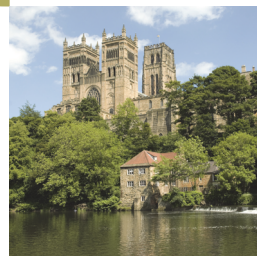


Performance Rugby Union

BUCS Super League Rugby in a world class academic environment



Durham University Rugby

The performance rugby programme allows players to maximise their sporting potential whilst continuing their studies.

- A professional rugby experience within a globally outstanding centre of teaching and research excellence
- Unique collegiate community of extraordinary people, set within an historic setting
- A university like no other: Better players - Better education - Better people

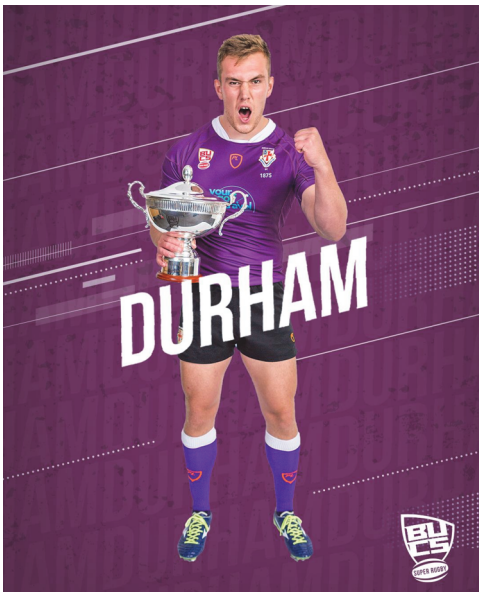
Our Mens 1st XV compete in BUCS Super Rugby which features the top ten rugby playing universities in the UK. In each of the last five seasons players have gone on to play international rugby at U20 and Student level as well as sign professional contracts post graduation.

BUCS Super Rugby Champions 2020



UK Top 10 Academically UK #1 for Team Sports

- Ranked 78 in the QS World University Rankings 2020
- Ranked 5 in the Guardian Good University Guide 2020
- 18 subjects in the world top 100 & 3 in the world top 10, QS World University Rankings 2019



5 University Teams

2nd XV in Premier North
vs other Unis 1st XVs

All other teams play in
higher end BUCS leagues

Pitch sessions 3x a week

Specialist unit & skills
sessions

Individual 1 to 1s

11x National Champions

6x Sevens Champions

Individual Development

- Academic mentoring
- Leadership training
- Sports psychologist
- Outstanding student experience

Head of Rugby Alex Keay

- Coached Durham to BUCS national titles in 2011, 2013 & 2020
- Coached Durham to national 7s title in 2011, 2012 and 2018
- RFU Level 4 coach
- Former captain of Saracens RFC
- alex.keay@durham.ac.uk



Undergraduate Study

- One of the broadest course ranges of any UK university, allowing you to tailor your degree to meet your needs.
- Long-established commitment to research. Delivering cutting-edge, research-led education is at the heart of what we do.
- Achieve a world class education whilst still being able to maximise your sporting potential.
- Continue a proud history of Durham students taking up professional rugby contracts after graduation.

durham.ac.uk/study/ug

Postgraduate Study

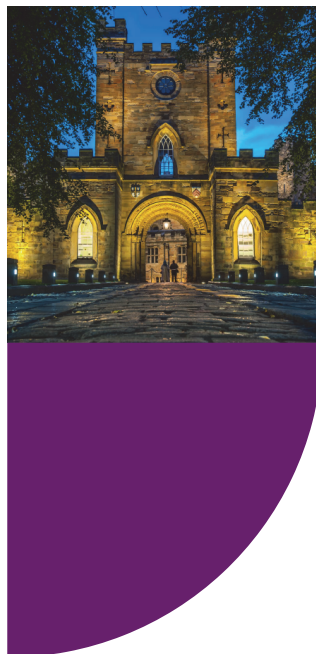
- Apply for a taught course or undertake your own studies under expert academic supervision as part of a research degree.
- Having a postgraduate degree from Durham University will enable you to stand out in a competitive job market, giving you a career post-rugby.
- Flexible study routes are available to fit around your life and preferred style of study, and you can study for most qualifications on a full-time or part-time basis.
- Study part time and give yourself more time to work and/or train as you pursue a future career or playing contract

durham.ac.uk/study/pg

International Students

- High level rugby in an historic setting.
- Place yourself in the shop window of every professional and semi professional club in Europe.
- Explore the UK and Europe in your academic holidays.
- Make outstanding links to professional academies and clubs whilst achieving a world class education.

