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## KENYA RUGBY FOOTBALL UNION NEWSLETTER.

OCTOBER ISSUE

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### IRB WORLD STANDINGS (15's)

	PARAGUAY	—	37
	LITHUANIA	—	38
	IVORY COAST	↑	39(40)
	MOLDOVA	↑	40(41)
	UGANDA	↑	41(43)
	KENYA	↓	42(39)
	CROATIA	↓	43(42)

Done by: Michael Opondo

## IMPALA ARE THE GRANDSLAM CHAMPIONS

### Supremacy Cup

Venue: RFUEA Grounds  
 Date: 31st October 2009  
 Harlequins - 24  
 Impala - 33

Kenya Cup champions Impala RFC bounced back from last weekend's 6-19 Enterprise Cup final loss to dominate their conquerors Kenya Harlequin FC, running off 33-24 winners, a result that saw them take home the 2009 Supremacy Cup title. The first half was quite tight with the scores being 12 - 10 to Impala at the interval. Second half saw Impala go on a rampage with tries from Lawi Buyachi and Kevin Gisore who got one

earlier in the first half. More points came from 3 penalties and a successful conversion. With a clear lead opening, Impala put their foot of the gas and almost allowed Quins to make a late comeback with 2 late tries from Sidney Ashioya and Tony Mutai plus a successful conversion. Quins managed to hold on to take the Supremacy Cup.

### ESS Supremacy Cup

Harlequins II - 25  
 KCB II - 10

Quins II claimed the Eric Shirley Shield's Supremacy clash with a 25-10 win over their growing rivals

KCB II. KCB's Keith Kibira scored the game's opening try but Quins hit back with a try from Ronald Nyambok that Lyle Asiligwa converted. Allan Omuka added a second try for Quins with Asiligwa converting for a 14-5 lead before Mike "Zebra" Omondi added a second try for KCB as Quins led 14-10 at the break.

Second half saw Quins dominate with Asiligwa putting over a penalty for a 17-10 lead. Collins Omae's try extended Quins lead to 22-10 with Asiligwa adding a penalty. Final score Quins II 25 - KCB II 10

### Enterprise Cup Final

Venue: RFUEA Grounds  
 Date: 24th October 2009

Harlequins - 19  
 Impala - 6

Kenya Harlequin FC are the 2009 Enterprise Cup winners courtesy of a 19-6 win over Kenya Cup champions Impala RFC at the RFUEA. The match started on a tentative note, both sides cautious in their initial approaches and it was Quins who made the

first forays into the Impala half. Impala lost their reliable fly half Peter Ocholla on 14 minutes through injury. Quins scores came from 3 converted penalties from Jude Thumbi and a try each from Allan Onyango and Dennis Muhajji while Impala got 2 converted penalties from influential Moses Kola.

### Mwamba Cup Final

Venue: RFUEA Grounds  
 KCB II - 23

Harlequins II - 18

KCB II, playing in their seventh successive final, led 15-8 at half time before beating Quins II 23-18 to lift the 2009 Mwamba Cup, their fourth title this decade.

Benjamin Ojema scored two tries for the Cubs with Anthony Ochino adding another. Steve Matioli added a conversion and two penalties. Victor Sudi scored two tries for Quins with Cyrus Omondi adding a third try. Lyle Asiligwa kicked over one penalty.

## SAFARICOM SEVENS 2010

Safaricom made a grand entry into rugby when they sealed a three-year sponsorship deal worth Sh90m for the Safari Sevens with the Kenya Rugby Limited. Safaricom chief executive officer, Michael Joseph, handed over a cheque of Sh25m to Kenya Rugby Football Union (KRFU) Chairman, Richard Omwela for the 2010 championship. From the package that was unveiled on Friday 23rd October at Safaricom House, Sh22m will go directly to the organisation of the event while Sh3m will be used to set up a modern media centre at the Rugby Football Union of East Africa, the traditional venue of Safari Sevens.

Joseph explained that Safaricom Foundation will join venture with KRFU to refurbish the RFUEA grounds to the required international standards. He also noted that Safari Sevens has over the years grown in leaps and bounds to be Africa's premier sevens event hence his delight to partner with KRFU in giving it a push to further heights.

Close to 12,000 people attended this year's Safari Sevens giving the Union a profit amounting to Sh15m from the event. Mr. Omwela explained that Sh7m has been used as a down payment to enable them purchase the Unga grounds that are adjacent to the RFUEA and the drilling of a borehole at the same venue. The Union requires Sh60m to purchase the ground for constructing an ultra-modern stadium for rugby.

