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SEO Content

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	Og Meta Properties	Good, your page take advantage of Og Properties. <table><thead><tr><th>Property</th><th>Content</th></tr></thead><tbody><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>(no title)</td></tr><tr><td>description</td><td>Official Website of the Kenya Rugby Union</td></tr><tr><td>url</td><td>https://www.kru.co.ke/</td></tr><tr><td>image</td><td>https://s0.wp.com/i/blank.jpg</td></tr><tr><td>locale</td><td>en_US</td></tr></tbody></table>	Property	Content	type	website	title	(no title)	description	Official Website of the Kenya Rugby Union	url	https://www.kru.co.ke/	image	https://s0.wp.com/i/blank.jpg	locale	en_US
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- [H3] Kabras reclaim the Kenya Cup!
- [H3] Kioko to officiate prestigious Zimbabwean final
- [H3] Kenya Lionesses Graduate in the second phase of the Arise Isuzu CSR project
- [H3] Kenya Cup final venue confirmed
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- [H3] Kenya Simbas Provisional Squad Named Ahead of 2023 RWC Qualifiers
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- [H3] Growing Rugby In Northern Kenya Through the Lewa Conservancy Rugby Week
- [H3] Ongo holds one point lead atop Kenya Cup scorers chart
- [H3] KRU and Shamas Rugby Foundation Conduct Get Into Rugby Course
- [H3] Enterprise Cup kick off date set for March 19
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- [H3] Focus on Nakuru and Impala Saracens as Kenya Cup enters match day six
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- [H3] Two matches lined up as Women's Kenya Cup resumes
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- [H3] Kenya Cup Week Two Round Up
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- [H3] Introduction of women's league excites Lionesses coach
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- [H3] 'Game On Global' community law variations to advance rugby accessibility and welfare
- [H3] World Rugby ups the pace of women's rugby with second phase of women's strategic plan
- [H3] Maseno to serve four match home ban
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- [H3] Odera praises Simbas resilience after Brazil victory
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- [H3] Oduor, Musonye, Njoroge and Odero included in Simbas squad to face Brazil
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- [H3] Otieno is October's Sports Personality of the Month
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- [H3] Head To Head: Kenya v Namibia
- [H3] Shamas, Kabarak promoted to KRU championship
- [H3] Five Changes In Simbas Match Day 23 facing Namibia
- [H3] Match Official Appointments: Nationwide Semifinals
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- [H3] Rugby season under new trial rules promises exciting brand of play
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- [H3] Quest for Championship promotion begins this weekend
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- [H3] Germany, Samurai and Uganda unbeaten in day two of the 2021 Safari Sevens
- [H3] Free Covid-19 vaccinations on offer at Safari 7s

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- [H3] 2021 Safari 7s Order of Play
- [H3] Sevens great Kayange inducted into World Rugby hall of game
- [H3] Shujaa seeded first for Safari 7s
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- [H3] Live broadcast for Safari 7s
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- [H3] Safari 7s tickets now on sale!
- [H3] KRU confident of hosting successful Safari Sevens event
- [H3] Spain, Germany latest confirmations for Safari Sevens
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- [H3] A Rugby Tribute to Edwin Alfred (Eddie) Bristow by Paul Okong'o
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- [H3] Simbas lined up against Currie Cup's creme de la creme in Carling Champions match
- [H3] KRU hosted to bilateral talks on growing the game in Nyandarua County
- [H3] Job Advertisement: Chief Executive Officer: Kenya Rugby Union
- [H3] Shujaa close out 2021 season in third place
- [H3] Edmonton Sevens: Shujaa to face Germany in cup quarters
- [H3] Peter Drewett appointed KRU High Performance Consultant
- [H3] Advisory: Non Official Kenya Rugby Merchandise
- [H3] Shujaa finish second in Vancouver
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- [H3] Kenya Rugby Women's Franchise Heads Into The Finals
- [H3] World Rugby launches Tackle Ready to educate players on safe tackle technique
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- [H3] We are ready! - Mwanja
- [H3] Habimana expecting great Kenya Cup final
- [H3] 2021 Kenya Cup Final: Kabras v KCB: Head to Head Record
- [H3] World Rugby partnering with unions and regions to grow the sport
- [H3] Shujaa training squad announced ahead of 2021 HSBC Sevens World Series
- [H3] Bomet hosts landmark women's U20 event
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- [H3] Ndungú takes charge of Kenya Cup final

