

WFLA National Cup 2024 Round 2

Over 70s - (33 teams)

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| Birmingham | Old Corinthians | Suggested Format |
| 2 teams to Round 3 | Coventry & District WF | 4 teams round robin |
| | Atherstone WFC | |
| 4 teams | Birmingham | |

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| Devon/Dorset/Wilts/Wales South | Plymouth Argyle | Suggested Format |
| 3 teams to Round 3 | Exeter Strollers | 6 teams round robin |
| | Bournemouth Reds | |
| | Bournemouth Yellows | |
| | Salisbury FC WF | |
| 6 teams | Abercynon WFC | |

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| Essex/Kent | Leyton Orient | Suggested Format |
| 2 teams to Round 3 | Billericay Town WFC | 3 teams round robin |
| 3 teams | Canterbury Mariners | |

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| GMWFL | Blackpool Senior Seaside | Suggested Format |
| 3 teams to Round 3 | Bury Relics | 6 teams round robin |
| | Manchester Corinthians | |
| | Winstanley Walkers FC | |
| | Bolton Arena | |
| 6 teams | Salcom | |

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| Lincs/Northants | Boston Utd | Suggested Format |
| 2 teams to round 3 | Grimsby Corinthians | 3 teams round robin |
| 3 teams | Moulton Masters | |

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| Middlesex/Surrey/Thames Valley | RIP WFC 70s | Suggested Format |
| 3 teams to Round 3 | Cove | 5 teams round robin |
| | Godalming | |
| | WFC Kingston | |
| 5 teams | Bracknell Town | |

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| NPL/Sheff & Hallam/Durham | Leeds Titans | Suggested Format |
| 3 teams to Round 3 | Harrogate Strays WFC | 6 teams round robin |
| | Leisure Utd | |
| | Leggy Mambos | |
| | Wakefield Wanderers | |
| 6 teams | Newcastle Benfield | |