Invitations to next year's event had already gone out to all the teams that participated in this year's tournament, including South Africa, Fiji, and France, Zimbabwe, Tunisia, Uganda, Japan, Kenya, Tanzania, Zambia, Bristol University and Grenoble of France.

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"I am delighted that Safaricom has finally come on board after many years of courtship. Being associated with the largest telecoms service provider is a big statement and we welcome Safaricom with both arms," said Mr. Richard Omwela

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## RUGBY IS BACK IN THE OLYMPICS

The global Rugby family are celebrating the announcement that Rugby Sevens will be included at the 2016 Olympic Games in Rio de Janeiro.

An overwhelming vote in favour of inclusion by the International Olympic Committee members at the 121st Session in Copenhagen means that the world's top men's and women's Rugby players will have the opportunity to compete for an Olympic Gold medal, the pinnacle of sporting achievement.

Bernard Lapasset, President of the International Rugby Board, said: "This is a historic moment for our sport and for the global Rugby community, who were united in support of our campaign."

"We are excited and honoured to be joining the Olympic Games and I would like to thank the IOC members for believing in our Olympic vision and our values and recognising that Rugby Sevens is a perfect fit for the Olympic Games."

"The Olympic Games will be the pinnacle of the sport for all our athletes and the Rugby family. The best men's and women's players in the world are excited to be able to showcase their talent on the world's greatest sporting stage."

"We are now looking forward to working in partnership with the IOC to develop and implement a Rugby Sevens tournament in Rio that will reach out to new audiences and inspire a new generation of sports fans around the world," added Lapasset.



## SEVENS PLAYERS TO BE EXEMPTED

National sevens team players will be exempted from the local national sevens series that get under way on November 14 with the Dala Sevens in Kisumu. The squad of 26 players has already got down to business with gym work-out. National sevens coach Benjamin Ayimba has implored on clubs to release the players saying it was vital for the players to bond together and avoid unnecessary injuries before the IRB World Sevens series. The players include:-

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| 1. Humphrey Kayange Mwamba         | 14. Brian Nyikuli Impala            |
| 2. Lavin Asego Mwamba              | 15. Peter Ocholla Impala            |
| 3. Collins Injera Mwamba           | 16. Wilson K'Opondo Mean Machine    |
| 4. Horace Otieno Mwamba            | 17. Joshua Gathumbi Strathmore      |
| 5. Benedict Nyambu Nondiescripts   | 18. Andrew Amonde KCB RFC           |
| 6. Biko Adema Nondiescripts        | 19. Kennedy Isindu KCB RFC          |
| 7. Charles Kanyi Nondiescripts     | 20. Gibson Weru Nakuru RFC          |
| 8. Sidney Ashioya Kenya Harlequins | 21. Dennis Mwanja KCB RFC           |
| 9. Allan Onyango Kenya Harlequins  | 22. Victor Sudi Kenya Harlequins    |
| 10. Leon Adongo Kenya Harlequins   | 23. Patrice Agunda Kenya Harlequins |
| 11. Victor Oduor Kenya Harelquins  | 24. Ian Were Mean Machine           |
| 12. Naftali Bondo Kenya Harlequins | 25. Collins Omae Kenya Harlequins   |
| 13. Innocent Simiyu Impala         | 26. Maurice Mbai Strathmore         |

Apart from the IRB World Sevens Series, these players will also be called upon to do duty for Shujaa in the following targeted tournaments:

1. Safari Sevens in June 2010
2. Middlesex Sevens in August 2010
3. Abbotsford Sevens in July 2010
4. Tangiers Sevens in May 2010
5. Mosi Sevens in June 2010

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### NATIONAL SEVENS CIRCUIT DATES

Sat 14th November, 2009  
Dala Sevens – Kisumu

Sat 21st November, 2009  
Christie Sevens - Nairobi

Sat 28th November, 2009  
Prinsloo Sevens - Nakuru

Sat 4th December, 2009  
Kabeberi Sevens - Nairobi

Sat 12th December, 2009  
Driftwood Sevens- Mombasa

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## AGE GRADE RUGBY

The Kenya rugby continuum regulation for the age grade bracket U9-U16 states that All Clubs with age grade rugby are encouraged to provide facilities for the playing of youth rugby.

