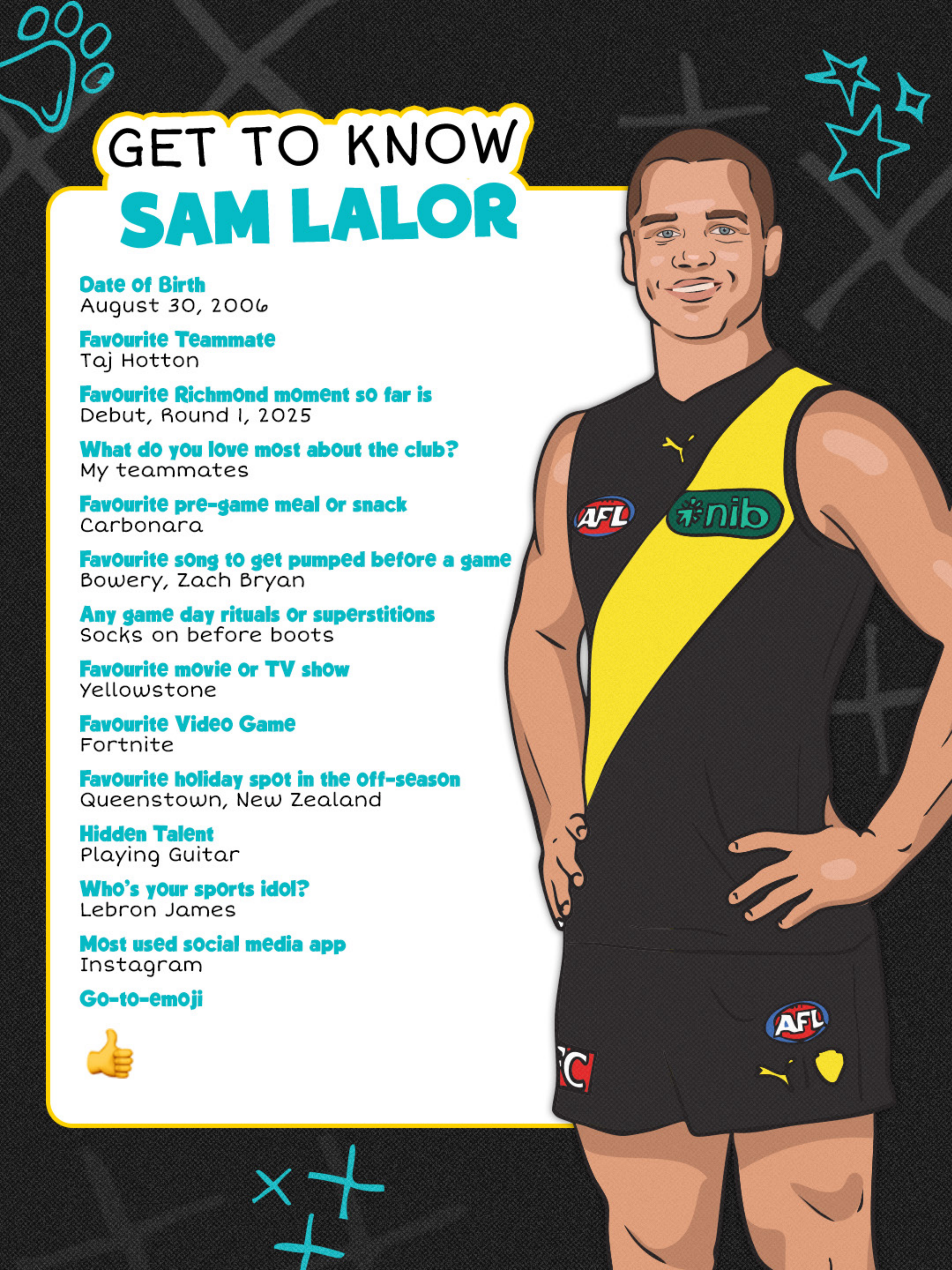




GET TO KNOW SAM LALOR

Date of Birth

August 30, 2006

Favourite Teammate

Taj Hotton

Favourite Richmond moment so far is

Debut, Round 1, 2025

What do you love most about the club?

My teammates

Favourite pre-game meal or snack

Carbonara

Favourite song to get pumped before a game

Bowery, Zach Bryan

Any game day rituals or superstitions

Socks on before boots

Favourite movie or TV show

Yellowstone

Favourite Video Game

Fortnite

Favourite holiday spot in the off-season

Queenstown, New Zealand

Hidden Talent

Playing Guitar

Who's your sports idol?

Lebron James

Most used social media app

Instagram

Go-to-emoji