



## Mark Cardinal

Mark Cardinal's rugby journey began in 1976 at SJ Willis Junior High School in Victoria, BC, where he picked up a rugby ball for the first time. From there, Mark continued to play rugby at Victoria High School from 1977 to 1979, winning the BC High School Championship in his grade 11 year. His rugby career started in the back row of the scrum before his rugby talents proved to make him a dominant player at hooker, wearing the number two jersey for most of his career.

Locally, Cardinal played with the James Bay AA Rugby Club after graduating high school in 1979 until he hung up his boots in 1999. Cardinal also represented Vancouver Island while playing with the Crimson Tide from 1983 to 1995 as well as British Columbia's provincial teams where Cardinal was part of several Canadian National Championships.

Cardinal's career with Canada on the international stage was highlighted by three Rugby World Cup appearances in 1987, 1995 and 1999. During his time representing Canada, Mark earned a total of 46 caps, starting in 35 of the test matches he played.

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