Special care must be taken to honor Kenya Rugby Football Unions Policy and Procedures for the welfare of young people in Rugby Union. KRFU has done all in its power to assist with the growth of age grade rugby in Kenya; it has therefore extended its mandate by taking an opportunity to seek assistance from the Ministry Of Sports to promote rugby at primary level. It has also played a bigger role of supervising, proper care of funding and taking care of medical insurance for the under-age players during match day tournament and club training session.

The Union wishes to promote the 'spirit of rugby' by providing safe environment, enjoyment and team sport that values effort as much as achievement for the game of rugby. Adults involved in developing Age grade Rugby in KRFU are Fred Ollows (Development Manager), Erick situma (Project Co-ordinator), Adelaide Nasambu and Sarah Otieno both (Faciliatators).

The adults named above have promoted a win, culture to the exclusion of the wider values of the game which include enjoyment, teamwork and respect for the effort of others

In addition to the playing rules for each age grade, KRFU wishes to thank the senior rugby clubs, Patrons and volunteer coaches for the support they have contributed in the growth of age grade rugby.

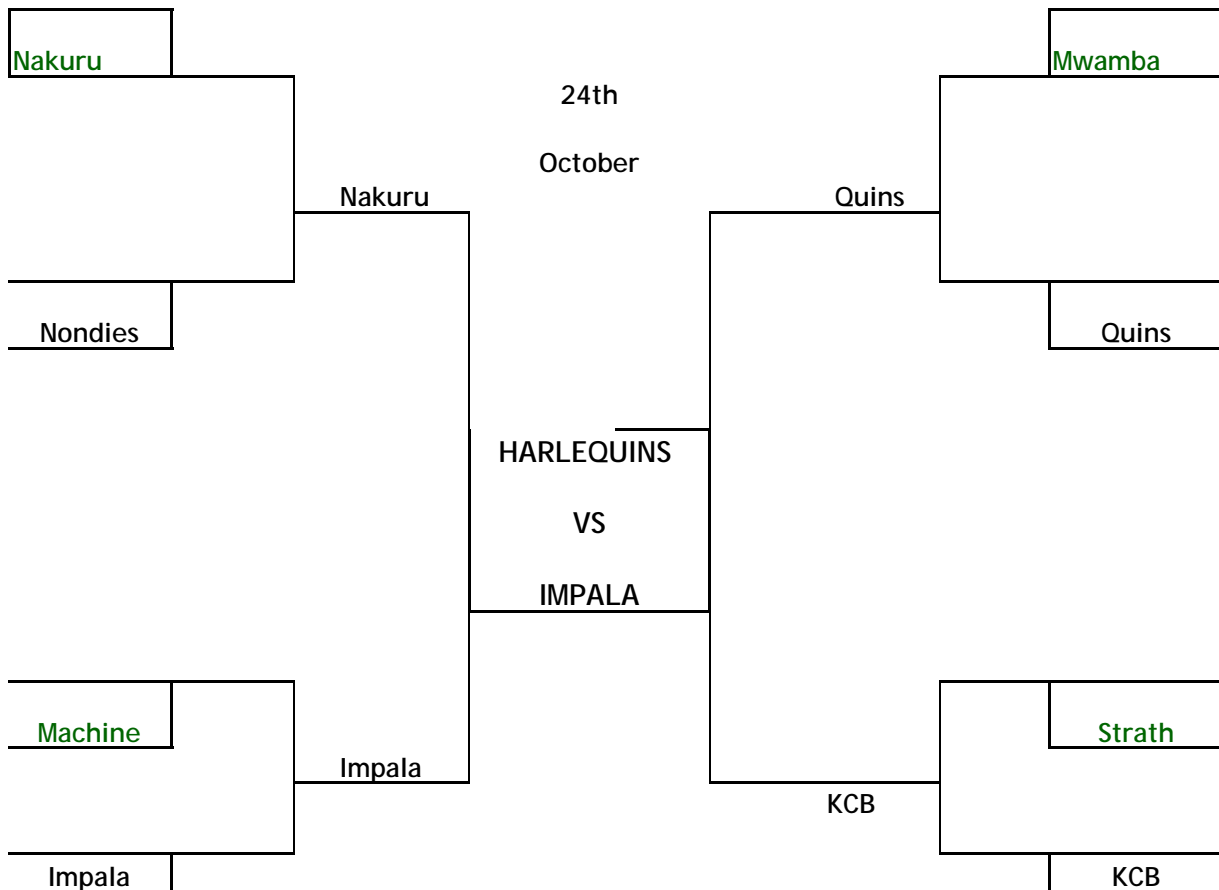
**ENTERPRISE CUP 2009**

3rd October

10th October

10th October

3rd October



Impala RFC were the first side through to the final courtesy of a narrow 13-12 away win over outgoing champions Nakuru RFC at the Nakuru Athletic Club.

