



Sports Guide

2026-27



- Clubs
- Facilities
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Welcome to sport at the University of Cambridge.

Sport at Cambridge has an extraordinary history and tradition. Events such as the Boat Race are known (and seen) across the world, the University Football Club is officially recognised by the Football Association as the oldest club in the country and the first Varsity cricket match took place 200 years ago this academic year. But we are much more than this. The sporting and physical activity opportunities here at Cambridge will support those of you that have not had any engagement with sport before arriving all the way through to those of you that have ambitions to continue your sporting career at the highest possible level. We are proud that Cambridge has something for everyone regardless of your previous experiences.

We have over 75 University Sports club to choose from all of which offer the chance to train and compete regularly against other student clubs across the country and in some cases in local and national leagues against community clubs. Many of our clubs play in the British Universities and Colleges Sport (BUCS) leagues or take part in one off Championships and of course we have our annual Varsity matches against Oxford.

There is a wide and varied College sport programme available. If the rigours of training regularly for one of the University team seems a little too much, then join one of the many College teams and take part in our vibrant College sport programme. There are also recreational leagues in five-a-side football, tennis, squash and badminton.

This year it is our intention to start to live stream our university and college sport fixtures via YouTube. We hope that this will enable other students to watch but also friends and family and alumni who may have played many years ago. It's an exciting step forward for us in developing our communications platforms, we are also launching our all-new TikTok account, so again watch out for this and follow.

The University Sport Service run a free 'Give it a Go' programme at various locations around Cambridge where you can try a sport or activity or pick up one you used to play before. These activities provide a fun, relaxed and sociable opportunity to exercise and take a break from academic life.

Being involved with a club, be it sport, music or drama provides great opportunities to meet new people, share experiences, create great memories and can often lead to lifelong friendships. You will also gain invaluable skills that will serve you well in later life.

I am a big supporter of the value that sport, and physical activity can play in one's life, and I hope that you take the chance to join one of our many welcoming and inclusive University clubs, join a College team or get involved in one of the many Give it a Go programmes. Not only is sport good for your physical health but it provides a welcome distraction from study and can help you recharge mentally and create new friendship groups that can support you through your university journey.



Mark Brian
Director of Sport

Sports Service Contacts

Lucy McGennity

Student Sport and Physical Activity Manager
Lucy.McGennity@sport.cam.ac.uk

Contact the Sports Clubs Support Team via
support@sport.cam.ac.uk

James Barclay - University Sport Coordinator

Tom Rawlings - Sports Club Coordinator
(Registration)

Will Galpin - Sports Club Coordinator (BUCS)

Simon Cornish - Safety and Compliance Officer

Caroline Davies - People Advisor (Sports Clubs and Societies)

Contact the Active Students Team via
ActiveStudents@sport.cam.ac.uk

Callum O'Shea - Active Students Coordinator

Parie Patel - College Sport Coordinator

Hope Grant - Sport and Physical Activity Assistant

Lauren McCrory - Sport & Physical Activity Assistant

Helen Day - Active Students Admin Assistant

Facility Bookings Team: Bookings@sport.cam.ac.uk

Duty Supervisors - dutysupervisor@sport.cam.ac.uk

Sport at Cambridge

Physical activity and sport at Cambridge are great ways to look after your physical and mental wellbeing, make friends, and compete for Cambridge.

From football to fencing, karate to korfbal, and trampoline to triathlon, the majority of our clubs can be joined as a beginner. So, whether you are looking to join over 4500 students in becoming a member of a University sports club, achieve a Blue in your sport, represent your College, or try something new through the Give it a Go programme, there's something for everyone!

Recreational Sport

Check out our weekly timetable of fun, free, beginner-friendly activities! All equipment is provided for the sessions, and all sessions have a leader who will teach the rules and organise games. All you need to do is book via our app!

College Sport

Inter-collegiate sport is a relaxed and informal way to try a new activity or play the sport you love at a recreationally competitive level. It is a great way to get involved with your college community, have fun, be healthy, and meet people from other colleges!

Sport Clubs

With over 70 different sports clubs that cater for all abilities and levels you will find a community right for you. If you want to represent Cambridge in a Varsity match or in the weekly Wednesday afternoon BUCS fixtures, or if you want to keep healthy, make friends and mix with people outside of their college or classes, then join a Sports Club!

Sports Fair

Visit the Sports Fair at the beginning of Michaelmas Term to meet the University Sports Clubs and Societies to find out how to get involved, have a tour of the University Sports Centre, and meet with the Sports Service team.

Sports Awards

To celebrate our amazing clubs and athletes, each year in Easter Term the Sports Service runs our annual Sports Awards. It's a great way to end the season with a chance to come together and celebrate our achievements over the academic year.

For all socials search **camunisport**.
Find us in the app store: **camunisport**



Performance Sport

UCAPP

University
of Cambridge
Athlete Performance
Programme

The **University of Cambridge Athlete Performance Programme** (UCAPP) offers high-performance athletes at undergraduate or post graduate level the opportunity

of a professional and co-ordinated support services network. Services offered include: lifestyle management, physiotherapy, strength and conditioning, nutrition advice, sports psychology support and Gym membership. Since UCAPP was introduced in 2018/2019 over 80 athletes have been a part of the programme. Thanks in part to this support, many have had their first senior international callups, attended World Championships, medalled at BUCS, or competed in their first Olympic games.

