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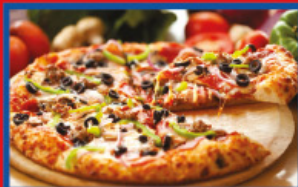
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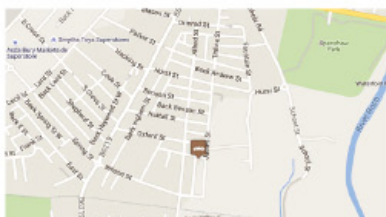
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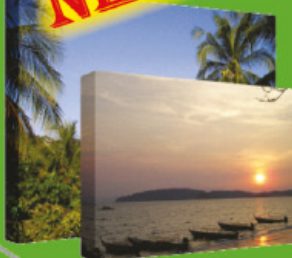
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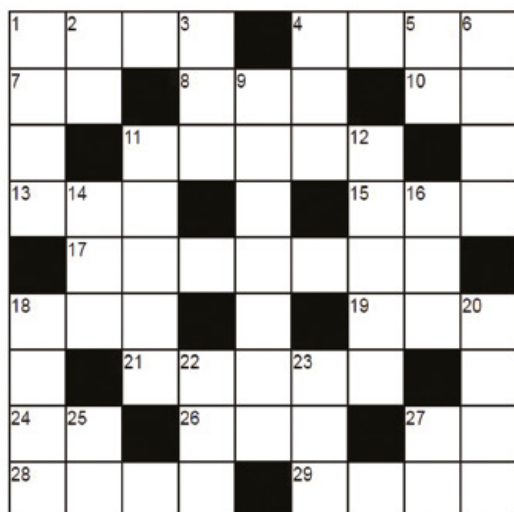
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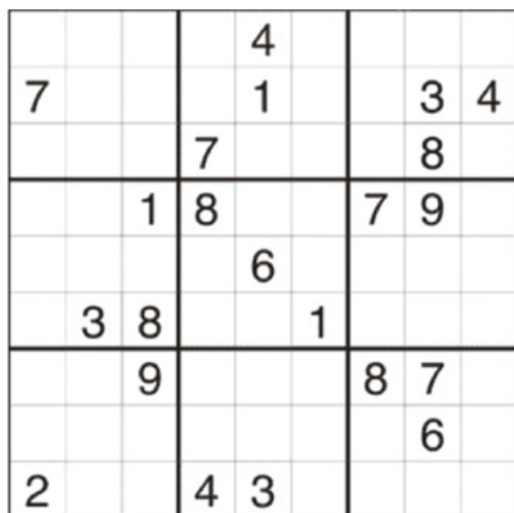


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22. Chest bone
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Solutions on page 42

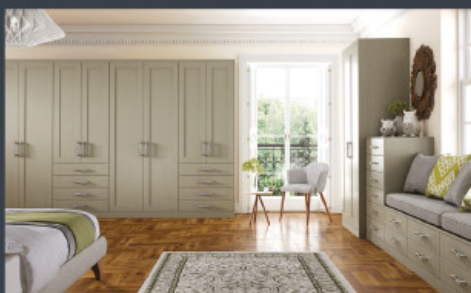
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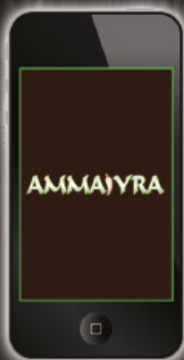
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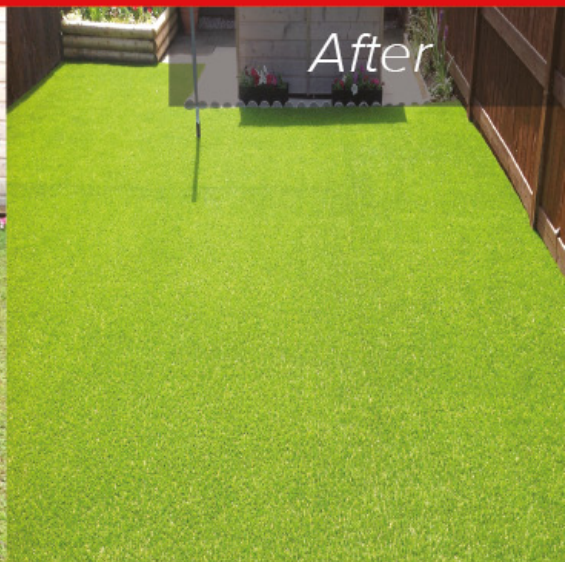
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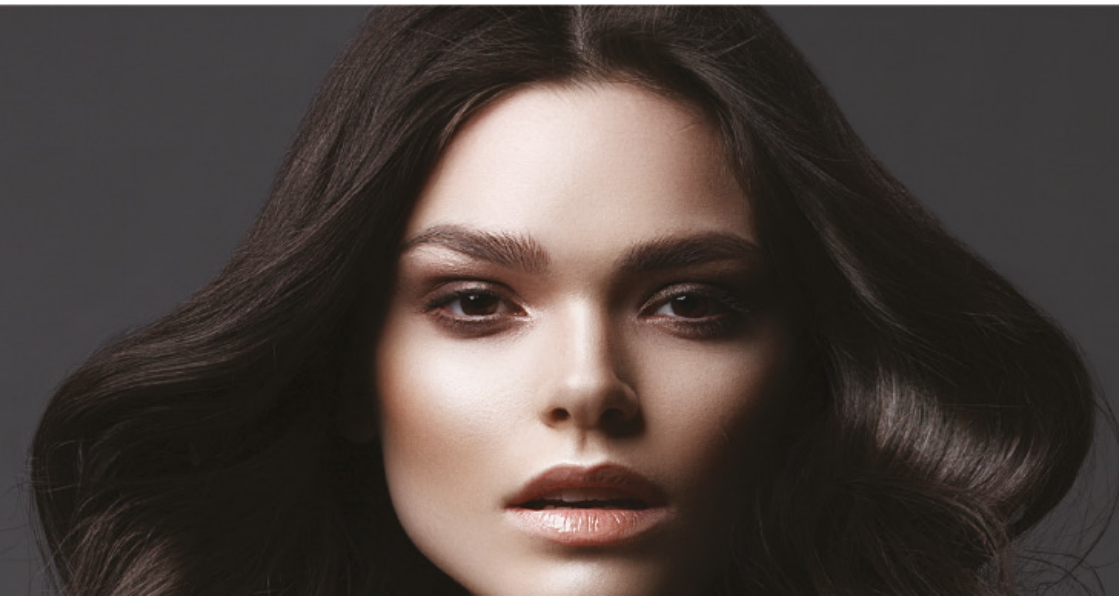
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INGREDIENTS