Kenya Harlequin FC were held to an 8-8 draw by Kenya Commercial Bank RFC at the RFUEA in the other semi final, setting up a rare Enterprise Cup replay at the Lions Den in Ruaraka on Saturday 17th October 2009.

At the replay, Harlequins were trailing 0-3 at half time, but managed to recover to beat Kenya Commercial Bank RFC 16-6 at the Lions Den in Ruaraka, booking a place in the Enterprise Cup Final.

The result sets up a Ngong' Road derby when newly crowned Kenya Cup champions Impala RFC faced Quins in the battle for the Enterprise Cup 2009.

**Enterprise Cup Semi -Final  
10th OCTOBER 2009**

**Results**

Nakuru 12 - Impala 13

KCB 8 - Harlequins 8

**Replay 17th OCTOBER 09**

KCB 6 - Harlequins 16

**Enterprise Cup Finals Result**

Game Day: **24TH OCTOBER 2009**

Impala 6 - Harlequins 19



## MWAMBA CUP

26th Sept                      3rd October                      10th October                      10th October                      3rd October                      26th Sept  
 pre - quarters                      quarter finals                      semi finals                      semi finals                      quarter finals                      pre - quarters



### Mwamba Cup Quarter-Final

**10TH OCTOBER 2009**

#### Results

-Quins II 9 - Impala II 8

-KCB 32 - Kisumu RFC 12

### Mwamba Cup Finals Result

Game Day: **24TH OCTOBER 2009**

Quins II 18 - KCB 23

The Mwamba Cup semi finals were much more straight forward as compared to the Enterprise Cup.

Kenya Harlequin FC II who were recently crowned Eric Shirley Shield champions

beat Impala Boks 9-8 to book a berth in the final against Kenya Commercial Bank Cubs.

The Cubs sailed to the final courtesy of a comprehensive 32-12 drubbing of Kisumu RFC.

## COACHES AND REFS BENEFIT

The International Rugby Board in conjunction with the Kenya Rugby Football Union sponsored local coaches and referees to the Level Three educator training in [South Africa](#).

Four coaches and two referees benefited from the three-day programme. "The six will come back and train colleagues, thus improving the game here," said KRFU General Manager, Auka Gecheo.

The four coaches who jetted off were Kenya Commercial Bank's Michael "Tank" Otieno, Nondies' Paul Odera, Impala's Bill Githinji and Strathmore's Mitch Ocholla. The two referees were Godwin Karuga and John Boscoe Muamba. Kenya was allocated only three slots but managed to fight for six and this will really help uplift the standards of the game.

## RUGBY PATRONS DIG DEEP

KRFU received a massive boost when the Rugby Patrons Society handed over a cheque for over Shs 1.2 million for the sinking of a much-needed borehole at the Ngong Road Grounds. The amount represents 60 per cent of the cost of the borehole. Members of Kenya's renowned Rugby Sevens team, including captain Humphrey Kayange were on hand to witness the ground-breaking ceremony. Chairman of the KRFU Ground Development Committee, Aggrey Chabeda, thanked the patrons and said their generosity would ensure that Kenya rugby would continue to have a venue befitting its growing status in the international arena.

The Rugby Patrons Society was established in 1953 and has worked over the years in many different areas, from developing rugby in schools to bricks and mortar projects and providing expertise and counsel. They are perhaps best known for being the masterminds behind the highly successful Tusker Safari Sevens, now in its 12<sup>th</sup> year.

## LAWS OF THE GAME— TACKLING

Tackling is the only way of legally bringing down your opponent in rugby, but there are certain laws on how to tackle and if these are not adhered to, penalties will follow.

When you tackle an opponent, you cannot make contact above the shoulders for safety reasons. The referee will instantly give a penalty if he sees a high tackle, and a few stronger words may follow if the challenge is deemed dangerous.

### GOING TO GROUND

Once a player in possession of the ball has been brought to ground by a tackler, they must release the ball immediately.

They can do this either by

passing off to a team-mate or placing the ball on the ground. The tackler must release the player they have just brought down and roll away from them and the ball.