For more information, view: sport.cam.ac.uk/ucapp or contact ucapp@sport.cam.ac.uk

Alongside UCAPP the University of Cambridge is also a **Talented Athlete Scholarship Scheme** (TASS) delivery site.



TASS, a Sport England funded partnership between talented athletes, delivery sites, and national governing bodies (NGBs) of sport, helps athletes aged 16 or above to balance sport within the rest of their lives, be they in education or another form of personal development. Nationwide there are around 800 talented athletes from 37 different sports accessing support services from one of 40 delivery sites. Cambridge

has years of experience working with TASS athletes that have gone on to the very highest level including the Olympic Games, and various elite competitions.

The University of Cambridge also holds a TASS Dual Career Accreditation certificate, which formally recognises our commitment to helping athletes reach their full potential in both their education and sport. We aim to deliver an athlete-centred support structure that enables students to balance their studies, training, and competitive programmes effectively. Cambridge does not expect any student athlete to compromise on their studies or sporting ambitions while pursuing a Dual Career.

For more information regarding TASS please see the following links: www.tass.gov.uk/ and www.sport.cam.ac.uk/performance-sport/talented-athlete-scholarship-scheme-tass



University of Cambridge Sports Guide

Sports Clubs at a Glance	We're open to:		We cater for:			Status: Blue, Half Blue	College Competition
	Students	Staff	Beginner	Intermediate	Elite		
Aikido	✓		✓	✓			
American Football	✓		✓	✓	✓	✓	
Archery (Bowmen)	✓	✓	✓	✓	✓	✓	
Athletic	✓		✓	✓	✓	✓	✓
Australian Rules Football	✓	✓	✓	✓	✓	✓	
Automobile	✓	✓	✓	✓	✓	✓	✓
Badminton	✓	✓		✓	✓	✓	✓
Baseball and Softball	✓	✓	✓	✓	✓	✓	
Basketball - Men	✓		✓	✓	✓	✓	✓
Basketball - Women	✓		✓	✓	✓	✓	
Boxing	✓	✓	✓	✓	✓	✓	
Brazilian Jiu Jitsu	✓	✓	✓	✓	✓		
Canoe	✓	✓	✓	✓	✓	✓	
Caving	✓	✓	✓	✓	✓		
Cheerleading	✓		✓	✓	✓	✓	
Cricket	✓		✓	✓	✓	✓	✓
Cross-Country (Hare & Hounds)	✓		✓	✓	✓	✓	✓
Cycling	✓	✓	✓	✓	✓	✓	✓
Dance Society (Dance Competition Team)	✓			✓	✓	✓	
Dancers (Dancesport/Rock'n'Roll)	✓	✓	✓	✓	✓	✓	✓
Eton Fives	✓	✓	✓	✓	✓	✓	✓
Fencing	✓	✓	✓	✓	✓	✓	
Football - Men	✓			✓	✓	✓	✓
Football - Women	✓			✓	✓	✓	✓
Gaelic Athletic	✓	✓	✓	✓	✓		
Gliding	✓		✓	✓	✓	✓	
Golf	✓			✓	✓	✓	
Gymnastics	✓	✓	✓	✓	✓	✓	✓
Handball	✓	✓	✓	✓	✓	✓	
Hillwalking	✓	✓	✓	✓	✓		
Hockey	✓		✓	✓	✓	✓	✓
Ice Hockey	✓		✓	✓	✓	✓	
Jiu Jitsu	✓	✓	✓	✓	✓		
Judo	✓	✓	✓	✓	✓	✓	
Kabaddi	✓	✓	✓	✓	✓		
Karate	✓	✓	✓	✓	✓	✓	
Kendo	✓	✓	✓	✓	✓	✓	
Kickboxing	✓		✓	✓	✓	✓	
Korfball	✓		✓	✓		✓	
Lacrosse - Men	✓	✓	✓	✓	✓	✓	✓

