

# TALK OF THE TOWN

**LUTON TOWN v CHELTENHAM TOWN**

TUESDAY 31ST JANUARY 2017 | KICK OFF 7.45pm

OFFICIAL MATCHDAY PROGRAMME | ISSUE 21 | PRICE £3





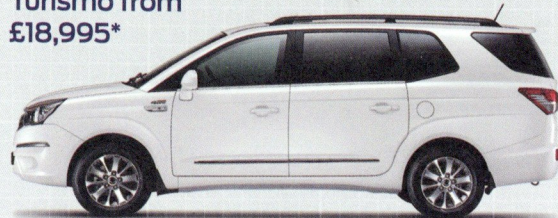
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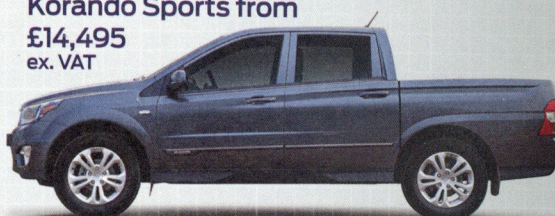
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[WELCOME TO LUTON TOWN v CHELTENHAM TOWN]

# WELCOME TO KENILWORTH ROAD

## LUTON TOWN FOOTBALL CLUB 2020 LTD

Kenilworth Road Stadium, 1 Maple Road,  
Luton, Bedfordshire LU4 8AW  
Switchboard: 01582 411622  
Ticket office: 01582 416976  
info@lutontown.co.uk | www.lutontown.co.uk

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## OFFICIAL MATCHDAY PROGRAMME

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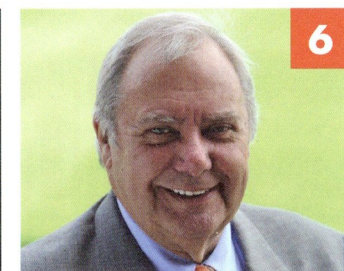
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The views in this programme are those of the  
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**NATHAN JONES**

The boss welcomes Cheltenham and  
his old boss to Kenilworth Road



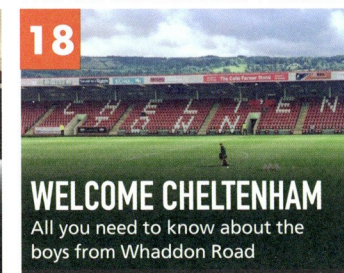
**FROM THE BOARDROOM**

With vice-chairman David Wilkinson



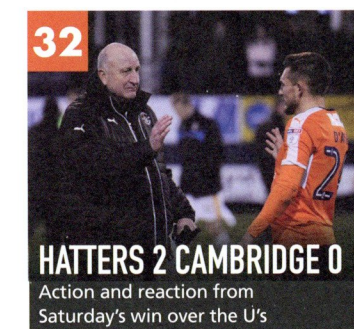
**CAMERON MCGEEHAN**

Injured Hatters midfielder  
writes for TOTT



**WELCOME CHELTENHAM**

All you need to know about the  
boys from Whaddon Road



**HATTERS 2 CAMBRIDGE 0**

Action and reaction from  
Saturday's win over the U's



**FIGHTING FIT IN 2017**

Jared, Smudge & Muls share  
fitness tips as part of the Year of  
You campaign

## LET'S GET CONNECTED

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# 3 FOR 2 TICKET DEALS FRIEND FOR A TENNER

CHELTENHAM 31ST JANUARY | CRAWLEY TOWN 11TH FEBRUARY | HARTLEPOOL 14TH FEBRUARY

CALL THE TICKET OFFICE NOW  
**01582 416976**

[MANAGER'S NOTES]

## THE MANAGER NATHAN JONES



Good evening and welcome back to Kenilworth Road for this Sky Bet League Two fixture with Cheltenham Town.

I would like to welcome everybody from our visitors – supporters, directors, staff, manager Gary Johnson and his squad – who have made the journey from the Cotswolds for tonight's game.

Gary is a vastly experienced manager who I know well having worked under him at Yeovil. It'll be good to have a catch up with him, although we know his team will pose another big challenge for us, just as they did when we went to Whaddon Road in early October.

The rearrangement of this fixture from FA Cup third round week is one of the reasons why we had spent the whole of January on the road until Saturday, when we produced a real solid performance to beat Cambridge 2-0.

It wasn't our most fluent display of the season to start with, but just as it was when we played them at the Abbey Stadium in August, we gradually gained control of the game and ran out convincing winners. In the end, it could – and should – have been a couple more.

I've spoken in recent weeks about the need for us to get on a run of wins

to start putting pressure back on the top three, and now we have a great opportunity to do that.

We are four matches unbeaten in all competitions and although we've been able to put good sequences together on the road, we've found it more difficult here at Kenilworth Road.

Hopefully now in this run of five home league games in seven, we can start to put that right and attack those automatic promotion places.

### ROCKED

Your wonderful backing will be crucial to helping us do that, so please get behind the team like you did against Cambridge when the place rocked – as I managed to experience from a different vantage point to usual, up in the directors' box.

Remember that together we are stronger, and on that note, I'd like to close by asking for you to support myself and the club charity of the year, Level Trust, when I go to an even higher position on 19th April, as you'll read more of on page 27 of tonight's programme.

Level Trust do a wonderful job helping underprivileged schoolchildren in Luton, so when I was asked to do a sponsored skydive I was only too happy to agree – despite the fact I'm not the best flyer!

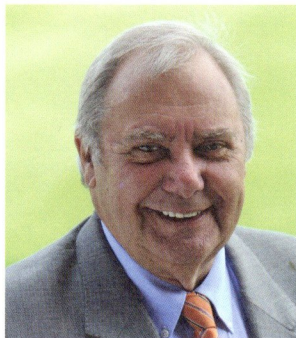
### FUNDRAISING

When I was at Brighton we used to fly to away games and I remember one especially turbulent journey back from Hull that will live with me forever. I didn't think I'd get off that plane alive, so as you can imagine, throwing myself out of one is quite a big thing.

It will be well worth it if we can help beat the £16,000 target for the year in which we are helping Level Trust raise funds and profile, however, so please go to [www.justgiving.com/fundraising/LTFC](http://www.justgiving.com/fundraising/LTFC) if you feel able to donate.

Thanks again – and enjoy tonight's game.





# FROM THE BOARDROOM

WITH VICE CHAIRMAN DAVID WILKINSON

Good afternoon everyone and a warm welcome to Kenilworth Road.

Our visitors tonight are Cheltenham Town, and we welcome the officials, players and supporters from the Robins.

Promoted last year they are having a difficult season, standing just above the relegation places, however, they are a strong team and we look forward to another competitive clash this evening.

I am writing this after a couple of tremendous performances. What felt like a pitched battle to gain a draw (deserved better!) at Wycombe, and an impressive team performance to gain a very satisfying and deserved double over Cambridge on Saturday in front of almost 9,000 people. It's so thrilling to have a good game in front of a big home crowd, and let's hope the incredible rainbow we all saw during the game on Saturday is a good omen for the rest of the season.

Unfortunately, we are not allowed to say what we really think about the officiating at games or the actions of the opposition, but even though we have seen thousands of games and I believe all our opinions are valid and constructive, we are obliged to keep them to ourselves.

As a result of his reaction after the Wycombe match, Nathan was punished with a touchline ban and was forced to sit with us in the directors' box, which seemed to add to the entertainment of those nearby, although I'm not sure Nathan felt the same way. It was quite amusing to watch everyone watch Nathan NOT watch the penalty being taken.

As I write we are still in the transfer window, which creates a lot of work, takes up a lot of time and causes considerable aggravation and I suspect Gary, Nathan and the rest of the management team will be delighted it ends at midnight tonight. As I'm writing this on Sunday night, who knows what might have happened by the time you read this.

We are, however, delighted to welcome new recruits Lawson D'Ath and Luke Gambin to our club and wish them a happy and successful time here. The best of luck too to those who have moved on temporarily or permanently. We hope that you will have fond memories of your time here and rest assured, you will be welcome here in whatever capacity your career takes you in the future.

We now know the make-up of the last few rounds of the much-reviled Checkatrade Trophy, with home games against Yeovil in the quarter-final and, if we win, Oxford or Bradford in the semi-final. Should we get past that stage we would meet Coventry or Wycombe in the final at Wembley.

As you are aware we were against this competition from the beginning, but every cloud has a silver lining and we have been able to give our talented youngsters a chance to compete at a decent level and are in the black, despite having to pay fines for breaking the rules by not playing enough senior pros.

Having got this far, of course, we would love to see it through to the end and have another day out at Wembley. Who can forget the last time in the competition's former incarnation, the JPT, when we took 42,000 to Wembley and beat Scunthorpe in a fantastic game of football. Made even more special as it was our first positive experience as new owners and our hero Mick Harford was manager. It felt somewhat like Luton Town against the world, and that day we won.



Last Saturday we were delighted to welcome to Kenilworth Road the participants of the Homeground Project – supporters who spent two weekends earlier this year making hats to celebrate the cultural heritage of football clubs with nicknames inspired by the local craft industries that have shaped their communities

Whilst on the subject on behalf of the Board can I take this opportunity to thank the Loyal Luton Supporters' Club and the 250 individuals who gave so generously in raising £5,000 to offset against the £15,000 fine issued to the Club by the EFL for "fielding under-strength teams".

Gary will update our progress on the Planning front in future programmes, but suffice it to say that work is actively progressing, meetings being held and data exchanged on regular basis. It is a very major project, not without its difficulties, but the Board are comfortable that Gary and his team are doing all they can to bring it to a satisfactory conclusion.

You will have read in Saturday's programme that Nathan is going to great lengths (or should that be heights?) to help the club charity of the year, Level Trust, raise funds to reopen their Uniform Exchange in the town. In April Nathan is undertaking a skydive with supporter Mark Warne, who won the bidding in an auction at the club's Christmas party. A JustGiving page has been set up for people to be able to donate – [www.justgiving.com/fundraising/LTFC](http://www.justgiving.com/fundraising/LTFC)

It's a tremendous gesture by someone who struggles with heights so please support our manager and the brilliant charity, which does such sterling work to ensure that the 14,000 children living below the poverty line, in Luton, do not have their education affected by a lack of clothing and equipment.

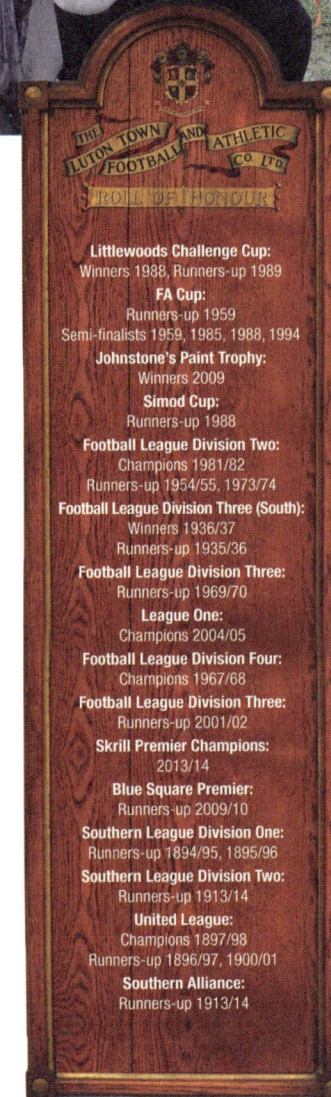
Our next home game in League Two against Crawley on 11th February is also the fixture for which our main sponsor SsangYong have donated the front of shirt space to the charity, so we hope that these generous gestures not only help raise much-needed funds, but also generate extra publicity for Jane Malcolm and her Level Trust team.

*"You have not lived today until you have done something for someone who can never repay you"* – Bedfordshire's own John Bunyan.

Enjoy the game.

Come On You Hatters!

Dw



**Littlewoods Challenge Cup:**  
Winners 1988, Runners-up 1989

**FA Cup:**  
Runners-up 1959  
Semi-finalists 1959, 1985, 1988, 1994

**Johnstone's Paint Trophy:**  
Winners 2009

**Simod Cup:**  
Runners-up 1988

**Football League Division Two:**  
Champions 1981/82  
Runners-up 1954/55, 1973/74

**Football League Division Three (South):**  
Winners 1936/37  
Runners-up 1935/36

**Football League Division Three:**  
Runners-up 1969/70

**League One:**  
Champions 2004/05

**Football League Division Four:**  
Champions 1967/68

**Football League Division Three:**  
Runners-up 2001/02

**Skrill Premier Champions:**  
2013/14

**Blue Square Premier:**  
Runners-up 2009/10

**Southern League Division One:**  
Runners-up 1894/95, 1895/96

**Southern League Division Two:**  
Runners-up 1913/14

**United League:**  
Champions 1897/98

Runners-up 1896/97, 1900/01

**Southern Alliance:**  
Runners-up 1913/14



# #CAMOON COLUMN

HATTERS MIDFIELDER CAMERON MCGEEHAN WILL BE GIVING TALK OF THE TOWN REGULAR UPDATES ON HIS RECOVERY FROM INJURY. HERE'S THE 21-YEAR-OLD'S FIRST DISPATCH, RECALLING THE DAY AT PORTSMOUTH HE SUSTAINED THE FRACTURE TO HIS LEFT LEG...

Crack! Instantly I knew....as I lay on the grass, I kept repeating "I've broken my leg, I've broken my leg". It's not so much the pain but more knowing my body as well as I do, I was sure something wasn't quite right.

However, by the time Simon Parsell and the other medical staff rushed on to assist me, I had somehow convinced myself that I could continue playing and began trying to hoist myself up into a standing position, only for my left leg to fail beneath me!

As the adrenaline wore off and with Si's expert eyes, the prognosis was confirmed and it was ambulance time for me rather than my hopes of an early goal in 2017.

In all the horror there was still time for a yellow card from the referee, for which I've not received any feedback or explanation. This will long remain a mystery to me.

Then followed a chorus of boos from the home contingent of Fratton Park, and some not so friendly hand gestures from the mob of Pompey fans near the side I exited the pitch from, to which I hit back through pure anger and rage.

My mum grew up in Pompey and my grandma still lives there, which made it even worse and I was very surprised with how low a football fan could go as I was stretchered off to the sound of "You're going home in an ambulance".

I'm sure I'll have my revenge on a football field at some point, as this will only make me stronger and even more hungry for success.

The pain then surged through my body as I lay in the ambulance, I heard the roar from the stadium and I could tell Portsmouth had scored, which didn't help!

My dad and brother, who were at the game, rushed around the stadium and I shared a moment in the ambulance with my dad that will never leave me. I burst into tears, as the emotion overcame me. He was there to comfort me, which eased the pain somewhat.

There was a major incident in Portsmouth city centre that day which meant 18 ambulances, including mine, were made to wait until the doctors and nurses dealt with more major accidents.

Dan Simm, the academy physio, was on his first away trip with the group and he was by my side the whole way through to liaise with Si and also to ensure everything ran smoothly.

My family are very close to Luke Shaw's family, and it really helped having his dad Paul with us that day. He was very calming and supportive having just been through the same experience with his own son.

My girlfriend was in London revising for her finals, but after seeing the news on Twitter, she whizzed down the A3 and to the hospital in record time. My mother was also there.

After my X-ray and the fracture in the tibia was confirmed, the gaffer and Si arrived whilst the lads remained on the coach, despite most of them trying to come in, which shows the fantastic team spirit and togetherness LTFC have.

