

Walking rugby bringing the stars out one more time

Edinburgh Rugby stars of yesteryear came out to play in a walking version of the sport.

Hosted by Edinburgh Rugby sponsors, Scottish Building Society, the event featured a Legends team featuring Dave Denton, Andrew Easson, James King, Jim Hamilton, Lewis Niven, Conan Sharman, Hugo Southwell, Steven Turnbull, Tim Visser all playing alongside local teams from across Scotland

Also taking part at Murrayfield Stadium grounds were Ayr RFC, BATs, Kelso, Midlothian Uncoachables, Midlothian Unpickables and Murrayfield Wanderers..

Walking Rugby follows a similar format to traditional rugby except there is no sprinting, meaning passing accuracy and positioning are key. It is a more accessible game as tackling is much lesser part of the game and requires greater tactical knowledge. The more social format of the game is growing in popularity because of its accessibility and social nature which is bringing people together from all backgrounds, age and abilities.

“I loved that. It was great fun,” said Jim Hamilton, the former Edinburgh and Scotland second-row turned podcaster and broadcaster.

“We don’t do it enough and everyone says the same thing. I joked with Hugo Southwell that we’ll do it again in ten years’ time and it’s one of those that you want to be out with your mates catching up and enjoying a laugh together.”

“It’s harder than it looks,” said former Edinburgh and Scotland wing Tim Visser. “I was definitely out of breath a couple of times but I enjoyed it.”

CEO, Scottish Building Society, Paul Denton, said: “Our sponsorship with Edinburgh Rugby is far more than the professional players on the pitch. It’s a great platform to work together on amazing community programmes, like this Walking Rugby tournament, which makes a real difference to those who take part.

“Walking rugby is so important in supporting people to keep active and helping to get them out the house, whilst making a few friends along the way. It was great to meet the teams, and there was a real spirit of rugby, teamwork and friendship, which was brilliant to see.”



Walking rugby is for all ages with an emphasis on skill over physicality