



# PAULA LATU

## KEY STATS

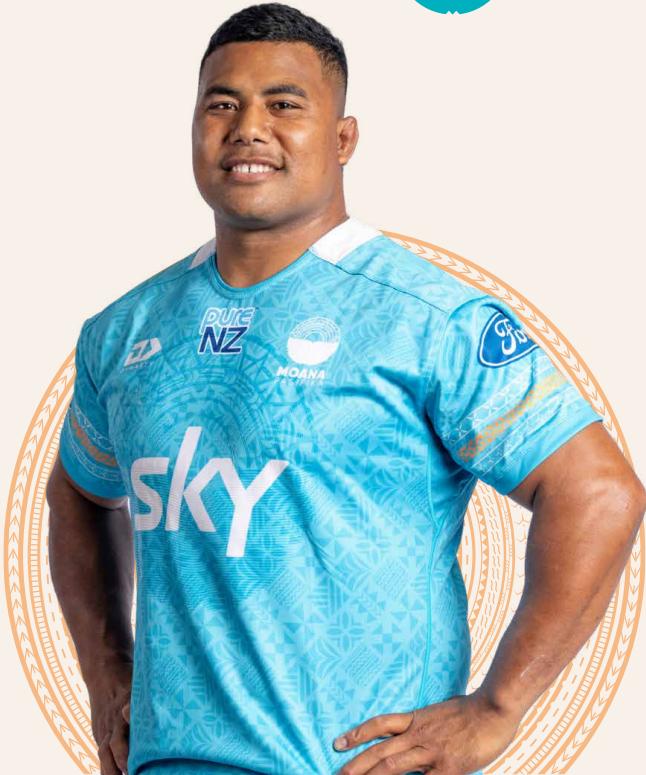
**NATIONALITY:** Tongan

**VILLAGE:** Mataika (Vava'u)

**DATE OF BIRTH:** 14/02/1996

**HEIGHT:** 1.87m

**WEIGHT:** 125kg



## BACKGROUND

Paula Latu is a powerhouse prop from Tonga and is one of 12 siblings. Latu moved with his family at age 14 to New Zealand and attended Gisborne Boys' High School.

Latu made his debut for the 'Ikale Tahi against Canada in Nuku'alofa in 2023 and made the squad for the Rugby World Cup in the same year. He appeared in Tonga's final pool game against Romania.

He plays for the Southland Stags in NPC and made his debut for the side in 2021, earning the Stags Rookie of the Year and Supporters Club's Most Promising Player Award.

In December 2024, he signed as injury-cover for Welsh club Dragons RFC in the United Rugby Championship and European Rugby Challenge Cup.