The gaffer and Si immediately arranged for me to be transferred to the private London Bridge Hospital under the care of a top consultant, Mr Culpan. The gaffer stayed with

me until I was transported to London and even wheeled me out of the hospital.

In all, the gaffer and Si stayed over an hour and a half, which really gave me a massive boost. The support from them was immense and also helped to reassure my family and friends. I don't think the lads were too happy about it though, as they waited on the coach!

A two-hour drive and couple of paracetamols later I arrived at the London Bridge hospital, situated in a stunning position on the Thames.

After a hugely uncomfortable night as they tried to manage my pain, I waited the next day to meet the lower limb specialist Mr Culpan who was going to fix my leg and commence my recovery programme.

## TRICK OR TREATMENT

### A HUMOROUS INSIGHT TO PHYSIO SIMON PARSELL'S WORK

Good evening and let's not waste any time getting up to date on things.

The question I get asked most is "How's Cam?" So let's start there.

Following surgery to repair the fracture, Cam has been non-weight bearing to allow the healing process to kick in. He has undertaken work to maintain the rest of his leg using our Compex machine (Thanks again to Bobbers Travel).

He revisited Mr Culpan and the X-rays look great showing real progress. The work continues.

It's been a time for futuristic medicine and the introduction of the swimming cap has gone viral with players in Asia and China using it to help with head injuries. Speedo have offered me a new cap for the team. It seemed like a fair swap.

Danny Green is back on the grass. That's running on it, of course – nothing else! However, he wasn't at his best when we discussed Dragon's Den and a duo trying to raise funds for a tennis holidays company. To which Greeny replied: "What sort of holidays are they selling?"

The answer is simple Danny, tennis ones.

Pottsy continues to make progress after his knee injury, and following a few sessions with Jared we can confirm Pottsy has found he has a chest.

When you're in hospital it's always nice to have visitors, and SODS – being a nice guy – did exactly that. But as he walked into the reception he asked to see "Cameron...the footballer with the broken leg". The receptionist replied: "This is the London Bridge Hotel, I think you need the hospital next door." SODS is blaming Cam for mis-directing him.

Whilst talking of hospitals, Roger – our trainee groundsman – was suffering with some chest pain so we sent him to L&D. They duly placed him in a cubicle and said take the top off. Rog misheard and thought the Nurse said take the lot off. You can imagine her surprise upon return to find Rog in his boxers waiting to have his blood pressure done.

At Accrington I turned rescuer after I heard some strange noises and a cry of 'Let me out' coming from the toilet in the dressing room. Upon opening the door was a very relieved Stuart Hammonds. Literally relieved.

I hope you enjoy the game.

COYH







# EVOPOWER

Made for the powerful. Engineered for accuracy.



## POWER

One-Way stretchable Adap-Lite upper support cage allows foot to bend, mimicking barefoot kicking motion.

## ACCURACY

New, engineered AccuFoam 3D PU dots increase precision.

## FIT

Slip-on construction with stretchable sock enhances comfort and barefoot feel.

## SUPPORT

Mixed studs add stability to stance leg, and optimize maneuverability and power.

## LOYAL LUTON DONATE £5K TOWARDS EFL FINE

Luton Town Football Club would like to acknowledge the fantastic support of the Loyal Luton Supporters' Club for the fundraising efforts to offset the £15,000 fine issued to the club by the EFL for fielding understrength sides in the Checkatrade Trophy.

In November it was announced that the Town would receive the highest possible sanction for not adhering to the competition rules with team selections for the matches against Gillingham, West Brom Under-21s and Millwall in the group stage.

Of course, we progressed through that group with a game to spare, with manager Nathan Jones handing senior debuts to many of the talented youngsters who caught the eye in the Town youth team's run to the FA Youth Cup quarter-final and league and cup double success last season.

At Gillingham, Jones fielded nine homegrown products, with eight of the starting line-up aged 20 or under. Against both West Brom and Millwall, seven of the players on show came through the Town academy.

Loyal Luton have been in touch to confirm that they would be pledging £5,000 towards the fine, with spokesman

Dave Alexander saying: "Loyal Luton have been long-time supporters of youth development at the football club, and when the fine was announced, a number of members and the committee suggested a fundraising page to help pay part of the fines imposed as we viewed it unfair the club were punished for playing young English players.

"Within 24 hours a couple of thousand of pounds had been donated, and by the end of the month – and in the run up to Christmas – just over £4,800 was raised by over 250 different individuals. Loyal Luton have covered the JustGiving costs and fees, and rounded the amount to £5,000.

"Hopefully this means the club can continue to play the younger players from our famous and revered youth set up in the EFL Trophy, and help to support the club in continuing to blood these young homegrown players, the lifeblood of many lower league clubs."

All at Kenilworth Road thank Loyal Luton for their efforts and solidarity against the competition rules which penalise EFL clubs giving their young players a chance, while inviting EPPP1 Academy teams into the competition to do exactly that.

## CHECKATRADE TROPHY & BEDS SENIOR CUP REARRANGEMENTS

Don't forget that Yeovil visit Kenilworth Road a week tonight to play the Checkatrade Trophy quarter-final that was postponed due to a frozen pitch last week.

Kick-off is 7.45pm and admission will be £5 for adults with Under-16s free, although junior tickets must be obtained from the ticket office in advance.

The winners will host either Oxford United or Bradford City in a one-game semi-final on Tuesday 21st February.

As a result of that rearrangement, the development squad's Bedfordshire FA Senior Cup semi-final fixture against Dunstable Town will now take place two nights later than scheduled on Thursday 9th February.

Ticket prices for the 7.45pm kick-off at Creasey Park are £10 for adults and £5 for concessions.

Captain Scott Cuthbert picked up his Diamond Player of the Month award for December following Saturday's game against Cambridge from Diamond season ticket holders Grace and Kieron Burden





# UPnEXT

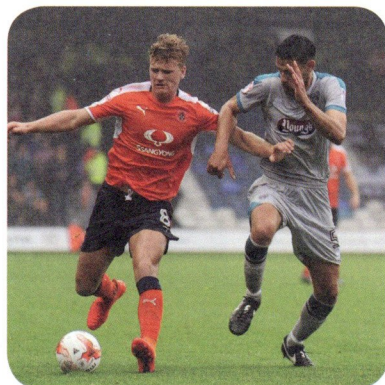
## GRIMSBY TOWN

FORMED: 1878 | NICKNAME: THE MARINERS | LAST SEASON: 4TH IN NATIONAL LEAGUE (PROMOTED THROUGH THE PLAY-OFFS) | FOLLOW THEM ON TWITTER: @OFFICIALGTFC | COLOURS: BLACK AND WHITE STRIPES | GROUND: BLUNDELL PARK | MANAGER: MARCUS BIGNOT

**WHO?** The Mariners came into existence seven years before the Hatters in 1878. The Blundell Park outfit have been managed by Marcus Bignot since the departure of Paul Hurst in November. After relegation to the National League in 2010, the club made a return to the EFL through the play-offs in the summer. In their ranks, they have one of the hottest properties in the Sky Bet League Two, as Omar Bogle continues to strike fear into the heart of every defence he comes across, having notched 19 goals so far this term. To add to their strike force, Bignot has brought in a former player of his at Solihull Moors, Dutchman Akwasi Asante, who netted 12 goals for the Moors this season. The ex-Birmingham and Kidderminster man joined the Mariners this month for an undisclosed fee.

**TICKETS** All the ticket information for this away fixture is available on the opposite page.

**HAVEN'T WE MET BEFORE** Town's first match against Grimsby took place in December 1897, in what was a comfortable 6-0 victory for Luton in front of a 5,000-strong crowd. Since then the sides have met a further 50 times, with the Hatters falling to a 2-1 loss at Kenilworth Road to the Mariners in September – that man Bogle netting twice, with a Glen Rea effort sandwiched in between.



**IN CHARGE** Marcus Bignot took his first Football League job when he became the Mariners boss back in the penultimate month of 2016, after Paul Hurst departed for League One side Shrewsbury Town. Bignot counts Kidderminster Harriers, Crewe Alexandra and QPR as one of the sides he used to play for, before going into management. He took over Solihull Moors in 2011, leading the club to promotion from the National League South last season, before being offered the main role with Grimsby.

**PREVIOUS FORM** The 12th-placed Mariners' form has been in-and-out so far in 2017, winning three and drawing two. They opened the calendar year with away wins over Carlisle and Hartlepool, then followed it up with a 3-0 home defeat to Exeter a fortnight ago. Top scorer Bogle grabbed his 19th goal of the season in a 2-0 win over Notts County at Blundell Park on 21st January, before Stevenage inflicted defeat by the same score in their last outing on Saturday.

**KNOWING ME, KNOWING YOU** One of the standout players to represent both clubs is the late Paul FUTCHER. FUTCHER represented the Hatters 142 times, scoring once. Matt Robinson signed for the Hatters in 2012, and one of his loan spells away from the club was with Cleethorpes-based side. Kingsley Black, Arnaud Mendy, Scott Neilson and Paul Wilkinson have also played for both the Hatters and the Mariners. Brian Stein made 496 appearances for the Town in the late seventies and eighties, and was assistant manager at Grimsby as recently as 2009.

AFTER TWO HOME GAMES,  
IT'S A RETURN TO THE ROAD  
AS THE HATTERS HEAD  
NORTH ONCE MORE FOR FISH  
AND CHIPS IN CLEETHORPES!

# GET YOUR TICKET



## GRIMSBY TOWN

### SKY BET LEAGUE TWO

**SATURDAY 4TH FEBRUARY | 3PM**

All remaining tickets are now on general sale and will remain that way until 2pm on Friday 3rd February.

**Prices:** Adult: £18, Seniors (65 and over): £11, Young Adults (15-18): £11, Accompanied Under-15: £5, Unaccompanied Under 15: £7, Student (with valid NUS card): £11, Ambulant Disabled: £18 with a Carer Free of Charge (higher rate DLA). One ticket will be allocated unless otherwise advised to ticketoffice@lutontown.co.uk



## YEOVIL TOWN

### CHECKATRADE TROPHY

**TUESDAY 7TH FEBRUARY | 7:45PM**

Tickets for this fixture are priced at £5 for adults and free for under-16s, who have to obtain their ticket in advance of the game, as they will not be available on cash turnstiles.



## CRAWLEY TOWN

### SKY BET LEAGUE TWO

**SATURDAY 11TH FEBRUARY | 3PM**

Tickets for this category C fixture are now available from the ticket office.



## HARTLEPOOL UNITED

### SKY BET LEAGUE TWO

**TUESDAY 14TH FEBRUARY | 7:45PM**

Tickets for this category C match are now available from the Town ticket office.



## DONCASTER ROVERS

### SKY BET LEAGUE TWO

**SATURDAY 18TH FEBRUARY | 3PM**

We have received our first allocation of 858 stand tickets for our trip to Doncaster Rovers on Saturday 18th February. All remaining tickets are now on general sale and will be available until 2pm on Friday 17th February. **Prices:** Adult: £20, Seniors (60 and over): £16, Young Adults (17-20): £12, Junior (12-16): £8, Junior 11 years & Under: £5. Junior tickets can be purchased at £5 for under-17s and £2 for under-12s if fans wish to join the FREE Doncaster Rovers Away squad membership scheme. Application forms must be completed in full. Ambulant Disabled will be charged their relevant age category with a helper FOC.



## PLYMOUTH ARGYLE

### SKY BET LEAGUE TWO

**SATURDAY 25TH FEBRUARY | 3PM**

Tickets for this category A match are now available from the Town ticket office.

### HOME TICKET PRICES FOR THE 2016/17 SEASON

	CAT A	CAT B	CAT C
Adult	£23	£20	£18
Young Adult (18-21)	£18	£15	£13
Senior (65+)	£18	£15	£13
Golden Senior (75+)	£15	£12	£10
Youth (10-17)	£11	£8	£6
Acc. Junior (U10)	£8	£5	£3



# SPEAKING COMMERCIALLY

GIVE THEM SOMETHING  
THEY'LL REALLY LOVE  
ON VALENTINE'S DAY

We're sure you'll all agree that nothing says 'romance' like a Tuesday night fixture between Luton Town and Hartlepool United at Kenilworth Road. By happy coincidence, that exact fixture is taking place on the most romantic day of the year – February 14th – Valentine's Day.

To celebrate this special evening, we're offering a superb deal on Eric Morecambe Lounge hospitality – with a Valentine's package for 2 people, costing just £80 – a saving of £70 on our normal price!

The Valentine's special package includes the following great benefits:

- 2 Course Meal, including a glass of wine
- Tickets in the directors' balcony
- Team sheet
- Programme
- Tea or coffee at half-time
- Single red rose
- Valentine's card

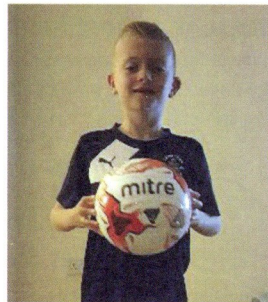
Places are strictly limited, so book yours today by calling to our Commercial team on 01582 411622, or email [commercial@lutontown.co.uk](mailto:commercial@lutontown.co.uk)

Don't miss out, treat your loved one to an unforgettable Valentine's evening under the lights at Kenilworth Road.

THEY'LL  
LOVE  
THIS



## TODAY'S MASCOT:



### HARRISON MOODIE

Age: 7 | School: Eaton Bray  
Hobbies: Football, Football, Football!!!  
Fav Player: Christian Walton  
Attends Games With: His Mum



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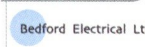
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[COMMERCIAL]

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5 JOHNNY MULINS H: Community Interest Luton A: AVAILABLE	6 SCOTT CUTHBERT H: Whosh A: Genting Casino Luton	7 JAKE GRAY H: Tradeline Recruitment Ltd A: Ben Gray	8 CAMERON MCGEEHAN H: Ben and Richard Banks A: Simon Pitts and Rick Hooper
9 DANNY HYLTON H: Emma Banks A: The Mad Hatter	10 JORDAN COOK H: Ian Corkett & Linda Thomas A: Richard Tilley	11 DANNY GREEN H: Emma Sanders A: AVAILABLE	12 CRAIG MACKAIL-SMITH H: Mark Warne A: Tom
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36 JAMES JUSTIN H: Freed (Veneers Ltd) A: Bobbers Travel	37 FRANKIE MUSONDA H: Football262 A: AVAILABLE	39 AKIN FAMEWO H: Bobbers Travel A: Ian Jones	42 LIAM GOOCH H: AVAILABLE A: AVAILABLE
44 ALAN SHEEHAN H: Hatters Talk A: AVAILABLE	M NATHAN JONES H: Thompsons Accountants A: Country Properties	AM PAUL HART H: Doug Knight A: Colne Consulting Ltd	C JOAQUIN GOMEZ H: AVAILABLE A: AVAILABLE
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KEY  
H: HOME | A: AWAY | G: GLOVES



CHELTENHAM  
TOWN FC

# WELCOME CHELTENHAM TOWN

The Hatters would like to extend a warm welcome to tonight's visiting staff, players and fans of Cheltenham Town.

Promotion back into the Football League at the first attempt after relegation from the fourth tier was no mean feat achieved by the Robins, as they were the first club to do it since Darlington in the 1989-90 season.

It wasn't long ago Cheltenham were actually in League One, losing their place in the division above in 2009, having finished 23rd, with the worst goal difference and worst win percentage in a season ever recorded at the club.

They followed that up with a couple of play-off place finishes in League Two, eventually followed by their relegation in 2014.

