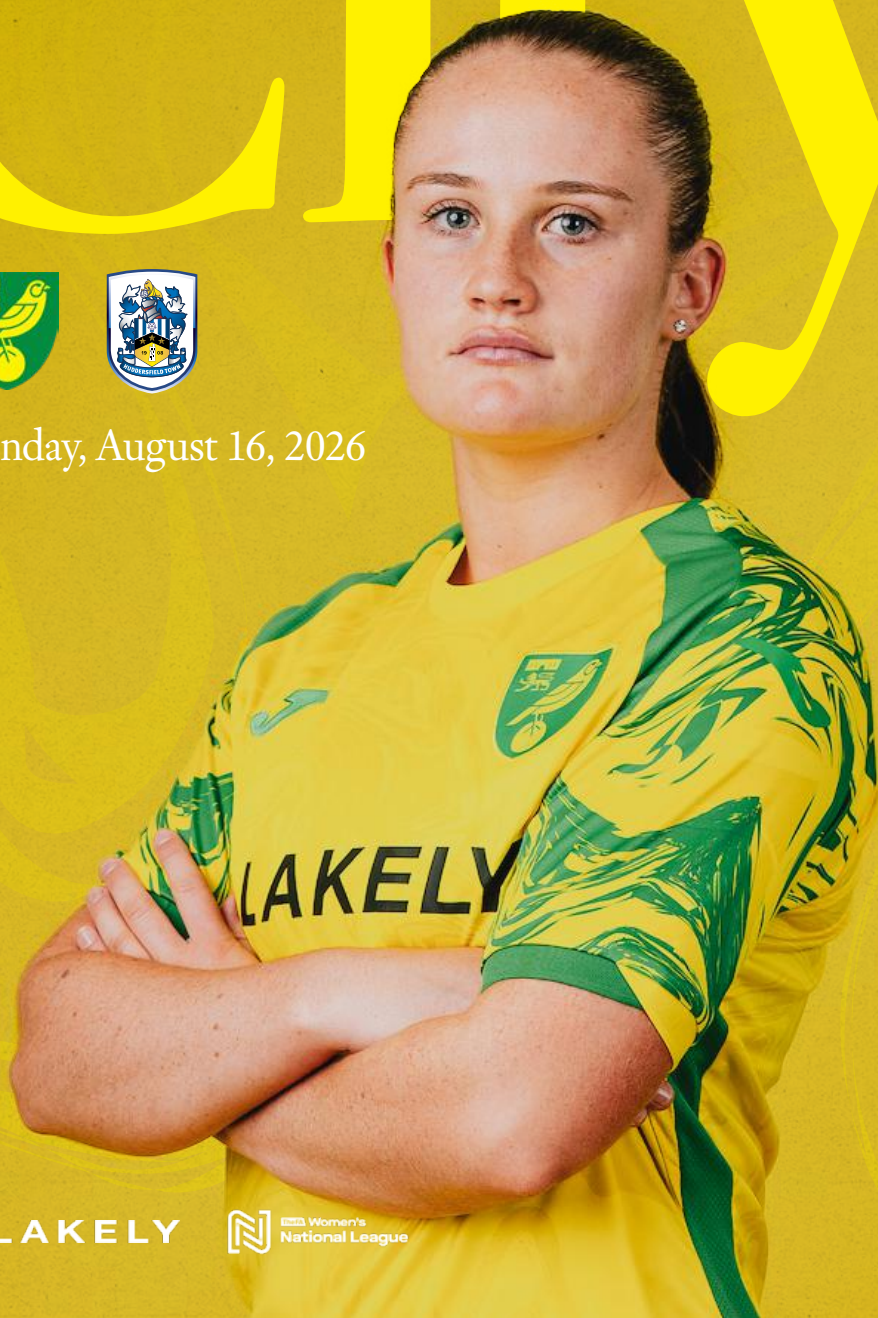


City



Sunday, August 16, 2026



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14



6



19



5 Flo's notes

6 Head coach's notes

10 Squad list

14 Feature: Emily Wallace

19 Opposition

20 Mascots



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Notes from Flo Allen

Good afternoon and welcome back to The Nest for our season opener against Huddersfield Town.



Firstly, a very warm welcome to our visitors, along with everyone joining us today for what promises to be an exciting start to the new campaign.

