



Mandy Marchak

Mandy Marchak played a prominent role in Rugby Canada's fifteens and sevens programs during her career. Marchak began playing in Manitoba and was inducted into the Manitoba Rugby Hall of Fame in 2017 following an outstanding career. Marchak has been described as a hard hitting and hard running centre. She moved from Winnipeg to British Columbia to play with Capilano in 2004, and in 2009 she was named BC Premier Player of the Year.

Marchak relocated to England for three years to play with historic club Saracens RFC in London. During her tenure in England, she was invited on a number of occasions to play for representative teams in England during charity and fundraising initiatives and through these exhibition matches was able to compete alongside many notable internationals.

On the 15s circuit, Marchak represented Canada for the U-19 side in 2002 and U-23 side in 2004. She was selected to the 2006 World Cup side and played in an impressive three World Cups in total (2006, 2010, 2014), capturing a silver medal in 2014.

Marchak also competed with the women's sevens program and went to the first sevens World Cup in 2009 as well as the 2013 7's World Cup in Russia. During the 2011 Sevens season, Marchak was selected as captain of the Canada's women's team for the season. That team went undefeated during the year, winning all four tournaments they competed in.

Marchak retired in 2016 and has shifted her focus to giving back to the sport through coaching. Areas she has focused on include high school, BC's Elite 7s program and Thunder Rugby.

Notable Career Statistics

- 43 International Caps (15's)
- 17 International Caps (7s)
- CDI BC Women's Premier League Player of the Year 2008-09
- Canada Women's 7s Captain 2011-12 (Four Tournament Victories: Las Vegas, Hong Kong, Amsterdam and Dubai)
- Silver Medal 2014 Women's 15s World Cup France
- Silver Medal 2013 Women's 7s World Cup Russia

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