



Issue 30 - October 2016

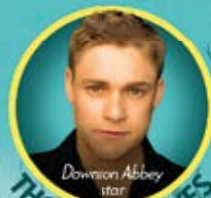
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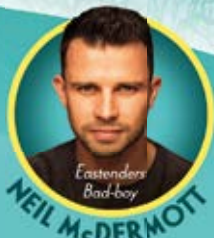
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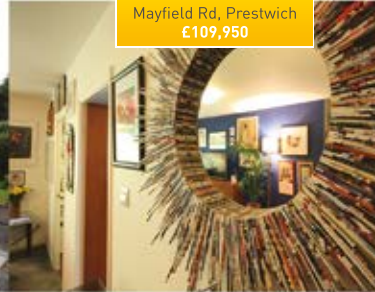
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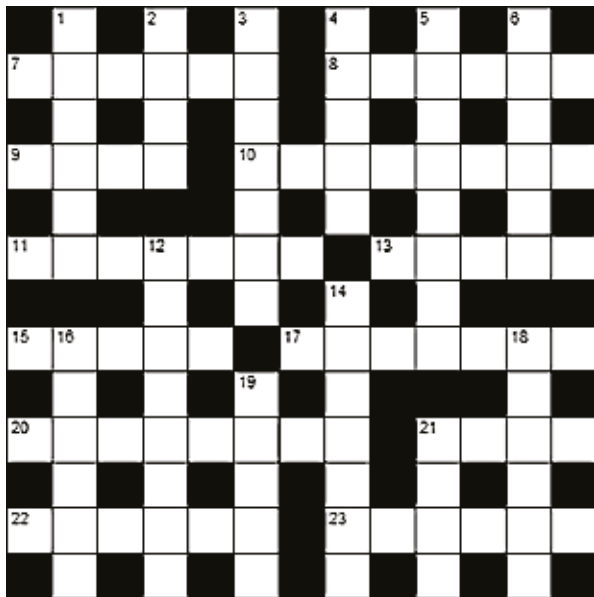
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Across

- 7 Nocturnal black and white mammal (6)
- 8 Our nearest continental neighbour (6)
- 9 Deceased (4)
- 10 Alumnus, former student (8)
- 11 Entertainment with music, song and dance (7)
- 13 Tickly, needs a scratch (5)
- 15 Cheat, deceive (5)
- 17 Lack of belief in God (7)
- 20 Non-acceptance, repudiation (8)
- 21 Playthings (4)
- 22 Lowest position (6)
- 23 _____ Christie, mystery writer (6)

Down

- 1 Yellow curved fruit (6)
- 2 Fictional man-eating giant (4)
- 3 Activate, generate (7)
- 4 Edible internal organs (5)
- 5 French bread (8)
- 6 Whisky (6)
- 12 Financial records (8)
- 14 Language descended from Latin (7)
- 16 Global sportswear brand (6)
- 18 Long curved agricultural blade (6)
- 19 Means of paying for postage (5)
- 21 Capture, ambush (4)

Word Search List

- | | | |
|----------|-------------|---------|
| afraid | ghost | potion |
| autumn | ghoul | prank |
| bat | gory | RIP |
| beast | grave | shock |
| blood | grisly | spell |
| bone | haunt | strange |
| boo | magic | tomb |
| cape | mask | vampire |
| carve | mist | web |
| casket | moon | weird |
| cat | mummy | wicked |
| cauldron | night | wig |
| dead | ogre | witch |
| evil | owl | wraith |
| fear | party | |
| fog | poltergeist | |

Solutions on page 42

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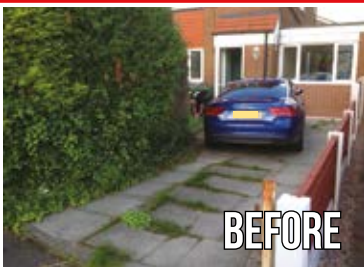
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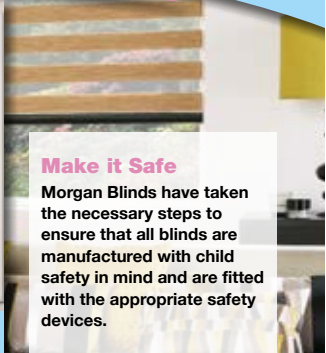
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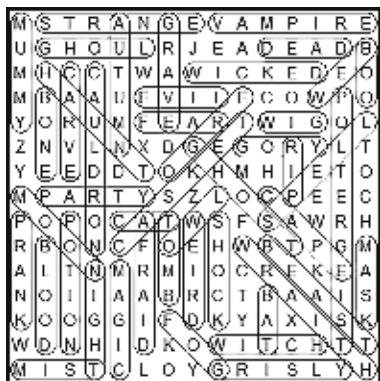
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Stand crowned GMCL Division Two champions