Over the summer we were delighted to welcome Perry Northeast as our new head coach. Throughout pre-season, he has brought fresh ideas and instilled energy to the squad. Alongside Perry, former player Megan Todd has also joined as our assistant coach, further strengthening the support for our players both on and off the pitch.

We have also welcomed several new faces to the playing group, all who have added quality, experience and depth to the squad. We are all excited by the potential within the squad and the opportunities that a new season brings.

As always, our ambition is to continue improving, competing and developing. We know the challenges that lie ahead as we embark on our first season in Tier 3 of the Women's Football Pyramid.

I'd also like to take this opportunity to thank our staff, sponsors and supporters for their ongoing commitment to the club. The backing we receive throughout the season makes a huge difference and plays an important role in creating the environment in which our players can thrive and most importantly making The Nest a fortress. We look forward to sharing another exciting season with you.

OTBC

Head Coach Notes from **Perry Northeast**

After joining the Canaries in July earlier this year, head coach Perry Northeast reflected on a busy pre-season and summer of signings in his first programme interview of the 2026/27 campaign.



We started our pre-season fixtures with a 5-0 win over London Bees. What did you make of the game looking back on it now?

Essentially, as with all of the games in pre-season, it's not really too much about the results. It's always quite nice to start well, but I think we were happy with the work that we had done, especially in the fact that we'd only had two or three weeks together to establish how we want to try and look at playing for the season. So, we came away quite happy.

A few days later we got to play half a fixture against Wroxham – what did you make of that 45 minutes and what were you hoping to show in the second-half for the fans?

First and foremost, it was a shame we couldn't complete the game, but I know Wroxham were trying everything they could to get the floodlights working and it was a shame on both parts because I know it's a big game for them as well in terms of a pre-season fixture and there was quite a big crowd. But again, we were happy with the evening's work. Wroxham provided a different challenge to London Bees; they were really resolute in their shape and their structure and not coming out to press us so much and that created a really nice problem for us.

Next up was Actonians, who we beat 3-2 behind closed doors at The Nest. How pleased were you with that performance?

I think Actonians are going to do well in their season this year. They were a bit more of a pressing team, they really wanted a high press and put us under pressure in our build situations. Again, it was a perfect situation and perfect scenario for us in a pre-season setting because, like I said about Bees and Wroxham, I'm sure we're going to face teams this season that will want to press us and put us under high pressure.



There has been a lot of rotation in starting 11s for each of these fixtures, are you still trying to find your strongest one?

Yeah, it's about combinations and trying to find different partnerships on the pitch, different units, how the team can collectively gel together. I would expect the season to look like pre-season as well, as it's not necessarily going to be the same 11 that starts every game, regardless of form. We might be doing some placing in some tactical tweaks and some structural based work that requires different players to step in on that matchday. So, I'd always like the players to be thinking they've got an opportunity to be playing, whether that's coming on as a substitute or starting the game.

There's been a fair few additions to the squad since the end of last season – are you pleased with how the team is shaping up now?

And of course, before I was here, there were some difficult decisions at the end of the last

season to try and prepare the team and the squad as best possible for this season ahead. Each player is adding value in the position that they're coming in for. We've got a good, strong goalkeeping department now, which we're happy with. We've added depth to the front line, not just with Niyah Dunbar, but Elliana Martin has obviously come in as well, so we have a range of options up front there. Bryony Brodie is coming on loan as well as a midfielder to help support that department. Zofia has come in and added really good depth and experience, having already played at Tier 3. Nat Johnson has joined to really add leadership qualities and experience to the group. So, all round, we're happy with the recruitment. And it's not just about the recruitment, but the retention of key players in the squad is also important. Having had an opportunity to now work with them for several weeks, you can really see the quality that was already here. It's going to hopefully be an exciting season ahead for everybody.

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2025/26 Squad



Poppy Irvine



Grace Riglar



Natalie Johnson



Eloise King



Evie Williams



Eloise Hall



Millie Daviss



Ellie Smith



Elliana Martin



Holly Kennard



Bryony Brodie



Eva-Jean Young



Faith Harrison



Poppy Groves



Emily Wallace



Lara Densley



Freya Symonds



Lauren Hailes



Issy Moore



Amber Locker



Poppy Francis



Zofia Szczech



Drew Wilson



Niyah Dunbar



Sienna Booty



Megan Frary



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Feature Interview:

Emily Wallace

Emily Wallace was in the spotlight for our first feature interview in the 2026/27 season, reflecting on a summer post-promotion and settling into life in Norfolk as she enters her second season as a Canary.

