you feel welcome and help you reach your goals.

cuplc.com facebook.com/cuplc
contact: c.u.powerlifting@sport.cam.ac.uk



Rackets

Rackets is quite simply the fastest and most exciting ball game in the world. The small white bullet-like ball travels at speeds up to 180mph. CURC is a traditional, long-running sports club in Cambridge.

Our sporting calendar focuses in on the Varsity match which is played at the iconic Queen's Club in London during Lent Term. We welcome players of all abilities so if you want to try something new, get in touch.

contact: c.u.rackets@sport.cam.ac.uk



Rambling

We are a friendly, informal society composed of people who enjoy walking through Britain's countryside. During term, we host walks every weekend. Many of our rambles are through the counties of Cambridgeshire, Hertfordshire, Essex and Suffolk with frequent trips to the Norfolk Coast and even further afield! New members are always very welcome, and you can join the club on any walk!

curac.soc.srcf.net
facebook.com/cambridgerambling
contact: rambling@cusu.cam.ac.uk



Real Tennis

Real tennis is the original form of tennis from which the modern game of tennis is derived. We have two courts available to student members of the club who receive a generous membership package. There is an extensive fixture list with the university season culminating in 1st and 2nd team Varsity Matches for men and women at the beginning of March. We welcome new and experienced players.

curtc.net

facebook.com/cambridgerealtenniscub

contact: pros@curtc.net



Riding

CURC membership is open to students, alumni and staff of Cambridge University and Anglia Ruskin University. We run weekly lessons, which you can attend as often or as little as you wish, at two local stables: beginner/novice at Springhill Stables and intermediate/advanced at Hilltop Equestrian Centre. There are also regular inter-collegiate dressage and show-jumping competitions. We have three very successful teams who compete in BUCS competitions as well as the annual Varsity matches against Oxford University.

srcf.ucam.org/curiding facebook.com/CURCOfficial

contact: c.u.riding@sport.cam.ac.uk



Rowing – Openweight (Men)

Cambridge challenged Oxford to the first boat race in 1829. First raced in Henley-on-Thames, with the exception of war time years, it has been raced annually on the London tideway since 1856. Our commitment to developing technical skill, excellent fitness, and high morale are a testament to the club's goal to beat Oxford.

cubc.org.uk

facebook.com/OfficialCUBC

contact: execsec@cubc.org.uk



Rowing – Openweight and Lightweight (Women)

CUWBC lives and breathes to race the Boat Races against our dark blue counterparts, OUWBC. With openweight and lightweight crews, CUWBC has always supported individuals to pursue their sport at International level. Indeed every Olympic Games between 1976 (the first year women's races were permitted at the Olympic Regatta) and 2012 has seen at least one CUWBC athlete competing.

cuwbc.org.uk

facebook.com/cuwbc

contact: coordinator@cuwbc.org.uk



Rowing – Lightweight (Men)

CULRC was founded in 1974, when Lightweight Rowing appeared in the World Rowing Championships. Since the first race against OULRC in Henley in 1975, Cambridge has been successful, including a run of 14 successive victories between 1978 and 1992. Beyond the Varsity race, CULRC has seen success at BUCS and National Championships, and won numerous pennants at the Fours and Eights Head of the River races.

culrc.org.uk facebook.com/culrc
contact: coordinator@cuwbc.org.uk



Rugby Fives

The Rugby Fives club is based at our fantastic courts at the University Sports Centre, with training on twice a week, and matches on the weekend. For those of you who haven't played fives before, the best way of describing it is "squash with your hands"! To find out more, get in touch and come along to a taster session!

cu-sparrows.net
facebook.com/groups/273258892815063
contact: c.u.rugbyfives@sport.cam.ac.uk



Rugby League

CURLFC is one of Cambridge's fastest growing and most vibrant sports clubs. We are open to all abilities and most of our players have only taken up League after coming to University. As with every Cambridge Club, Varsity is the highlight of our season, and it should be a cracker this year with it taking place in Oxford - normally in front of a crowd of about 1,000 people, so get involved!

curlfc.soc.srccf.net facebook.com/curlfc
contact: c.u.rugbyleague@sport.cam.ac.uk



Rugby Union (Men)

CURUFC is a wholly amateur but professionally run student rugby club. We compete in a range of fixtures. Teams are selected on merit and receive coaching, strength and conditioning guidance and medical support from our well-qualified staff. The ultimate aim of every rugby player at Cambridge is to compete in the Varsity match again Oxford at Twickenham in December.

