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## KENYA RUGBY FOOTBALL UNION NEWSLETTER.

JULY ISSUE

### Kenya 15's lose to Morocco in final and 7's head to Canada

#### Content:

- \* National Teams
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#### IRB WORLD STANDINGS

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#### Kenya 15's

Despite the sweltering heat, the 15's national team finished runners up in the Africa Rugby Confederation Trophy hosted in Morocco. They lost in the final 11-29 to the hosts Morocco with Benedict Nyambu scoring the only try and Vincent Mose adding two penalties. Kenya got to a bright start in the tournament by defeating Senegal 22-7 with two tries scored by debutant Gray Cullen. Innocent Simiyu added one more try and Vincent Mose converted twice and added a penalty.

Now attention will be shifted to preparation for the Elgon Cup as the team re-assembles on July 22.

#### CSR- Sevens players at Kijabe hospital

Some players from the national seven-a-side team visited the AIC CURE International Children's Hospital in Kijabe on Saturday 4th July 2009 to interact with and raise awareness for children who need corrective surgery. The players included Dennis Mwanja, Patrick

#### Kenya U-19

The U-19 national team are currently training in preparation for the Confederation of Africa Rugby U-19 Tournament to be held in Kenya in August. The tournament will host countries such as Zimbabwe, Uganda, Tunisia, Morocco, Cote d'Ivoire, Namibia and Zambia.

#### Kenya Women

Coach Sammy Kemmey has named thirty players to the national team who are training in preparation for the Elgon Cup first leg. The team will miss the services of Nereah Awino but Anita Omondi and Irene Nyakundi returns

from injury. There are also 9 new call ups to the national team. Celestine Navalayo, the women's national team captain is encouraged by the steady growth of women's rugby especially in schools.

#### Kenya 7's

The National 7's team was invited to go for a tournament in Abbotsford, Canada on 25th July but the trip did not materialize due to technicalities. Instead, 4 players plus 2 members of the technical bench went as guests. They included :- Benjamin Ayimba, Felix Ochieng, Benedict Nyambu, Collins Injera, Brian Nyikuli and Peter Ochola.

Onyango, Moses Mwole, Maurice Mbai and Malik Ndemi. In the process of their visit, they also planted trees and learnt that a good number of physical disabilities can be corrected through surgery. The players would like to urge Kenyans to make a difference by sponsoring a disabled child to undergo life-changing surgery and

give them a chance to play sports. It was an eye-opening visit for the players as they promised to create awareness for one of the patients, Jonathan Langat from Transmara who was injured while playing football. For more information about Jonathan, please contact the Union Office.

# As at 25th July Leg 7

## KENYA CUP STANDINGS



| TEAM    | PLAYED | W | D | L | POINTS |
|---------|--------|---|---|---|--------|
| NAKURU  | 7      | 6 | 0 | 1 | 27     |
| KCB     | 7      | 5 | 0 | 2 | 26     |
| IMPALA  | 7      | 5 | 0 | 2 | 24     |
| MWAMBA  | 7      | 5 | 0 | 2 | 24     |
| QUINS   | 7      | 4 | 0 | 3 | 20     |
| STRATH  | 7      | 1 | 0 | 6 | 8      |
| NONDIES | 7      | 1 | 0 | 6 | 8      |
| MACHINE | 7      | 1 | 0 | 6 | 6      |



Impala RFC

## KENYA CUP RESULTS

|        |    |         |    |
|--------|----|---------|----|
| IMPALA | 25 | QUINS   | 16 |
| KCB    | 13 | NAKURU  | 30 |
| MWAMBA | 42 | MACHINE | 24 |
| STRATH | 28 | NONDIES | 24 |



"After only two Kenya Cup rugby league matches under floodlights, the trend has been embraced by rugby fans and teams."  
Daily Nation  
20/07/2009



## UPCOMING KENYA CUP FIXTURES

**Saturday 1st Aug**

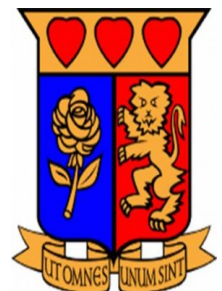
|         |    |         |
|---------|----|---------|
| QUINS   | VS | NONDIES |
| IMPALA  | VS | STRATH  |
| MACHINE | VS | KCB     |
| MWAMBA  | VS | NAKURU  |