But under Gary Johnson, the side bounced straight back up, picking up 101 points in the National League and becoming champions, 12 points clear of second-placed Forest Green Rovers.

Goals from Danny Wright and Dan Holman were a huge contributor in the side's success last season, notching 38 strikes between them in the league for the Robins.



Dan Holman celebrates his goal against Plymouth

Holman struggled with injury at the beginning of the season, so his appearances have been limited so far this term, whilst Wright has notched seven goals for Cheltenham so far.

Making up for it though, is midfielder Billy Waters, who joined from Crewe Alexandra in 2015 and has notched an impressive 11 goals this season.



Harry Pell

Fellow midfielder Harry Pell signed a new two-and-a-half-year deal with the Robins last week, and against Crewe on Saturday made his 75th appearance since he arrived in the summer transfer window of 2015.

The Hatters took a point at Cheltenham when the sides met earlier on in the season, when Danny Hylton scored an absolutely wonderful goal as he almost walked the ball into the back of the net to put the Town in front, before Daniel O'Shaughnessy fired in a loose ball to level.

More recently, however, the Robins haven't been in the greatest of form in the league, winning just twice in their last 12 matches. They gained a point from Saturday's trip to Crewe, keeping their second clean sheet in three games in the goalless draw at Gresty Road. They currently sit in 22nd position in the table, out of the relegation zone on goal difference above Leyton Orient.

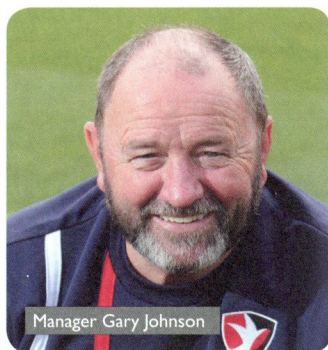
Town and Cheltenham have met a total of ten times, the draw earlier on in the season making it a total of five draws, three wins for the Hatters and two wins for Cheltenham.

## HATTERS V CHELTENHAM

LUTON WINS: 3 | DRAWS: 5 | CHELTENHAM WINS: 2

## LAST MEETING

CHELTENHAM 1-1 LUTON - 1ST OCTOBER 2016



Manager Gary Johnson

# TEAM PROFILE:

NICKNAME: THE ROBINS | GROUND: WHADDON ROAD | LAST SEASON: 1ST IN NATIONAL LEAGUE | MANAGER: GARY JOHNSON | LAST LEAGUE MATCH: CREWE 0-0 CHELTENHAM

# MEET THE VISITORS

## THE BOSS

### GARY JOHNSON

The 61-year-old joined Cheltenham towards the end of their last spell in League Two before relegation to the National League, guiding the side back from Non-League into the fourth tier at the first attempt last year.

## BETWEEN THE STICKS

### SCOTT BROWN

Now in his second spell with the club, the 31-year-old is on a loan deal until the end of the season from parent club Wycombe Wanderers. He has made over 250 appearances for the Robins.

## IN DEFENCE

### MANNY ONARIASE

Another loan signing until the end of the season, the 20-year-old joined Cheltenham from Brentford at the beginning of the January transfer window.

### WILL BOYLE

A January transfer window signing from Huddersfield, the 21-year-old departed the Terriers after loan spells with the likes of Kidderminster Harriers, Macclesfield Town and Kilmarnock.

### DANIEL O'SHAUGHNESSY

Born to an Irish father and Finnish mother, the 22-year-old began his career in Finland, before moving onto

FC Metz, then Brentford, and after loan spells with Braintree Town and Midtjylland, he joined the Robins in July last year.

### ALEX PIKE

The 21-year-old made his debut for his parent club West Ham in the Europa League qualifying stages, before being loaned for the rest of the season to Cheltenham this transfer window.

### AARON DOWNES

Gary Johnson's first signing for the Robins in 2015, the 31-year-old Aussie counts Chesterfield, Bristol Rovers and Torquay United as his former clubs.

## ACROSS THE MIDDLE

### CARL WINCHESTER

The 23-year-old made over 130 appearances for Oldham Athletic, before signing for the Robins on a free earlier this month.

### BILLY WATERS

Signing for Cheltenham when they began life in the National League, Waters joined after making 30 appearances for Crewe Alexandra. He's his side's top scorer this season with 11 goals.

### JAMES ROWE

After coming through the academies with Southampton and Reading, the 25-year-old went onto play for the likes of Lewes, Forest Green

and Tranmere before signing for Cheltenham at the beginning of last season.

### JACK BARTHAM

The 23-year-old also joined the Robins at the beginning of their successful season in the National League, after his release from Swindon Town.

### KYLE STORER

Working his way up from Non-League, the former Tamworth, Nuneaton and Kidderminster man joined Cheltenham after departing Wrexham in 2015.

## UP FRONT

### DANNY WRIGHT

A vital cog in the Cheltenham promotion push from the fifth tier, the 32-year-old scored 25 goals last season for the Robins. His former sides include Histon, Cambridge, Wrexham and Forest Green.

### DAN HOLMAN

The 26-year-old was Wright's partner in crime last season, scoring 16 goals in 18 appearances, taking the pair's tally for last term up to 41 goals.

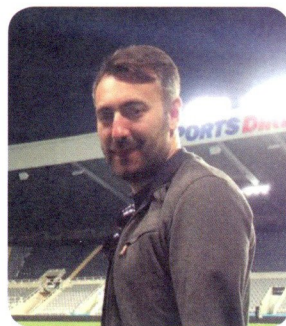
### DIEGO DE GIROLAMO

The former Sheffield United, York City and Northampton Town forward is currently on loan from Bristol City. He has represented Italy at Under-18, 19 and 20 level.



# FROM THE OAK ROAD

WITH **JON PALMER**



Jon Palmer is a Cheltenham Town supporter of 30 years, and sports editor of the Gloucestershire Echo, Gloucester Citizen and gloucestershirelive.co.uk, plus author of three books on Cheltenham Town. Here he gives us his thoughts on what lies in store for his team this season in Sky Bet League Two and this evening on their visit to Kenilworth Road...

## ► THE SEASON AHEAD

It's been a tough season so far for Cheltenham, but a recent 3-0 win over Accrington and 6-1 over Leicester City Under-21s has shown the rest of the league what you're capable of. What can the Hatters expect to see from you today?

There is a feeling of newfound optimism around the club following Gary Johnson's early work in the January transfer window. Everyone knew there would be an overhaul and some of the players brought in already look like astute acquisitions from Johnson, helped by his brother

Pete who is the club's chief scout. Boss Johnson kept faith with last season's title winners, which was the right thing to do, but his summer loan recruitment was disappointing so he had to get it right this month. The early signs are that he has and Luton will face a much-improved Robins side this evening.

Billy Waters seems to be the leading man for you at the moment. Considering he's only 22 years old, is he your most prized asset?

He has certainly been one of Cheltenham's top performers so far this season, along with midfielder

Harry Pell. Waters has played up front, wide and in behind the front men and always been bright, with a terrific work rate. He is a talented lad who has the potential to play in League One, having already had a taste of it during his time at Crewe Alexandra.

Your immediate return from the National League after relegation the previous season was impressive. Who from that team last season has proved vital this term?

Some players have found the step up difficult, but Pell and Waters stand out as two of the best who were a

major part of the National League title winning squad. Pell's only problem has been discipline, having served three suspensions already this season. When he has been on the pitch, he's been impressive and is comfortably good enough to go another level higher with his height, enthusiasm and drive.

You have made quite a few signings so far this transfer window, who are you most looking forward to seeing in action?

Midfielder Carl Winchester from Oldham Athletic enjoyed an impressive debut against Accrington and looks a gem of a signing. Will Boyle at the back is the other permanent addition so far and he has also been excellent so far, settling straight into the back three and playing with a maturity that belies his young age.

Which player were you most disappointed to see leave in this transfer window?

Defender Dan Parslow was arguably Cheltenham's most consistent performer last season, so it was a shame to see him go back to York City, but it's where his home is now and things have worked out well in that respect. He will always be guaranteed a warm welcome back to Whaddon Road along with Amari Morgan-Smith, who has made the same move north.

Who have you been most impressed by at Whaddon Road so far this season?

Doncaster Rovers looked capable of mounting a promotion challenge when they visited and won 1-0 in August and that has proved correct with their current league position. Barnet were also good on Boxing Day, winning 2-1 and causing Cheltenham all kinds of problems, mainly through John Akinde.

## ► SEASONS PAST...

Tell us about you. Why do you support Cheltenham Town? Where did it all begin? What was your first game? What do you remember about it?

My dad (Keith) took me to Whaddon Road from a very young age and I can't remember the exact match, but it would definitely have been a Conference game in the mid-1980s. The first players I remember cheering on were the likes of Mark Buckland, Kevin Willetts, Steve Brooks and Nick Jordan. I also remember Andy Gray signing for the club in 1989, which caused a bit of a stir around the town!



I started to go home and away from 1993/94 and started covering the club for the Gloucestershire Echo in 2005. I have missed five games since then.

What do you love most about Whaddon Road?

I actually like the fact there is one stand left from the Non-League days. The rest of the ground has been transformed beyond all recognition, but the old stand built in the 1960s remains. The club are keen to replace it with a more modern structure, but it gives the ground some character. I also like that the fans are so close to the pitch at Whaddon Road and the atmosphere under the lights for midweek games in the middle of winter.

Who's your favourite Cheltenham Town player of all time?

Chris Banks just edges it ahead of Neil Grayson. The captain throughout Steve Cotterill's glorious reign as manager and a truly elegant defender who always seemed to have time on the ball. How he was playing in Non-League football for so long will always remain a mystery.

What has been your favourite season following the Robins?

I have been spoiled rotten over the years, with several promotions and memorable cup ties, but the 2001/02 season probably stands out.



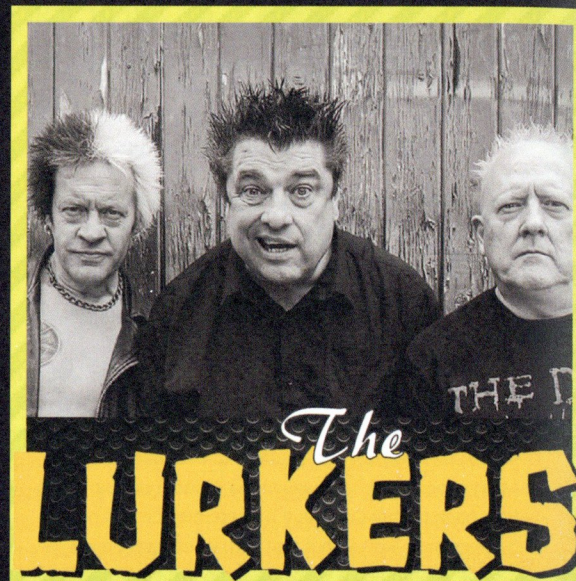


# LIVE MUSIC

## ANTI-NOWHERE LEAGUE UK TOUR 2017



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[CHELTENHAM FAN Q&A]



That involved promotion to League One for the first time via the play-offs, defeating Rushden & Diamonds 3-1 at the Millennium Stadium, plus an FA Cup fifth round tie at West Brom, having knocked out Oldham Athletic and Burnley on the way. 1997/98 (FA Trophy win), 1998/99 (Conference title), 2005/06 (League Two play-off win and FA Cup fourth round) and last season (National League title) all come close though!

**If you could invite five former Cheltenham players and managers to a dinner party, who would they be?**

Steve Cotterill, John Ward, Lee Howells, Julian Alsop and Harry Pell – that would be some party and I am sure Alsop would be thrown out at some point!

### ► LUTON AND CHELTENHAM

The last match between the Hatters and the Robins finished in a 1-1 draw, who caught your eye in a Luton Town shirt?

Definitely Danny Hylton, who scored Luton's goal and was a threat throughout the game. He always seems to perform well against Cheltenham, whoever he is playing for.

**What do you expect from today's game? What's your prediction?**

A couple of weeks ago I'd have expected to see a comfortable home win, but now I believe Cheltenham are capable of returning home with a point, having improved every area of the team. I'll go for 1-1, a repeat of the scoreline from Whaddon Road in October.

**Who should the Hatters defence be most wary of in this evening's match?**

Diego De Girolamo scored four goals in his first three appearances on loan from Bristol City, so I'd expect him to be the main threat.

### ► QUICK-FIRE:

**Terrace or seats?**  
Terrace.

**Who are your rivals?**  
Gloucester City.

**Predict your player of the season?**  
Harry Pell.

**If you could bring one player from the past back in the Cheltenham team, who would it be?**

Neil Grayson, because it'd be like having three extra players

**Most treasured Robins piece of memorabilia?**

Match-worn Chris Banks shirt from the club's first season in the Football League (1999/00)

**What league will Cheltenham be in next season?**  
League Two

**Who will be promoted for the Sky Bet League Two this season?**

Doncaster Rovers, Plymouth Argyle, Portsmouth and Luton Town



## FOOTBALL HISTORIAN LEIGH EDWARDS PROFILES TEN BIG-NAME CHELTENHAM TOWN PLAYERS NOT USUALLY ASSOCIATED WITH THE CLUB

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### PETER GORING

Former Cheltenham Town centre-forward Peter Goring was a key figure in Arsenal's 1950 FA Cup final triumph. He netted 45 goals in 65 Southern League games for Cheltenham before moving to Arsenal in January 1948, scoring on his First Division debut. Leading marksman in 1949-50, he also helped the Gunners reach the FA Cup final in 1952 and win the League Championship in 1952-53. He switched to wing-half and made over 200 First Division appearances prior to joining Boston United in October 1960. Later managing Forest Green Rovers, he became a greengrocer in Cheltenham and died in December 1994.

### ROY SHINER

Former Cheltenham Town centre-forward Roy Shiner was top scorer in Sheffield Wednesday's 1955-56 and 1958-59 Second Division title triumphs. He impressed with hometown Ryde Sports before moving to Cheltenham in February 1948 and was twice leading marksman. Joining Huddersfield Town in December 1951, he was a promotion winner in 1952-53 and joined Sheffield Wednesday with Ron Staniforth in July 1955. He moved via Hull City back to Cheltenham in July 1961 and netted 59 goals in 103 Southern League games overall for the Robins. Later managing several Isle of Wight clubs, he died in October 1988.

### TERRY PAINE

Ex-England international winger Terry Paine had a spell as Cheltenham Town's player-manager. Initially with Winchester City, he joined Southampton in February 1957 and was ever-present seven times including 1962-63 when Saints were FA Cup semi-

finalists. His exciting wing partnership with John Sydenham was a key factor in their rise to the top-flight and he set the club appearance record prior to joining Hereford United in August 1974, starring in their 1975-76 Third Division title triumph. He scored once in ten Southern League games for Cheltenham and has since held coaching and media posts in South Africa.

### BOBBY STOKES

One-time Cheltenham Town striker Bobby Stokes scored Southampton's winning goal in the 1976 FA Cup final. He turned professional with Saints in February 1968 and netted twice on his League debut. Making over 200 League appearances, he joined United States side Washington Diplomats with Jim Steele in April 1977. He moved to Portsmouth and reunited with Terry Paine at Cheltenham in September 1979, scoring twice in 16 Southern League games, then had spells with Dartford, Chichester City, Waterlooville and Petersfield. Later working at the Harbour View Cafeteria in Southsea, he tragically died in May 1995.