- 1 kg ripe tomatoes, peeled and chopped
- 200g onions chopped
- 100g raisins or sultanas
- 100g cooking apples peeled, cored and coarsely chopped
- 100g chopped dried figs
- 300g sugar
- 225ml white wine vinegar
- 2 tsp salt
- 1/2 tsp ground allspice
- 1/2 tsp groundginger
- 1/2 tsp groundblack pepper

METHOD

1. Place all the ingredients in a large stainless steel saucepan and heat gently until the sugar has dissolved completely.
2. Bring to the boil, stirring, then simmer on a low heat, stirring regularly (to make sure the mixture does not burn on the bottom of the pan) for about 1 hour or until thick and pulpy.
3. Chill, decant label and store for service



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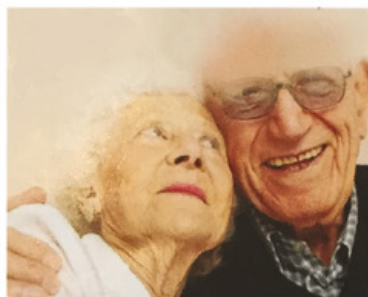
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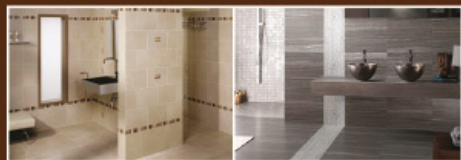
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25	R	A	I	L	I	N	G	
31	M	A	N	D	G	O	D	
37	A	G	R	E	Y	S	E	
43	I	E	I	R	E	M	E	
49	D	R	A	B	S	H	A	M

8	1	5	3	4	6	9	2	7
7	9	2	5	1	8	6	3	4
3	6	4	7	9	2	5	8	1
4	2	1	8	5	3	7	9	6
9	5	7	2	6	4	3	1	8
6	3	8	9	7	1	2	4	5
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A team brimming with former England cricket stars will be taking to the crease at Prestwich Cricket Club on Friday August 5th.

Ex-Lancashire legend Neil Fairbrother will be among the star-studded names appearing at The Heys ground.

He will play for the PCA England Masters team against a Prestwich 1st XI in a fundraising T20 game.

Fairbrother, a prolific batsman for both club and country, was once described by commentator Geoffrey Boycott as being in such good form, he could have gone out to bat with a stick of rhubarb.

Fairbrother played 75 one-day internationals for England, 10 Test Matches, and scored more than 20,000 first class runs.

The left-handed Lancastrian will be joined by ex-England players Owais Shah, Richard Blakey, Usman Afzaal and Alec Tudor. More ex-Test players are due to be confirmed in the coming days.

The game will commence at 4pm. Admission is £5 per adult, including a programme, with children admitted free.

There will also be opportunities for autographs and photos with the players.