NONDESCRIPTS  
RUGBY FOOTBALL CLUB

## TOP SCORERS

| NAME              | CLUB   | POINTS |
|-------------------|--------|--------|
| 1. HORACE OTIENDO | MWAMBA | 40     |
| 2. TITO ODUK      | MWAMBA | 36     |
| 3. SIMON WARIUKI  | NAKURU | 34     |



## As at 25th July Leg 7



### ERIC SHIRLEY SHIELD POOL A

| TEAM       | PLAYED | W | D | L | POINTS |
|------------|--------|---|---|---|--------|
| QUINS II   | 7      | 6 | 0 | 1 | 28     |
| IMPALA II  | 7      | 5 | 0 | 2 | 24     |
| MOMBASA    | 7      | 5 | 0 | 2 | 23     |
| KCB II     | 7      | 5 | 0 | 2 | 22     |
| STRATH II  | 7      | 4 | 0 | 3 | 18     |
| MACHINE II | 7      | 2 | 0 | 5 | 11     |
| MWAMBA II  | 7      | 1 | 0 | 6 | 5      |
| NONDIES II | 7      | 0 | 0 | 7 | -1     |

### ERIC SHIRLEY SHIELD POOL B

| TEAM          | PLAYED | W | D | L | POINTS |
|---------------|--------|---|---|---|--------|
| W. KENYA      | 7      | 6 | 0 | 1 | 29     |
| KISUMU        | 7      | 5 | 0 | 2 | 23     |
| NAKURU II     | 7      | 4 | 1 | 2 | 22     |
| JKUAT         | 7      | 5 | 0 | 2 | 17     |
| METHODIST UNI | 7      | 3 | 1 | 3 | 17     |
| USIU          | 7      | 2 | 2 | 3 | 15     |
| DAYSTAR       | 7      | 1 | 0 | 6 | 5      |
| NAZARENE      | 7      | 0 | 0 | 7 | -6     |

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"Kenya are the only side to fall in the latest IRB World Rankings after their CAR Northern Trophy final defeat by Morocco, while Senegal jump four to 63rd." IRB.COM  
13/07/2009

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### RESULTS

|               |                 |
|---------------|-----------------|
| IMPALA II— 10 | QUINS II—7      |
| MOMBASA— 14   | KCB II — 0      |
| MWAMBA II— 18 | MACHINE II — 29 |
| STRATH II— 13 | NONDIES II— 0   |
| NAKURU II— 3  | USIU— 3         |
| METHODIST— 34 | DAYSTAR—11      |
| JKUAT— 14     | NAZARENE— 0     |
| KISUMU—20     | W.KENYA—13      |

### UPCOMING FIXTURES

| ERIC SHIRLEY SHIELD |    |           |
|---------------------|----|-----------|
| METHODIST           | VS | QUINS II  |
| KCB II              | VS | WESTERN   |
| NAKURU II           | VS | IMPALA II |
| MOMBASA             | VS | KISUMU    |
| PATRONS BOWL        |    |           |
| JKUAT               | VS | STRATH II |
| NONDIES II          | VS | USIU      |
| NAZARENE            | VS | MACHINE   |
| MWAMBA II           | VS | DAYSTAR   |

## Saturday 1st Aug

## **AGE GRADE RUGBY**

The Patrons Society of Kenya donated playing kits plus first aid kits to KRFU so as to assist teams which do not have uniform and first aid kits. This took place at the Impala Grounds with the players having a light training session with the assistance from some players from the national sevens team who took the players through various drills to improve their skills.

The session was followed by the introduction of the KRFU Chairman, Mr. Richard Omwela who graced the occasion to witness the donating of the uniforms. The sevens players in attendance were Biko Adema, Wilson K'Opondo, Captain-Humphrey Kayange and the assistant coach-Felix Ochieng.

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**"The hooker gets a call from one of the jumpers or the scrum half, usually in a code no-one except your team understands, on who to aim the throw at."**

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## **LAWS OF THE GAME—LINE OUT**

It is a way of restarting play after the ball has been knocked or kicked out of play past the touch line. It is the equivalent of a throw-in in football.

The line-out consists of three to eight players from each side, up to 16 in total, and is taken where the ball went out of play.

The aim of each player is simply to get their hands on the ball for their team. The eight forwards and the scrum-half are the players who make up the line-out.

