



All together
Sunderland!

Rugby

Sunderland has a number of fantastic opportunities to keep you active

Active Sunderland provide advice about how you can get involved in sport and physical activity, joining a sports club, coaching, volunteering or accessing sport funding.

This leaflet provides you with information on how to get involved. For further details please visit www.activesunderland.org.uk

Rugby Network

Houghton Rugby Club

Houghton Rugby Club is located on Dairy Lane just off the A690 in Houghton Le Spring. The first team currently play competitive rugby in the Durham and Northumberland Division 3. The club welcomes all new players from the age of 6 to senior level.

For more information please visit,
www.houghtonrugby.co.uk

Sunderland Rugby Club

Sunderland RFC is located in Ashbrooke and have a long distinguished history, and heritage. The club's dedicated team of coaches, volunteers, parents and players look back to that heritage to drive the club forward, develop rugby sections and promote rugby throughout the wider community.

For more information please visit,
www.pitchero.com/clubs/sunderland

Washington Rugby Club

Washington RFC was formed in 2005 by a small group of players from the disbanded Durham Constabulary RFC. The club put in a lot of hard work, finding a location to play and recruiting players from the Washington area. Since 2015 the club have now established a settled home at the Northern Area Playing Fields, Washington and have two senior men's teams with plans to expand over the coming seasons.

For more information please visit,
www.pitchero.com/clubs/washington