Sports Clubs at a Glance	We're open to:		We cater for:			Status: Blue, Half Blue	College Competition
	Students	Staff	Beginner	Intermediate	Elite		
Lacrosse - Mixed	✓		✓	✓	✓	✓	✓
Lacrosse - Women	✓		✓	✓	✓	✓	
Mixed Martial Arts	✓	✓	✓	✓	✓		
Modern Pentathlon	✓	✓	✓	✓	✓	✓	
Mountaineering	✓	✓	✓	✓	✓	✓	✓
Netball	✓			✓	✓	✓	✓
Orienteering	✓	✓	✓	✓	✓	✓	
Padel	✓	✓	✓	✓	✓		
Polo	✓	✓	✓	✓	✓	✓	
Pool & Snooker	✓	✓	✓	✓	✓		✓
Powerlifting	✓	✓	✓	✓	✓	✓	
Rackets	✓	✓	✓	✓	✓	✓	
Rambling	✓	✓	✓	✓			
Real Tennis	✓	✓	✓	✓	✓	✓	
Riding	✓		✓	✓	✓	✓	
Rowing (Boat Club)	✓			✓	✓	✓	
Rowing (College)	✓	✓	✓	✓	✓		✓
Rugby Fives	✓		✓	✓	✓	✓	
Rugby League	✓		✓	✓	✓	✓	
Rugby Union	✓		✓	✓	✓	✓	✓
Sailing	✓		✓	✓	✓	✓	✓
Shooting - Clay Pigeon Shooting	✓	✓	✓	✓	✓	✓	
Shooting - Revolver & Pistol	✓	✓	✓	✓	✓	✓	
Shooting - Rifle Association	✓		✓	✓	✓	✓	✓
Shooting - Small-bore	✓	✓	✓	✓	✓	✓	✓
Ski & Snowboarding	✓			✓	✓	✓	✓
Squash Rackets	✓		✓	✓	✓	✓	✓
Swimming	✓		✓	✓	✓	✓	✓
Table Tennis	✓	✓	✓	✓	✓	✓	✓
Taekwondo	✓	✓	✓	✓	✓	✓	
Tennis	✓	✓	✓	✓	✓	✓	✓
Touch Rugby	✓	✓	✓	✓	✓		✓
Trampoline	✓	✓	✓	✓	✓	✓	✓
Triathlon	✓	✓	✓	✓	✓	✓	✓
Ultimate	✓		✓	✓	✓	✓	✓
Underwater Exploration (SCUBA)	✓	✓	✓	✓	✓		
Volleyball	✓		✓	✓	✓	✓	✓
Water Polo	✓		✓	✓	✓	✓	✓
Yacht	✓	✓	✓	✓	✓	✓	

Sports Club A-Z



Aikido

Aikido is a Japanese martial art that uses strikes, throws, locks and pins to control an opponent. At Cambridge, we practice Shodokan Aikido - also known as Sport or Tomiki Aikido - which features 'randori' (free-form sparring) and competitions. Our aim is to provide a safe and inclusive training environment for students from complete beginners to experienced practitioners of all styles of Aikido.

shodokancambridge.com/university/
[instagram.com/cambridgeaikido/](https://www.instagram.com/cambridgeaikido/)
[facebook.com/cambridgeaikido](https://www.facebook.com/cambridgeaikido)
contact: info@shodokancambridge.com



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.

cupafc.com [facebook.com/CambridgePythons](https://www.facebook.com/CambridgePythons)
[instagram.com/CUPAFC](https://www.instagram.com/CUPAFC)
contact: CamUniPythons@gmail.com



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 [instagram.com/camuniarchery/](https://www.instagram.com/camuniarchery/)
[facebook.com/CambridgeUniversityBowmen](https://www.facebook.com/CambridgeUniversityBowmen)
contact: captain@cubowmen.com



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
instagram.com/cambridgeuniathleticsclub/
 contact: cuac@cambridgesu.co.uk



Australian Rules Football

CUARFC prides itself on being inclusive sporting club with a strong social community. We welcome men, women and non-binary players regardless of experience in Aussie Rules Football, and have a strong focus on player development. We regularly compete in weekend tournaments across Europe, whilst also competing the National University Leagues. At the forefront of CUARFC is the belief in having a good time on and off the pitch.

cuarfc.org.uk facebook.com/CUARFC
instagram.com/camaussierules/
 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.

cuautomobileclub.org facebook.com/cuautomobileclub
instagram.com/cuautomobileclub
 contact: cuautomobileclub@gmail.com



Badminton

CUBaC is a great place to take your game to the next level. We compete in all 3 disciplines in a variety of competitions culminating with the annual Varsity match against Oxford; a hotly contested event dating back over 90 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
instagram.com/c.u.badminton
 contact: badminton@sport.cam.ac.uk



Baseball & Softball

CUBS is a small and friendly club created by and for people with a passion for baseball. We run weekly fitness and coached training sessions, with regular friendly and competitive matches throughout the year. We also have our yearly Varsity match against Oxford, which is always an exciting time. Whether you're a seasoned player or a beginner looking to try a new sport, everyone is welcome! Please don't hesitate to get in touch for more information.

facebook.com/CambridgeUniBaseballSociety
instagram.com/cambridgeuniversity_baseball
 contact: cubaseballsociety@cambridgesu.co.uk



Basketball

The Cambridge University Basketball Club strives to promote basketball throughout Cambridge. The Club consists of 2 men's and 2 women's teams which all compete in BUCS league and cups, as well as the annual Varsity match against Oxford.

We also run College League basketball that is open to everyone – even if your college does not have a team you can play for another college or society!

As a club, we actively work to give less experienced players a chance to build their skills throughout the session as well as provide an environment for experienced players to grow also. We are a very friendly club so please do not hesitate to get in touch with any queries.

[Cubbc.org.uk](https://cubbc.org.uk), instagram.com/camunibasketball,
instagram.com/cuwbbc
 contact: 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
instagram.com/cuabc_1/
 contact: boxing@sport.cam.ac.uk





Brazilian Jiu Jitsu

If the combination of problem-solving and physical fitness sounds like the dream combo, Brazilian Jiu Jitsu is the sport for you - everyone from complete beginners to seasoned grapplers is welcome in our fun and friendly community. Cambridge and ARU students, as well as people from the wider Cambridge University community, are welcome.

