



LALOMILO LALOMILO

KEY STATS

NATIONALITY: Samoan

VILLAGES: Falefa, Sinamoga, Safotu, Salailua

DATE OF BIRTH: 12/02/1999

POSITION: Midfield

HEIGHT: 1.80m

WEIGHT: 100kg



BACKGROUND

Lalomilo Lalomilo was born in Auckland, New Zealand. He is the third oldest of seven children and was raised in Samoa before moving back to Auckland at age 12 in 2011. A broken blood vessel in his nose meant he was sent back to New Zealand to get treatment while he stayed with his aunty. He spent two years going to appointments in the lead up to surgery.

His two younger brothers joined him from Samoa in 2012 and together they stayed with their aunty, sharing a bed between them. It was a tough transition in the first two years being homesick and not knowing how to speak English fluently. Rugby became an outlet for Lalomilo who was determined to make his family proud.

RUGBY JOURNEY

Lalomilo is known for his powerful running and indestructible strength.

He attended De La Salle College where he captained the First XV in his final year in 2017. Lalomilo was selected for the Blues under-18 team and started to see rugby as a career pathway. He joined the Bay of Plenty Academy and after returning from injury in 2018, was part of their national championship-winning under-19 team. He also made his NPC debut for the Bay of Plenty Steamers in the same year.

In 2019 he was part of the New Zealand Under-20s squad that finished seventh at the World Championships in Argentina. He played alongside nine future All Blacks in the team, including the likes of Leicester Fainga'anuku, Billy Proctor, Quinn Tupaea and Tupou Vaa'i.

Lalomilo became a Chiefs replacement player in 2023 and made his Super Rugby Pacific debut for the team in Round 10 of the 2023 season against the Crusaders. He made a

total of two appearances off the bench before signing with Moana Pasifika for the 2024 campaign. He was sidelined for the entire season after needing knee surgery on his meniscus. In 2025 Lalomilo had a breakthrough Super Rugby campaign, making his debut against the Western Force in Perth.

OLYMPICS

After returning from a knee injury which ruled him out of the 2024 Super Rugby Pacific season, Lalomilo made a remarkable comeback and joined the Manu Samoa Sevens side at their first ever Olympic Games in Paris. He has the Olympic rings tattooed on his back as a memory. In the same year, Lalomilo made his debut for the Samoa 15s side against the Flying Fijians in the Pacific Nations Cup.