durham.ac.uk/international/country.information

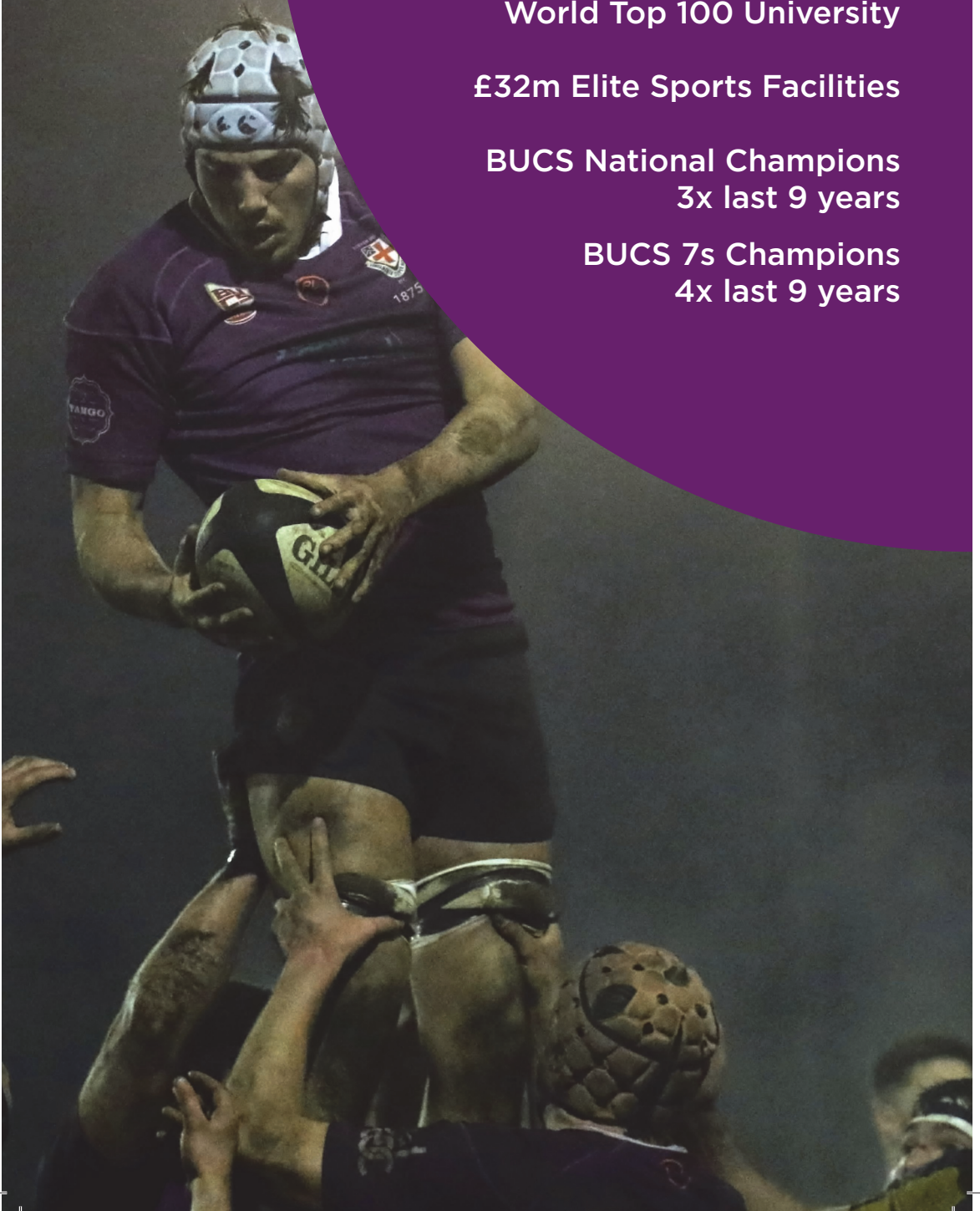


World Top 100 University

£32m Elite Sports Facilities

BUCS National Champions
3x last 9 years

BUCS 7s Champions
4x last 9 years



Full time rugby specific S&C staff



TEAM DURHAM ATHLETE PROFILING FEEDBACK

NAME: [Redacted]