curufc.com
facebook.com/CURUFC
contact: nykki.webber@curufc.com



Rugby Union (Women)

We are a strong team, consisting of a range of ages, experiences and subjects. Everyone is welcome to train with us, from beginners to those with experience! We compete in weekly fixtures in BUCS and the highlight of our season is playing Oxford at Twickenham in December. If you're up for an amazing experience, a bit of a challenge, and a chance to play an awesome sport, then come join us!

curufc.com

facebook.com/CURUFCW

contact: c.u.w.rugbyunion@sport.cam.ac.uk



Sailing

The Cruising Club covers a wide range of disciplines including team racing, sailing, windsurfing and kitesurfing. We train weekly during term time and attended casual Uni-hosted events around the country to compete and have a fun weekend. The team has been extremely successful in recent years, with a string of Gold and Silver medals in BUCS for the last 5 years and repeated Varsity wins.

cucrc.org

facebook.com/CUCrC

contact: c.u.cruising@sport.cam.ac.uk



Shooting - Clay Pigeon

We aim to provide an affordable, friendly opportunity to shoot various disciplines to all members of the university who wish to do so - regardless of ability or experience. We shoot regularly, with some coaching and training at local venues and also participate in competitive shoots: the Varsity Match against Oxford in Easter Term and the annual BUCS competition.

cuclaypsc.soc.srcf.net

facebook.com/groups/187016821361303

contact: cucpsc@gmail.com



Shooting - Revolver & Pistol

Shooting ranks amongst Cambridge's oldest varsity sports. The Club was formed in 1902, with the first varsity match between Oxford and Cambridge taking place in 1908 at the NRA Imperial meet. Today, Varsity consists of both Air Pistol and Gallery rifle, with the Air Pistol Varsity occurring during Lent Term and the Gallery Rifle Varsity occurring over the summer as part of the Imperial Meeting.

curpc.soc.srcf.net

facebook.com/groups/2202283811

contact: revolverandpistol@sport.cam.ac.uk





Shooting - Rifle

Cambridge University Rifle Association is one of the oldest Varsity sports clubs in Cambridge. It currently holds the record for the longest run of consecutive Varsity match victories at twenty-four years, and we have won the Chancellors' Trophy 107 times and The Humphry 77 times. We run regular training camps at Bisley, during the rest of the year we train using .22 with our sister club, the Small Bore Club.

cura.soc.srcf.net
facebook.com/CURACUSBC
 contact: c.u.rifle@sport.cam.ac.uk



Shooting - Small Bore

CUSBC is an open and friendly club specialising in small-bore rifle shooting. For those new to shooting, we provide all the required kit and you'll be coached by our experienced Varsity squad. On the other hand, seasoned shots will find a committed squad operating at a high level to train with and learn from. Over the Easter break, many of our members transition to outdoor, fullbore shooting with our sister club, CURA.

cusbc.soc.srcf.net
facebook.com/CURACUSBC
 contact: c.u.smallbore@sport.cam.ac.uk



Ski and Snowboard

CUSC is the perfect place to meet those passionate about skiing, snowboarding, and representing the competitive side of snowsports at Cambridge. Our annual race against Oxford is one of the longest running ski races in the world and is a highlight of the Varsity Trip, along with Cuppers (inter-collegiate races) and the freestyle competition. Back in the UK we compete in university races on dry and indoor slopes, and train together in the gym and on indoor snow.

cussc.co.uk facebook.com/cussc
 contact: c.u.skiandsnowboarding@sport.cam.ac.uk



Squash Rackets

CUSRC organises three men's and three women's teams, which play in a variety of leagues and matches throughout the year, culminating with the Varsity Matches in February. The club also organises the annual cuppers competition, ensuring everyone at Cambridge University has the opportunity to play competitive squash. Whatever your level, come and get involved!

cusrc.soc.srcf.net
facebook.com/groups/311608785867849
 contact: c.u.squashrackets@sport.cam.ac.uk



Swimming

Founded in 1855, CUSWPC is a joint club with water polo. We offer competitive swimming opportunities for those who wish to represent the university. Members have the opportunity to enter BUCS long and short course competitions as well as other galas. We also offer Open Water Swimming. Every year, there is the Varsity Henley Classic, a race down the Henley Royal Regatta Course; and every 2 years is the Varsity Channel Swim race.