[cambridgeuniversitybjj](http://cambridgeuniversitybjj.com)

Instagram: [@cambridgeuniversitybjj](https://www.instagram.com/cambridgeuniversitybjj)

contact: cubjj@cambridgesu.co.uk



Canoe

CUCC prides itself on being a welcoming society, made up of members ranging from complete beginners to international competitors. Aside from weekly relaxed paddles and polo sessions we compete in various disciplines, including marathon racing, canoe polo and slalom. We run beginners courses during Michaelmas and Easter terms and several whitewater trips are held throughout the year.

cucanoe.co.uk

[instagram.com/cam.uni.canoe](https://www.instagram.com/cam.uni.canoe)

contact: publicity@cucanoe.co.uk



Caving

The Caving Club has been introducing people to the underworld for more than 70 years – whether they were already converts to the subterranean, or just keen for a new kind of adventure. Caving offers a varied scope of sense and adventure in a range of difficulties. What all caving trips offer, however, is an insight into some of the most unexplored places on the planet, some of which you could well be one of only few to ever see.

camcaving.uk/ [facebook.com/CamCaving/](https://www.facebook.com/CamCaving/)

[instagram.com/cambridge_uni_caving_expo/](https://www.instagram.com/cambridge_uni_caving_expo/)

contact: secretary@camcaving.uk



Cheerleading

The Cambridge university cheerleading team is a competitive sport 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.

cambridgeunicheerleading.com

www.instagram.com/cambridgecheerleading

contact: cheerleading@cambridgesu.co.uk



Cricket (Men)

Playing a competitive mix of clubs, universities and other prestigious sides like the Combined Services and the MCC, the Blues (1st) team's season culminates with three Varsity fixtures against Oxford: a T20, a 50 over match, and a 4-day game. 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 [instagram.com/camunicricket](https://www.instagram.com/camunicricket)
[facebook.com/cambridgeuniversitycc](https://www.facebook.com/cambridgeuniversitycc)
 contact: 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 Match. 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 a team into BUCS and also have several historic and regional fixtures during the season.

cucc.net [instagram.com/camunicricket](https://www.instagram.com/camunicricket)
[facebook.com/cambridgeuniversitycc](https://www.facebook.com/cambridgeuniversitycc)
 contact: cricket@sport.cam.ac.uk



Cross-Country (Hare & Hounds)

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 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 [instagram.com/cambridge_runs/](https://www.instagram.com/cambridge_runs/)
[facebook.com/Cambridge-University-Hare-and-Hounds](https://www.facebook.com/Cambridge-University-Hare-and-Hounds)
 contact: 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
[instagram.com/cambridgeuniversitycyclingclub](https://www.instagram.com/cambridgeuniversitycyclingclub)
[facebook.com/cambridgeuniversitycyclingclub](https://www.facebook.com/cambridgeuniversitycyclingclub)
 contact: cycling@sport.cam.ac.uk

Dance



CU Dance Society is a student-run society at the University of Cambridge offering classes in Tap, Jazz, Contemporary, Ballet, Lyrical, Street, Commercial and Heels for all levels, open to everyone. The CUDCT half-blues are a student-run dance competition team running under the CU Dance Society. The team holds auditions in Michaelmas, and competes in both Varsity and national competitions each Lent term, entering high-level, student-choreographed pieces in various elite categories.

CUDCT Co-Captains: CUDCT@sport.cam.ac.uk

CUDCT Instagram/Tiktok: @cudct

CUDS President: CUDanceSociety@sport.cam.ac.uk

CUDS Instagram: @cambridgeunidadesoc



Dancesport & Rock 'n' Roll

The Dancesport Team and Rock 'n' Roll teams offer a wide range of competitive and recreational dance opportunities and welcome all levels of experience to the Club. With CUDT focusing on Latin American and Ballroom, RnR offers the acrobatic modern continental dancesport and authentic social RnR. Both teams are competitive, with CUDT reigning National and Varsity champions since 2012.

cambridgedancers.org [instagram.com/CamDancesport/](https://www.instagram.com/CamDancesport/)

[instagram.com/cambridgeacornr/](https://www.instagram.com/cambridgeacornr/)

contact: cudtcaptains@gmail.com official.curnr@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.soc.srcf.net [instagram.com/cuetonfives](https://www.instagram.com/cuetonfives)

[facebook.com/groups/cambridgeuniversityetonfives](https://www.facebook.com/groups/cambridgeuniversityetonfives)

contact: 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 [instagram.com/c_u_f_c/](https://www.instagram.com/c_u_f_c/)

[facebook.com/CambridgeUniversityFencingClub](https://www.facebook.com/CambridgeUniversityFencingClub)

contact: fencing@sport.cam.ac.uk



Football

CUAFc is unofficially the oldest football club in the world and steeped in history. The club runs three men's teams and three women's teams, all of which compete in BUCS competitions and in annual varsity matches in Lent Term. We are a very welcoming and inclusive club, and we have a strong community with regular socials. We run trials for our university teams at the start of the academic year, and we encourage players from all backgrounds to attend.

cuafc.org [instagram.com/cuafc](https://www.instagram.com/cuafc)

[facebook.com/CUAFC1](https://www.facebook.com/CUAFC1)

contact: president.cuafc@gmail.com

womens.president.cuafc@gmail.com



Gaelic Athletic Club

Gaelic Football is an Irish pitch sport that combines many elements of football (soccer) and rugby. Matches have 15 players, and include goals as well as points. Imagine rugby posts and football nets combined! CUGAC is a relatively new club already tapping into a vibrant British University Gaelic scene.