Stand went into the final game of the season, having already secured promotion to Division 1 of the GMCL, knowing a win would guarantee the Division 2 title.

The start was delayed due to the recent wet weather but thanks to the efforts of Radcliffe, a 42 over game got underway.

Catterall won the toss and elected to bat and the opening pair of Taylor and Thomas rewarded this decision with a season high opening partnership of 122, Thomas making 70 and Taylor 51. The middle/lower order then continued to pile on the runs as Professional Azmat (31), Curphey (32), Beirne (31*) and Davison (22*) all scored quickly to leave the visitors on 270-5 from their allotted overs.

Stand made early inroads into the Radcliffe batting line up with Farley (0) dismissed caught and bowled by Ahmed in the first over. Wickets continued to fall regularly until the hosts had been bowled out for 65. Ahmed finished with 2-14, Ateeq 3-34 and Azmat 4-8, resulting in a 205 run win.

In a season where weather washed out 7 of the 22



league games, this win secured a first league title for the 1st XI in a very, very long time and celebrations went on long in to the night.

Professional Ali Azmat had a great first season with 847 runs @ 65.15 and 51 wickets @ 9.98, alongside Dinesh Ateeq (620 runs @ 41.33 and 33 wickets @ 12.48), and Matt Curphey, who also a good season with the bat supporting the top and middle order with 383 runs @ 27.36.

All of this means the 1st XI will now play in Division next season of the GMCL and we also welcome back Ali and Dinesh next season (hopefully one with better weather!)

www.standcc.co.uk

Prestwich edged out in title showdown

Prestwich enjoyed a bitter-sweet but thrilling end to their first season in the new Greater Manchester Cricket League.

The first team lost a title decider to Egerton on the final day to finish runners-up in the premier division.

But a week later, the second team went one better by winning the division three title, after taking 42 points from a possible 44 in the run-in.

The Egerton showdown was worthy of its winner-takes-all billing between the two top sides in the division, but not before huge clean-up operation had

been mobilised to get The Heys ground fit, after yet another deluge of untimely overnight rain.

Prestwich exasperatingly fell 35 runs short of the target set by Egerton, who were indebted to a sixth-wicket partnership of 84 by Anthony Clegg (30) and Daniel Partington (42), after the home side had dismissed the top five for 70.

Sam Holden finished with 4 for 45 and Mike Finan 3 for 38 as the visitors were all out for 175.

Prestwich's reply went from solid to sticky as 30 for 0 became 31 for 3, and threatened to have found quicksand at 56 for 5.

Continued on page 48

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Prestwich Heys are finding their feet in the Hallmark Security North West Counties League.

Following their promotion from the Manchester League the Sandgate Road based side sit in 7th place, one position outside the play off places after the first ten games.

Heys have collected 17 points from those matches, a healthy return as they have adapted to stepping up a level into semi-professional football.

They perhaps could reflect their return could have been higher. Certainly in their 2-2 away draw at St. Helens Town they were unfortunate not to get all three points after a last minute penalty was given their way only to be rescinded by the referee after consultation with a linesman.

Heys though have been in free scoring form and are the second highest scorers in the division. They defeated Eccleshall 5-2 at home and followed that up with a 5-0 win at AFC Blackpool.

Those wins were part of a four game unbeaten run that was ultimately ended by unbeaten Alsager Town who scored twice in the last fifteen minutes to win 2-1 on their first visit to Prestwich.

That game drew an attendance of 119 to Heys Adie Moran Park ground, the biggest of the season and one the club are looking to build upon.

