



WELCOME LO Seatoun AFC

#UpTheToun



Games on This Week.

MEN'S CAPITAL 2 Miramar Rangers Cap 2 4th May 12:30 pm Seatoun Park

MASTERS 1 Waterside Karori Dreamers 4th May 2:30 pm Karori Park 1

MASTERS OVER 45'5 - 1 Brooklyn Northern United Postmasters 4th May 2:30 pm Crawford Green

MEN'S CAPITAL PREMIER Toa ITM Upper Hutt City Football

4th May 2:30 pm Maidstone Park (Turf) WOMEN'S CENTRAL LEAGUE Powerex Petone 1st Team 4th May 2:30 pm Seatoun Park

MASTERS OVER 45'5 - 2 Island Bay United Internationals 4th May 3:00 pm St Pat's Town

WOMEN'S CAPITAL 1 Western Suburbs 5th May 12:30 pm Seatoun Park

WOMEN'S CAPITAL 3 NW Blaze 5th May 2:30 pm Seatoun Park





- 1 Lorenz Magaard-Romano
- 2 Jude Sneddon
- 3 Sam Harris (Captain)
- 4 Matene Da Vanzo
- 6 Will Smith
- 7 Abdirazak Jama
- 9 Ryan Geusebroek
- 10 Konan Hey
- 12 Nathan McConnell
- 13 Epeli Kilioni
- 14 Warkina Tuiuba
- 15 Geordie Mansford
- 16 Aatif Alnou
- 17 Callum Dolan



WOMENS Central League Team Line UP

- 1 Alex Karantze
- 2 Megan Willis
- 3 Jess Drysdale
- 4 Rhianna O'Connell
- 5 Sam Miller (Captain)
- 6 Hanna McCallum
- 7 Hannah Wignall
- 8 Alissa Corbett
- 9 Nikola Szentirmay-Ross
- 10 Sarah Pells
- 11 Lucy Downes
- 12 Hannah Collinson-Smith
- 13 Emmy Lantz
- 14 Amy Foster
- 15 Fleur Cameron
- 16 Cara Chung



Team Standings

	Ρ	W	D	L	GD	PTs
WOMEN'S CENTRAL LEAGUE						
Middleware Waterside Karori	1	1	0	0	2	3
Wellington United Diamonds	1	1	0	0	2	3
Powerex Petone 1st Team	1	1	0	0	1	3
Excel Refrigeration Moturoa AFC	1	0	1	0	0	1
Victoria University Women's Firsts	1	0	1	0	0	1
Manawatu Knitting Mills PN Marist FC	1	0	0	1	-1	0
Metalworks Taradale AFC	1	0	0	1	-2	0
Seatoun Association Football Club	1	0	0	1	-2	0
MEN'S CAPITAL PREMIER						
Wellington Olympic	5	4	1	0	9	13
Moneybox Miramar Rangers Mens Reserves	5	3	1	1	5	10
Toa ITM Upper Hutt City Football	5	3	1	1	5	10
Tawa AFC	5	3	1	1	4	10
Lower Hutt City AFC	5	3	0	2	5	9
Seatoun AFC	5	2	1	2	-2	7
Te Kotahitanga FC Men's Firsts	5	1	1	3	1	4
Wellington Phoenix Thirds	5	1	1	3	-5	4
Petone U23s	5	1	1	3	-6	4
Waterside Karori Reserves	5	0	0	5	-16	0
MEN'S CAPITAL 2						
Greyfriars Greytown Football Club	4	3	1	0	5	10
Stop Out Sports Club	4	3	1	0	4	10
Miramar Rangers Cap 2	4	3	0	1	10	9
Stokes Valley	4	3	0	1	9	9
Toa ITM Upper Hutt City Reserves	4	1	1	2	0	4
Seatoun AFC Reserves	4	1	1	2	-6	4
Waterside Karori Thirds	4	1	1	2	-6	4
Lower Hutt City AFC Men's Reserves	4	1	0	3	-4	3
Tawa AFC Reserves	4	1	0	3	-5	3
Te Kotahitanga FC Men's Reserves	4	0	1	3	-7	1