### DAVE LATCHFORD

One-time Cheltenham Town goalkeeper Dave Latchford helped Birmingham City to regain top-flight status in 1971-72. The oldest of three footballing brothers, he turned professional with Birmingham in July 1966 and was joined by his brother Bob at St Andrew's. He was an FA Youth Cup finalist in 1967 and helped them twice reach the FA Cup semi-finals, making over 200 League appearances before reuniting with Roger Hynd at Motherwell in July 1978.



Later with Bury, Redditch United and Cheltenham, he played 38 Southern League games. He became a funeral director, then was superintendent of cemeteries in Solihull.

### BRETT ANGELL

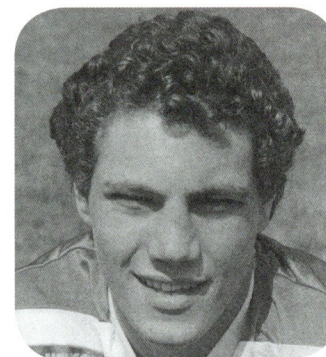
Striker Brett Angell was Cheltenham Town's top scorer in 1987-88. Initially with Portsmouth, he joined Cheltenham in August 1987 and netted 15 goals in 25 Conference games before moving to Derby County for £50,000 in February 1988. He had a spell with Stockport County prior to joining Southend United for £100,000 in August 1990 and was top scorer in their 1990-91 promotion success. Sold to Everton for £500,000 in January 1994, he moved via Sunderland back to Stockport in August 1996, starring in their 1996-97 promotion success, then appeared for Walsall, Rushden & Diamonds, Port Vale and QPR.

### IAN WALSH

Former Welsh international striker Ian Walsh had a loan spell at Cheltenham Town in 1988-89. He turned professional with Crystal Palace in October 1975 and helped to win the Second Division title in 1978-79. Moving to Swansea City in exchange for David Giles in February 1982, he scored a hat-trick in their record 12-0 ECWC victory over Sliema Wanderers. He joined Barnsley in July 1984 and was top scorer in 1985-86, repeating the feat with Grimsby Town in 1986-87. Later at Cardiff City, he was loaned to Cheltenham in December 1988, making three Conference appearances. He is a football commentator with BBC Wales.

### ANDY GRAY

Ex-Scotland international striker Andy Gray played for Cheltenham Town during the 1989-90 season. He impressed with Dundee United prior to joining Aston Villa in October 1975 and was PFA Player of the Year as they won the League Cup in 1977. Moving to Wolves for a British record fee in September 1979, he starred as they won the League Cup in 1980 and promotion in 1982-83. He joined Everton in November 1983, helping win the FA Cup in 1984 and League Championship in 1984-85. Later with Villa again, West Brom and Rangers, he joined Cheltenham in August 1989 and scored five goals in 20 Conference games.



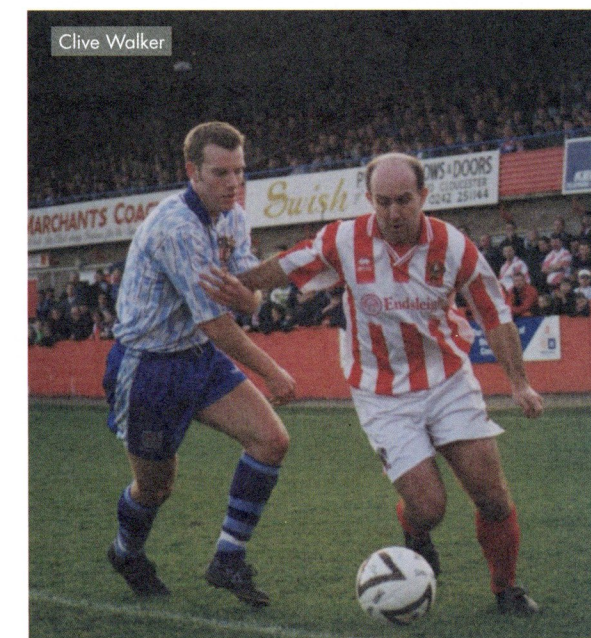
### BARRY POWELL

Former England U-23 midfielder Barry Powell briefly played for Cheltenham Town during the 1991-92 season. Initially with Wolves, he featured in their 1974 League Cup final triumph and moved to Coventry City in September 1975. He joined Derby County in October 1979 and moved via

Bulova to Burnley in July 1984. Reuniting with John Bond at Swansea in February 1985, he then played for South China back in Hong Kong before brief spells at Cheltenham and Moor Green. He rejoined Wolves as a coach, then became community officer back at Coventry and has since held various coaching and managerial posts.

### CLIVE WALKER

Winger Clive Walker starred as Cheltenham Town won the FA Trophy in 1998 and Conference title in 1998-99. Signing professional for Chelsea in April 1975, he moved to Sunderland in July 1984 and played in the 1985 League Cup final, then had spells with QPR, Fulham and Brighton prior to joining Woking in August 1993. He was leading marksman four times, helping them win the FA Trophy three times and twice finish Conference runners-up. Briefly Brentford's assistant-boss, he joined Cheltenham in November 1997 and scored eight times in 50 Conference games for the Robins before becoming Molesey's player-manager.







# Full Time



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## LEVEL TRUST TO BENEFIT FROM JONES JUMP

Wednesday 19th April will be a day to remember for Luton Town manager Nathan Jones, as he straps on a parachute and launches himself out of an aeroplane in aid of Luton Town charity of the year – Level Trust.



Jones will be joined by Hatters fan Mark Warne, who won the privilege of taking part in the skydive at the Club's Christmas Dinner in December.

The two intrepid skydivers will be making their leap of faith in a tandem jump at Skydive Hinton, near Banbury, to raise funds for the Luton-based Level Trust.

The charity, who became official partners with Luton Town at the beginning of the 2016-17 season, help to support the 14,000 children in Luton who live below the poverty line. They do this in a number of ways, including through their Uniform Exchange, which provides free school uniform to school children in the town who would otherwise go without.

Money raised by the Club throughout the season will be used to help fund a new home for the Uniform Exchange, which is without a permanent home at present.

"It's something I've wanted to do for a long time, but to be honest, I'm not the best with heights," said Jones. "Helping the Club to raise money for Level Trust was the incentive I needed to get the parachute on and go for it. I'm looking forward to getting my feet back on the ground again and hopefully raising a lot of money for Level Trust."

Mark Warne, Managing Director of DOTgroup International and a lifelong Hatters supporter, will be joining Jones on the 19th. "This is something of a dream come true for me," he said. "It's not every day you get to jump out of a plane with the Luton Town manager, I can't wait. That's one off of the bucket list!"

Jane Malcolm is the founding director of Level Trust. "The partnership with Luton Town has helped raise loads of awareness of the work we're doing already this year," she said.

"We're really excited that our logo will be taking pride of place on the players' shirts on 11th February for Luton's game against Crawley. We're so grateful to Nathan and Mark for bravely agreeing to take part in this skydive. The money they raise will help ensure that poverty no longer acts as a barrier to a child loving their learning."

The Club are hoping to raise £16,000 for the season in aid of the charity. Anyone who'd like to support Nathan's skydive can do so via our justgiving fundraising page: <https://www.justgiving.com/fundraising/LTFC>

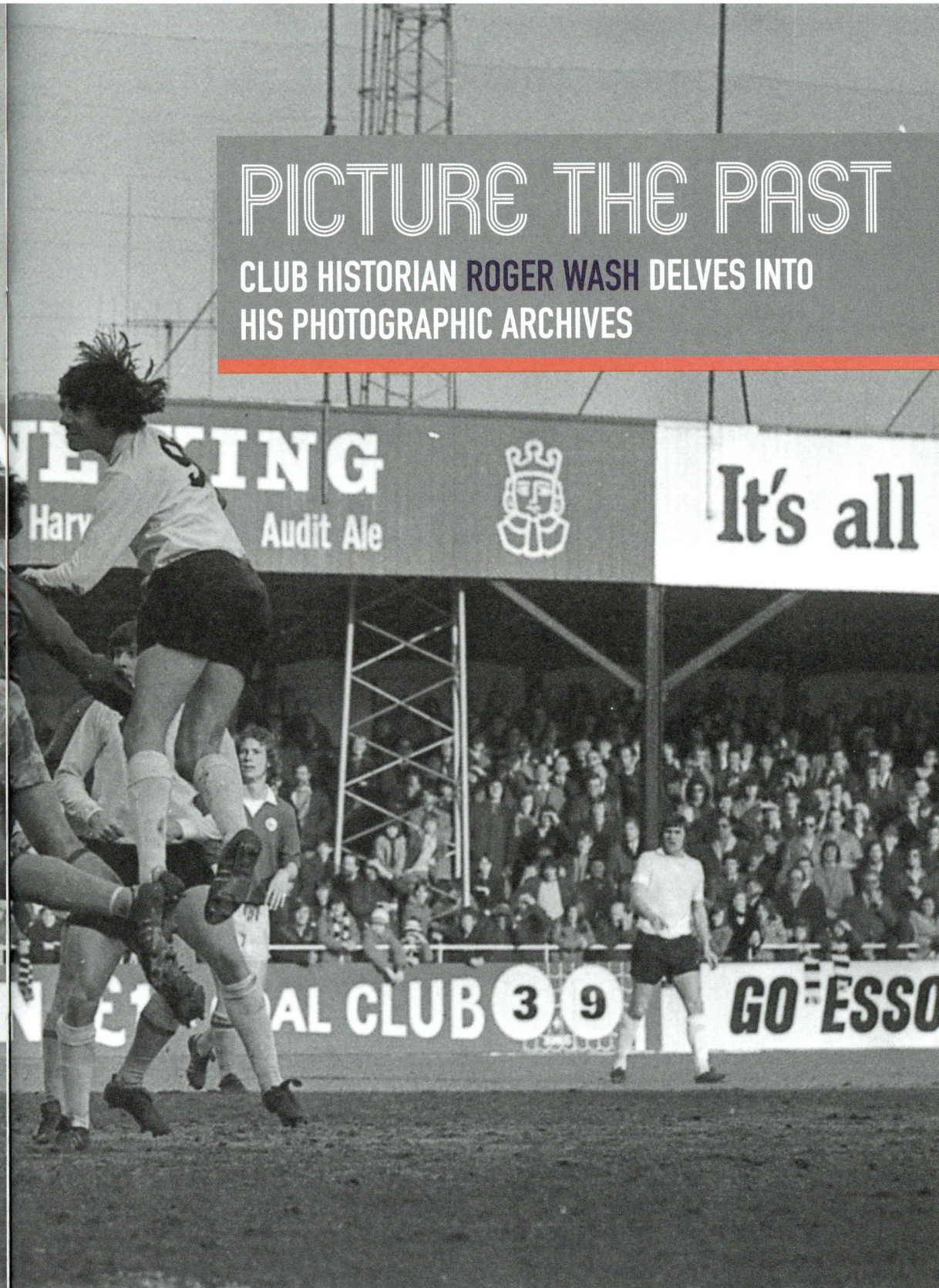
Please give generously, and help Nathan help Level Trust. Come on you Hatters!





# PICTURE THE PAST

CLUB HISTORIAN **ROGER WASH** DELVES INTO HIS PHOTOGRAPHIC ARCHIVES



Barry Butlin heads towards goal during the home Division Two (now Championship) clash with Cardiff in February 1973. Watching on the left is Derek Hales, who netted the Town's goal in the 1-1 draw watched by a crowd of 10,422. This was to be Hales' only Luton goal but he was to go on to score over 150 for his next club Charlton!



Luton striker grabs second-half goal to deny Cheltenham win

# Howard's way cancels out Naylor's stunner

CHELTENHAM TOWN 1 LUTON TOWN 1

by Derek Goddard  
drt@gloescho.co.uk

**A** BREATHTAKING goal by Cheltenham Town's Tony Naylor stopped Luton Town claiming a club record fifth successive away win at Whaddon Road on Saturday. If Cheltenham had been able to sustain their first-half sharpness, Joe Kinnear's promotion-hunters, chasing their 10th league win on their travels a season for a second record, would have been lucky to catch their unbeaten Nationwide League division three run.



## AS OTHERS SAW US

CLUB HISTORIAN ROGER WASH LOOKS AT PAST GAMES FROM THE EYES OF THE OPPOSITION AND THE 'NEUTRAL' NATIONAL PRESS...

### CHELTENHAM TOWN 1 LUTON TOWN 1 | 12TH JANUARY 2002

The appointment of Joe Kinnear to the hot-seat at Kenilworth Road in February 2001 came too late to save the Town from relegation to Division Three (now League Two) for the first time since 1968.

Despite a flurry of wins at the start of his reign, including a first (and to date only) victory at Sixfields, Northampton, a 1-0 win at home to Cambridge on 6th March proved to be the last of the campaign as we slid hopelessly towards the trapdoor to the football basement.

Kinnear lost no time in carrying out a complete overhaul of the playing staff and rarely a day went by that close season without news of an incoming player or a departure.

Double Olympic champion Daley Thompson was tasked with getting the players fit, while Hatters hero Mick Harford was brought back to Kenilworth Road to be Kinnear's number two.

A pre-season four-day trip to Scotland served as a bonding exercise, with a narrow defeat at Dundee thrown in, before it was back to Kenilworth Road for three friendlies which revealed the new signings and trialists to the bemused fans.

QPR were beaten 1-0 before Norwich claimed a 3-1 win which highlighted the defensive frailties that were about to

be addressed by Kinnear in the transfer market. The final friendly, against Tottenham, attracted a crowd of 9,175 to an entertaining game that finished 1-1 with the Spurs leveller coming four minutes from the final whistle. By this time we could see the makings of a decent Luton side that we hoped would win promotion at the first attempt.

The new season dawned, and with it a long trip to Carlisle where 1,097 Luton supporters swelled the crowd to 4,432. Making their debuts for the Town that afternoon were Carl Emberson in goal, Russ Perrett in central defence, marquee signing Kevin Nicholls alongside Paul Hughes in midfield, and ace predator at this level, Carl Griffiths, up front.

Emberson was only called upon twice as the Hatters played "well within themselves" according to Kinnear afterwards, winning 2-0 through goals by Hughes and Griffiths.

Next up was a first ever meeting against Cheltenham Town at Kenilworth Road. Defender Ian Hillier, signed on loan from Tottenham only 90 minutes before kick-off, was



handed a debut, as was winger Adrian Forbes, who had been recruited from Norwich in the close season but was injured for the trip to Carlisle.

Little did we know at the time but Cheltenham would follow us up out of the division at the end of the campaign so the 2-1 victory that day, where we were made to hang on at the end following the dismissal of Nicholls, was to prove more than just another home win.

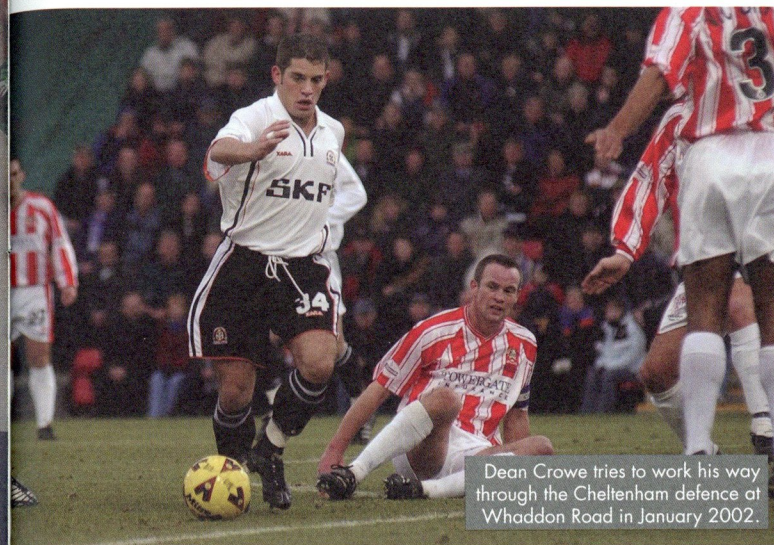
By the time of the return in January 2002 we were neck and neck with Plymouth at the top of the table and, since a horrific reversal at Macclesfield at the end of November, had gone on an unbeaten run which had seen us win four away games in a row. A victory at our first ever visit to Whaddon Road would create a new club record.