DATE: [Redacted]

TEST: [Redacted]

TRAINER: [Redacted]

TESTING METHOD: [Redacted]

ANALYTIC ASSISTANCE

Test	Best Score	Score	Score Change	Score Change %	Score Change %	Score Change %	Score Change %	Score Change %	Score Change %
100m	15.00	15.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
200m	30.00	30.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
400m	1:00.00	1:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
800m	2:00.00	2:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
1600m	4:00.00	4:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
3200m	8:00.00	8:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
6400m	16:00.00	16:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
12800m	32:00.00	32:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
25600m	64:00.00	64:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
51200m	128:00.00	128:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
102400m	256:00.00	256:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
204800m	512:00.00	512:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
409600m	1024:00.00	1024:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
819200m	2048:00.00	2048:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
1638400m	4096:00.00	4096:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
3276800m	8192:00.00	8192:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
6553600m	16384:00.00	16384:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
13107200m	32768:00.00	32768:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
26214400m	65536:00.00	65536:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
52428800m	131072:00.00	131072:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
104857600m	262144:00.00	262144:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
209715200m	524288:00.00	524288:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
419430400m	1048576:00.00	1048576:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
838860800m	2097152:00.00	2097152:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
1677721600m	4194304:00.00	4194304:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
3355443200m	8388608:00.00	8388608:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
6710886400m	16777216:00.00	16777216:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
13421772800m	33554432:00.00	33554432:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
26843545600m	67108864:00.00	67108864:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
53687091200m	134217728:00.00	134217728:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
107374182400m	268435456:00.00	268435456:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
214748364800m	536870912:00.00	536870912:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
429496729600m	1073741824:00.00	1073741824:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
858993459200m	2147483648:00.00	2147483648:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
1717986918400m	4294967296:00.00	4294967296:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
3435973836800m	8589934592:00.00	8589934592:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
6871947673600m	17179869184:00.00	17179869184:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
13743895347200m	34359738368:00.00	34359738368:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
27487790694400m	68719476736:00.00	68719476736:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
54975581388800m	137438953472:00.00	137438953472:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
109951162777600m	274877906944:00.00	274877906944:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
219902325555200m	549755813888:00.00	549755813888:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
439804651110400m	1099511627776:00.00	1099511627776:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
879609302220800m	2199023255552:00.00	2199023255552:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
1759218604441600m	4398046511104:00.00	4398046511104:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
3518437208883200m	8796093022208:00.00	8796093022208:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
7036874417766400m	17592186044416:00.00	17592186044416:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
14073748835532800m	35184372088832:00.00	35184372088832:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
28147497671065600m	70368744177664:00.00	70368744177664:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
56294995342131200m	140737488355328:00.00	140737488355328:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
112589990684262400m	281474976710656:00.00	281474976710656:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
225179981368524800m	562949953421312:00.00	562949953421312:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
450359962737049600m	1125899813685248:00.00	1125899813685248:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
900719925474099200m	2251799813685248:00.00	2251799813685248:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
1801439850948198400m	4503599627370496:00.00	4503599627370496:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
3602879701896396800m	9007199254740992:00.00	9007199254740992:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
7205759403792793600m	18014398509481984:00.00	18014398509481984:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
14411518807585587200m	36028797018963968:00.00	36028797018963968:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
28823037615171174400m	72057594037927936:00.00	72057594037927936:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
57646075230342348800m	144115188075855872:00.00	144115188075855872:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
115292150460684697600m	288230376151711744:00.00	288230376151711744:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
230584300921369395200m	576460752303423488:00.00	576460752303423488:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
461168601842738790400m	1152921504606846976:00.00	1152921504606846976:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
922337203685477580800m	2305843009213693952:00.00	2305843009213693952:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
1844674407370955161600m	4611686018427387904:00.00	4611686018427387904:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
3689348814741910323200m	9223372036854775808:00.00	9223372036854775808:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
7378697629483820646400m	18446744073709551616:00.00	18446744073709551616:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
14757395258967641292800m	36893488147419103232:00.00	36893488147419103232:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
29514790517935282585600m	73786976294838206464:00.00	73786976294838206464:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
59029581035870565171200m	147573952589676412928:00.00	147573952589676412928:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
118059162071741130342400m	295147905179352825856:00.00	295147905179352825856:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
236118324143482260684800m	590295810358705651712:00.00	590295810358705651712:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
472236648286964521369600m	1180591620717411303424:00.00	1180591620717411303424:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
944473296573929042739200m	2361183241434822606848:00.00	2361183241434822606848:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
1888946593147858085478400m	4722366482869645213696:00.00	4722366482869645213696:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
3777893186295716170956800m	9444732965739290427392:00.00	9444732965739290427392:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
7555786372591432341913600m	18889465931478580854784:00.00	18889465931478580854784:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
15111572745182864683827200m	37778931862957161709568:00.00	37778931862957161709568:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
30223145490365729367654400m	75557863725914323419136:00.00	75557863725914323419136:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
60446290980731458735308800m	151115727451828646838272:00.00	151115727451828646838272:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
120892581961462917470617600m	302231454903657293676544:00.00	302231454903657293676544:00.00	0.00	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
24178516392292583494123200m	604462909807314587353088:00.00	604462909807314587353088:00.00	0.00	0.00%	0.00%	0.00%	0.00		