Earlier in the day, there will be a junior coaching session overseen by some of the England legends, followed by pre-match lunch for sponsors, guests and PCA (Professional Cricketers Association) players, and a question-and-answer session.

Prestwich's 1st XI have still been leading the way in the Premier Division of the Greater Manchester Cricket League, but have suffered a few recent setbacks, losing dramatically by one run to Egerton, and then tasting defeat at the hands of Denton West in a 28-over game. They also bowed out of the GMCL Cup on a bowl-out at Heywood, after Marty Walters had inspired his side to a formidable total with a superb unbeaten century before the rain arrived to spoil the party.

On the brighter side, Prestwich managed to overcome the weather and a position of 7 for 3 to beat Flixton, thanks to a half century from Ali Raza and a remarkable return of 5 for 4 from skipper Andy Bradley.

The second team remain in the title hunt in division 3, but were beaten by Woodbank in their cup quarter final, while the third team's attempt to win a third consecutive bowl-out failed at Monton & Weaste.

* The club was saddened to hear of the death of Ken Morgan at the age of 89. Ken had been a stalwart of the club, and played between 1957 and 1984. He batted 537 times, and scored 11,230 runs, which had been a club record until it was surpassed in 2012 by Steve Orrell.



The long wait for Heys return to Hallmark Security League (North West Counties League) is nearly over. Heys return to the semi-professional ranks after a 30 year absence will start with a home game against Widnes on 6th August.

It is one of only three home matches in the opening nine games for Jon Lyons' side based on Heys still being in the ongoing process of installing their floodlights.

The visit of Widnes will act as an early benchmark for Heys. The visitors came 13th last season but have undergone a radical overhaul in the summer with a new board and management team in place, many of whom were involved in the promotion play off success of Barnton at this level last season.

Heys then have three successive away games that will bring them into contact with some familiar names and faces.

Bacup Borough (10th August) and Daisy Hill (13th August) were opponents for Heys in those early days of the North West Counties.

Bacup were beaten by Barnton in the play off final last season and the game will see Heys come against their former Reserve team manager and coach Andy Barlow who is now involved at Boro.

The short trip to Chadderton on 16th August will see Heys face a very familiar face with the hosts managed by Mark Howard who was in charge of a Royton side that pushed Heys for the Manchester League Premier Division title last season.

Heys next two games bring them up against new opposition. Silsden, visit Adie Moran Park on 20th August having been relegated from the Premier Division last season before the first of another batch of three away games sees a trip to a Stockport Town who were beaten in the play offs last season.

A visit to another of the League's newcomers Sandbach United follows on 27th August. Whilst a different club the name will be familiar to older Heys fans from their Cheshire League days.

A Thursday night trip to St. Helens Town follows, a team Heys last faced in the FA Cup back in 1984. A home game against Eccleshall rounds off the opening month on September 3rd.

The full list of fixtures is:

Sat 06/08/16 Widnes H 3:00

Wed 10/08/16 Bacup Borough A 7:45

Sat 13/08/16 Daisy Hill A 3:00

Tue 16/08/16 Chadderton A 7:45

Sat 20/08/16 Silsden H 3:00

Tue 23/08/16 Stockport Town A 7:45

Sat 27/08/16 Sandbach Utd A 3:00

Thu 01/09/16 St Helens A 7:45

Sat 03/09/16 Eccleshall H 15:00

Andrew Cardwell - Charity Boxing Match

Andrew Cardwell, the Managing Director of Cardwells Estate Agents, whose local branch is on Bury Old Road is taking part in a charity boxing match at the Macron Stadium (home of Bolton Wanderers FC) on the 28th August.

The event is aiming to raise funds for Cancer Research UK. Andrew has no boxing experience and explained that;

"Boxing is something that is way out of my comfort zone and is brand new to me, in fact fighting is completely alien to me. I am a lover not a fighter! I am more inclined to give someone a hug than a punch on the nose, so I am fully expecting to lose and will probably get beaten up, but the purpose is to raise as much money as possible for Cancer Research. We all know somebody who has been affected by the Big C and the work that Cancer Research UK do is fantastic, so I am just trying to do a little something to help this great cause".

Andrew has previously run 20+ marathons for charity but considers this his toughest challenge yet;

"Sadly none of my long distance running experience is useful for boxing, I will give it my very best on the night, you might see me struggle, but you won't see me quit. All of the participants are amazing and I am proud to be amongst them"

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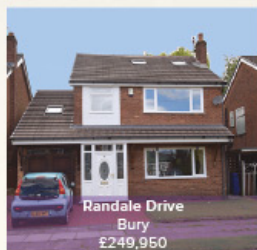
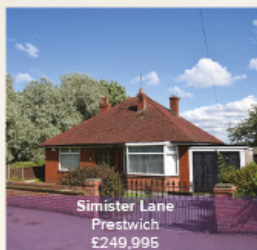
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