CUGAC welcomes men and women, undergraduates and postgraduates, of any experience or none. Many are beginners to Gaelic, so it is a great place to start giving new sports a go at uni.

[instagram.com: @cugac_](https://www.instagram.com/cugac_)



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 [instagram.com/cambridgeuniversityglidingclub](https://www.instagram.com/cambridgeuniversityglidingclub)

[facebook.com/CambridgeUniversityGlidingClub](https://www.facebook.com/CambridgeUniversityGlidingClub)

contact: enquiries@cugc.org.uk



Golf

Cambridge University Golf Club welcomes all students who are passionate about playing golf for an exciting year of competitive golf, meeting fellow golf enthusiasts and socialising. The Blues, Stymies and Ladies' teams have the opportunity to play outstanding fixture lists at many of the finest clubs in England. The annual University Match will be hosted at top clubs in the country. We guarantee it will be an unforgettable, once in a lifetime experience.

cugc.uk [instagram.com/cambridgebluesgolf](https://www.instagram.com/cambridgebluesgolf)

[facebook.com/Cambridge-University-Golf-Club-CUGC](https://www.facebook.com/Cambridge-University-Golf-Club-CUGC)

contact: golf@sport.cam.ac.uk



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with Canterbury and Tylers Sportswear



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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 Instagram: @cugymnastics
facebook.com/CUGymnasticsClub
 contact: gymnastics@sport.cam.ac.uk



Handball

Cambridge University Handball Club is a half-blue sport providing two handball and one strength training session 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 instagram.com/cambridgeunihandball/
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
 contact: cuhwcpresident@gmail.com



Hockey

CUHC is the largest mixed sports club at Cambridge. We have 8 teams (4 men's and 4 women's) who train twice a week and play on Saturdays. Our 1st and 2nd teams also play in BUCS on a Wednesday. There here is opportunity throughout the year to get involved with Hockey at multiple levels. The Varsity Matches are the biggest events in our calendar – the Blues' matches take place at Southgate, whilst the 2nds, 3rds, and 4ths alternate between Cambridge and Oxford.

camunihc.org.uk
instagram.com/camunihc/ facebook.com/cambridgeunihockey
 contact: cuhc1890@gmail.com



Ice Hockey

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. Boasting players from a wide range of backgrounds, from complete beginners to 10+ year veterans. Off the ice, fitness sessions and socials are prominent in the calendar, creating a great atmosphere in which to both practice and play.

cuihc.com

facebook.com/CUIHC Instagram.com/cuihc1885

contact: icehockey@sport.cam.ac.uk



Jiu-Jitsu

Japanese Jiu Jitsu is a traditional martial art that focuses on practical self-defence in a safe and friendly environment. A great way to build confidence and join a wider community. Beginners are always welcome, with free taster sessions. Stick around for socials, competitions and national events all year long!

cuijc.soc.srccf.net

facebook.com/groups/CUJJC

contact: soc-cuijc@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.

cuijc.soc.srccf.net [instagram.com/cambridge_judo/](https://Instagram.com/cambridge_judo/)

linktr.ee/cujc facebook.com/CUJC.judo

contact: judo@sport.cam.ac.uk



Kabaddi

Welcome to our Kabaddi Club, where passion meets teamwork! Kabaddi is a team sport, played between two teams of seven players. The game is a blend of tag, wrestling, and strategy. Whether you're new to the sport or an experienced player, we welcome all. Please have a look at our instagram for more information on training times and membership and feel free to reach out for more info!

[instagram.com/cukabaddiclub/](https://Instagram.com/cukabaddiclub/)

contact: CUKabaddi@sport.cam.ac.uk



Karate

CUKK prides itself on the running streak of over 18 consecutive varsity wins! On top of an international reputation, we have taken people from white to black belt over their time at university. The club welcomes new members of any skill level or background to our wide variety of classes on offer from beginner to specialist kata and kumite all taught by experienced instructors. We also maintain a special relationship with Keio University in Tokyo and occasionally organise trips to Japan - the home of Karate!

cukc.org [instagram.com/camunikarate/](https://www.instagram.com/camunikarate/)
contact: secretary@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](https://www.facebook.com/CambridgeKendo)
contact: kendo-info@srcf.cam.ac.uk



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.

cukbs.soc.srcf.net/
[Instagram.com/camuni_kickboxing/](https://www.instagram.com/camuni_kickboxing/)
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.

cukorfball.wordpress.com [instagram.com/camunikorfball](https://www.instagram.com/camunikorfball)
[facebook.com/CUKorfClub](https://www.facebook.com/CUKorfClub)
contact: korfball@sport.cam.ac.uk



Lacrosse (Men)

The men's team was founded in 1882, making it the oldest lacrosse club in the UK. Open to all levels of players from beginners to international we cater for all. We compete in BUCS matches and the Varsity as well. We look forward to seeing you at a taster session.

cambridgelacrosse.com
[instagram.com/culacrosseclub](https://www.instagram.com/culacrosseclub)
[facebook.com/cambridgeunilacrosse](https://www.facebook.com/cambridgeunilacrosse)
 contact: cambridgeunilacrosse@gmail.com



Lacrosse (Mixed)

