



Born on January 3rd, 1987, in Carmarthen, Ken Owens is a rugby powerhouse whose dedication, tenacity, and leadership have solidified his place as a Welsh rugby icon.

Ken was a pupil at Ysgol y Dderwen before he went to Ysgol Bro Myrddin.

Alongside playing for school and district teams as he grew, his rugby journey began with Carmarthen Athletic Juniors, where his talent as a hooker quickly caught the eye of scouts.

Making his debut for the Scarlets in 2006, he became a stalwart in the squad, known for his robust scrummaging, pinpoint line-out throws, and relentless work ethic.

A proud Welshman, Owens earned his first cap for the national team in 2011, and since then, he has been a cornerstone of the Welsh pack.

His ability to combine the traditional skills of a hooker with athleticism and agility sets him apart on the field.

Owens' performances in the Six Nations, where he has been an integral part of Grand Slam-winning teams, highlight his crucial role in Welsh rugby's recent successes.

Ken Owens' leadership qualities became particularly evident when he had the opportunity to captain the British and Irish Lions during their tour of New Zealand in 2017.

Leading by example, he showcased not just his rugby prowess but his ability to inspire and unite a diverse group of players.

Off the pitch, Owens, nicknamed the Sheriff, is known for his humility, sportsmanship, and commitment to the community.

His boots and many of his playing shirts are proudly displayed on the wall at Carmarthen Athletic Rugby Club.