



Promising Athletes Programme

Ben Blackburn

Ben has been selected once again to play Touch Rugby for the England Men's 45 Squad. This sees a fourth year playing sport at this high level and representing his country. Ben, 47, trains on a daily basis for his sport, in the gym, in a class environment and with the Touch Rugby squad.

Having asked Ben about what he loves about his sport and his advice for anyone wishing to try the sport, Ben said "I love how inclusive Touch Rugby is and is suitable for everyone. It is fully inclusive and being non contact makes the sport very safe to play. My advice is to throw yourself in with both feet....but don't forget to bring your hands!"



OVERVIEW

Ben concluded, “I am very grateful that I have been awarded the Promising Athletes Programme which allows me to fully train to compete for my country. In addition to this, I am very grateful to Spiceball Leisure Centre for providing me with a great training facility.

Ben trains on a daily basis for his sport, in the gym, in a class environment and with the Touch Rugby squad.

Ben has had a successful career which has seen him represent his country for no less than 4 years. He has played for England more than 20 times during which time, Ben has played in European Championships which was held in Vichy, France in 2022/2023 and also the World Cup in 2024.



OVERVIEW

Ben's career highlights are winning a Bronze medal at the World Cup 2024 and he also coached the Mixed 15's Squad to European Gold in 2022.

If you would like to apply for a Promising Athletes Programme membership to aid your training, head to our website - leisurecentre.com



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