Cheltenham themselves had been on a good run leading up to the clash being unbeaten in five, winning four of them, as well as losing only once at home. It was no surprise, therefore, that the crowd was a

season's best of 5,026, boosted by 1,597 from Luton.

The first half opened with Cheltenham having most of the play, but they did not have it all their own way with Matt Taylor crashing a header against the bar, before home goalkeeper Steve Book pulled off an amazing point-blank save from Steve Howard in the ensuing scramble.

The Robins took a deserved lead through Tony Naylor on 21 minutes with a goal out of the blue. The 34-year-old Naylor, who had once been a target of Hatters ex-boss David Pleat, saw the ball sit invitingly



Dean Crowe tries to work his way through the Cheltenham defence at Whaddon Road in January 2002.

30 yards from goal and his dipping volley beat Luton keeper Mark Ovendale all ends up.

With their tails up, Cheltenham continued to press until the interval when, no doubt, manager Kinnear had a few choice words to say!

What he said certainly had an effect as the Town regained their composure in the second period and the introduction of wingers Forbes and Jean-Louis Valois just after the hour mark forced back a tiring Cheltenham side.

The deserved leveller came with 17 minutes left when Steve Howard took advantage of a slip by Michael Duff, who rather than hoof the ball into touch, tried to control it and failed, leaving the big Luton striker to pick his spot past an isolated Book.

Derek Goddard in the Gloucestershire Echo naturally gave praise to Cheltenham's first half performance and said the game should have been dead and buried by the interval.

As a footnote, he admitted that the home side had to work hard to survive at the end, which was echoed by manager Steve Cotterill in the same newspaper. Naylor admitted the volley for his goal could have gone anywhere, and that he and strike partner Neil Grayson – combined age of 71 – did tire before the end.

Luton boss salutes achievements of hardworking

## Kinnear praise for pal Cotterill

**L**UTON Town boss Joe Kinnear is not surprised that Steve Cotterill is proving first-class management material at Cheltenham Town.

Kinnear was Cotterill's manager during his playing days at Whaddon in the early 1960s but they met on equal terms at Whaddon Road on Saturday.

Cotterill's Nationwide League division three hammers held the former top-flight club to a 1-1 draw and Kinnear gave Cotterill full credit.

"He's done a major job here and he's a great lad," he said. "He was always going to be a manager. He always wanted to be and he was very keen when he was with me," he said. "He's been on numerous coaching courses

By that stage, we'd missed two great chances to put ourselves up. Taylor was a magnificent leader at the back post and it crashed against the bar and he'd had a chance to stick it in.

"The goalkeeper pulled it back out again and Howard, two feet out, got in another header but the goalkeeper has amazingly saved that as well. "It was probably the best chance of the game, and at half-time I said Cheltenham were dogged and seemed to be marking me for man all over the pitch. "Luton looked more likely to score after putting on winger Adrian Forbes in the 60th minute and Kinnear said: 'He gave us fresh legs and fresh impetus and we had them on the rack for the last 15 minutes. They were all over the place."





# TOWN 2 : CAMBRIDGE 0

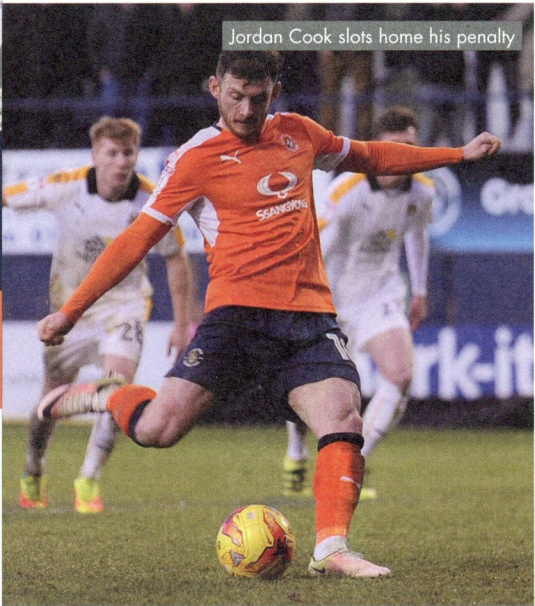


SATURDAY 28TH JANUARY | KENILWORTH ROAD | ATTENDANCE: 8,917 | AWAY: 997

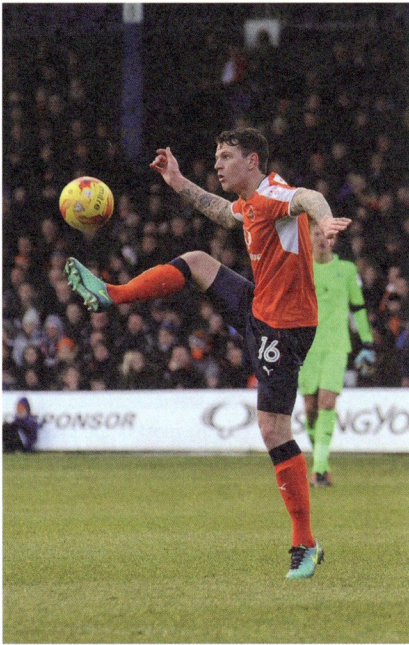
**TOWN GOALS:** VASSELL 33, COOK 82 (PEN)

**TOWN:** WALTON, JUSTIN, CUTHBERT ©, REA, SENIOR (SHEEHAN 88), MPANZU, SMITH, COOK, GAMBIN (D'ATH 79), VASSELL, MARRIOTT (MACKAIL-SMITH 88). **SUBS NOT USED:** O'DONNELL, GRAY, LEE, KING (GK)

**CAMBRIDGE:** NORRIS, DUNNE (MCDONAGH 84), ROBERTS, LEGGE ©, MINGOIA (LEWIS 77), BERRY, DUNK (WILLIAMSON 46), CARROLL, NEWTON, IKPEAZU, HALLIDAY. **SUBS NOT USED:** GREGORY (GK), WHARTON, MARIS, CLARK. | **YELLOW CARDS:** CARROLL, NEWTON, LEGGE



Jordan Cook slots home his penalty



Isaac Vassell scores the opener



## STORY OF THE MATCH:

The Hatters moved back up to fourth place in the Sky Bet League Two table with a convincing 2-0 win over one of the division's in-form teams.

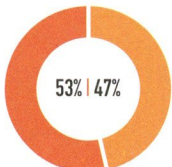
Cambridge United were only three points adrift of the sixth-placed Town at kick-off and unbeaten away from home in eight games since early September, but goals in each half from Isaac Vassell and Jordan Cook were enough to seal three valuable points for Nathan Jones' men.

With Portsmouth losing 1-0 at home to Exeter and Wycombe in FA Cup action, the victory meant the Town leapfrogged the two sides immediately above them into fourth spot, four points adrift of third-placed Carlisle – who were

held at home by Barnet – but with a game in hand.

Vassell gave his side the lead as he got on the end of Jack Marriott's pass and managed to hold off Conor Newton and force the ball into the bottom corner of the net. Then the striker turned provider as he made a bursting run into the Cambridge box with eight minutes to go and went around Leon Legge before being brought down by the defender, winning a penalty for the Hatters.

Cook stepped up to send it to keeper Will Norris' right, extending the Town's lead and sealing the three points.



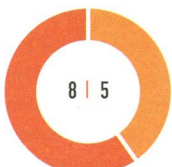
POSSESSION



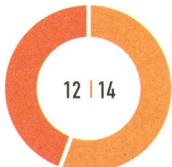
SHOTS ON TARGET



SHOTS OFF TARGET



CORNERS



FOULS



**JONES:** I thought we were excellent, I really did.

"I am really delighted for my team. We took a bit of time to get going, it wasn't a fluent performance from us. But it was a real solid, hard-working performance and we looked a real threat at times. I am just delighted, it was a good win.

"It could have been more, but to win 2-0 at home to Cambridge – who we played here a year ago, in my first game, and it was 0-0. We are streets ahead of where we were, so I am delighted. It was a wonderful performance.

"We had an interesting stat today. If the top six played each other week in, week out, then we would be top of the league.

"So we knew when we came up against teams in form, we stand up to that. That seems to be a motivation for us. These are a real dangerous side, but we stood up to what they had and I thought we were excellent, I really did.





# COOKIE DOESN'T CRUMBLE

## JORDAN'S JUST THE MAN FROM THE PENALTY SPOT

With neither Danny Hylton or Cameron McGeehan in the side, Jordan Cook was the man on the spot to take over penalty taking duties in the Hatters' 2-0 win over Cambridge on Saturday.

Afterwards the midfielder thanked fellow goalscorer Isaac Vassell for helping him get back on the scoresheet for the first time in over four months, with the Cornishman's pace forcing U's defender Leon Legge into conceding the 82nd minute foul that gave Cook the opportunity from 12 yards.

"Overall it was a deserved win," said the 26-year-old. "In the first half the lads weathered the storm. They went quite direct, and we weathered that and came out the second half and went at them.

"They pressed us and most teams who press us find out how much of a counter attacking threat we are. Twice they did it and twice we got two goals from it.

"I'm delighted from my own point of view, scoring a goal, even though it was from the penalty spot. I need to start scoring more and gladly one came today."

After having a couple of good efforts ruled out for debatable offside in recent home matches, Cook explained how important registering for the first time since the win over Wycombe on 3rd September is for his own game.

"It was massive for my own confidence," he said. "I know I can score goals at this level and the level above, it's just getting the chances and tucking them away.

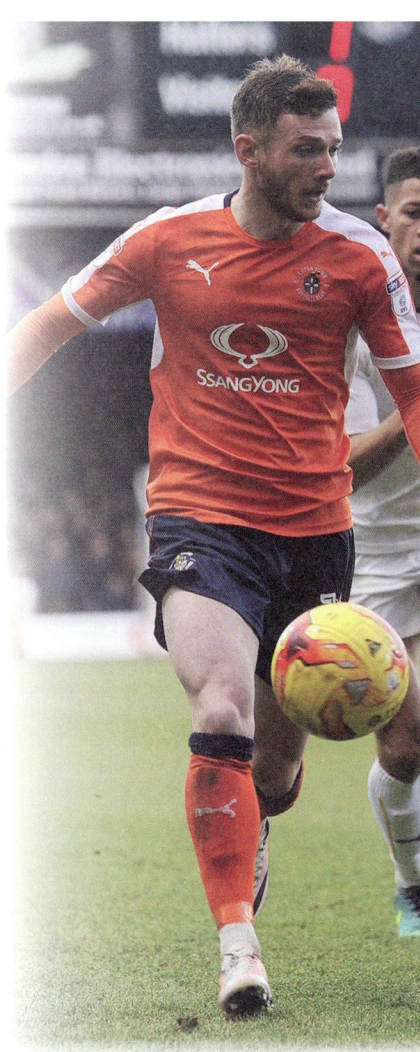
"Vass did unbelievable for his goal. You saw how quick and powerful he was. And for mine...I just said thank you to him after because he won the pen and I slotted it away."

While the 8,000 Luton fans in the crowd wondered who would take responsibility with the two regular penalty takers suspended and injured, it soon became apparent as Cook immediately grabbed the ball.

Cook added: "I was too excited! I just wanted to get hold of the ball and put it in the net as quick as possible. That second goal was massive in the game because they were putting pressure on us and the second killed it off."

As well as thanking Vassell, the former Sunderland player also paid tribute to the 23-year-old striker for his performance, with the ex-Truro man netting his fourth goal of the campaign in the 33rd minute.

"Vass is fantastic, because I know that if I get on the half-turn all I've got to do is clip it and over-hit it – not



hit it short – and he's in because he's so powerful," said Cook.

"Even the balls in the air, you've seen how good he is. Their centre-half is six foot six and I think Isaac put him on the ground more times than he won the headers himself, so it shows how strong he is.

"He's a credit to himself because he doesn't get frustrated. He probably does within himself, but when he gets his chance he's not head down. He's always lively, always tracking and he's always chasing. He's a good player to play with. I was delighted for him to get his goal."



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# GAMBIN LIKES THE LUKE OF LUTON...

...AND THE FANS SEEM IMPRESSED WITH HIM TOO!

Recent signing Luke Gambin was delighted to make his home debut in front of almost 9,000 fans in Saturday's win over Cambridge – and then told of how those Town supporters can inspire the players when they are out on the pitch.

The 23-year-old joined for an undisclosed fee from Barnet a fortnight ago and made his debut in the 1-1 draw at Wycombe, before stepping out at Kenilworth Road for the first time in the 2-0 win over the U's.

Gambin left the pitch to a standing ovation when fellow January recruit Lawson D'Ath was brought on to replace him in the 79th minute, having been involved in most of Nathan Jones' side's impressive attacking moves to that point.

## CLEVER

"He ran out of steam a bit in the end, but he's an energetic one and we can play him anywhere on the pitch because he's a little, clever player," said the gaffer afterwards. "We are delighted to have him and he will get better."

Gambin was similarly delighted with the reception he received from the Kenny faithful.

"That was a really nice touch from the fans," said the Malta international. "I wanted to play the whole game, but my legs were a bit tired and it was nice for the boys to come on with the fresh legs and give the game a bit of something extra."

"I was loving every minute out there, especially going forward. Once you do something good or attacking, you can really hear it and it makes you want to get on the ball a bit more and try to create some more stuff, so yes, I really enjoyed it. I can't wait to play more games at home."

Gambin linked up well with fellow midfielders Jordan Cook, Pelly-Ruddock Mpanzu and Jonathan Smith with some fine interplay to create chances for Jack Marriott and Isaac Vassell, who netted the Town's first goal.

"That's what I want to do, try and create opportunities for my team-mates," said Gambin.

"Everyone played their part today, even the subs coming on were brilliant and that's what we're looking to do."

"We work in training on intricate passing, making attacking plays, and it worked today."

"At the start especially, teams come here and because of the size of the club, they look to sit behind the ball, making it hard for us to break them down, which they did at some stages."

"But we kept working the ball to find little pockets of space and create



something, so I'm delighted that we finally got through and got the two goals."

And on Vassell's effort, described as a "scruffy one" by manager Jones, Gambin added: "It doesn't matter how it goes in. He's got his body there in front of the defender and done his job, and I thought he was brilliant today – like all the lads."

"The whole squad and the staff here have welcomed me and I'm really enjoying it. I can feel the spirit building and it's brilliant."



# TRAVELLER'S TALES

KEVIN HARPER IS A VERY HAPPY HATTER AS HE HEADS NORTH ON THE SUPPORTERS' COACH TO CREWE, WHERE HE SAMPLES THEIR RENOWNED PIES, PICKS UP A PROPER AWAY PROGRAMME AND CELEBRATES A TEN-MAN COME-FROM-BEHIND WIN IN WHICH SOMETHING JUST "CLICKED"...

## THE JOURNEY

**9.30am – 9.30am** – It was another relatively early start for a third away game in as many weekends, but after matches at Portsmouth and Accrington it was a shorter trip to Crewe.

