

A	Deeside AC	Menai Track & Field
E	Trafford AC	Stockport Harriers
H	Macclesfield AC	Handforth & Wilmslow
D	Vale Royal	East Cheshire Harriers
G	Manchester Harriers	St Helens & Sutton AC
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F	Halton and Frodsham AC	Crewe & Nantwich AC
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VENUES

	<u>Match 1</u>	<u>Match 2</u>	<u>Match 3</u>
17-Apr-11 Round 1	Deeside AAC @ Connor's Quay	Trafford @ Longrod Stadium, Trafford	Halton & Frodsham AC @ Runcorn.
26-Jun-11 Round 2	Stockport Harriers & AC @ Stockport	Crewe & Nantwich AC @ Crewe	Macclesfield Harriers & AC @ Macclesfield
31-Jul-11 Round 3	Deeside AAC @ Connor's Quay	East Cheshire Harriers & T. AC @ Ashton-under-Lyne	Bury AC @ Bury
4-Sep-11 Round 4	West Cheshire AC @ Ellesmere Port	East Cheshire Harriers & T. AC @ Ashton-under-Lyne	Salford Metropolitan AC @ Salford