

ADAM JONES

- **75 Wales Caps**
- **2003 – Present:** *The Ospreys*
- **2009:** *British & Irish Lions squad member (2 Test Caps)*
- **2005 & 2008:** *2 x Six Nations Grand Slam Winners Medal*
- **2003, 2007 & 2011:** *2 x Wales World Cup Squad Member*
- **2003:** *Welsh Debut*



The Ospreys star is a cult figure in Wales and has been a regular for the country since making his debut as a replacement against England in 2003. Since then Adam has repeatedly proved himself as an integral member of the Welsh side, one example being Wales winning the Grand Slam in 2005, where Adam started each one of the games en route to glory.

Given the nickname 'Hairbears' due to his flowing locks, Adam has a fantastic sense of humour and friendly personality to match it. Don't let Adams hair style distract you though, his sheer physicality and exquisite execution in the scrum makes Adam one of the most feared props in world rugby.



D.O.B:
08.03.1981

HEIGHT:
1.83M

WEIGHT:
125kg

CLUB:
Ospreys

NATION:
Wales

POSITION:
Prop

EXPERIENCE:
Q&A