**9.50** – Everyone at Ampthill is loaded onto the coach and it is time to head through the villages to Luton. Having not been to Crewe for a while I'm quite looking forward to the day as going to the same grounds all the time can get a bit boring.

**10.35** – Two coaches leave Luton to head up the M6 to Crewe. It was a much nicer morning than last week when we set off for Accrington. Hopefully that is a good sign!

**1.25pm** – After a short stop at the services on the toll road on the way up we've made it to Crewe in good time. Turnstiles not yet open so I take the chance to chat to a few others while we wait to go in.

## THE GROUND

**1.55** – The turnstiles are open and as soon as you go in there is the refreshment kiosk. Being up north and having heard good things about the pies, it was time to indulge in one myself. A very good choice and those

who had given me the heads up were spot on!

**2.10** – After polishing off some food and drink around another natter with some friends, it was time to head inside the stand.

**2.15** – The Town fans have the whole of one side opposite the dugouts. The group I'm with have already positioned themselves level with the halfway line so I'm off to join them. Team news is in. New signing Lawson D'Ath makes his debut.

## THE MATCH

**3.00** – A minute's applause for the sad recent passing of Graham Taylor is well observed and away we go. Town are in purple this afternoon and are shooting into the goal on our right.

**3.02** – Town fans have filled most of the stand we are in. Plenty of noise is being made. Hopefully that spurs the lads onto a victory!

**3.05** – Almost an immediate goal for the Town. Alan Sheehan crosses the ball in which is met by the head of Jack Marriott, but the keeper saves.

**3.15** – End to end feel about this one. Crewe miss a golden chance as the centre forward drags a shot wide when put clean through, before

Marriott forces another save out of the keeper at the other end. Good game this!

**3.24** – A couple of pot shots at goal from the Town come to no avail, while at the other end Sheehan escapes a booking for bringing down the Crewe man on the far side.

**3.30** – Goal for Crewe. Slightly against the run of play. A ball is slid between Justin and Cuthbert to Lowe who finishes like a seasoned veteran. Unfortunate that.

**3.35** – Sheehan makes his way into the book this time. Thank heavens he escaped the earlier booking else he'd be off now!

**3.47** – The Town are level right on half-time! Sheehan feeds the ball in which Hylton flicks on. Marriott produces a brilliant first touch to go past the defender before firing a shot through the keeper. Excellent goal! The HT whistle goes almost immediately.

**4.03** – Back underway. Hopefully that goal has hit Crewe hard and we can go on and win.

**4.11** – Ouch. Sheehan flies into a tackle on the edge of the box and immediately knows what is coming. For the second time in a week the Town are down to ten.



**4.16** – Nathan Jones makes changes after the red card. Jack Senior comes on for a League debut and Jonathan Smith also comes on. Lawson D'Ath's debut comes to an end.

**4.27** – GOOOOAL!! Jack Marriott cuts inside from the left and fires a shot at goal that is well saved. Hylton picks up on the rebound, goes to the byline and cuts it back where Jake Gray scores for the second successive Saturday. Get in!!

**4.36** – So nearly 3-1! Marriott chases a clearance and tries to lob the keeper but he is six inches from getting it over him and the keeper saves.

**4.41** – Cross after cross come into the Town box. The majority of them find the head of Scott Cuthbert or the hands of Christian Walton. The clock is ticking down.....slowly!

**4.48** – Into injury time. Crewe have launched the kitchen sink, the car, the garage and the swimming pool into our box but we've stood firm. Five added minutes for the rest of the house to get thrown at us!

**4.54** – All over!! Town win 2-1! What a win that is. Absolutely brilliant! To go ahead and then hold out with ten men for 35 minutes is a top effort. Nathan Jones and the whole team come over to the 1,000 or so

Town fans who created a brilliant atmosphere and clearly drove the lads to victory.

## MAN OF THE MATCH

**5.20** – The coaches are loaded and it is time to vote for the man of the match. Jack Marriott got my vote. I thought he was excellent on an afternoon where there were a number of really good performances from the Town. His goal and his work rate epitomised the quality of the performance.

## THE PROGRAMME

**5.40** – Time to kill a bit of the journey back with a look through the programme. Fairly decent read to be fair. It includes 7-8 pages on the Town with one of them remembering the JPT win under 'Mick Hartford' (who is he?!). Danny Hylton was earmarked as the game changer and there was plenty of other stuff to enjoy about it. One of the best of the season I would say.

## SUMMARY

**9.00** – After a stop on the way back and a slower journey due to some inclement weather, we were finally back at Luton to drop the bulk of the travelling fans off.



**9.45** – I get home just in time for the highlights! Brilliant day. An excellent win for the Town and a day where you got the feeling something clicked. Can't quite put my finger on what it is but the day had the feeling of something more than just a win about it. Time will tell but I got home as a very happy Hatter!



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# TRAVELLER'S TALES

IN THE SECOND PART OF TONIGHT'S UPDATES FROM KEVIN HARPER'S JANUARY TOUR OF ENGLAND WITH HIS FELLOW TOWN FANS, OUR CORRESPONDENT ENDURES QUEUE AFTER QUEUE AS THE HATTERS PICK UP A POINT AT WYCOMBE...

## THE JOURNEY

**11.30am** – For once it was a very late start for an away game having left the house at 11.30 to head to Amptill to pick up the coach to go to Wycombe. Can't say I ever look forward to going to Wycombe. The matches are usually horrible to watch and the place is a nightmare to get away from. Hopefully today is different.

**12.45pm** – Bit of a delay to getting everyone on the coaches so we're a bit late setting off, but on a sunny afternoon we finally head off to the M1 and M40 to Buckinghamshire.

**1.45** – We're in Wycombe and in the queue to get towards the industrial estate where the ground is. An early reminder of why I hate coming to Wycombe! Fifteen minutes later and we're parked up.

## THE GROUND

**2.00** – We set off early to get something to eat from the burger van outside but that plan soon disappears when the queue is so big. We head into the ground and will get something in there only to find the queues even longer! Reminder number two why this isn't my favourite ground!

**2.45** – Finally been served so it is time to head up into the seats. If there is one good thing about this place it is that the view from the seats is pretty decent. Town warm ups are over. Team news is in and we're given a debut to the new lad Luke Gambin. Will be interesting to see how he fits in. Jack Senior starts a league game for the first time too.

## THE MATCH

**3.04** – After a minute of silence for the Wycombe president who was apparently 102 when he recently passed away, we're off and running. Town are in all white and attacking the opposite end to the one 1,800 Luton fans are behind. Quick thought to what had just gone – 102 years old. Fair play!

**3.05** – Oooh! Nearly an immediate goal for the Town. Hylton is played through by Smith, he goes round the keeper but the angle beats him.

**3.21** – Close! A cross comes in which Hylton and Jack Marriott get something to but it is whacked away off the goal line.

**3.36** – Penalty! Or is it? It looked to all the Luton fans that the Town have a penalty for a foul on Jonathan Smith in the box, but the referee is pointing to a goal kick and he books Smith for diving. Considering Wycombe's No.12 hasn't been able to locate a standing position all afternoon that's a huge call.



**3.38** – Close again! Marriott fires at goal from just outside the box. It clips the top of the crossbar and goes over.

**3.42** – This is a big accusation to make but I'm getting the feeling Wycombe are trying to deliberately injure Danny Hylton. A quite simply awful shoulder charge off the ball is the latest dig at the striker who has been booed throughout by the home fans. Really not good that.

**3.46** – The inevitable tenth Hylton booking of the season arrives. When you think of the stick he has taken to book him for barely touching the Wycombe player is ridiculous. They don't need no encouraging to go down this lot! Awful to watch.

**3.51** – Half-time. Referee is booed off by the Town fans. He's given Hylton no protection and the majority of his decisions have been clueless.

**4.06** – Back underway. No changes for the Town. Five minutes into the half Akinfenwa, who spent much of the match in Cuthbert's pocket (if a pocket can be big enough to house him!), lets fly with a shot that goes just over.

**4.17** – GOOOOOOOAL! From an unlikely source too! The excellent Cuthbert gets his first goal for the club when he meets Jake Gray's corner at the near post and nails a header past the man on the line.

Get in! Cuthbert is booked for celebrating with the Town fans. Football in shooting itself in the foot shocker!

**4.30** – Nearly 2-0! Hylton, who is somehow still mobile despite the ridiculous attention he has been getting, flies down the right wing. He looks up and Marriott moves to the front post to meet the cross but the keeper saves! Great move!

**4.35** – Not again! For the third Saturday in succession the Town are down to ten. A poor first touch from Johnny Mullins invites the striker in. Mullins makes a strong challenge, seems to clearly take the ball, but is sent off. It was the other end to me and the lighting is awful but that looked harsh.

**4.38** – Nearly 2-0 again! Vassell is now on for Hylton and chases down the left. He cuts inside and fires just wide! Close!

**4.42** – Sucker punch time. A cross comes into the box and Akinfenwa powers a brilliant header past Walton to level the scores. Big 10-12 minutes coming up.

**4.54** – 1-1 FT. We've done well to hold out there but that feels like two points dropped as we were in complete control before the sending off.

## MAN OF THE MATCH

**5.20** – Back on the coach and this is the easiest man of the match decision of the entire season. Even without his goal Scott Cuthbert was brilliant, immense, outstanding – and a combination of the three! He kept Akinfenwa quiet for all but one moment and he scored our goal too. He really is looking some player at the minute and it is good to see.

## THE PROGRAMME

**5.35** – Quick look through the programme while we're in the car park waiting to get out. Not much to report here. Pretty poor stuff in all honesty.

## SUMMARY

**6.55** – After what took an absolute age to get out of Wycombe we're back in Luton dropping everyone off. Keeping tabs on the Man City v Tottenham score makes the wait to get out go quicker than it felt.

**7.40** – Finally back home after a day which lived up to expectation. I couldn't pay to watch Wycombe every week and have total admiration for those who can. Still a bit disappointed we didn't hold on, but I'd have probably taken a point before the match and with ten men I definitely would, so it is a point picked up. Not a match that will live long in the memory though it must be said!





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# MAKE 2017 THE YEAR OF YOU!

LUTON BOROUGH COUNCIL GOT IN TOUCH RECENTLY TO ASK FOR THE HATTERS' HELP WITH THE LUTON HEALTH COMMUNICATIONS GROUP'S 'YEAR OF YOU' CAMPAIGN. AIMED AT KEEPING WORKING-AGED MEN FIGHTING FIT IN 2017. HERE THE TOWN'S HEAD OF SPORTS SCIENCE **JARED ROBERTS-SMITH** ANSWERS THEIR QUESTIONS, WITH DEFENDER **JOHNNY MULLINS** AND MIDFIELDER **JONATHAN SMITH** GIVING THEIR ADVICE TOO...

How do you motivate the players? What do you say to players if they're not keen on doing fitness drills?

Thankfully we have a great group here and the lads are superb to work alongside. However when motivation is lacking, I often have a personal chat with the player and explain why we are doing the work and how that fitness work is aimed to improve them as both an elite athlete as well as a footballer. We aim never to flog the lads so when fitness drills are required they understand there is a reason and a need for such work.

What's your favourite motivational quote?

If you follow me on twitter you would have seen the hash tag #busyisbetter. It's not a well-known saying but within professional football there is a bit of a stigma around being 'busy' (Busybody). However, I massively praise that 'busy' mentality and am forever asking the lads to go above and beyond with their fitness, gym, nutrition and lifestyle. For me the busier the better!!

What are the players' favourite exercises?

Anything with a ball at their feet...and for me that's fair enough as they are footballers. We aim to incorporate the bulk of their fitness and conditioning work into their football training for multiple outcomes (technical/tactical benefits as well as fitness). However, we have developed a really strong strength and conditioning ethos at the club this season and the lads are enjoying a variance of strength and power work in the gym, as well as speed and agility specific elements within warm ups which we mix up to continually challenge the lads as they develop physically and to maintain maximum adaptation.

What do you think are the best exercises/options for:  
Building muscle? Getting faster? Losing weight?

#### Building muscle

The lads need to be challenged continually both on the pitches and in the gym, but for me building muscle is all about within the canteen and in the kitchen. We provide enough training impetus and resistance work, but the lads need to make sure their muscles are recovering by providing enough protein and muscle recovery stimulants

within their diet to aim for maximum adaptation. We supply foods rich in protein and the right types of fats and carbohydrates within the training ground canteen, as well as supplements including protein shakes to enable maximum recovery and adaptation from exercise which will help build muscle.

#### Getting faster

The players need to be fast on a matchday and fortunately we have some really quick lads within our squad at the moment. We expose the lads to maximum velocity speed work within our training week and then within training and games they naturally hit high velocities, which we record on our GPS units. We also include speed-strength work within the gym, which focuses on powerful and explosive movements all tailored towards increasing speed out on the pitch.

#### Losing weight

Losing weight is about ensuring you have the right balance between expenditure and intake. Exercise is key as this increases your

expenditure, but again, for me the main focus is within the kitchen and making sure diet is clean and healthy. You must periodise your nutrition in line with your exercise and make sure you refuel correctly. For example, there is no point completing a mammoth run or epic gym session, and recover by eating a Mars bar, packet of crisps and a processed sandwich washed down with a litre of coke, if weight loss is your goal.

How do fitness sessions help players perform on match day?

All our fitness-training strategies are tailored to our players' maximum physical outputs within a game. We monitor this using our GPS equipment and then breakdown their individual and specific workload and ensure they are working on specific quantifications during any given training session/week. This gives us an easy objective marker to follow which is specific to a match and allows us to improve fitness relative to the demands of the sport.

What does a fitness session for the players consist of?

A typical training session focused on conditioning and fitness typically follows the following structure;

- Pre-activation – 20-minute low intensity gym session tailored towards switching on the joints and muscles which will be worked during the pitch based training session.
- Warm-up – Ten minutes which focuses on ensuring the muscle joints and physiological structures required for the session are firing and ready to work.

## JOHNNY MULLINS | AGE 31

What's your favourite motivational quote? Or how do you stay motivated?

Difficult roads often lead to beautiful destinations.

What's your favourite exercise other than football?

I like to cycle, be it out on the roads for a nice scenic ride, or in the gym. I like the HIIT (High Intensity Interval Training) exercises so the spinning bikes at the gym are perfect for me.

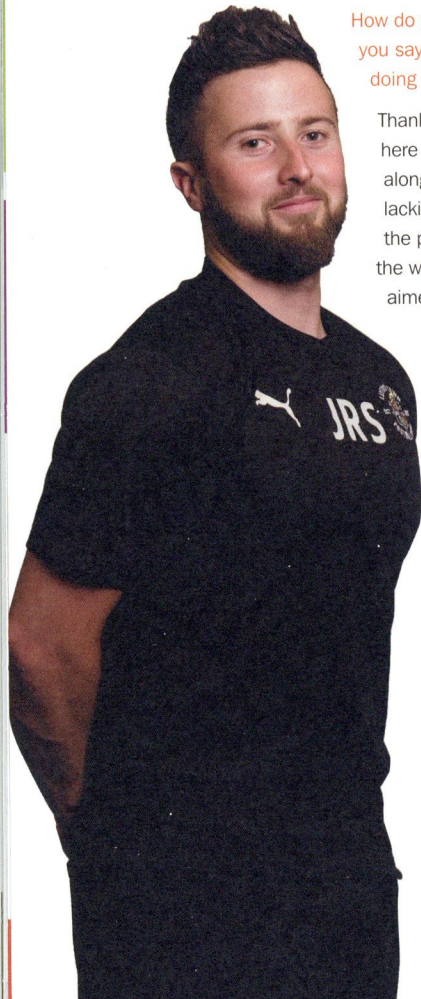
How do fitness sessions help you perform on match day?