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- [H3] Usual suspects in Kenya Cup final
- [H3] Kenya Cup Semis: Team News and Livestream Info
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- [H3] Match Official Appointments: Kenya Cup Semifinals: 28 August 2021
- [H3] Oloo rues missed chances against Colombia
- [H3] Hard fighting Lionesses narrowly lose to Colombia
- [H3] Lionesses squad to face Colombia revealed
- [H3] Match officials announced for Kenya - Colombia clash
- [H3] Kenya Cup semifinal pairings confirmed
- [H3] Kenya in positive mood ahead of Rugby World Cup 2021 qualifier
- [H3] Ndovu and Tier Two Combined Emerge Victorious At The Women's 15s Franchise
- [H3] Rugby mourns ex-KCB forward Amukhama
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- [H3] Two midweek fixtures on the cards as Kenya Cup league phase nears completion
- [H3] Gallant Lionesses hold their own against Springbok Women
- [H3] Kenya Lionesses v Springbok Women: Second Test: Live
- [H3] Eleven changes for Lionesses ahead of second test
- [H3] Kenya Cup Round Up: 14 August 2021
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- [H3] Kenya Lionesses v Springbok Women Live
- [H3] Rift Valley Region welcomes the U20 Girls Training Program this weekend
- [H3] Impala edge Strathmore in midweek thriller
- [H3] Lionesses squad facing Women Boks in first test named
- [H3] One fixture lined up in midweek Kenya Cup action
- [H3] Beaumont leads congratulations to Kenya rugby sevens legend Humphrey Kayange on becoming an IOC member
- [H3] Mwamba Inks Deal With Wadi Degla, Launches Rugby Academy
- [H3] Who joins Kabras and KCB in the Kenya Cup semis?
- [H3] Kenya Lionesses Head To South Africa For A Two-Test Series
- [H3] Lionesses to play South Africa in two test series in Stellenbosch
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- [H3] Change in Saturday live broadcast schedule
- [H3] Oloshibor Primary School Hosts First Damu Pevu Interclass Tournament
- [H3] KRU Kicks off Women's U20 Team Training Program
- [H3] Kenya Cup final venue hinged on outcome of Kabras - KCB clash
- [H3] Frenetic action expected as MMUST and Blad face off at Nandi Bears
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- [H3] Tanga, Lilako lead Kenya Cup try scoring chart
- [H3] Mwamba, Oilers clash moves to 11 August
- [H3] Kabras hots KCB in top of the table clash at Nandi Bears
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- [H3] KCB hit Nakuru in sole Saturday clash
- [H3] Lionesses finish 10th in Tokyo
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- [H3] Lionesses Beat Japan in 9th Place Semifinal
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- [H3] Lionesses eliminated from medal contention in Tokyo
- [H3] Spirited Lionesses Fall To ROC In Second Pool Match
- [H3] Lionesses go down to New Zealand in Olympic opener
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- [H3] Shujaa Beats Japan To Secure Ninth Place Final Slot
- [H3] Shujaa knocked out of medal contention in Tokyo
- [H3] Blitzboks Too Strong For Shujaa
- [H3] Last minute heartbreak for Shujaa as Olympic campaign begins
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- [H3] Nandi County hosts double header as Kenya Cup enters match day 10
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- [H3] Rynhardt Forbes Joins Kenya Simbas Technical Team As The Performance Analyst
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- [H3] Chipu edge Madagascar to retain the U20 Barthes Trophy
- [H3] Madagascar edge spirited Lionesses
- [H3] Lionesses reveal squad to seek revenge against Madagascar
- [H3] Lady Makis looking to do the double against the Lionesses
- [H3] Mutai counts on Chipu's systems ahead of Barthes Trophy decider
- [H3] Madagascar expect physical battle against Kenya in Barthes Trophy decider
- [H3] Live broadcast for Rugby Africa "Super Sunday" action
- [H3] Senegal make it two out of two in Nairobi
- [H3] Shujaa, Lionesses fixtures confirmed as World Rugby releases Olympic schedule
- [H3] Matoka leads U20 Barthes Trophy scoring charts
- [H3] Senegal, Zambia declare their squads ahead of crunch Rugby Africa Cup clash in Nairobi
- [H3] Odera optimistic that Simbas will bounce back
- [H3] U20 Barthes Trophy: Matoka, Salotra shine bright in Nairobi
- [H3] Ranking drops for Simbas and Lionesses after Saturday defeats
- [H3] Shujaa, Lionesses Olympic squads announced
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- [H3] Madagascar ready for the Kenya Lionesses challenge in the Rugby Africa Women's Cup
- [H3] Sikuta brothers start as Kenya names seven debutantes for Senegal clash
- [H3] Kendagor to lead Lionesses against Madagascar
- [H3] Team Madagascar finally lands in Kenya for the 2021 U20 Barthés Trophy and Rugby Africa Women's Cup
- [H3] Lionesses to host Madagascar at Nyayo
- [H3] Wednesday arrival for Madagascar as U20 Barthes Trophy continues
- [H3] Simbas brace for Senegal and Zambia as RWC 2023 qualification begins in earnest
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Solidarity Camp

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- [H3] A 21-Man Shujaa Squad in Kasarani Ahead of Stellenbosch Training Camp
- [H3] Lionesses 7s Team In Kasarani Ahead Of Tunisian Solidarity Camp
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Images

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	Iframe	Great, there are no Iframes detected on this page.

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	URL Rewrite	Good. Your links looks friendly!
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	In-page links	We found a total of 392 links including 0 link(s) to files
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