

Gord MacKinnon

Born in Scotland, Gord MacKinnon and his family moved to Scarborough, Ontario in 1963. In high school he played sevens rugby for Sir Oliver Mowat Secondary School, moving to BC in 1978, where he started playing for the Pocomo Rugby Club in the Fraser Valley.

MacKinnon started to make a name for himself in the early 1980s while representing the Fraser Valley. He played for Canada's Men's Rugby Team from 1985 to 1995, competing in the 1991 and 1995 Rugby World Cups (injury kept him out of the 1987 Rugby World Cup). He retired with 28 caps after the 1995 tournament.

From 1986 to 1995, MacKinnon also played in various sevens tournaments, including the 1993 Rugby World Cup Sevens in London, where Canada lost to England in the quarterfinals. In 1997, MacKinnon briefly came out of retirement as a late injury replacement for the Rugby World Cup Sevens Qualifier, helping Canada qualify for the 1997 tournament.

MacKinnon's playing career also included playing the one and only Canadian Wolverines game against Scotland in 1985 and in the 1989 and 1990 CanZ series between Canada, New Zealand and Argentina provincial sides. In 1992, he played in a Can Am test match with his brother, winger Scott MacKinnon.

Additionally, from 1988 to 1995, MacKinnon played for the Ex Brits Club in Vancouver and for the Vancouver representative side. From 1984 to 1995, he played for the BC representative side in their significant wins over Queensland in the early 80s and Scotland in 1985.

His accolades include being selected by World Rugby Magazine in 1992 as one of the "Top 100 players in the first 100 years". That same year, he was selected to the World XV for the New Zealand Centenary, playing in two of three games. In 2019, he was inducted into the BC Rugby Hall of Fame.

MacKinnon was named back-to-back Reebok Crossfit Champion in the Master's Division (50 to 54) in 2011 and 2012, and in 2019 became Crossfit Games Champion for over 60s.

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