

Owen Franks

Instagram

* In partnership with Esportif

Owen Franks is a powerful and impressive force - both on and off the field. The front rower hailing from Southland is both a Crusader and an All Black.

29-year-old Owen is a veteran member of the squad - having only missed 12 matches in seven seasons. In 2016, he became the most capped All Black prop of all time, ending the season with 90 Tests to his name.

In 2010, at just 21 years and 186 days old, Owen became the third-youngest prop to be selected for the All Blacks.

Owen is a health fanatic and lover of exercise. Alongside his brother, he co-founded the Franks Brothers chain of Crossfit Gyms. He's also super into healthy eating, reaching for paleo-based snacks and wholefoods for his dietary fixes.

A dedicated father, Owen became an advocate for the deaf community after his son was born deaf.

Renowned for his reliability and discipline - he's also a self-confessed fan of the physical side of the game. His scrummaging ability is excellent and he always gives the big hits in defence.

Owen has also grown himself a sizeable online community via his Instagram page. His inspiring presence and passionate for health and wellness makes him a great candidate for brand partnerships in this space.



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