We welcome players of all skill levels, from complete beginners to seasoned international athletes. The club competes in the England Mixed Lacrosse League, with matches held at weekends, and we also play an annual Varsity match against Oxford, which we have won for the last fourteen years. If you are interested in playing lacrosse at Cambridge, please get in touch or come to practice. We look forward to meeting you!

cumlcsocscrf.wordpress.com [instagram.com/cumlc](https://www.instagram.com/cumlc)
 contact: cumixedlacrosse@gmail.com



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 compete in the highest BUCS leagues. We welcome players of all abilities and run a weekly beginners session for those new to the sport!

cuwlc.com [instagram.com/cuwlc](https://www.instagram.com/cuwlc)
[facebook.com/CUWLC](https://www.facebook.com/CUWLC)
 contact: cuwlacrosse20@gmail.com



Mixed Martial Arts

MMA (Mixed Martial Arts) combines striking (boxing, kickboxing, Muay Thai) and grappling (wrestling, Judo, Brazilian Jiu-Jitsu), resulting in an exciting and enjoyable sport that forms versatile fighters able to defend themselves both standing up and on the ground. We welcome everyone - from complete beginners wishing to learn self-defence to veterans of the sport looking to compete in the annual Varsity.

[instagram.com/cambridgeunimma/](https://www.instagram.com/cambridgeunimma/)
[facebook.com/cambridgeunimma](https://www.facebook.com/cambridgeunimma)
 contact: cambridgeukmma@gmail.com



Modern Pentathlon

Modern Pentathlon is a multi-sports event consisting of running, swimming, fencing, shooting and obstacle course racing (OCR). 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
instagram.com/cambridgeunipentathlon
 contact: cumpc.president@gmail.com



Mountaineering

Founded in 1905, CUMC is one of the oldest climbing clubs in Britain. 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, often to the Peak District, and a full weekend meet once a term. We have a competitive indoor bouldering team that competes in LUBE and BUCS and weekly indoor climbing meets. We are psyched on all things climbing so come get involved whatever your level.

cumc.org.uk instagram.com/cumcofficial
facebook.com/cumcofficial
 contact: president@cumc.org.uk



Netball

CULNC prides itself on being a friendly and welcoming club striving for sporting excellence. Each member of the club adds to its success and we are proud of each player's dedication to the squad. The club comprises four competitive teams - The Blues, Jays, Swallows and Wrens, each competing in weekly BUCS matches. One of the highlights of the season is our annual Varsity netball match against Oxford. We also have a development squad who train weekly and play matches throughout the season, including Varsity.

culnc.org instagram.com/cambridgeuninetball/
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 competitions at the weekend in Lent term. We also organise a number of socials each term and have a Winter training camp shared with Oxford. The main competitions throughout the year are the Varsity Match, BUCS, The JK and Icenian Sprints.

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





Padel

Padel is widely recognised as the world's fastest growing sport, and this year marks CUPTC's exciting inaugural season!

We aim to bring together 2–3 teams across men's, women's, and mixed squads to compete nationally and get ahead while Oxford still lacks an official team! We'll train 1–2 times per week and welcome all ability levels, though we encourage beginners to check out the Give it a Go programme.

CUPadel@sport.cam.ac.uk
Instagram: camunipadelclub



Polo

CUPC 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.

cupolocub.com instagram.com/cambridgeuniversitypoloclub/
facebook.com/CambridgeUniversityPoloClub
contact: membership@cupolocub.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
or Registration@sport.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.co.uk instagram.com/cuplc
facebook.com/cuplc
contact: 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: 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 is derived. There are only 40 courts in the whole world, but we have two here in Cambridge. We welcome everybody, especially if you like other racquet sports. You can play as often as you want, and the club organises leagues and tournaments for all levels through the year. The season culminates in the Varsity Matches, played at Lord's Cricket Ground at the start of March.

curtc.net instagram: [@cambridgearealtennis](https://www.instagram.com/cambridgearealtennis)

facebook.com/cambridgearealtennisclub

contact: pros@curtc.net



Riding

We welcome riders of every level from complete beginners to advanced riders and offer both dressage and showjumping lessons at two different stables: Springhill for beginner riders, and Hilltop for more confident riders. We also have 3 competitive teams (16 riders by selection only) which compete in the BUCS league and Varsity matches. BUCS involves competing in dressage and showjumping on horses you have never ridden before, making it a great way to develop your general riding skills further, and have a lot of fun in the process!

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

[instagram.com/cambridgeuniversityridingclub](https://www.instagram.com/cambridgeuniversityridingclub)

contact: curcpresident@gmail.com



Rowing

The first Boat Race in 1829 launched Cambridge's rivalry with Oxford on the water. Men's and women's crews, guided by a hunger for victory and outstanding staff, develop their technical skill and strength and conditioning, with the help of medical, sports psychology and nutritional support. Rowers are encouraged to pursue their sport at International level with every Olympic Games featuring CUBC athletes. Many students have not rowed before they come to Cambridge, and learn to row at their college before trialling with the university. We also run a development squad to help improving rowers accelerate their progress.



Whilst preparing for the Boat Races, all crews will also race at the British Rowing Championships, the Fuller's Head of the River Fours, the Women's Eights Head of the River Race and the British Universities & Colleges' Sport (BUCS) Regatta.