The most important players are the hooker, the two second rows and scrum-half.

They are responsible for getting the ball out to the backs or for the rest of the forwards.

That does not mean the other players have nothing to do. Far from it, the line-out must be formed past the five-metre line and no more than 15m in from the touchline, and both teams must have a one metre gap between them. If the referee decides one team has purposely closed the gap, a penalty will be awarded to the other team.

The hooker is usually the player with the job of throwing the ball into a line-out. Their aim is to find the "jumper", usually the two second rowers.

But this is not easy.

The other team also want the ball, so they'll be doing all they can to upset the hooker's throw.

The hooker gets a call from one of the jumpers or the scrum half, usually in a code no-one except your team understands, on who to aim the throw at.

They must stand behind the touch line when they make their throw. And the throw must be deadly straight, otherwise the referee will have the line-out taken again, but this time the opposition get the throw in.

## **PATRONS SOCIETY OF KENYA**

The Kenya Rugby Football Union hosted their second mini rugby tournament at the RFUEA grounds on the 12th of July 2009. The competition attracted various teams with the inclusion of a team from the outskirts of Garissa and one high school team, Muhuru Muchiri, in the under 16 category. Other teams included KCB, Mwamba, Impala, Harlequins, Safari Mchezo, Bull Bull, Runda, Ngong, Arise, Koinonia and Umoja. The tournament was played in a round robin basis with different age categories varying from U-10, U-12, U-14 and U-16



## UPCOMING INTERNATIONAL FIXTURES

| FIXTURE                  | VENUE   | DATE                          |
|--------------------------|---------|-------------------------------|
| • CAR U-19 TOURNAMENT    | NAIROBI | 3RD AUGUST 09—11TH AUGUST 09  |
| • ELGON CUP 1ST LEG      | NAIROBI | 15TH AUGUST 2009              |
| • ELGON CUP 2ND LEG      | KAMPALA | 29TH AUGUST 2009              |
| • CAR WOMEN'S TOURNAMENT | KAMPALA | 26TH SEPT 2009—27TH SEPT 2009 |

## PICTORIAL



Victorious Sevens Select Team with Mayor of Mission, British Columbia, Canada, Mr. James Atebe (centre)



National 15's team posing with the runners up trophy at the concluded Africa Rugby Confederation Trophy Tournament held in Morocco



Women's 15's team warming up before clashing with Uganda in last years Elgon Cup first leg



Patrons Society Of Kenya Donating kit to KRFU.



## Introduction to the Kenya Rugby Football Union

Kenya Rugby Football Union is the body mandated to run and manage rugby affairs in Kenya. The first Kenyan Rugby Club was established in 1923. In early years, Kenya was a favored touring destination for rugby Unions having played host to great sides back then including Stellenbosch University, The British Isles, South Africa, Wales, The Barbarians, and notable British Clubs.

Having been run by the Rugby Football Union of East Africa, in 1971, Rugby in Kenya became the responsibility of Kenya Rugby Football Union. KRFU has continued to run the sport professionally and its no wonder that KRFU was voted the best run federation during the SOYA Awards 2008. The National Sevens Rugby Team also scooped the Men's Team of the Year award for the 2<sup>nd</sup> consecutive Year.

KRFU has grown its Sevens Team to be an international product of great repute. We hope to use the status and stature of our National Sevens Team to grow rugby generally in Kenya. It is our intention to be in the 2015 RWC XV, and to this end, KRFU is aligning itself with strategic partners who will help us achieve this dream. By finishing 4<sup>th</sup> in the RWC 7s in Dubai, Kenya has already qualified for the 2013 RWC 7s, and we intend to be able to go a step further than in Dubai.

## Our Objectives

The key short & medium term goals are to:

1. Increase Rugby Participation. A formal introduction at primary school level, where the sport has hardly existed, will be closer to the ideal of rugby as a community sport, and will feed into, and complement the massive rugby interest at high school level
2. Set up a National Rugby Competitions structure for the primary schools game
3. Induce teacher involvement in administration, coaching &/or refereeing, as a way of transferring ownership of the sport beyond the confines of the Union
4. Introduce Best Practice and Quality Assurance Standards.

**Thank you for all the feedback from the first newsletter. It was really appreciated and all suggestions were put into consideration. Any other comments or suggestions will be welcomed. Feel free to contact the Union with your feedback.**

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