Team Standings

WOMEN'S CAPITAL 1 Waterside Karori Women's Reserves 1 Wellington United Opals 1 Lower Hutt City AFC CK & Co Women's 1st 1 Seatoun AFC Womens Sea Shanties 1 Victoria University Women's Reserves 1 VUWAFC Units 1 Wellington United Emeralds 1 Miramar Rangers AFC Womens 2nds 0 Western Suburbs 1 WOMEN'S CAPITAL 3 IBU Whai Repo 1	/ D	L	GD	PTs
Waterside Karori Women's Reserves11Wellington United Opals11Lower Hutt City AFC CK & Co Women's 1st11Seatoun AFC Womens Sea Shanties11Victoria University Women's Reserves11VUWAFC Units10Wairarapa United10Wellington United Emeralds10Miramar Rangers AFC Womens 2nds10WOMEN'S CAPITAL 33	0			
Wellington United Opals11Lower Hutt City AFC CK & Co Women's 1st11Seatoun AFC Womens Sea Shanties11Victoria University Women's Reserves11VUWAFC Units10Wairarapa United10Wellington United Emeralds10Miramar Rangers AFC Womens 2nds10Western Suburbs10WOMEN'S CAPITAL 33	0			
Lower Hutt City AFC CK & Co Women's 1st1Seatoun AFC Womens Sea Shanties11Victoria University Women's Reserves1VUWAFC Units10Wairarapa United10Wellington United Emeralds10Miramar Rangers AFC Womens 2nds10Western Suburbs10WOMEN'S CAPITAL 33		0	2	3
Seatoun AFC Womens Sea Shanties11Victoria University Women's Reserves11VUWAFC Units10Wairarapa United10Wellington United Emeralds10Miramar Rangers AFC Womens 2nds10Western Suburbs10WOMEN'S CAPITAL 3	0	0	2	3
Victoria University Women's Reserves11VUWAFC Units10Wairarapa United10Wellington United Emeralds10Miramar Rangers AFC Womens 2nds10Western Suburbs10WOMEN'S CAPITAL 3	0	0	1	3
VUWAFC Units10Wairarapa United10Wellington United Emeralds10Miramar Rangers AFC Womens 2nds10Western Suburbs10WOMEN'S CAPITAL 3	0	0	1	3
Wairarapa United 1 0 Wellington United Emeralds 1 0 Miramar Rangers AFC Womens 2nds 1 0 Western Suburbs 1 0	0	0	1	3
Wellington United Emeralds 1 0 Miramar Rangers AFC Womens 2nds 1 0 Western Suburbs 1 0	0	1	-1	0
Miramar Rangers AFC Womens 2nds 1 0 Western Suburbs 1 0 WOMEN'S CAPITAL 3	0	1	-1	0
Western Suburbs 1 0 WOMEN'S CAPITAL 3	0	1	-1	0
WOMEN'S CAPITAL 3	0	1	-2	0
	0	1	-2	0
IBU Whai Repo 1 1				
i i i	0	0	5	3
Western Suburbs Goal Diggers 1 1	0	0	3	3
Brooklyn Northern United Salty Pidgins 1 1	0	0	1	3
Lower Hutt City AFC CK & Co Women's R 1 0	1	0	0	1
NW Blaze 1 0	1	0	0	1
Wellington United Gems 1 0	1	0	0	1
Wellington United Rubies 1 0	1	0	0	1
Seatoun AFC Women Seagals 1 0	0	1	-1	0
Miramar Rangers AFC Sirens 1 0	0	1	-3	0
Island Bay United Orcas 1 0	0	1	-5	0
MASTERS 1				
Petone Argh Me Knees 4 3	0	1	12	9
Waterside Karori Dreamers 4 2	2	0	10	8
Western Suburbs Wanderers 3 2	1	0	2	7
Seatoun AFC Gulls 3 2	0	1	-1	6
Stokes Valley Mentors 3 0	2	1	-1	2
UHCF Tararuas 4 0	1	3	4.5	1
Bye 0 0		3	-15	
Waterside Karori Behemoths 3 0	0	0	-15 0	0