Get in touch and find out more.

cubc.org.uk [instagram.com/cubc_squad/](https://www.instagram.com/cubc_squad/)
[facebook.com/cubcsquad](https://www.facebook.com/cubcsquad)
twitter.com/CUBCsquad
 contact: admin@cubc.org.uk



Rugby Union

CURUFC is a wholly amateur but professionally run student rugby club representing the University of Cambridge. The Club is made up of both men's and women's teams – the Blues (men's and women's 1st teams), the LX Club (men's 2nd team), the Tigers (women's 2nd team) and the U20s, together with occasional fixtures for the Colleges XV and Jaguars (women's 3rd team). Both the men's and women's teams have strong midweek fixture lists incorporating top professional clubs and universities. The LX Club and U20s generally play at weekends.

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 against Oxford.



curufc.com
[instagram.com/curufc/](https://www.instagram.com/curufc/)
twitter.com/curufc
[facebook.com/CURUFC](https://www.facebook.com/CURUFC)
 contact: admin@curufc.com

Rugby Fives

For those of you who haven't played fives before, the best way of describing it is "squash with your hands". We're a small and friendly club which welcomes all players - those with experience and those who want to give a new sport a try! We have lots of fun both on and off the court: from training sessions and matches (culminating with Varsity against Oxford), to socials and formals throughout the year. To find out more, get in touch and come along to a taster session!

cu-sparrows.net [instagram.com/camrugbyfives/](https://www.instagram.com/camrugbyfives/)
[facebook.com/groups/290501461322045](https://www.facebook.com/groups/290501461322045)
 contact: 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. We pride ourselves on an inclusive community. As with every Cambridge Club, Varsity is the highlight of our season. A home Varsity draws a crowd of about 1,000 people, so get involved!

curlfc.soc.srccf.net [instagram.com/curlfc](https://www.instagram.com/curlfc)
[facebook.com/curlfc](https://www.facebook.com/curlfc)
 contact: curlfc@cambridgesu.co.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 [instagram.com/cambridgesailingteam/](https://www.instagram.com/cambridgesailingteam/)
[facebook.com/CUCrC](https://www.facebook.com/CUCrC)
 contact: admin@cucrc.org



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.srccf.net [instagram.com/cambridgeshootingclub](https://www.instagram.com/cambridgeshootingclub)
[facebook.com/groups/187016821361303](https://www.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 [instagram.com/cu.rpc](https://www.instagram.com/cu.rpc)

[facebook.com/CURPC](https://www.facebook.com/CURPC)

contact: revolverandpistols@cambridgesu.co.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.

cusmallbore.weebly.com [facebook.com/CURACUSBC](https://www.facebook.com/CURACUSBC)

[instagram.com/cambridgeuniversityrifle](https://www.instagram.com/cambridgeuniversityrifle)

contact: cusbc.captain@gmail.com



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.

curifle.org.uk instagram.com/cambridgeuniversityrifle
facebook.com/CURACUSBC
contact: captain@curifle.org.uk



Ski and Snowboard

CUSSC 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 instagram.com/cussc_official/
facebook.com/cussc
contact: skiandsnowboarding@sport.cam.ac.uk



Squash Rackets

CUSRC organises four 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!

cusquash.com instagram.com/cusquash
facebook.com/groups/311608785867849
contact: cusrc-secretary@srcf.net



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 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 instagram.com/cuswpc
facebook.com/CUSWPC
contact: cuswpc.president@gmail.com



Table Tennis

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

cutcccommittee.wixsite.com/cuttc
[instagram.com/camunitabletennis](https://www.instagram.com/camunitabletennis)
[facebook.com/groups/2219033686](https://www.facebook.com/groups/2219033686)
 contact: 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](https://www.facebook.com/CambridgeUniversityTaekwondo)
[instagram.com/cambridge_university_taekwondo/](https://www.instagram.com/cambridge_university_taekwondo/)
 contact: cutkdcommittee@gmail.com



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 5 men's teams and 4 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 [instagram.com/cultc](https://www.instagram.com/cultc)
[facebook.com/CamULTC](https://www.facebook.com/CamULTC)
 contact: cultc.president@gmail.com



Touch Rugby

CUTRC's main aims are to promote touch rugby and to represent the University at all levels of competition. Since 2017, we've welcomed 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 compete at the highest level, even if you've never picked up a rugby ball before. We look forward to seeing you!

cutrc.soc.srcf.net Instagram: [@camunitouch](https://www.instagram.com/camunitouch)
[facebook.com/camunitouch](https://www.facebook.com/camunitouch)
 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.org.uk [instagram.com/camunitc](https://www.instagram.com/camunitc)
[facebook.com/CambridgeUniversityTrampolineClub](https://www.facebook.com/CambridgeUniversityTrampolineClub)
 contact: 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 [instagram.com/cutric/](https://www.instagram.com/cutric/)
[facebook.com/CUTriC](https://www.facebook.com/CUTriC)
 contact: triathlon@sport.cam.ac.uk



Ultimate

Ultimate is a fast-moving, non-contact team sport played with a flying disc (frisbee). Cambridge University Ultimate Club, also known as Strange Blue, have successful men's and women's and mixed teams which compete in BUCS tournaments throughout the year. 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. Everyone's welcome!

