

**MCKECHNIE CUP PRIDE**

The Pacific Pride U-23 rugby development side and BCRU premier team topped the Vancouver rep team 25-15 at Brockton Oval to take the McKechnie Cup on Wednesday. Sean O'Leary, Mike Daniels and Capilano RFC product Jamie Cudmore all scored tries for the Pride while Derek Daypuck was good for a pair of penalties and two conversions.

# sports

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NEWS photo Julie Iverson

**CAP College Lady Blues striker Sarah Regan, left, accepts her North Shore Sport Award in the open female category at a ceremony Wednesday night at Park Royal. Presenting is Laura Jones of North Shore Athletics. Regan was also given the CCAA female athlete of the year award that same night.**

## Sarah Regan reigns supreme

**Jan-Christian Sorensen**

*jsorensen@nsnews.com*

**SHE'S come a long way, baby.**

When Sarah Regan accepted her North Shore Sport Award for top open female on Wednesday night at the award ceremony, it capped off a remarkable three-year rise for the Carson Graham product and Cap College Lady Blues soccer team striker.

Regan earned an astounding 15 local, provincial and national sport awards this season en route to helping the team to its fifth national title in the past seven years — the biggest honour being the CCAA female athlete of the

year award, which was also presented to Regan on Wednesday night.

To recap, here's Regan's 2001 season resume: the BCCAA provincial female athlete of the week (Sept. 30); BCCAA top goal scorer (nine goals in 11 games); BCCAA conference all-star; BCCAA provincial championship title; BCCAA provincial tournament all-star and best forward; CCAA national championship title; CCAA all-Canadian; CCAA national tournament all-star and best forward; CCAA female athlete of the month (October 2001); CCAA female soccer player of the year; 2001 Cap College Blues female athlete of the year; 2001 BCCAA

female athlete of the year; North Shore Sport Awards for top team and top open female; and the CCAA female athlete of the year.

However, when she first started on the team, says Cap head coach Doug Abercrombie, things didn't go quite so swimmingly.

"Her first year, to put it bluntly, was a bit of a disaster for her. She just wasn't focused on school and wasn't focused on soccer and didn't know what she wanted to do. It's typical of a kid coming out of high school."

Whatever the case, Regan still picked up a provincial and national title and a BCCAA conference all-star nod that season.



**DOUG ABERCROMBIE**

Her second season with the Blues almost was a no-show — due to a then newly-adopted school stipulation that required students to