It feels like a long time ago now that we were celebrating promotion. How has your summer been and how did you unwind following that play-off win?

The period of time after the promotion game was honestly incredible. It felt as though we were in our own little bubble together, I think we spent nearly everyday together probably for the best part of two weeks after the game! My summer was great, I went home and got to spend some well-earned time with my family, went on holiday to recharge and of course caught up with a lot of my friends as well, so was nice to get that switch-

off from football for a good couple of weeks and to go home for an extended period of time.

You're now entering into your first full season with the club, how settled are you into life in Norfolk and what do you enjoy about the city?

Yes, I'm really happy to be here for another season. I've loved living in Norfolk and have felt really settled since I made the move here. Both the girls and the staff made my move so seamless, which I think has helped me settle really well. There's quite a few places and things I like to do; I'd probably have

to say on an off day I like going out on the broads with the girls paddleboarding and my favourite food and coffee spots are probably Blue Joanna, the Blackhorse and either Billy's or Knoops for a coffee!

You're personally already familiar with Tier 3; what can the squad expect from this league?

I think this season is going to be a great challenge for us and from my experience of playing in both sides of Tier 3, I think we can expect the demands of the game to be higher than what the team and fans have experienced in Tier 4. It's a league where anyone can beat anyone on their day which makes it such an exciting league to be a part of. The games will definitely demand more physically and the technical quality on the ball is the next step up, but in my mind there's no doubt that the group we have will really relish that challenge and are more than capable of competing at this level.

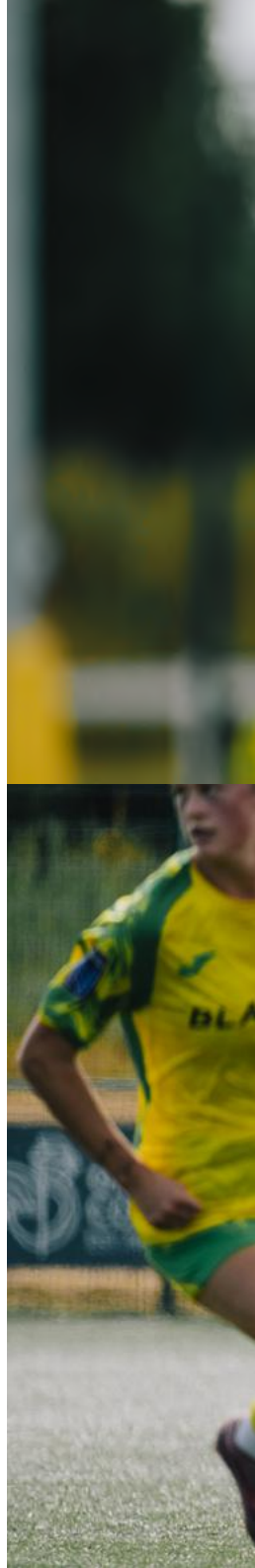
You and Poppy Groves have kindly taken a lot of the new signings under your wing – how are they settling in?

It's been great but also very busy where everyone has missed spending time as a group! I'd like to think that the new signings have felt welcomed into the group and have enjoyed getting to know Norwich. A few of us do live together now which is nice and I think that's definitely helped some of the new signings settle

and integrate into the group a little bit faster. It's always hard moving away from home for the first time, but I'd like to think that I have used the learnings and experiences I had in January to help them settle and have that seamless transition that I felt a few months ago.

We host a newly promoted side at The Nest this weekend like ourselves – what do you think we can expect from Huddersfield and how nice will it be to be back in front of the fans again?

I don't think there's a better season opener than two newly promoted sides playing each other, especially for us at home. Both sides are going to be keen to make their mark on the league and for us to show the league who we are and what we are about. We love playing at The Nest in front of our fans but I think it provides the perfect opportunity for us to showcase the hard work we've been putting in over pre-season with Perry and the coaching staff. I think we can expect Huddersfield to be quite direct and physical but we are ready for that and have done the prep this week and in the weeks over pre-season to ensure we are ready for various challenges across the season. I hope it will be an exciting game and I can't wait to see the following we have at The Nest again this season.