Admission to games is Adults £4, Concessions £2, Under 16's FREE with programmes £1. There is covered accommodation and a clubhouse and everyone is welcome.

The coming month will see history being made by the club as it stages the first floodlit semi-professional football in the town.

The new floodlights were installed this month and were due to be used for the first time in a Lancashire Challenge Trophy game with Conference North side Chorley.

The lights will be used again in October when Bacup Borough visit Prestwich, one of a run of home fixtures in the month which read as follows:

Sat 8/10/16 - Litherland REMYCA	H	3.00pm
Sat 15/10/16 - City of Liverpool FC	H	3:00pm
Wed 19/10/16 - Bacup Borough	H	7:45pm
Sat 22/10/16 - Cheadle Town	A	3.00pm

Heys are also on the lookout for match day volunteers with a variety of roles from stewarding to bar work available.

Also any photographers or people with an interest in media work who want to hone their skills are welcome.

Please contact the club through any of the channels below.

To keep up to date with all things Heys visit www.prestwichheys.com on Twitter @HeysMatchday or @PrestwichHeysFc or on Facebook - Prestwich Heys

CRICKET

(continued from page 46)

But Ali Raza and Tom Scott staged a 40-run rally before Raza (36) became the second casualty of three controversial l.b.w. decisions. Despite a late blast from skipper Andy Bradley (25), former Prestwich professional Amal Dalugoda wrestled four wickets to wrestle the championship trophy away from Prestwich's grasp.

There was a happier outcome for Prestwich 2nds who travelled to Heywood for their last game, knowing that a maximum point victory would guarantee them the division three title.

Four wickets each for Stephen Ritchie and Oliver Holt, aided by two wickets from Nathan Bailey, restricted Heywood to a modest total of 115, although they had been 109 for 4 until a late collapse.

Nick Carter was wicket-less on the day, but his excellent season with the ball meant he could still have won the bowling averages for the whole division.

But it was edge-of-the seat viewing as the target had to be reached without Prestwich losing more than three wickets to win the title outright.

Led by a superb 70 not out from Lewis Smith, Prestwich only lost two wickets to allow skipper Peter Lorenzini to get the champagne corks popping.





The 2016 season draws to a close with 2017 shaping up to be the best yet!

Our adult first team are still well in the mix for promotion to Division One, quick progress from a side who struggled in Division Six just eight years ago.

Our junior and youth sides continue to improve at a great rate - surpassing all our expectations in displaying great skills each week and enjoying themselves too!

With the end of 2017 bringing in the club's 10th birthday and the March seeing the 120th anniversary of rugby league in Bury there are exciting times ahead!

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Those anxious feelings can really stop us from getting on with our lives. That anxiety is based in our primitive brain, which is like our head of security always looking out for things that can cause us a problem, however in our busy 21st century lives it is difficult to switch this off, as a result it becomes very exhausting and overwhelming which can prevent us from leading a normal life.

Learning to replace anxiety with feelings of calm and confidence is much more beneficial to us. It enables us to deal with all our everyday situations in a much easier way. Our lives can be full and busy but when we are Clear Calm and Confident, we can cope in a much better way.

Once we get back our clarity of thought, the things that felt overwhelming initially start to fall into place and everything becomes easier. We can now become much more productive than when looking at the world through a haze or fog.

How can Solution Focused Hypnotherapy help you to feel CLEAR CALM AND CONFIDENT.

Solution focused hypnotherapy has been developed to reduce anxiety and calm the mind. It is a wonderful tool to help with a large variety of issues, working by concentrating on a positive future, acknowledging the past and current issues but not dwelling on them. The focus is on thinking about the future and how you want it to be and what positive steps you can take to get there.

You may be feeling overwhelmed at the moment and that everything is too much. The thing is that's OK because most of us at some time or other feel like this, you are not alone. However becoming calmer and regaining confidence is just around the corner and is an easier goal to achieve than you think.

By taking the time to read this and contemplating hypnotherapy, you've already started on the journey towards that more Clear Calm Confident YOU.

I'm Hayley and run Insight Hypnotherapy. If your feeling anxious stressed, lacking in confidence, then please contact me for a confidential chat. You can call me on 07817 630 614 or 0161 766 9915 or go to www.insight-hypnotherapy.com.



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