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It was a game that even the field announcer had trouble getting right. After two corrections, it was made clear that Burnaby Lake and Emerald City Mudhens would face off for bragging rights and a purse of $750 for the Vancouver 7s women's final.

Despite a molasses-like start by both teams, Burnaby Lake put the Seattle-based Mudhens away in the second half 29-10 and keep everything in Canada.

“We’ve played this team before and it’s always tough and this game was no different,” Burnaby Lake head coach Roko Kapaiwai said. The Mudhens got it all started with score off a lineout to take a quick 5-0 lead. However, Burnaby Lake used their arsenal and experience to perfection by scoring off a scrum and using a skilled backline to make a few Mudhen defenders miss for a 12-5 lead.

However, the Mudhens would see to it that they were going to do everything they possibly could to make sure they would go down quietly by scoring to pull within two points 12-10 at the half and putting Burnaby Lake slightly on their heels. “We were scrambling and following the ball too much in the first half,” Kapaiwai said. “I told them to spread the field and to make at least two passes to open the lanes because that’s what we do best.” And from that point, Burnaby Lake looked like a different team.

By scoring 17 unanswered points in the second half, which included an incredible breakaway by Canadian national team player Maria Gallo, the championship looked to be secure in Canadian hands. “It felt really good to get this win,” Gallo said. “We’ve got a mixed squad this year and it’s good to see a lot of players making the transition from 15s to 7s and I think communication has been key to that transition.”

Now should the USA and Canada get a chance to play each other again, Gallo says past mistakes have to be avoided.

“In the past, we’ve been caught up in their physicality, which is not good for us,” Gallo said. “We’ve got a lot of speed and if we can use it, I think they will have a tough time competing with us.”