Jared is excellent at making sure we peak on match days! Specifically we will do recovery sessions in the

early part of the week to flush the legs of the lactic acids, then step it up midweek when we do sharper sessions that really get you ready for games.

One piece of advice for people looking to improve their fitness?

Always make sure you get a good breakfast on board. It sets you up for a good day and if possible, try to do your fitness sessions in the mornings as it means you continue to burn calories for the rest of the day.





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[YEAR OF YOU]

- Speed and plyometric emphasis – two or three drills lasting up to ten minutes focusing on speed and plyo style work.

- Training session – 60-minute high intensity football conditioning session in which the fitness work is structured within the football session as mentioned previously.

- GPS review and subjective player feedback – This then allows us to top up any players or individuals who need it with some physical fitness work tailored to their match workloads.

- Strength resistance session – Full body strength session focusing

on high force/resistance exercises aimed at making our players strong and robust in order to cope with the physical demands out on the pitch.

**Are there drills people could do at home? Or in the park?**

**One piece of advice for people looking to improve their fitness?**

Many of the exercise strategies we aim to employ (both gym and field based) can be completed at home or in the park. My three go-to exercises which are most commonly used within gym sessions and warm-ups are:

Squat – A bilateral (double leg) exercise which has been proven to improve strength and power qualities which transfer heavily on to the training pitches. Comes in many variations such as front squat, overhead squat, back squat, jump squat and bodyweight squat.

Lunge/single leg squat – A unilateral (single leg) exercise which transfers

to running, jumping and landing all of which are important for footballers, which uses multi joints and muscles. Again comes in a number of variations such as forward, reverse and lateral.

Deadlift – Another bilateral exercise which can however be manipulated to unilateral based on the exercise prescription. Important for the hamstring muscles which is the most regularly injured muscle within football performance.

**My main tips for improving fitness are: Get yourself stuck into something you enjoy whether it's running, cycling, swimming, gym work etc...find your niche. If you enjoy it you're so much more likely to be successful and achieve your goals. This might involve you trying a number of methods but get out there and be active. See what it does for your outlook, mood and feeling!**



**JONATHAN SMITH | AGE 30**

What's your favourite motivational quote? Or how do you stay motivated?

**I often watch sporting motivational videos on YouTube. My favourite quote is 'Fail to prepare, prepare to fail'.**

What's your favourite exercise other than football?

**My favourite exercise at the moment would have to be yoga as it helps keep me flexible and loose.**

How do fitness sessions help you perform on match day?

**Fitness sessions help keep my body conditioned to perform at professional sport. They also give me the required fitness level to compete.**

One piece of advice for people looking to improve their fitness?

**The advice I would give is to get your diet good. This will give you more energy to want to exercise, and also give you better results when you do exercise.**



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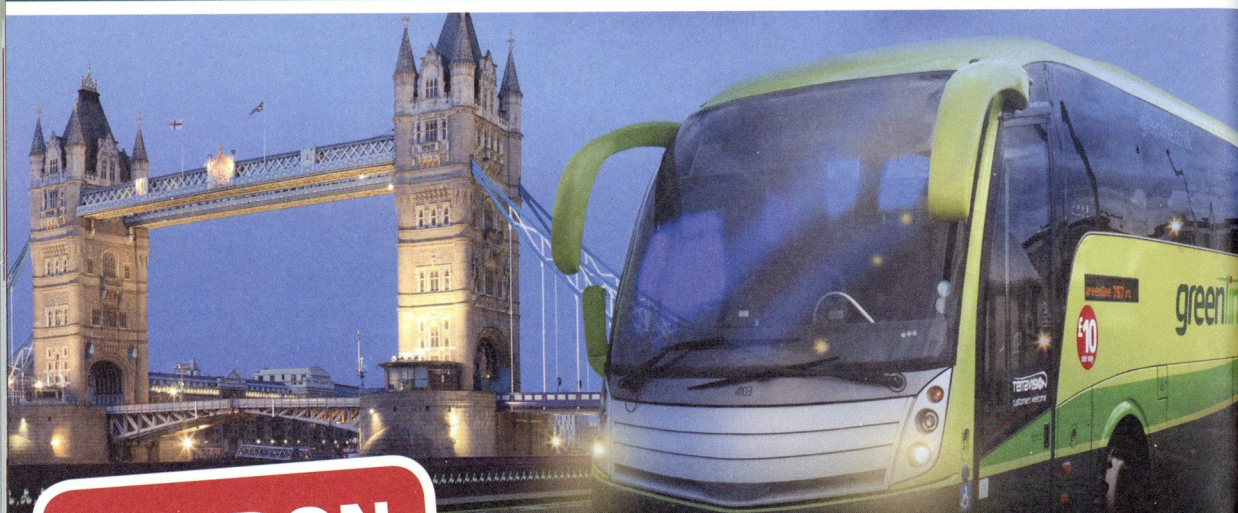
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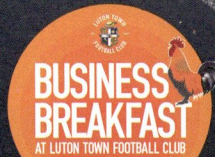
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# THE CAMERA NEVER LIES

CLUB HISTORIAN **ROGER WASH** DELVES  
INTO HIS PHOTOGRAPHIC ARCHIVES

A 1959 shot of the Hatters board, meeting in the old boardroom (now the John Moore Lounge) no doubt about to work out how to distribute FA Cup final tickets!  
Left to right: Tom Hodgson, Frank Tooley, chairman Percy Mitchell, secretary Phil Coley, Philip Wright and AF England.



# YOUTH TEAM KIT SPONSORS 2016/17

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YOUTH TEAM NEXT UP: SAT 4TH FEB — PLYMOUTH (H) — 1PM KICK-OFF (ELY WAY) — VENUE SUBJECT TO CHANGE

NEXT DEV SQUAD FIXTURE: THURS 9TH FEB — DUNSTABLE TOWN (A) — BEDS FA SENIOR CUP SEMI-FINAL — 7.45PM KICK-OFF, CREASEY PARK

# ACADEMY UPDATE

## UNDER-9S CROWNED THE CHAMPIONS IN OERLINGHAUSEN!

The Hatters' Under-9s travelled to Oerlinghausen, Germany last weekend to participate in The Schroder Cup, an indoor 6v6 tournament attracting some of the biggest clubs in Europe.

Town opened their campaign with a 5-0 win against SV Verl to give them a good start to the group games, with top spot needed to guarantee themselves a place in the next phase of the competition, the Gold Cup.

Game two was against Füchse Berlin, with Benedict Benagr and Keiran Hayton both scoring to put Luton two up, but the Hatters were pegged back to 2-2. With less than a minute to go, Hayton pulled out a wonder strike to win the game 3-2.

The Hatters lost their third game 2-1 to Borussia Hohenlind, and this meant they needed to win against Bundesliga 3 side Hansa Rostock. Town turned on the style and dominated, coasting to a 4-1 win, progressing to the Gold Cup.

The first match of the Gold Cup was against Vojvodina Novi Sad of Serbia, which finished 2-0 to Town, courtesy of a goal each from Benagr and Hayton. This set the group up nicely with the Hatters only needing one win from their next two games to secure a place in the quarter-finals.

Town lost 5-1 to Werder Bremen, which meant the match against SC Berliner in the final group game was a must win. A dominant performance from the Hatters saw them

win the game 2-1, putting them through to the quarter-finals to play Rot-Weiss Essen. With a change of tact to the game, Town controlled the game and ran out 3-0 winners against the German side to put them into a semi-final with Vojvodina Novi Sad.

The semi-final proved to be one of the most exciting games of the tournament! The Hatters had to come back from 2-1 down, as they dominated the game for the last two minutes, but couldn't break their opposition down. But, Finley McManus struck the ball goalwards

with seconds left on the clock and his swerving drive fooled the Vojvodina Goalkeeper, which levelled the match with 1.2 seconds left on the clock. The game went to penalties and the Town emerged victorious 3-1!

Bundesliga side FC Köln were now the only team who could stop Town from winning the Schroder Cup. The German side started very strongly scoring two goals in the first five minutes. The Town pulled the game back to 2-2 with goals from Hayton and Luca Williams-Barnett before conceding a third with only a couple of minutes left on the clock.

The Town youngsters managed to come up with another equaliser to see the game go to penalties and the mental strength of the group shone through again with Town emerging winners thanks to a penalty save from goalkeeper Charlie Booth!

The U9s will compete in Europe again in May when they travel to Kempen in Germany, where they will take on the likes of Juventus and Inter Milan!





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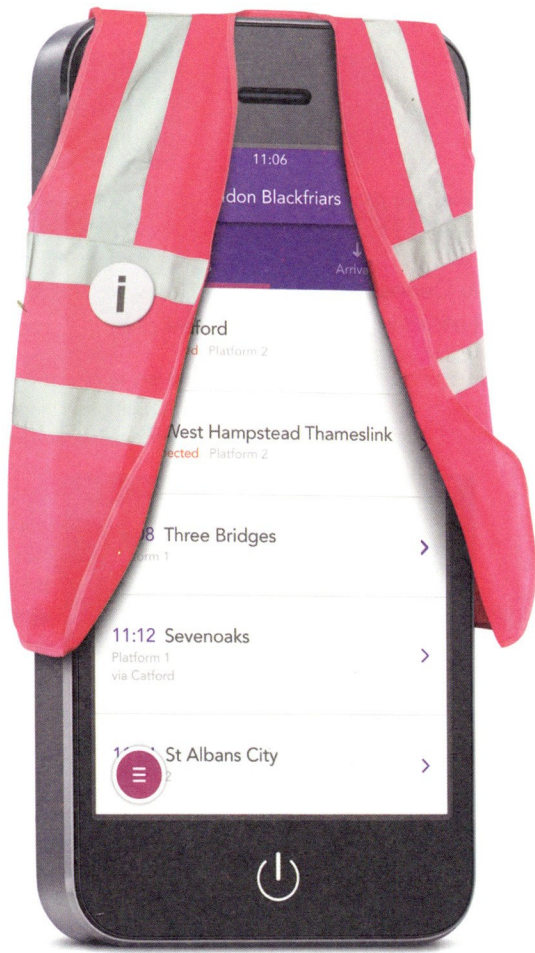


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# LUTON TOWN IN THE COMMUNITY

BY KEVIN THOBURN, HEAD OF THE HATTERS COMMUNITY TRUST

## MANVFAT FOOTBALL – FREE WEIGHT LOSS PROGRAMME

We're up and running, well jogging – OK some of us are walking – but ManvFat Football got off to a great start last week with over 60 participants taking part in our weekly league up at Lea Manor.

We've have teamed up with LiveWell Luton to run the ManvFat League every Monday for the next three months specifically for any man who wants to lose weight. Games are decided on weight loss as well as results and with support from LiveWell Luton, you get 24/7 support to help you lose weight. You can join on your own or with a mate or as a team and see how 95% of MAN v FAT footballers lose weight and get fitter. There are even goals bonuses available for weight loss and with an average weight loss over the 14 weeks of 22lbs, it is a proven and effective way to lose weight while playing with your mates.

The leagues will be run by the Club's Community Trust coaching staff and best of all, the whole programme is free. The leagues are competitive and games are organised on full fixture list over the next three months. LiveWell Luton and their staff look after your individual weight loss

programme to make sure you succeed in reaching your agreed target.

It's still not too late to join and you can simply visit [www.MANVFAT.COM/FOOTBALL](http://www.MANVFAT.COM/FOOTBALL) or call 0845 1630042 or drop us an email at [community@lutontown.co.uk](mailto:community@lutontown.co.uk) and we can sort out your enrolment on the project and find you a team.



## PREMIER LEAGUE KICKS PROGRAMME – HATTERS UNDEFEATED AT THE EMIRATES!

Our U14 Kicks squad travelled down to the Arsenal Hub at the Emirates earlier this month to play a round robin indoor tournament with QPR and came away undefeated after six games, conceding only two goals in the whole tournament! The team was made up from boys attending our KICKS sessions in Lewsey Farm, Marsh Farm and Farley Hill.

Previously, we mentioned the Trust had received valuable funding from the Premier League Charitable Fund to help us with the national KICKS scheme which seeks to engage young people from areas of high need in football, sport and personal development. Kicks projects aim to use football as a hook to engage and target young people and attempt

to divert them away from crime and anti-social behaviour by providing training and employment and volunteering opportunities. In the longer term it all leads to improved health and self-esteem where boys can feel safer through improving cohesion by bringing different communities together.

Next month 12 boys from the project will join our volunteering project which will involve gaining either an L1 Sports Leader award or an L1 FA Coaching Certificate. The boys will then commit to a minimum of ten hours' voluntary work with the Trust by helping our coaching staff run further KICKS sessions and tournaments.



Hatters Trust Community Operations Officer Daniel Douglas commented: "Kicks is a fantastic project that encourages young people of all ages and abilities to come together and enjoy football. The Arsenal tournament was a great day out for a lot of boys who don't often even leave the town.

"Quite often KICKS is the first stage of a young person becoming involved with the club's Trust. From Kicks they may also decide to volunteer with us or sign up for

employability support programmes. Kicks can just be about coming along to play football with a mate, but for lots of the boys it's so much more than that – it's a step towards making positive changes within their lives."

The Trust have late night KICKS sessions running every week all over Luton and if you want to get involved give us a ring and speak to Daniel on 01582 737568

## FA PEOPLE'S DISABILITY CUP

The FA People's Cup is a joint initiative between the BBC Get Inspired project and the FA for all categories of the game, and last week our Hatters and Boaters Men's Disability teams braved the freezing conditions to take part in the local section of the competition held at the Beds FA. Teams from all over the county took part including AFC Dunstable, whose teams we have recently begun to coach weekly as part of our Wembley National Stadium Trust funded Every Player Counts project, which promotes sports sessions for adults with learning disabilities.

The competition saw the Hatters teams sporting their new kits for the first time which were donated by the Club and shirt sponsors Ssangyong, and while this year the boys didn't make the regional stage of the competition, it was still great to see so much enjoyment and enthusiasm on display throughout all of the games.

Luke Hyde, Hatters Assistant Football Development Officer who runs our disability sports programme, said: "The competition was a good taster for the new league starting in March and has really set us up for the new season.



We've still got a few more weeks of indoor pre-season training before then and are always looking for more players to join the group."

The Trust currently run ten separate sessions a week in local sports centres and schools for both adults and children with PAN disability. Anyone interested can find out more about our disability sports sessions by contacting the Community Trust office on 01582 737568.





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# HATTERSLADIES

## A STRONG START TO THE YEAR

The Town Ladies have begun 2017 strongly and secured their first three points of the year with a 3-2 home win over Denham United.

The ladies dominated the first half and took an early lead after 17 minutes when a fine pass by Nicola Henman was flicked on by Jodie Bellinger. Erica Byron reacted the quickest, steering the ball into the bottom corner of the net past the diving keeper.

The Hatters extended their lead on the half-hour mark when Lucy Webster – playing in a more advanced position – outpaced her marker before cutting into the area and opening her goal account with a fierce drive into the roof of the net.

The second half was just minutes old when Luton netted a third goal. Once again Henman produced the all-important cross, which Byron couldn't convert but Bellinger seized on the chance to finish neatly and make it 3-0.