Detailed & specific individual feedback



Video Analysis

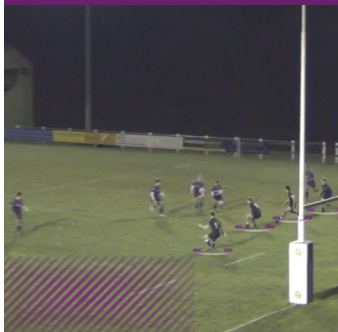
Pre-game tactical
briefings on opposition

Detailed post-game
feedback to improve



GPS

Individual GPS
tracking during
training and games.
Personalised data to
maximise your
development
potential



Scholarships

There are a wide range of scholarships available at Durham, we encourage you to apply early in order to have your application considered at the earliest opportunity. Scholarships are available for a wide range of reasons, not just academic or sporting.

Undergraduate: durham.ac.uk/study/ug/finance/uk/scholarships

Postgraduate: durham.ac.uk/study/pg/finance/funding/bursaries/scholarships

All students are eligible to apply for a sports scholarship, undergraduate or postgraduate, domestic or international. If you are seeking a rugby specific award you should get in contact with Head of Rugby Alex Keay at the earliest opportunity.

Tours

A unique touring schedule unlike any other programme. As well as an annual performance squad preseason camp in Portugal, there is a biennial whole club tour. This regularly follows the British and Irish Lions as well as a wide range of other countries.





Notable Recent Alumnii

Proven Pathway into Professional Rugby



Simon Hammersley
Sale Sharks

Josh Beaumont
Sale Sharks

Adam Brocklebank
Newcastle Falcons

Sean Robinson
Newcastle Falcons



We are incredibly proud of the number of players who go on to have a career in professional rugby.

We have alumni amongst the players and staff of a significant number of premiership and championship clubs

Contact

Alex Keay
Head of Rugby
Durham University
The Sports and Wellbeing Park
Stockton Road
DH1 3SE

T: +44 (0)191 334 4731
M: +44 (0)7507 649501
E: alex.keay@durham.ac.uk

durhamunirugby.com

teamdurham.com

Open Days and Facility Tours

Durham hosts open days throughout the year where you will be able to visit the academic departments, colleges and sports facilities. Please get in touch and let us know you are coming so we can meet you and answer any questions you may have about the rugby programme.

If you are unable to attend an official open day please contact Alex Keay directly and we will arrange a time for you to visit and receive a personal tour with one of our performance staff.

durham.ac.uk

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