

	Jon WESTON-STANLEY	
	21 <i>Age:</i>	Debut <i>England Caps:</i>
	Wing <i>Position:</i>	Touch Team A <i>Touch Series Team:</i>
	Men's Open <i>TWC Team:</i>	@healthyjon <i>Tweets & Instagram by:</i>

Favourite/best Touch moments:

Club: I started coaching a local Leeds touch team when I arrived at university, all of which were novices to touch. After a year I took them to their first tournament and we won.

Country: Receiving my first England jersey

Related posts:

Interview with "The Juice Executive"

the juice executive
raw fresh coldpressed daily

I have just started my own health food blog
<https://healthyjon.wordpress.com/>

My interview with "The Juice Executive" about how nutrition is fundamental to the performance of an athlete and how I feel a juice cleanse fits in with my nutritional regime.

<http://www.thejuiceexecutive.co.uk/interview-jon-weston-stanley-england-touch-rugby/>

Profile:

Beginning his Touch career in 2012 at school boy level, playing in a local CTS league.

Progressed to Portsmouth Destroyers in the CTS league, then West England Wildcats and finally England Men's Open, at the European Championships in 2014

Selected for England Men's Open Squad after being selected for West England Wild Cats Regional team

TWC aspirations: to simply enjoy every second and bring home a medal.

International record

International Debut