“

In my mind there's no doubt that the group we have will really relish that challenge and are more than capable of competing at this level

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Joma

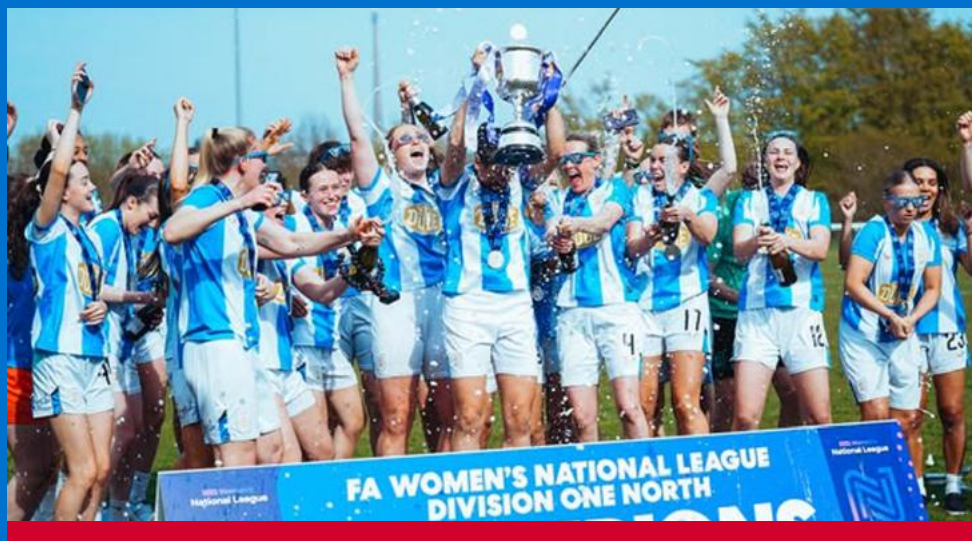
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The Visitors: Huddersfield Town

This afternoon we welcome Huddersfield Town to The Nest for our 2026/27 season-opener in the Northern Premier Division.

Much like City, the Terriers enjoyed a hugely successful season and achieved promotion from Tier 3.

The Division One North champions won their league after 16 wins and two draws. Glen Preston's side only suffered three defeats all season.

Their biggest win came in April over a struggling Blackburn Rovers side, Town running out 9-1 winners on the road.

Louise Biggins was the club's top scorer for the season, netting 16 times.

Huddersfield's stopper Bethan Davies was awarded the FAWNL Golden Glove winner for Division One North with 15 clean sheets for the season.

Town have had a busy summer of new signings, with three new additions to the squad so far.

Tamira Livingston was first through the door, signing a permanent contract after initially joining on loan from Manchester United.

Another loanee making things official was Jess Lightfoot, who made the switch from Everton.

Forward Aimee Kelly was then announced next, signing from WSL 2 side Burnley.

JUNIOR MASCOTS

1



POPPY

FAVOURITE PLAYER:

FREYA SYMONDS

HOBBIES: FOOTBALL, DRAWING
AND CRAFTS, LEARNING THE DRUMS

2



ROSA

FAVOURITE PLAYER: POPPY IRVINE

HOBBIES: FOOTBALL, GYMNASTICS,
RUNNING, ART, READING

3



ELLA

FAVOURITE PLAYER:

HOLLY KENNARD

HOBBIES: FOOTBALL

4



TILLY

FAVOURITE PLAYER:

MEGAN FRARY

HOBBIES: FOOTBALL (GOALKEEPER),
SHOPPING, SKINCARE AND
COLLECTING SQUISHIES

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Head Coach: Perry Northeast

- | | | | |
|----|-----------------|----|---------------|
| 1 | Poppy Irvine | 16 | Emily Wallace |
| 2 | Grace Riglar | 17 | Lara Densley |
| 3 | Natalie Johnson | 18 | Freya Symonds |
| 4 | Eloise King | 19 | Lauren Hailes |
| 6 | Evie Williams | 20 | Issy Moore |
| 7 | Eloise Hall | 21 | Amber Locker |
| 8 | Millie Daviss | 22 | Poppy Francis |
| 9 | Ellie Smith | 23 | Zofia Szczech |
| 10 | Elliana Martin | 24 | Drew Wilson |
| 11 | Holly Kennard | 25 | Niyah Dunbar |
| 12 | Bryony Brodie | 26 | Sienna Booty |
| 13 | Eva-Jean Young | 27 | Megan Frary |
| 14 | Faith Harrison | 28 | Abi Calver |
| 15 | Poppy Groves | | |