cuswpc.co.uk facebook.com/camswimming

contact: c.u.swimmingandwaterpolo@sport.cam.ac.uk



Table Tennis

Based at the University Sports Centre, the Table Tennis Club (CUTTC) provides opportunities for enthusiastic players of all levels to practise and play competitive table tennis. We enter a men's team into BUCS leagues and players have the opportunity to compete in individual championships as well as our annual Varsity Match against Oxford.

cuttccommittee.wixsite.com/cuttcc

facebook.com/groups/2219033686

contact: c.u.tabletennis@sport.cam.ac.uk



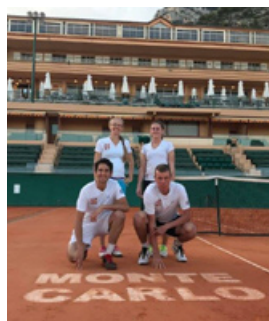
Taekwondo

Established in 1990, Cambridge University Taekwondo (CUTKD) is one of Cambridge's leading martial arts clubs. Each week, everyone from complete beginners to black belts learn kicking and punching techniques as well as hapkido-based self-defence skills. CUTKD studies Kukkiwon-style taekwondo and welcomes ITF-style practitioners too. Taekwondo will vastly improve your physical fitness, as well as increasing your self-confidence, concentration and mental discipline.

cutkd.soc.srcf.net

facebook.com/CambridgeUniversityTaekwondo

contact: cutkd-committee@srcf.ucam.org



Tennis

CULTC provides its members with all levels of tennis, from national and international team competition to social tennis for beginners and intermediate players. There are 4 men's teams and 3 women's, all of which have regular training, and compete in Varsity. The top teams compete in BUCS leagues, and train indoors in the winter and on the club's 8 grass courts in Easter Term. Social members have access to the club's 3 hard courts and weekly coaching sessions.

cultc.soc.srcf.net facebook.com/CamULTC

contact: c.u.lawntennis@sport.cam.ac.uk



Touch Rugby

CUTRC's main aims are to promote touch rugby and represent the University at all levels of competition. We welcome players of all genders, all levels of experience and all levels of commitment. We want to make touch rugby accessible to everyone and to help you to compete. We also organise referee and coaching training, so there are lots of ways to get involved. We look forward to seeing you.

cutrc.soc.srcf.net

contact: cambridgetouchrugby@gmail.com



Trampoline

CUTC is a friendly trampoline club open to all adults (students and non-students) of all abilities. We have excellent qualified coaches able to help you with everything from learning how to bounce to twisting somersaults and more! Our sessions can be as relaxed or focused as you make them. For those who are interested in competing (students and non-students), we regularly travel to competitions at other universities and host our own.

cutc.soc.srcf.net

facebook.com/CambridgeUniversityTrampolineClub

contact: c.u.trampoline@sport.cam.ac.uk



Triathlon

We are a rapidly-growing club that welcomes members of ALL abilities. No matter if you're an expert in the three disciplines, or have never even tried them, come Try a Tri! We run weekly swim, bike and run training sessions accommodating all skill levels. We have club bikes and wetsuits to hire and offer discounted sessions at Parkside Pools and the University Sports Centre. Finally, all our races offer a fantastic opportunity to gain experience and test yourself against our rivals.

cutric.org facebook.com/CUTriC

contact: ClubCaptain@cutric.org



Ultimate

We have successful men's and women's teams which compete in BUCS tournaments throughout the year. We also compete as a mixed gender team and a majority of our training sessions are mixed. Almost all of our team started playing ultimate at university and we encourage any keen and curious athlete to try out ultimate. We have a proud tradition of player development and several of our teammates have gone on to represent GB.

strangeblue.org facebook.com/StrangeBlue

contact: ultimate-president@srcf.net



Volleyball

CUVC is one of the most successful sports clubs in the University. We have four teams competing in BUCS with our second teams competing in regional tiers and both men and women Blues teams competing in the top tiers. We are proud to have players representing Great Britain at the European University Championships in Serbia, Greece and Slovenia. Both Blues teams have taken silver medals at the BUCS Championships and the Volleyball England Student Cup on more than one occasion. During Lent term, all four teams compete in Varsity matches against Oxford – a highlight of the sporting calendar.

cuvc.org facebook.com/cuvolleyballclub

contact: c.u.volleyball@sport.cam.ac.uk



Water Polo

Founded in 1855, CUSWPC is a joint club with swimming. The water polo team consists of two men's and one women's teams who compete in BUCS leagues throughout the year. Water polo players also compete in the national U-Polo league and local friendlies with the focal point of the year being the annual Varsity Matches against Oxford.