	P	W	D	L	GD	PTs
MASTERS OVER 45'S - 1						
Seatoun Vorstermans Architects 99s	4	3	0	1	6	9
TFS North Wellington FC	3	3	0	0	6	9
Eastbourne G's	3	2	1	0	3	7
Brooklyn Northern United Postmasters	4	2	1	1	2	7
Tawa Legends	4	2	0	2	2	6
Eastbourne FC Orange Roughies	4	2	0	2	0	6
Waterside Karori Turtles	4	1	1	2	-3	4
Waterside Karori Fossils	4	1	1	2	-5	4
Petone Dreamers	4	0	2	2	-3	2
Western Suburbs Legends	4	0	0	4	-8	0
MASTERS OVER 45'S - 2						
Seatoun Originals	4	3	1	0	10	10
Stop Out McCreadies	4	3	1	0	10	10
Wainui Pasifika Old Boys	4	2	1	1	7	7
Wellington Marist Classics	4	2	0	2	-1	6
Island Bay United Internationals	4	1	2	1	-1	5
NW Zimmers	4	1	1	2	-10	4
North Wellington Spirit	4	0	1	3	-7	1
Brooklyn Northern United Pacemakers	4	0	1	3	-8	1



COMING UP

6th May - 13th May

MASTERS 1

Stokes Valley Mentors 11th May 2:30 pm Seatoun Park

MASTERS OVER 45'S - 1

Waterside Karori Fossils 11th May 2:30 pm Ben Burn

MASTERS OVER 45'5 - 2 NW Zimmers

11th May 2:30 pm Alex Moore 2

Women's Capital 3

Wellington United Rubies 12th May 2:00 pm Newtown Park 2

WOMEN'S CAPITAL 1

Victoria University Women's Reserves 12th May 2:30 pm Seatoun Park

13th May - 20th May

MRSTERS 1 Western Suburbs Wanderers 18th May 12:30 pm Endeavour Park 2

MASTERS OVER 45'5 - 2 Brooklyn Northern United Pacemaker 18th May 12:30 pm Seatoun Park

MEN'S CAPITAL 2 Toa ITM Upper Hutt City Reserves 18th May 12:30 pm Maidstone Park (Turf)

WOMEN'S CENTRAL LEAGUE Excel Refrigeration Moturoa AFC 18th May 12:30 pm Onuku Taipari Domain #1

MASTERS OVER 45'S - 1

TFS North Wellington FC 18th May 2:30 pm Seatoun Park

MEN'S CAPITAL PREMIER Tawa AFC 18th May 2:30 pm Redwood Park 1

WOMEN'S CAPITAL 1 Wellington United Opals 19th May 1:00 pm Newtown Park 2

WOMEN'S CAPITAL 3 Lower Hutt City AFC CK & Co Women's 19th May 3:30 pm Fraser Park (Turf)

20th May - 27th May

men's capital premier Moneybox Miramar Rangers Mens Res Waterside Karori Dreamers 25th May 12:30 pm Seatoun Park

masters over 45's - 2

NW Zimmers 25th May 1:00 pm St Pat's Town

MASTERS 1

Stokes Valley Mentors 25th May 2:30 pm Delaney 1

MASTERS OVER 45'S - 1 Eastbourne G's

25th May 2:30 pm Bishop

WOMEN'S CENTRAL LEAGUE Metalworks Taradale AFC 25th May 2:30 pm Seatoun Park

men's capital 2

Tawa AFC Reserves 25th May 3:00 pm St Pat's Town

WOMEN'S CAPITAL 1 VUWAFC Units 26th May 12:00 pm Boyd Wilson Turf

Women's Capital 3 Western Suburbs Goal Diggers 26th May 1:00 pm Seatoun Park

27th May - 3rd Jun

MASTERS 1 1st Jun 12:30 pm Seatoun Park

MASTERS OVER 45'S - 1 Petone Dreamers 1st Jun 2:30 pm Seatoun Park

WOMEN'S CAPITAL 1 Miramar Rangers AFC Womens 2nds 2nd Jun 2:00 pm **David Farrington Park**