strangeblue.org [instagram.com/camuniultimate](https://www.instagram.com/camuniultimate)
[facebook.com/StrangeBlue](https://www.facebook.com/StrangeBlue)
 contact: ultimate-president@srcf.net



Underwater Exploration (SCUBA)

As a branch of BSAC, the British Sub-Aqua Club, we have a team of instructors experienced in teaching diving courses and skill development at all levels. Our club provides easy access to high quality diving equipment, easing the burden of a significant initial investment, which is particularly beneficial for novices. Immerse yourself in adventure and join us on unforgettable aquatic trips. We meticulously plan and execute numerous sea expeditions each year, not only in the UK, but also in fascinating destinations abroad. Feel free to contact us to learn more.

cuueg.org.uk [facebook.com/CUUEG/](https://www.facebook.com/CUUEG/)
[instagram.com/cu.u.e.g](https://www.instagram.com/cu.u.e.g)
 contact: membership@cuueg.org.uk



Volleyball

CUVC has four teams who all compete in BUCS, and the highly anticipated annual Varsity against Oxford. The Men's and Women's second teams compete in regional leagues, and the two first teams (the Blues' teams) in national leagues. Recently, Cambridge defeated Oxford 3 – 1 in the 2024/25 Varsity, clinching the Sporting Moment of the Year 2025 Award thanks to the Blues men's thrilling 38 - 36 set victory. For less experienced players, the club hosts development sessions, coached by members of CUVC. Our club is incredibly diverse and has members and alumni from all corners of the world. We can't wait to meet you. :)

cuvc.org facebook.com/cuvolleyballclub
instagram.com/camunivolleyball
 contact: 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 instagram.com/cuswpc
facebook.com/CUSWPC
 contact: cuswpc.president@gmail.com



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 instagram.com/cambridgeyachting
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
facebook.com/CADMuSClub/
 website: <https://cadmusclub.wordpress.com>

College

Sports, Leagues and Competitions

- Join over 4,000 University of Cambridge students playing weekly in the college sports leagues
- Compete for your college
- All sports take place in Cambridge close to colleges and departments
- You don't need to have played before - all abilities are welcome!

Every team has the chance to compete in regular divisions, as well as the much-anticipated annual Cuppers events, where one college team is crowned as champion in each sport. Whether you're a complete beginner or want to carry on your favourite sport, you can join a college team that's right for you. It's a great way to get involved with your college community, have fun, and get the most out of your university experience.

Sports include:

- | | | |
|--------------|----------------|--------------|
| • Badminton | • Lacrosse | • Tennis |
| • Basketball | • Netball | • Ultimate |
| • Cricket | • Rugby Union | • Volleyball |
| • Football | • Squash | |
| • Hockey | • Table Tennis | |
- There are lots of one off Cuppers events throughout the year, in sports including athletics, sailing, triathlon and water polo. Many of the University Sports Clubs welcome total beginners!



Scan the QR code to view
webpage and league table

Want to get involved, or find out more?
Contact collegesport@sport.cam.ac.uk

Earn while you learn - become a match official

With so much sport at Cambridge, there are lots of opportunities for match referee & umpire. We're always on the lookout for new recruits for paid opportunities, and all you need is a passion for your sport and the confidence to lead.



College Rowing

Hugely popular at Cambridge thanks to the fantastic facilities available locally, thousands of students take to the water each year, and every college caters for and welcomes total beginners, many of whom go on to race competitively for the colleges – or simply enjoy being on the river!

Competitions are organised by college boat clubs themselves, as well as the CU Combined Boat Club. The most highly anticipated competitions each year are the Bumps, with the May Bumps traditionally rounding off the academic year in June.



Keeping Active

There are many other opportunities to be active in Cambridge outside of college sports leagues.

- Cambridge is a fantastic city for walking, running & cycling, with beautiful green spaces all over the city: head to sport.cam.ac.uk/cambridgewalks for popular routes, and the facilities available.
- Many colleges have recreational groups, such as bouldering, yoga and paddleboarding.





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WITH MY FRIENDS. ALL OF
US WERE
BEGINNERS”**

**FREE WEEKLY SESSIONS
THROUGHOUT TERM**

**EVERYONE WELCOME,
ESPECIALLY BEGINNERS**

**ALL EQUIPMENT IS
PROVIDED**

**MEET NEW PEOPLE,
MAKE NEW FRIENDS**

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 ground where University, College, Community and County matches take place. For Tennis, 3 hard and 8 grass tennis courts complete the Ground.



Strength and Conditioning

Delivered by our expert Fitness Team, the Sports Service is able to provide high quality strength and conditioning 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.

Physioteq

The Sports Service has teamed up with the Physioteq physiotherapy and sports injury clinic. Based at both the sports centre and Wilberforce road athletics track, students have access to elite level physiotherapy, rehabilitation, massage and performance testing at a discounted rate. Whatever your age or ability the team can help you start moving in the right direction. www.physioteq.co.uk or call 01223 958051

Team Wear

The Sports Service has a coordinated teamwear agreement with Canterbury for University Sports Clubs. Clubs are able to purchase bespoke match kit as well as training and travel wear. Restricted Club web shops are available for members to purchase individual items at a discounted rate compared to the general kit shop.

For more information, teamwear@sport.cam.ac.uk



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