



Mike James

Mike James' illustrious rugby career began at Burnaby's Alpha Secondary School, where he started playing rugby in grade 11. His play in school and for the Burnaby Buffaloes U19 team led to selections for the Fraser Valley U19s at the British Columbia Summer Games and for BC in the U19 National Championships in 1992. James broke onto the senior national team in 1994, winning his first two senior caps before his first U23 call up.

Shortly after his international debut, James was named to his first Rugby World Cup. He went on to earn 57 caps all as starter, over 1994 to 2007 as Canada's most-capped men's second row at the time, playing in four Rugby World Cups (1995, 1999, 2003, 2007) and captaining the team four times between 2003 to 2007.

James began his professional rugby career in 1996 in France's Top 14 Premiership with Perpignan, where he spent four seasons (1996 to 2000), captaining the team for a time as well, before joining Parisian side Stade Francais (2001 to 2007). James was a key component of Stade Francais' Top 14 Premiership titles in 2003, 2004 and 2007. He competed in two Heineken Cup finals and played five times for the French Barbarians.

Upon his retirement from playing, James returned to British Columbia, where he coached the BC Bears from 2007 to 2010, leading them to a historic win over Russia in Victoria, and a Canadian Rugby Championship title in 2009. He has also held a number of roles with BC Rugby.

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