



SAT **23**   AUG

3.00pm, Maidstone Park
ROUND 17

SUN **24**   AUG

11.00am, Boyd Wilson Turf
ROUND 17



weston
design

TOA





CHAIRMAN'S WELCOME



Good afternoon and welcome to Maidstone Park for the final home game of the Central League season.

A warm Upper Hutt welcome to our visitors, Wests, as they take on our Toa ITM Men's First Team in a match that could prove pivotal. With just one round remaining, the stakes could not be higher as we fight to retain our place in the Central League. If results go our way across the league, we will know by the final whistle today just what is riding on our last fixture away to North Wellington. Every voice and every cheer from the sideline counts today, so let's get behind the team and show them what Orange pride looks like.

While the Men's Firsts battle at home, our Women's First Team travel to Wellington to face Vic Uni at Boyd Wilson on Sunday. With just a few games remaining in the season, there is still everything to play for, and we wish the team all the best as they look to finish strong.

As we approach the end of the 2025 season, it is also a good time to take stock and celebrate the achievements across the club. And what a season it has been:

Our Men's Reserves are currently sitting top of the table, with a genuine Golden Boot contender in their ranks. This is a huge credit to the squad's consistency and effort.

The Men's Thirds are division winners and Golden Boot winner. Their form has been nothing short of exceptional. Our Under 17s are just one spot off the top, and with favourable results in the final few rounds, could end the season as champions. Players are also challenging for both top spots in the Golden Boot race.

In the women's space, we are in a tight race for the Golden Boot title, currently sitting first equal with the potential to take it in the final weeks.

Our Under 16 Amazons, in their first year competing in the Under 16 CDL league, are impressively second on

the table. Their rise in such a competitive league is a sign of great things to come.

There is plenty still ahead off the pitch as well. We kick off our Junior Prizegiving next week, followed by Senior Prizegiving in mid to late September. These events are always a highlight, a chance to celebrate not just results, but the spirit, effort, and commitment that define our club.

We are also preparing for a busy postseason with several tournaments on the horizon, giving our players more opportunities to grow, compete, and represent Upper Hutt with pride.

Behind the scenes, the Executive team is now shifting focus toward closing out the season and planning for the future. Work has already begun on our strategic plan, and we are closely reviewing the recent changes to the Charities Act and how they may impact our club's structure. This is important work that will help shape our direction for the years ahead, and we will be keeping the club community informed as we go.

To all our players, coaches, volunteers, supporters, and families, thank you for the energy, passion, and time you pour into this club. Whether it has been at training on a cold night, cheering from the sideline, or helping behind the scenes, it is your contribution that keeps the heart of Upper Hutt City Football beating.

Let us finish the season strong, with pride, passion, and that unmistakable Orange spirit.

Go Orange!

Tristan Elder
Chairman



MEN'S COACH COMMENTS

I want to give another warm welcome to Western Suburbs to Maidstone today which will be our 3rd encounter this season.

With 2 games left in the season the top and bottom of the table has been tight.

There has definitely been a level up this year in how hard it's been to get points which makes for a really good league.

This is our final league game of the season at home and we are looking forward to another big challenge from Wests.

We are fighting at the bottom to avoid relegation and they are fighting for National League spots.

Our first game against Wests we played away and we got truly tested. As a result of this I felt after that game our Persistence and Resilience as a team has really strengthened from it.

Then we had a nail biter in the Chatham Cup where we got a last minute goal in normal time to make it 1-1. Whilst it was disappointing to lose in extra time progress was made.

And recently one of the clubs best ever results in recent years was getting a 1-1 draw away at Olympic in our last game. They have dominated the league for 5 years but we held our own and were unlucky not to win the game.

Progress has been made, my young inexperienced team has now matured over this season and we are much harder to beat now.

I feel there is more to come from my team and we have set our goals to stay up and not just stay up but finish the season in style.

A club goal this season was that we would stay in the Central League and our 2nd and 3rd men's teams get promoted.

And we are on course to achieving that goal.

Congratulations to Glynn and his 3rd Team on winning the Capital 3 league.

The Men's Reserve team coached by Kieran is also on the verge of winning their league today if the results go their way which will see their promotion to Capital Premier.

And a positive result for us today would be another incredible season for the club.

Before I sign off I want to thank our Chairman Tristan for his non stop work he puts into this club.

