



Born on May 5, 1995, in Carmarthen, Ryan Elias is a rugby talent whose journey started on Model Primary School field, all the way to the international stage with Wales.

Elias' passion for the game blossomed in the rugby-rich community of Carmarthen, playing for the red and black of Carmarthen Athletic as a junior and youth.

In 2015, Elias made his debut for the Scarlets, a pivotal moment that marked the beginning of his professional career.

His performances at the regional level showcased his prowess in the set-piece, dynamic ball-carrying, and tenacious defense, earning him recognition as one of Wales' rising stars.

Elias' journey reached new heights when he earned his first cap for the Welsh national team in 2017.

As part of the proud Welsh squad, he contributed to memorable victories in the Six Nations.

Beyond his exploits on the rugby field, Elias has remained rooted in his community, inspiring local youth with his journey from grassroots rugby to international stardom.

As a former club player, his boots are very proudly displayed on the wall at Carmarthen Athletic Rugby Club