Women's Capital 3 IBU Whai Repo 2nd Jun 2:30 pm Wakefield Park 1



WOMENS CENTRAL LEAGUE Wellington united 4th May Loss 2-0

MENS CAP PREM Petone U23s 30 March Win 2-1

Lower Hutt City AFC 6 April Loss 0-3

WOMENS CAP 1 Wellington United Emeralds 28 April Win 2-1

Te Kotahitanga FC 13 April Draw 3-3

Wellington Olympic 20 April Loss 1-2

WOMENS CAP 3 Brooklyn NU Salty Pidgins 28 April Loss 1-2

Waterside Karori 27 April Win 3-2 **MENS CAP 2** Stokes Valley 6 April Loss 0-4

Upper Hutt City Football 13 April Win 3-1

Te Kotahitanga FC 20 April Draw 2-2

Waterside Karori 26 April Loss 0-4

Masters over 45's - 1 Western Suburbs Legends 6 April Win 5-2

Tawa Legends 13 April Win 6-5

Eastbourne FC 20 April Win 5-2

Waterside Karori Turtles 27 April Loss 1-2 **Masters 1** UHCF Tararuas 6 April Win 5-3

Waterside Karori Behemoths 13 April Win 4-3

Petone Argh Me Knees 27 April Loss 4-0

Masters over 45's - 2 Stop Out McCreadies 6 April Draw 0-0-

Wainui Pasifika Old Boys 13 April Win 6-1

North Wellington Spirit 20 April Win 1-0

Wellington Marist Classics 27 April Win 6-2

INTCODUCINA James Hay

James has recently taken up the mantle of Seatoun AFC Junior Convenor. James grew up in the local Seatoun area and has played football for Seatoun AFC youth grades and Rongotai College. Last year, he coached the SeatounAFC Sharks, Stingrays and Titans. He has obtained his Level 2 New Zealand Football Junior Coaching Award and is progressing through his Junior Level 3 Award this year. He is passionate about football and helping kids learn new skills. Welcome, James!



JUNIOF Programs

First Kicks

Once per week, fun mini games, emphasis on fun, socialising, football culture, skills & intro ballRunning Dates End of April - SeptemberAge Group4-6 Years

Days Sunday

Times 9:00 - 10:00

Location Seatoun Park

Fantails

Fantails is a programme designed for female players aged 4–12 years old to learn the beautiful game through sessions focused on helping girls make friends, having fun, improving their skills and being active through football.

JUNIOF Programs

Mini Football

Players play in increasing number groups (5v5; 7v7; 9v9) and are beginning to focus on technical and tactical learning with their coach. They will have 1 training and 1 game each week. These are the "skill-hungry" years. Motivationally, children are geared to learn skills at this time, providing an ideal opportunity for building football-specific skills into fundamental movement abilities.

Running Dates End April - September

Age Groups Under 10 Years Under 11 Years Under 12 Years

Days Saturdays

Location Seatoun Park



Fun Football Club

Players play at their home club, and join a football festival every three weeks with other clubs. This is a playful environment that emphasises self-discovery.

This continuity into early

engagement develops crucial factors for the future of the players such as the love for the game, game intelligence and physical literacy.

Trainings and game days in the home club will be in a circuit environment with many fun, exciting activities to keep kids learning and thinking.

Running Dates End April - September

Age Group 6-8 Years

Days Saturdays

Location Seatoun Park

BIG THANKYOU TO OUR SPONSERS













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Michael Smith Law BARRISTER AND SOLICITOR