Also a big thank you to all the volunteers, parents, coaches, supporters, and the players that have tried to push this club forward.

He Waka Eke Noa

Rory Fallon
Men's Head Coach

ROUND 16 REVIEW



FIRST TEAM FIXTURE



	6 - 0		WATERSIDE KARORI VS NORTH WELLINGTON
	3 - 2		MIRAMAR RANGERS VS NAPIER CITY ROVERS
	5 - 0		PETONE FC VS ISLAND BAY UNITED
	0 - 2		PHOENIX RESERVES VS WESTERN SUBURBS

LEAGUE TABLE

	P	W	D	L	GF	GA	GD	PTS
Wellington Olympic	16	12	3	1	51	13	38	39
Miramar Rangers	16	11	2	3	43	19	24	35
Western Suburbs	16	9	3	4	54	24	30	30
Napier City Rovers	16	7	4	5	40	22	18	25
Phoenix Reserves	16	7	4	5	35	24	11	25
Petone FC	16	5	3	8	39	37	2	18
Waterside Karori	16	4	4	8	28	55	-27	16
Upper Hutt City	16	3	4	9	19	46	-27	13
Island Bay United	16	3	3	10	22	51	-29	12
North Wellington	16	2	4	10	26	66	-40	10

ROUND 17 PREVIEW



FIRST TEAM FIXTURE



UPPER HUTT CITY VS WESTERN SUBURBS

Saturday 23rd August, 3.00pm,
Maidstone Park

OTHER FIXTURES



MIRAMAR RANGERS VS WATERSIDE KARORI

Saturday 23rd August, 2.30pm,
David Farrington Park



PHOENIX RESERVES VS NORTH WELLINGTON

Saturday 23rd August, 3.00pm,
Fraser Park



ISLAND BAY UNITED VS WELLINGTON OLYMPIC

Saturday 23rd August, 3.30pm,
Wakefield Park



NAPIER CITY ROVERS VS PETONE FC

Sunday 24th August, 2.00pm,
Bluewater Stadium

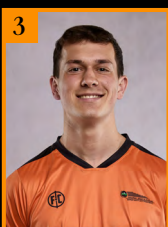
UPPER HUTT CITY FOOTBALL CENTRAL LEAGUE



**JOSHUA
CAPSTICK**



**JOEY
SOPKIOTIS**



**BLAKE
CHANDLER**



**OLLIE
OWEN**



**JOSHUA
MCCARROLL**



**RIO
WINKWORTH**



**SAMUEL
PATTERSON**



**CAMPBELL
WEBSTER**



**ALEX
BRAAKHUIS**



**ETHAN
BARBIER**



**MICK
REID**



**BENJAMIN
CORBETT**



**SAM
RAUSCH**



**CONNOR
MCINDOE**



**HARRY
LAMONT**



**DONAL
GAHAN**



**HARRISON
TISCH**



**SHAUN
MARSHALL**



**LUCAS
HANSEN**



**NKHATA
HOLLYWELL**

2025 SEASON MEN'S SQUAD LIST



**HEREWINI
INSLEY**



**MATTHEW
FONG**



**ISAAC
ADAMS**



**RORY
FALLON**
HEAD COACH



**TOBY
WILTON**
ASSISTANT COACH



**MARK
ELLIS**
TEAM MANAGER



**DIANE
SHIRER**
PHYSIO



**JAKE
BERNEY**
CONDITIONING COACH



**LORRAINE
BOWRING**
ANALYST



**CALLUM
KENNETT**
GK COACH

PLAYER PROFILE

HARRISON TISCH

QUICKFIRE

If I wasn't a footballer I would be...

A football coach

One thing people may not know about me is...

I was injured for 16 months from 2023 - mid 2024 with labral hip tear

The country I've never been to but want to visit is...

Italy because I love the food and culture

The item on top of my bucket list is...

Watch a match live at Old Trafford

My favourite sports team growing up was...

Manchester United

Most underrated movie or TV show is...

Prison Break

My favourite place to dine out is...

La Bella Italia

I was starstruck when I met...

Liberato Cacace



PLAYER BIO

Nickname:	Tischy
Age / D.O.B	28/8/2006 - 18
Place of Birth:	Tauranga
Playing Position:	CM
Right / Left:	Right
Previous Clubs:	Otumoetai FC, Wellington Phoenix

Q & A SESSION

What's your best football memory?

