

Football League of Wales	North East Wales Sub-Area	Central Wales Sub-Area	South Wales Area	North Wales Coast Sub-Area
Aberystwyth Town FC	Airbus UK Broughton FC	Aberaeron Football Club	Aberbargoed Buds	Aberffraw (CPD)
Bala Town FC	Brickfield Rangers FC	Abermule FC	Aberdare Town FC	Amlwch Town FC
Barry Town United	Brymbo FC	Berriew FC	Abergavenny Town	Bangor City
Caernarfon Town	Buckley Town FC	Borth United Football Club	Afan Lido FC	Barmouth & Dyffryn United
Cardiff Met University	Castell Alun Colts	Bow Street FC	AFC Llwydcoed	Bodedern Athletic
Carmarthen Town	Cefn Albion	Builth Wells FC	AFC Porth	Colwyn Bay
Cefn Druids FC	Cefn Mawr Rangers	Caersws	Albion Rovers	Conwy Borough
Connahs Quay Nomads	Chirk A.A.A	Carno FC	Ammanford AFC	Denbigh Town FC
Llandudno	Coedpoeth United	Churchstoke FC	Bridgend Street	Dyffryn Nantlle
Llanelli Town AFC	Corwen Football Club	Dolgellau Athletic Amateurs	Briton Ferry Llansawel	Gaerwen
Newtown AFC	FC Queens Park	Dyffryn Banw FC	Caerau Ely	Holyhead Hotspur FC
The New Saints	Flint Town United	Four Crosses FC	Caerau Football Club	Llandudno Albion
	Gresford Athletic FC	Hay St Marys	Caldicot Town AFC	Llandyrnog United
<b>Welsh Premier Women's League</b>	Hawarden Rangers	Kerry FC	Cambrian and Clydach BGC	Llanfairpwll FC
Abergavenny Women	Holywell Town FC	Llandrindod Wells FC	Cardiff City FC	Llangefni Town FC
Briton Ferry Llansawel Ladies	Johnstown YFC	Llanfair United	Cardiff Corinthians	Llanerch Y Medd FC
Cardiff City FC Women	Lex X1	Llanidloes Town FC	Chepstow Town	Llanrug United
Cardiff Met University Ladies	Llangollen Town	Llanrhaeadr Ym Mochnant	Croesyceiliog	Llanrwst United
Cyncoed Ladies	Llanuwchllyn	Llansantffraid Village	Cwmamman United	Mynydd Llandegai FC
Llandudno Ladies	Llay Miners Welfare	Machynlleth FC	Cwmbran Celtic	Penrhyndeudraeth
Port Talbot Ladies FC	Mold Alexandra	Montgomery Town	Dinas Powys FC	Porthmadog
Rhyl FC Ladies	Mynydd Isa Spartans	Newbridge on Wye	Ely Rangers AFC	Prestatyn Sports
Swansea City AFC Ladies	New Brighton Villa FC	Newcastle Emllyn AFC	FC Cwmaman	Rhyl FC
	Overton Recreational	Penrhyncoch	Garden Village	
	Penycae Football Club	Presteigne St Andrews Football Club	Goytre FC	
	Plas Madoc FC	Radnor Valley	Goytre United AFC	
	Rhos Aelwyd	Rhayader Town FC	Haverfordwest County AFC	
	Rhosllanerchrugog	Tywyn Brynchrug FC	Llantwit Major AFC	
	Rhostyllen	Waterloo Rovers FC	Merthyr Town FC	
	Rhydymwyn FC	Welshpool Town AFC	Monmouth Town FC	
	Ruthin Town FC		Newport City	
	Saltney Town FC		Newport County AFC	
	Wrexham FC		Penybont FC	
			Penrhiwceiber Rangers	
			Penydarren BGC	
			Pill YMCA AFC	
			Pontardawe Town	
			Pontyclun Football Club	
			Pontypridd Town	
			Port Talbot Town Football Club	
			Risca United AFC	
			STM Sports AFC	
			Swansea City AFC	
			Swansea University FC	
			Taffs Well	
			Ton Pentre FC	
			Tredegar Town AFC	
			Trefelin	
			Treforest Football Club	
			Treharris Athletic Western	
			Treowen Stars	
			Trethomas Bluebirds	
			Undy Athletic Football Club	
			West End	
			Ynysygerwn	