

COUNTY	CITY/TOWN	DELIVERY DAY
CHESHIRE	ALTRINGHAM	TUESDAY & THURSDAY
CHESHIRE	CHESTER	TUESDAY & THURSDAY
CHESHIRE	CONGLETON	TUESDAY & THURSDAY
CHESHIRE	CREWE	TUESDAY & THURSDAY
CHESHIRE	DUKINFIELD	TUESDAY & THURSDAY
CHESHIRE	HYDE	TUESDAY & THURSDAY
CHESHIRE	KNUTSFORD	TUESDAY & THURSDAY
CHESHIRE	NORTHWICH	TUESDAY & THURSDAY
CHESHIRE	STOCKPORT	TUESDAY & THURSDAY
CHESHIRE	WARRINGTON	TUESDAY & THURSDAY
CLEVELAND	STOCKTON ON TEES	MONDAY & WEDNESDAY
CO DURHAM	DURHAM	MONDAY & WEDNESDAY
CO DURHAM	SPENNYMOOR	MONDAY & WEDNESDAY
CUMBRIA	BARROW IN FURNESS	TUESDAY & THURSDAY
CUMBRIA	CARLISLE	TUESDAY & THURSDAY
CUMBRIA	KENDAL	TUESDAY & THURSDAY
CUMBRIA	WORKINGTON	TUESDAY & THURSDAY
DERBYSHIRE	BUXTON	WEDNESDAY & FRIDAY
DERBYSHIRE	CHESTERFIELD	WEDNESDAY & FRIDAY
DERBYSHIRE	DERBY	WEDNESDAY & FRIDAY
DERBYSHIRE	SWADLINCOTE	WEDNESDAY & FRIDAY
DERBYSHIRE	WILLINGTON	WEDNESDAY & FRIDAY
EAST YORKSHIRE	ANLABY	TUESDAY & FRIDAY
EAST YORKSHIRE	BEVERLEY	TUESDAY & FRIDAY
EAST YORKSHIRE	HORNSEA	TUESDAY & FRIDAY
GLOUCESTERSHIRE	CHELTENHAM	MONDAY & WEDNESDAY
LANCASHIRE	ANSDELL	MONDAY & WEDNESDAY & FRIDAY
LANCASHIRE	BLACKBURN	MONDAY & WEDNESDAY & FRIDAY
LANCASHIRE	BLACKPOOL	MONDAY & WEDNESDAY & FRIDAY
LANCASHIRE	BOLTON	TUESDAY & THURSDAY
LANCASHIRE	BURNLEY	MONDAY & WEDNESDAY & FRIDAY
LANCASHIRE	BURY	MONDAY & TUESDAY & THURSDAY
LANCASHIRE	DARWEN	MONDAY & WEDNESDAY & FRIDAY
LANCASHIRE	HEYSHAM	MONDAY & WEDNESDAY & FRIDAY
LANCASHIRE	LANCASTER	MONDAY & WEDNESDAY & FRIDAY
LANCASHIRE	LEIGH	TUESDAY & THURSDAY
LANCASHIRE	LYTHAM ST ANNES	MONDAY & WEDNESDAY & FRIDAY