Playing for New Zealand U17s at the OFC U17 championship in 2023

What do your coaches often tell you?

Win the bits!

Best advice you've ever been given?

You've always got to be thinking ahead. Asking yourself questions like what would I do if I receive the ball here? What way should my body be facing?

What advice would you give any young players playing your position?

Watch the best midfielders in the world and see what they do well and then try apply those things into your game

How would you describe yourself as a player?

I think I'm quite good technically. Have a good range of passing with both feet, a good first touch, and have a good work ethic.

Who is the one team you most look forward to playing each season, and why?

Wellington Olympic because there the best team in the league and it's always a good opportunity to play against them and try cause an upset.

What non-football accomplishment are you most proud of?

Probably getting baptised a few years back as I've been a Christian my whole life

ROUND 16 PREVIEW



FIRST TEAM FIXTURE



	0 - 0		VICTORIA UNIVERSITY VS PETONE FC
	3 - 3		SEATOUN AFC VS WELLINGTON UTD
	3 - 0		TE KOTAHITANGA VS WATERSIDE KARORI
	1 - 3		NORTH WELLINGTON VS WAIRARAPA UNITED
	1 - 3		WESTERN SUBURBS VS TE KOTAHITANGA

LEAGUE TABLE

	P	W	D	L	GF	GA	GD	PTS
Seatoun AFC	17	11	5	1	56	21	35	38
Te Kotahitanga	17	11	4	2	58	21	37	37
Wellington United	16	10	3	3	51	24	27	33
Upper Hutt City	16	9	2	5	69	26	43	29
Petone FC	17	7	4	6	43	32	11	25
Waterside Karori	16	6	4	6	33	36	-3	22
Victoria University	16	6	1	9	16	30	-14	19
Wairarapa United	17	6	0	11	35	48	-13	18
Western Suburbs	16	3	0	13	18	90	-72	9
North Wellington	16	1	1	14	14	65	-51	4

ROUND 17 REVIEW



FIRST TEAM FIXTURE



VICTORIA UNIVERSITY vs UPPER HUTT CITY

Sunday 24th August, 11.00am,
Boyd Wilson Turf

OTHER FIXTURES



NORTH WELLINGTON VS WELLINGTON UNITED

Friday 22nd August, 7.30pm,
Alex Moore Turf

UPPER HUTT CITY FOOTBALL WOMEN'S CAPITAL PREMIER



**JADE
WOOD**



**ERIKA
SAXBY**



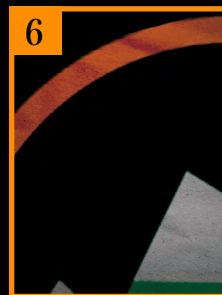
**ELESHA
SMITH**



**EMMA
LAVERY**



**MAYA
ITI**



**MAKAYLA
WORDES**



**ROSIE
BAILIE**



**RUBY
REID**



**ELLA
BENNETT**



**KASSANDRA
CLENDON**



**BILLIE
COOK**



**CAITLIN
DENTON**



**ASHA
DYSON**



**HARRIET
WILLIAMS**



**BROOKE
HUMPHREY**



**KATIE
PETTENGELL**



**BECKY
STEWART**



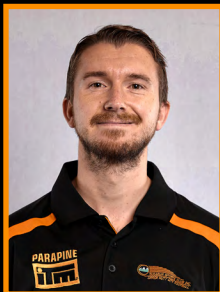
**KEARIS
HOULIHAN**



**SIENNA
KOVACS**



**RUBY
COFFEY-DUFFIN**



**CALLUM
MARTIN**
HEAD COACH



**HARRY
HECTORS**
ASSISTANT COACH



**GABRIELLE
MATHESON**
MANAGER



**MAIA
TUTBURY**
PHYSIOTHERAPIST

PLAYER PROFILE

ROSIE BAILLIE

QUICKFIRE

My favourite pro club is...

Arsenal

If I wasn't a footballer I would be...

Unfit

One thing people may not know about me is...

I've had 5 concussions (and counting) from football

The country I've never been to but want to visit is...

Italy

The item on top of my bucket list is...

Go to a world cup final

My favourite sports team growing up was...

The Nix

Most underrated movie or TV show is...

