

## WFLA National Cup 2024 Round 1

### Over 50s (91 teams)

<b>Birmingham</b>	Hartshill Strollers A	Suggested Format
4 teams to Round 2	Hartshill Strollers B	2 x 6 teams round robin
	Coleshill Strollers	
	Coleshill Walkers	
	Shrewsbury 99ers	
	Solihull Moors Walkers	
	Solihull Moors Finest	
	Coventry & District WF	
	Messi Diamonds	
	Atherstone WFC	
	Halfway 82	
12 teams	Worcester City Strollers	

<b>Devon/Age UK Cornwall</b>	Charterlands Utd	Suggested Format
2 teams to Round 2	Plymouth Argyle	5 teams round robin
	Torquay Utd CST	
	Exeter Strollers	
5 teams	St Day AFC	

<b>Dorset</b>	Verwood Town	Suggested Format
2 teams to Round 2	Dorchester Kix Start	4 teams round robin
	Bournemouth	
4 teams	Weymouth WF	

<b>Durham</b>	Killingworth	Suggested Format
2 teams to Round 2	Newcastle Benfield	6 teams round robin
	Newcastle Benfield Lions	
	Peterlee Helford	
	West Hartlepool Strollers	
6 teams	Blackfyne	

<b>Essex</b>	Leyton Orient	Suggested Format
2 teams to Round 2	Cornard Utd Dynamos	4 teams round robin
	Colchester Phoenix	
4 teams	Billericay Town WFC	

<b>GMWFL/SG Northern Counties</b>	Blackpool Senior Seasideers	<b>Suggested Format</b>
<b>3 teams to Round 2</b>	Kingsmaid	<b>1 x 5 teams round robin</b>
	Blackburn Rovers	<b>1 x 4 teams round robin</b>
	Fleetwood Town Flyers	
	Blackburn Creative WF	
	Winstanley Walkers	
	Denton WFC	
	Bolton Arena	
<b>9 teams</b>	Bolton Arena Blues	

<b>Kent</b>	Aylesford Amblers	<b>Suggested Format</b>
<b>3 teams to Round 2</b>	Bexley WFC	<b>1 x 4 teams round robin</b>
	Kings Hill	<b>1 x 3 teams round robin</b>
	Canterbury Mariners	
	Maidstone Utd	
	Bay City Strollers	
<b>7 teams</b>	Woodchurch FC	

<b>Lincolnshire/Nottinghamshire</b>	Sleaford Academicals	<b>Suggested Format</b>
<b>2 teams to Round 2</b>	Grimsby Corinthians	<b>5 teams round robin</b>
	Unity	
	Ashbourne Moors	
<b>5 teams</b>	Forest Vets	

<b>Middlesex</b>	Hemel Hempstead WF	<b>Suggested Format</b>
<b>3 teams to Round 2</b>	London Irish	<b>1 x 5 teams round robin</b>
	Uxbridge Amblers	<b>1 x 4 teams round robin</b>
	Bounds Green WF	
	Cove	
	Watford WFC	
	London Peruvians	
	Tottenham Hotsteppers 1	
<b>9 teams</b>	Tottenham Hotsteppers 2	

<b>NPL/West &amp; East Yorkshire</b>	Leggy Mambos	<b>Suggested Format</b>
<b>2 teams to Round 2</b>	Leeds Titans	<b>6 teams round robin</b>
	Leeds Morley	
	Wakefield Wanderers	
	Wakefield Redoubt	
<b>6 teams</b>	Hull Pacemakers	

<b>Peterborough/Northamptonshire</b>	Hampton FC	<b>Suggested Format</b>
<b>2 teams to Round 2</b>	Norwich City Community	<b>4 teams round robin</b>
	Moulton Masters	
<b>4 teams</b>	Corby Town	

<b>Surrey</b>	Godalming	<b>Suggested Format</b>
<b>1 team to Round 2</b>	AFC Wimbledon	<b>3 teams round robin</b>
<b>3 teams</b>	Thames WF	

<b>Thames Valley/Oxfordshire</b>	Aylesbury Utd	<b>Suggested Format</b>
<b>2 teams to Round 2</b>	Oxford Utd A	<b>5 teams round robin</b>
	Oxford Utd B	
	Bracknell Town	
<b>5 teams</b>	Oxford Rovers	

<b>Wales North/Cheshire</b>	Connah's Quay Nomads	<b>Suggested Format</b>
<b>1 team to Round 2</b>	1874 Northwich	<b>3 teams round robin</b>
<b>3 teams</b>	Neston Nomads	

<b>Wales South</b>	Neath Dragons	<b>Suggested Format</b>
<b>1 team to Round 2</b>	Blackwood Town	<b>3 teams round robin</b>
<b>3 teams</b>	Llangennech WHA	

<b>Wiltshire</b>	Stonehenge Strollers	<b>Suggested Format</b>
<b>2 teams to Round 2</b>	Swindon Town	<b>1 x 6 teams round robin</b>
	Frome	
	Salisbury FC WF	
	Melksham WFC	
<b>6 teams</b>	Highworth	