If the referee believes the tackler has not rolled away quick enough, he will award a penalty to the opposition. The same is true for the player who has been tackled. If they do not release the ball immediately and roll away from it, they will concede a penalty.

Referees are strict on this, because players can often try to slow the ball up for the opposition, helping their side to re-group in defence.

If they are quick enough, a

team-mate of the tackler can pick up the ball from the contact area as long as they are on their feet. However as soon as a team-mate from the ball carrier's side comes into contact with that player and the ball is still on the ground, the tackle then becomes a ruck.

None of the tackler's team-mates can attempt to handle or pick up the ball once the ruck has formed. However they can use their strength to drive over the team in possession and attempt to win the ball. There are certain situations where tackles cannot be made.

If the ball carrier has been held by an opponent, but has not gone to ground, and a team-mate has bound onto them, a maul is formed. At that point a tackle cannot be made for safety reasons.



## UPCOMING INTERNATIONAL FIXTURES

FIXTURE	VENUE	DATE
• Dubai Sevens Series	Dubai	4th -5th December
• South Africa Sevens Series	George	11th-12th December
• New Zealand Sevens Series	Wellington	5th-6th February
• USA Sevens Series	Las Vegas	13th-14th February
• Australia Sevens Series	Adelaide	20th-21st March
• Hong Kong Sevens Series	Cathay Pacific	26th-28th March
• England Sevens Series	London	22nd-23rd May
• Scotland Sevens Series	Edinburgh	29th-30th May
• Commonwealth Games 2010	New Delhi, India	3rd-14th October

## PICTORIAL



**Impala, 2009 Supremacy Champions**



**Kenya Harlequins, 2009 Enterprise Champions**



**Borehole being dug at the RFUEA Grounds**



**Part of KRFU's efficient team**



## HUMPHREY KAYANGE'S OLYMPIC PUSH

October 9, 2009,

“The Kenya national sevens team captain, Humphrey Kayange, took to the podium at a hashed Bella Centre. This time not to lead his soldiers in devouring the likes of Fiji, New Zealand, England or South Africa as they had done before.

The 27-year-old international centre was to present a simple yet decisive case to the world on the need to have rugby back to the Olympic Games fold. The audience was not the cheering crowd that have always threatened to blow up the rooftop of the stadium as they rout for the Kenyan team but the attentive 121st IOC Session of 90 members in the city of Copenhagen, Denmark.

In his entourage to promote the IRB case were IRB chairman Bernard Lapasset; Augustin Pichot, former captain of Argentinian Pumas' third of the last Rugby World Cup; Cheryl Soon, the captain of Australian woman team that won the Women Seven World Cup last winter in Dubai; Anastasia Khanova, one of Kazakhstan's top female players; and New Zealand rugby legend Jonah Lomu. Kayange's articulate presentation prevailed, to earn rugby recognition as an Olympic Sport by a majority vote. Sevens received 81 votes for and eight against with one abstention, while golf had 63 for and 27 against with two members abstaining. Kayange could have captained Kenya's team to the fifth Rugby World Cup semi-final in Dubai last March, but winning the bid for rugby sevens was the best moment in his rugby life.

“I was out of this world since it was history in the making. I was elated and happy that the journey was worth taking,” said Kayange. “It took months of hard work, commitment and research to come up with an absolutely fine presentation. It was such a happy feeling that rugby now is part of the Olympic.” Kayange and Kenya played a pivotal role in the historic feat. “It's a great life-changing experience for me, and it now makes the Olympics the top most target for us now. We shall now not just focus on athletics for medals but rugby too,” said Kayange.

“God willing, I must be at the Olympics; if not as a player a coach, manager or in a personal capacity,” he said.

Describing sevens as a “modern, youthful and skillful sport”, Kayange explained that the Olympic Games was the pinnacle and dream for every sportsman or woman and that the memories that go along in winning the coveted medals leave a permanent mark.

Kayange noted that it was upon IRB and its affiliates to intensify its activities through its development programmes for the youth to ensure more of them take up the game. He said: “More should be invested in training facilities to cater for the increasing number of rugby players.” **eastandard.net**

**To see the Olympic bid video, simply use the link provided: [http://www.youtube.com/user/iocmedia#p/a/u/0/YQvu9k\\_TW38](http://www.youtube.com/user/iocmedia#p/a/u/0/YQvu9k_TW38)**

**Thank you for all the feedback regarding the 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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