Normal People

My favourite place to dine out is...

Anywhere with frozen margs

I was starstruck when I met...

Becky Stewart



PLAYER BIO

Age / D.O.B	24
Place of Birth:	Lower Hutt
Playing Position:	Centreback/Striker
Right / Left:	Right
Previous Clubs:	Only UHCF

Q & A SESSION

What's your best football memory?

The first goal I scored in Cap Prem

Best advice you've ever been given?

You miss 100% of the shots you don't take

What do your coaches often tell you?

"Drive!!"

What advice would you give any young players playing your position?

Back yourself, confidence is key

How would you describe yourself as a player?

Versatile

Who is the one team you most look forward to playing each season, and why?

Petone - love the hutt rivalry

What non-football accomplishment are you most proud of?

Getting my degree



SAINTS MASTERS TEAM SPONSOR



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Property of the week



101 Emerald Hill Drive, Birchville



4



2



2



6



240 sqm



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MEN'S CENTRAL LEAGUE

UPPER HUTT CITY FOOTBALL

- 1 Joshua Capstick
- 2 Joey Sopikiotis
- 3 Blake Chandler
- 4 Ollie Owen
- 5 Joshua McCarroll
- 6 Rio Winkworth
- 7 Samuel Patterson
- 8 Lucas Hansen
- 9 Alex Braakhuis
- 10 Ethan Barbier
- 11 Mick Reid
- 12 Benjamin Corbett
- 13 Sam Rausch
- 14 Connor McIndoe
- 15 Harry Lamont
- 16 Donal Gahan
- 17 Harrison Tisch
- 18 Shaun Marshall
- 21 Nkhata Hollywell
- 23 Herewini Insley
- 25 Matthew Fong
- 26 Isaac Adams



Rory Fallon
Head Coach

Toby Wilton
Asst. Coach

Mark Ellis
Team Manager

Diane Shirer
Physiotherapist

Jake Barney
Conditioning Coach

Lorraine Bowring
Analyst

WESTERN SUBURBS

- 1 Matt Calvert (GK)
- 2 Jamie Wildash-Chan
- 3 Jonny Reynolds
- 4 Jackson Bigwood
- 5 Sebastian Sanchez
- 6 Harry Fautley
- 7 Jon Robinson
- 8 Noah Tipene Clegg
- 9 Alex Andersson
- 11 Seb Barton-Ginger
- 12 Caleb Hunt
- 13 Matt Calvert (GK)
- 14 Dakota Brady
- 16 Lewis Miller
- 17 Cameron McKenzie
- 18 Blake Inder
- 19 Kaelin Nguyen
- 21 Finn Diamond
- 22 Alifeleti Peine



Michal Walesiak
Head Coach

Matt Calvert
Asst. Coach

Zac Burke
GK Coach

Victoria Lemelin-Morin
Physiotherapist

Brian McInnes
Team Manager

WOMEN'S CAPITAL PREMIER

UPPER HUTT CITY FOOTBALL

- 1 Jade Wood
- 2 Erika Saxby
- 3 Elesha Smith
- 4 Emma Lavery
- 5 Maya Iti
- 6 Makayla Wordes
- 7 Rosie Baillie
- 8 Ruby Reid
- 9 Ella Bennett
- 10 Kassandra Clendon
- 11 Billie Cook
- 12 Caitlin Denton
- 13 Asha Dyson
- 14 Harriet Williams
- 15 Brooke Humphrey
- 16 Katie Pettengell
- 17 Becky Stewart
- 18 Kearis Houlihan
- 19 Sienna Kovacs
- 20 Ruby Coffey-Duffin



Callum Martin
Head Coach

Harry Hectors
Asst. Coach

Gabrielle Matheson
Manager

Maia Tutbury
Physiotherapist

VICTORIA UNIVERSITY

- 1 Carina Flannagan
- 3 Lola Byrne
- 4 Hazel Morgaine
- 7 Rosa Atkins
- 8 Nicole Macdonald
- 9 Georgia Gardner
- 10 Lilly Luckhurst
- 11 Lucy Macdonald
- 12 Adele Lonergan
- 13 Mia Parker
- 14 Anahata Krshnan
- 16 Zoe Harris
- 17 Ella Simmonds
- 18 Nicole Baird
- 20 Grace Pyne

