

FIRST ROUND DRAW

SATURDAY 7 OCTOBER 2023, 2:30PM KO



- 1. Acle United FC v Castle Acre Swifts FC OR Watton United FC
- 2. Thetford Rovers FC v Long Stratton FC
- 3. Easton FC v Yelverton FC
- 4. Caister FC v Loddon United FC
- 5. Bradenham & Mattishall FC v UEA FC
- 6. Blofield United FC v Sprowston FC
- 7. Scole United FC v Holt United FC
- 8. Wells Town FC v Wymondham Town FC
- 9. East Harling FC v Aylsham FC
- 10.Mundford FC v Norwich CEYMS FC

EXEMPTIONS:

To Second Round:

Dereham Town FC, Diss Town FC, Downham Town FC, Dussindale & Hellesdon Rovers FC, Fakenham Town FC, Great Yarmouth Town FC, Harleston Town FC, Heacham FC, Mulbarton Wanderers FC, Norwich CBS FC, Norwich United FC, Sheringham FC, Swaffham Town FC & Thetford Town FC.

To Third Round:

Gorleston FC, Kings Lynn Town FC U23s, Norwich City FC U21s & Wroxham FC.





