

WFLA National Cup 2024 Round 1

Over 60s (87 teams)

Birmingham	Redditch WFC	Suggested Format
Top 4 teams to Round 2	Hartshill Strollers A	2 x 5 teams round robin
	Hartshill Strollers B	
	Coleshill Strollers	
	Shrewsbury 99ers	
	Old Corinthians Strollers	
	Old Corinthians Walkers	
	Solihull Moors	
	Coventry & District WF	
10 teams	Atherstone WFC	

Devon	Charterlands Utd	Suggested Format
Top 2 teams to Round 2	Plymouth Argyle	4 teams round robin
	Torquay Utd CST	
4 teams	Exeter Strollers	

Dorset	Dorchester Kix Start	Suggested Format
Top 2 teams to Round 2	Bournemouth Reds	4 teams round robin
	Bournemouth Yellows	
4 teams	Weymouth WF	

Durham	Killingworth	Suggested Format
Top 2 teams to Round 2	Newcastle Benfield	5 teams round robin
	Peterlee Helford	
	West Hartlepool Strollers	
5 teams	Blackfyne	

Essex	Leyton Orient	Suggested Format
Top team to Round 2	Norwich CSF	3 teams round robin
3 teams	Billericay Town WFC	

GMWFL	Blackpool Senior Seasideers	Suggested Format
Top 4 teams to Round 2	Bury Relics	1 x 6 teams round robin
	Kingsmaid	1 x 5 teams round robin
	Manchester Corinthians	
	Winstanley Walkers FC	
	Blackburn Rovers	
	Fleetwood Town Flyers	
	Bolton Arena	
	Bolton Arena Blues	
	Salcom	
11 teams	Ribble Valley	

Kent	Bexley WFC	Suggested Format
Top 4 teams to Round 2	Kings Hill	1 x 5 teams round robin
	Woodnesborough	1 x 4 teams round robin
	Canterbury Mariners	
	Ashford Internazionale	
	Maidstone Utd	
	Bay City Strollers	
	Woodchurch FC	
9 teams	Margate WFC	

Lincs/Notts/Northants	Boston Utd	Suggested Format
Top 2 teams to Round 2	Grimsby Corinthians	1 x 5 teams round robin
	Unity	
	Forest Vets	
5 teams	Moulton Masters	

Middlesex	Hemel Hempstead WF	Suggested Format
Top 2 teams to Round 2	London Irish	6 teams round robin
	Uxbridge Amblers	
	Cove	
	RIP WFC	
6 teams	Watford WFC	

NPL/Sheff & Hallam/East Riding	Leggy Mambos	Suggested Format
Top 3 teams to Round 2	Leeds Titans	2 x4 teams round robin
	Leeds Morley	
	Harrogate Strays WFC	
	Leisure Utd	
	Wakefield Wanderers	
	Hull Pacemakers	
8 teams	East Riding Rangers	

Surrey	Godalming	Suggested Format
Top 2 teams to Round 2	AFC Wimbledon	4 teams round robin
	Dorking 60s	
4 teams	Thames WF	

Thames Valley/Oxon	Aylesbury Utd	Suggested Format
Top 2 teams to Round 2	Oxford Utd A	1 x 5 teams round robin
	Oxford Utd B	
	Bracknell Town	
5 teams	Oxford Rovers	

Wales North/Cheshire	Connah's Quay Nomads	Suggested Format
Top 2 teams to Round 2	Deeside WF	4 teams round robin
	1874 Northwich	
4 teams	Neston Nomads	

Wales South	Abercynon WFC	Suggested Format
Top 2 teams to Round 2	Neath Dragons	5 teams round robin
	Trefelin WFC	
	Merthyr Town WFC	
5 teams	Llangennech WHA	

Wiltshire	Devizes WFC	Suggested Format
Top 2 teams to Round 2	Swindon Town	4 teams round robin
	Salisbury FC WF	
4 teams	Melksham WFC	