COUNTY	CITY/TOWN	DELIVERY DAY
LANCASHIRE	MANCHESTER	TUESDAY & THURSDAY
LANCASHIRE	ORMSKIRK	TUESDAY & THURSDAY
LANCASHIRE	PRESTON	MONDAY & WEDNESDAY & FRIDAY
LANCASHIRE	ROCHDALE	TUESDAY & THURSDAY
LANCASHIRE	WIGAN	TUESDAY & THURSDAY
LEICESTERSHIRE	LEICESTER	MONDAY & WEDNESDAY & FRIDAY
LINCOLNSHIRE	BOURNE	THURSDAY
LINCOLNSHIRE	GRANTHAM	WEDNESDAY & FRIDAY
LINCOLNSHIRE	LINCOLN	TUESDAY & FRIDAY
LINCOLNSHIRE	MARKET RASEN	THURSDAY
LINCOLNSHIRE	SCUNTHORPE	TUESDAY & FRIDAY
LINCOLNSHIRE	SLEAFORD	WEDNESDAY & FRIDAY
LINCOLNSHIRE	SPALDING	THURSDAY
LINCOLNSHIRE	STAMFORD	THURSDAY
MERSEYSIDE	LIVERPOOL	TUESDAY & THURSDAY
MERSEYSIDE	SOUTHPORT	TUESDAY & THURSDAY
MERSEYSIDE	WIRRAL	TUESDAY & THURSDAY
NORTH LINCOLNSHIRE	KIRTON LINDSEY	TUESDAY & FRIDAY
NORTH YORKSHIRE	DRIFFIELD	TUESDAY & FRIDAY
NORTH YORKSHIRE	GOOLE	TUESDAY & FRIDAY
NORTH YORKSHIRE	HARROGATE	TUESDAY & THURSDAY
NORTH YORKSHIRE	MALTON	TUESDAY & FRIDAY
NORTH YORKSHIRE	RIPON	MONDAY & WEDNESDAY
NORTH YORKSHIRE	SCARBOROUGH	TUESDAY & FRIDAY
NORTH YORKSHIRE	SKIPTON	TUESDAY & THURSDAY
NORTH YORKSHIRE	YORK	TUESDAY & FRIDAY
NORTHAMPTONSHIRE	KETTERING	TUESDAY & THURSDAY
NORTHAMPTONSHIRE	NORTHAMPTON	MONDAY & WEDNESDAY
NORTHUMBERLAND	CRAMLINGTON	MONDAY & WEDNESDAY
NORTHUMBERLAND	HEXHAM	MONDAY & WEDNESDAY
NORTHUMBERLAND	MORPETH	MONDAY & WEDNESDAY
NOTTINGHAMSHIRE	NEWARK	WEDNESDAY & FRIDAY
NOTTINGHAMSHIRE	NOTTINGHAM	WEDNESDAY & FRIDAY
NOTTINGHAMSHIRE	MANSFIELD WOODHOUSE	TUESDAY & FRIDAY
OXFORDSHIRE	OXFORD	MONDAY & WEDNESDAY
SHROPSHIRE	SHREWSBURY	TUESDAY & FRIDAY
SOUTH YORKSHIRE	SHEFFIELD	WEDNESDAY & FRIDAY
STAFFORDSHIRE	CANNOCK	MONDAY & WEDNESDAY
STAFFORDSHIRE	LICHFIELD	FRIDAY

COUNTY	CITY/TOWN	DELIVERY DAY
STAFFORDSHIRE	NEWCASTLE UNDER LYME	WEDNESDAY
STAFFORDSHIRE	STOKE ON TRENT	WEDNESDAY
TYNE & WEAR	EAST BOLDON	MONDAY & WEDNESDAY
TYNE & WEAR	GATESHEAD	MONDAY & WEDNESDAY
TYNE & WEAR	MIDDLESBROUGH	TUESDAY & FRIDAY
TYNE & WEAR	NEWCASTLE UPON TYNE	MONDAY & WEDNESDAY
TYNE & WEAR	NORTH SHIELDS	MONDAY & WEDNESDAY
WARWICKSHIRE	RUGBY	TUESDAY & THURSDAY
WEST MIDLANDS	COVENTRY	MONDAY & WEDNESDAY
WEST MIDLANDS	SOLIHULL	MONDAY & WEDNESDAY
WEST YORKSHIRE	BRADFORD	TUESDAY & THURSDAY
WEST YORKSHIRE	CASTLEFORD	TUESDAY & THURSDAY
WEST YORKSHIRE	DEWSBURY	TUESDAY & FRIDAY
WEST YORKSHIRE	HALIFAX	MONDAY & WEDNESDAY & FRIDAY
WEST YORKSHIRE	HUDDERSFIELD	TUESDAY & THURSDAY
WEST YORKSHIRE	KEIGHLEY	TUESDAY & FRIDAY
WEST YORKSHIRE	LEEDS	TUESDAY & THURSDAY
WEST YORKSHIRE	MIRFIELD	TUESDAY & THURSDAY
WEST YORKSHIRE	WAKEFIELD	TUESDAY & THURSDAY
WEST YORKSHIRE	WETHERBY	MONDAY & WEDNESDAY