cuswpc.co.uk

facebook.com/camuniwaterpolo

contact: c.u.swimmingandwaterpolo@sport.cam.ac.uk



Yachting

The Yacht Club (CUYC) organises affordable yacht sailing for all past and present members of the university, whether experienced or just interested beginners. CUYC runs every type of yachting trip from relaxed cruising and social trips, to adventurous trips, RYA training and racing. During term time, trips go out on weekends throughout the year. Outside of term time, the club runs extended trips to attractive European cruising grounds. CUYC Racing is a competitive club culminating with Varsity and BUSA Yachting Nationals.

cuyc.org.uk facebook.com/CUYC.Sailing

contact: info@cuyc.org.uk



Disability Multisport

The Cambridge Adult Disability Multi Sport (CADMuS) Club is a community club that provides a programme of Disability MultiSport activities at a weekly Saturday morning session at the University of Cambridge Sports Centre from 10am - 12pm. The club gives participants the opportunity to try a range of sports from Boccia and goalball to table tennis and Kung Fu, and much more besides, all with qualified and experienced instructors on hand to lend support where required.

For more information, visit the CADMuS website: <https://cadmusclub.wordpress.com>



Sports Service Facilities

The Sports Service operates three sites across the city, catering for a wide range of sports.



Sports Centre

Philippa Fawcett Drive, CB3 0AS

Our state-of-the-art Sports Centre on the West Cambridge Site includes a gym, strength and conditioning room, sports hall, studios, team training room, squash courts, and Eton and Rugby Fives courts. In addition, the Sports Centre offers flexible student gym memberships including the UNlversal membership, group fitness classes and personal training.



Wilberforce Road Sports Ground

Wilberforce Road, CB3 0EQ

Wilberforce Road Sports Ground includes provision for athletics with an 8 lane track (10x100m) and all associated field events. In 2018, a £2.5 million investment into an additional two hockey pitches has taken our provision to 3 sand-dressed pitches, making it the biggest hockey facility in the area.



Fenner's Tennis and Cricket Ground

Mortimer Road, CB1 2EL

Fenner's Cricket and Tennis Ground is located in the City Centre. Cricket facilities comprise a three lane indoor cricket school and first class cricket pitch where University and College matches take place. For Tennis, 3 hard and 8 grass tennis courts complete the Ground, which host a range of University and National competitions annually.

UNIVERSITY OF CAMBRIDGE
SPORT

Services, Support and Training

The Sports Service offers a wide range of services, support and training to students at the University of Cambridge.



Strength and Conditioning

Delivered by our expert Fitness Team, the Sports Service is able to provide high quality strength and condition training to individuals and groups. The team deliver training sessions with a sport specific training plan to ensure you get the best out of the session and achieve your personal or team goals.

Sports Club Training and Workshops

Throughout the academic year the Sports Service facilitates a wide range of club trainings and workshops to support club activities and enable members to have the student experience that they deserve at the University of Cambridge. Training is delivered by Sports Service staff or accredited partners. Regular trainings include: Welfare Officer, Junior Treasurer, Health and Safety, Good Lad workshops, First Aid and Mental Health First Aid.

For more information, please contact
Callum.O'Shea@sport.cam.ac.uk

Physiotherapy Clinic

The Sports Service has teamed up with **PhysioTEQ**. Based at the Sports Centre on the West Cambridge site, students have access to affordable physiotherapy services including regular sport injury clinic drop ins, sports massage and rehabilitation services. PhysioTEQ has already established working relationships with the Women's Boat Club and Lightweight Rowing Club and is looking forward to providing services to athletes across the University.

For more information, visit
www.physioTEQ.co.uk or call 01223 958051



Hear the Roar

Join
Online!
Visit
sport.cam.ac.uk



**University of Cambridge
Sports Centre**

Philippa Fawcett Drive,
Cambridge, CB3 0AS

+44 (0)1223 336580
enquiries@sport.cam.ac.uk
sport.cam.ac.uk

£30

Join the University of Cambridge Gym;

Monthly

contract free monthly membership.

£190

Academic Year

academic year membership. Expires June 30.

£240*

UNiversal Gym Membership

full 12 month membership

*Includes use of 54 UK University Gyms,
- ideal when you're home or visiting friends.