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[Dani Marshall](#)

Co-authored by WomensSports, Alice Soper


 Womenssports


WomensSports present's Alice's Soapbox: Ruahei Demant (Rugby 15's)


Nau mai, haere mai and welcome to the first episode of WOMENZSPORTS presents Alice's Soapbox!

WOMENZSPORTS is hyped to share our kōrero with Ruahei Demant: the co-captain of the World Cup Champion Black Ferns, 2022 World Rugby Women's 15s Player of the Year, and player for the Auckland Blues, Auckland Storm, and College Rifles. Sports journalist and rugby player Alice Soper sits down with Ruahei Demant to discuss everything from getting started in rugby to the challenges faced by players as the women's rugby game grows in Aotearoa New Zealand. They also explore the importance of honouring culture and heritage, and Ruahei reveals her tuākana (big sisters) and tēina (little sisters) within rugby!

[Check it out here on Spotify now!](#)

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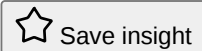
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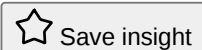


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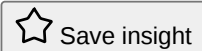


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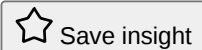


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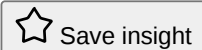


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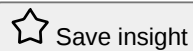


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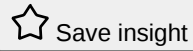


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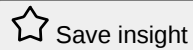


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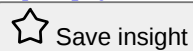
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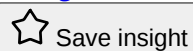


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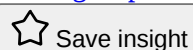
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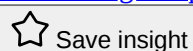
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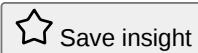
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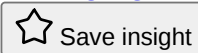
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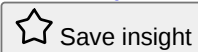
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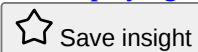
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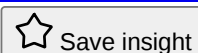
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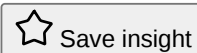
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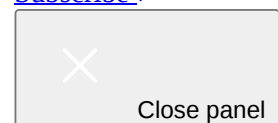
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