Denham responded and were only denied by a superb double save by Angelica Kopec, who dived to block the first effort before leaping up and tipping the follow up shot onto and over the crossbar. However, there was nothing she could do to keep out a rocket of a strike just minutes later.

### NERVY

With ten minutes remaining and Luton never looking seriously troubled, Denham closed the gap to a single goal which meant a nervy finish to the game.

In the final minute the visitors had a fine chance to equalise and were only denied by a last-ditch tackle from Mollie Robinson, which was mistimed and resulted in her dismissal. The resulting free-kick floated over the crossbar and Town deservedly saw out the remainder of the game.

Town's first county cup tie was an away tie at Woburn. Hatters took an early four-goal lead, but scored seven in the second half with Byron netting a hat-trick. There were also goals for Jo Rutherford (2), Jodie Southby, Amy Summerfield, Nicola Henman, Rebecca Kane, Lucy Tape and Rachel Kosky.



Lucy Webster nets the first goal of the match and her first for the club

In spite of the 11-0 win, great credit must go to a very game Woburn squad who did not wilt at any stage and did themselves very proud.

Town's league fixture at home to AFC Wimbledon last Sunday was always in some doubt, but the ground was considered playable although on occasion it was obvious players were not fully balanced and in control.

Luton were on top from kick-off and were very unlucky not to take the lead when Lucy Webster's thunderbolt smashed into the inside of the post and to safety.

The Dons did have the best chance of the half when a penalty kick was awarded, but Jess Devoti was equal to it, pulling off the save to keep the match goalless at half-time.

Much to everyone's surprise the referee reflected on the conditions and decided to abandon the game at the interval.



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# JUNIOR HATTERS



## SPOT THE DIFFERENCE

Can you spot the five changes we've made to the two photos above? Our picture shows Isaac Vassell celebrating his goal against Cambridge.



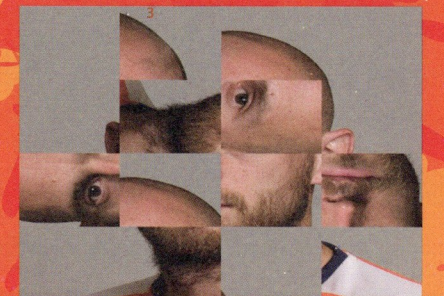
## SEND US YOUR PICS

Want to see your face in print? Send us your Junior Hatters pics and you could appear on this page! Email [info@lutontown.co.uk](mailto:info@lutontown.co.uk)



**SOMEWHERE, OVER THE RAINBOW - WAY UP HIGH!**  
The Hatters faithful were treated to a beautiful double rainbow over the ground at the start of the Cambridge match. It turned out to be a good omen, as the Hatters put in a great performance to win 2-0. #COYH!

## WHO'S THAT GUY?



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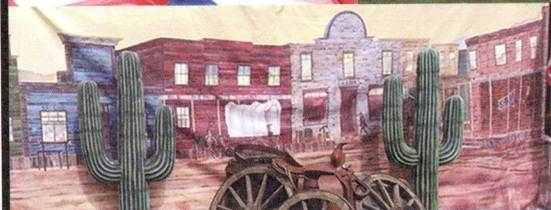
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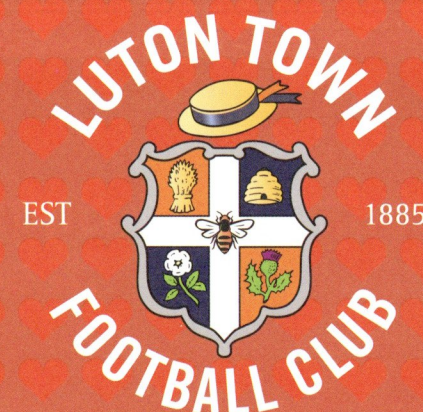
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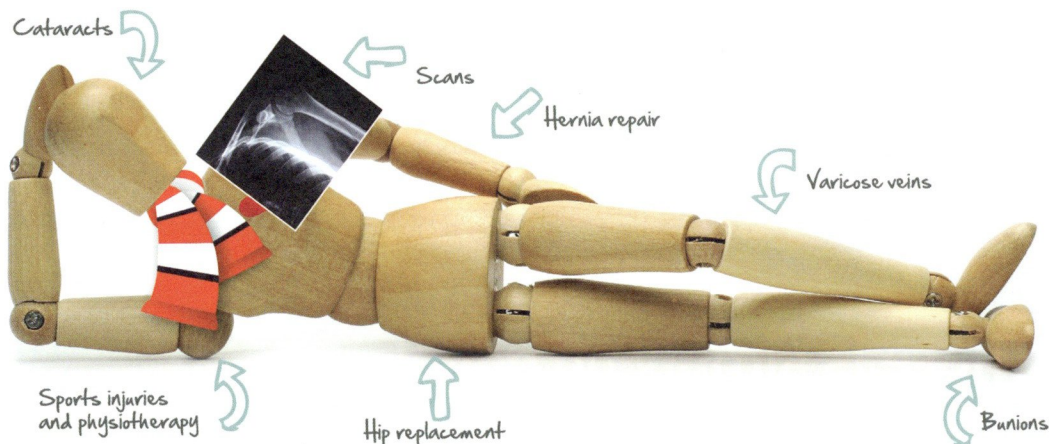




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## ASTON VILLA STAR ROSS MCCORMACK HAS FACED PUBLIC RIDICULE LAST WEEK AFTER ALLEGEDLY MISSING TRAINING DUE TO A BROKEN GATE.

According to frustrated Villa boss Steve Bruce, the Scotland international has "continually" failed to turn up on time and blamed his latest absence on shoddy electrics.

Unconvinced, Bruce drove to McCormack's house with a tape measure and discovered the gate in question was just 4ft 6ins high.

"Not in 20 years in management have I ever gone down this road but I feel I have to make a stance because I will not put up with it on my watch," said Bruce after Saturday's 2-2 draw with Preston. "There has been too much indiscipline here."

So is McCormack's tall tale the worst excuse in sport? It certainly has plenty of rivals...

### EDDY CURRY

Beaten 106-88 by Oklahoma Thunder during a regular season game in 2010, NBA side New York Knicks produced an excuse that was out of this world - quite literally.

Yes, according to their seven-foot centre Eddy Curry, the team slept for just two hours the night before the match because they believed their hotel - the Skirvin Hilton - was haunted by ghosts.

Astonishingly, they aren't the only ones. Members of the Chicago Bulls also reported doors slamming and strange noises at the Skirvin, as did Miami Heat during the 2012 Finals. Even hotel staff claim objects move of their own accord. Someone call Derek Acorah!

### KENNY DALGLISH

An old one, a famous one, but still a great one. During the dire days of Kenny Dalglish's joyless reign at Newcastle,

the Toon were held to an embarrassing 1-1 draw at Non-League Stevenage in the FA Cup.

So why did the likes of Alan Shearer and Rob Lee fail to beat a bunch of part-timers? According to Kenny Dalglish, because the "balls were too bouncy" - an excuse that prompted Jeremy Paxman to call the Scot "a big girl's blouse".

### SANATH JAYASURIYA

Manchester United famously blamed 'invisible' grey shirts for their defeat to Southampton in 1995; six years later, Sri Lanka's spinners blamed dodgy tailoring.

Beaten by India in the 2001 Champions Trophy, skipper Sanath Jayasuriya claimed his kit was too tight. "We had to add extensions to the trousers and the shirts looked more like tight-fitting women's blouses," said the all-rounder.

Other to jump on this particular bandwagon include the Italian football team, whose talisman Francesco Totti said "rough socks" were at fault for a 0-0 draw with Denmark in Euro 2004.

### CARLOS FLORES

In 2009, Carlos Flores, a midfielder for Peruvian top-flight outfit Inti Gas Deportes, was discovered naked and bleeding in a street near his home.

When police arrived he told them he had been "chased by a ghost". He later admitted he had actually been "engaging with dirty ladies" and had made up his spooky story to prevent his girlfriend finding out. "She failed to believe me," he said.



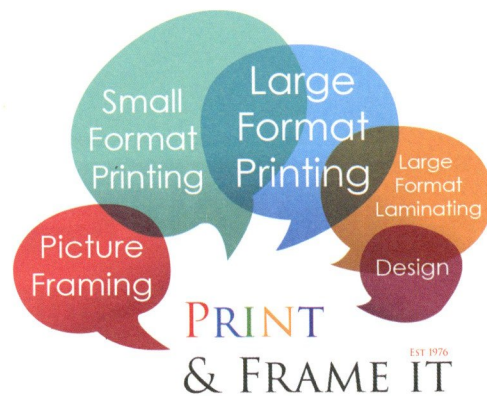


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[LEAGUE TWO ROUND-UP]

# LEAGUELOOK

## SATURDAY'S LEAGUE 2 RESULTS:

Carlisle United **1-1** Barnet  
Crewe Alexandra **0-0** Cheltenham Town  
Luton Town **2-0** Cambridge United  
Mansfield Town **2-0** Leyton Orient  
Newport County **3-1** Hartlepool United  
Notts County **2-1** Crawley Town  
Portsmouth **0-1** Exeter City  
Stevenage **2-0** Grimsby Town  
Yeovil Town **0-3** Doncaster Rovers

## THIS WEEK'S LEAGUE 2 FIXTURES:

### TONIGHT:

Exeter City v Wycombe Wanderers

Luton Town v Cheltenham Town

Yeovil Town v Plymouth Argyle

### SATURDAY:

Accrington Stanley v Notts County

Barnet v Mansfield Town

Blackpool v Colchester United

Cambridge United v Plymouth Argyle

Cheltenham Town v Newport County

Crawley Town v Stevenage

Doncaster Rovers v Morecambe

Exeter City v Crewe Alexandra

Grimsby Town v Luton Town

Hartlepool United v Yeovil Town

Leyton Orient v Carlisle United

Wycombe Wanderers v Portsmouth

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## LEAGUE TABLE 2016/17

	P	W	D	L	F	A	GD	PTS
1 Doncaster Rovers	28	19	4	5	58	34	24	61
2 Plymouth Argyle	26	17	3	6	43	28	15	54
3 Carlisle United	28	12	13	3	49	38	11	49
4 LUTON TOWN	27	12	9	6	39	24	15	45
5 Portsmouth	27	13	6	8	40	27	13	45
6 Wycombe Wanderers	26	12	7	7	34	28	6	43
7 Exeter City	27	13	3	11	40	27	13	42
8 Barnet	28	10	11	7	38	38	0	41
9 Colchester United	27	11	7	9	41	34	7	40
10 Mansfield Town	28	10	10	8	31	30	1	40
11 Cambridge United	27	11	6	10	36	31	5	39
12 Grimsby Town	28	11	6	11	35	33	2	39
13 Blackpool	26	9	9	8	38	27	11	36
14 Stevenage	28	11	3	14	42	46	-4	36
15 Crawley Town	26	10	5	11	32	40	-8	35
16 Yeovil Town	27	8	8	11	28	34	-6	32
17 Morecambe	25	9	4	12	32	43	-11	31
18 Hartlepool United	28	7	9	12	36	47	-11	30
19 Crewe Alexandra	28	6	11	11	26	39	-13	29
20 Accrington Stanley	26	6	8	12	24	35	-11	26
21 Notts County	28	7	5	16	30	51	-21	26
22 Cheltenham Town	27	5	10	12	28	39	-11	25
23 Leyton Orient	27	7	4	16	28	41	-13	25
24 Newport County AFC	27	5	7	15	32	46	-14	22

## PLAYER STATS 2016/17

	THIS SEASON										LTC	
	LEAGUE		CUP		TOTAL		DISIP		CAREER TO DATE			
	APPS	GLS	APPS	GLS	APPS	GLS	Y	R	APPS	GLS		
Alex Atkinson	0	(0)	0	(1)	0	(1)	0	0	0	1	0	
Tyreeq Bakinson	0	(0)	0	(1)	0	(1)	0	0	0	5	0	
Zane Banton	0	(0)	0	(2)	0	(2)	0	1	0	14	0	
Jordan Cook	19	(4)	2	(1)	0	(22)	5	2	4	1	27	
Kavan Cotter	0	(0)	0	(1)	0	(1)	0	0	0	1	0	
Scott Cuthbert	21	(1)	1	(3)	(1)	(24)	2	1	4	0	66	
Lawson D'Ath	1	(1)	0	(0)	0	(1)	(1)	0	0	2	0	
Akin Famewo	1	(2)	0	(3)	(0)	(4)	(2)	0	1	0	6	
Luke Gambin	2	(0)	0	(0)	0	(2)	(0)	0	1	0	2	
Alex Gilliead	10	(8)	1	(3)	(0)	(13)	(8)	2	3	0	21	
Jake Gray	6	(5)	1	(8)	(0)	(3)	(14)	(5)	4	0	19	
Danny Green	0	(0)	0	(0)	0	(0)	(0)	0	0	0	30	
Freddie Hinds	0	(0)	0	(2)	0	(2)	(0)	0	0	2	0	
Danny Hylton	23	(1)	11	(4)	(0)	(3)	(27)	(1)	14	10	1	
James Justin	14	(1)	0	(6)	(0)	(20)	(1)	0	1	0	22	
Craig King	0	(0)	0	(4)	(0)	(4)	(0)	0	0	0	4	
Ollie Lee	16	(5)	0	(5)	(1)	(21)	(6)	0	7	0	66	
Craig Mackail-Smith	0	(2)	0	(2)	(2)	(4)	(1)	1	0	40	5	
Jack Marriott	21	(4)	5	(4)	(1)	(25)	(5)	9	1	0	74	
Cameron McGeehan	24	(0)	10	(4)	(0)	(1)	(28)	(0)	11	7	0	
Josh McQuoid	1	(2)	0	(5)	(0)	(2)	(6)	(2)	2	2	0	
Pelly-Ruddock Mpanzu	15	(8)	0	(4)	(2)	(0)	(19)	(10)	0	5	1	
Johnny Mullins	19	(2)	0	(4)	(0)	(1)	(23)	(2)	1	1	2	
Frankie Musonda	0	(0)	0	(5)	(0)	(1)	(5)	(0)	1	0	0	
Stephen O'Donnell	16	(1)	1	(5)	(3)	(2)	(21)	(4)	3	1	0	
Dan Potts	16	(0)	0	(2)	(1)	(0)	(18)	(1)	0	3	1	
Glen Rea	17	(3)	1	(6)	(0)	(1)	(23)	(3)	2	5	1	
Arthur Read	0	(0)	0	(1)	(0)	(0)	(1)	(0)	0	0	1	
Jack Senior	2	(1)	0	(4)	(0)	(0)	(6)	(1)	0	0	7	
Alan Sheehan	15	(2)	2	(3)	(0)	(0)	(18)	(2)	2	3	1	
Jonathan Smith	5	(10)	1	(7)	(2)	(1)	(12)	(12)	2	5	0	
Jack Snelus	0	(0)	0	(1)	(0)	(0)	(1)	(0)	0	0	1	
Connor Tomlinson	0	(0)	0	(1)	(0)	(0)	(1)	(0)	0	0	1	
Isaac Vassell	6	(15)	2	(4)	(5)	(2)	(10)	(20)	4	1	0	
Christian Walton	27	(0)	0	(6)	(0)	(0)	(33)	(0)	0	1	0	



# FIXTURESPILE-UP

DATE	TIME	H/A	OPPOSITION	SCORE	ATT	AWAY	POS	STARTING XI
AUGUST								
Sat 6	3.00pm	A	Plymouth Argyle	W 3-0	9,761	1,019	1	Walton O'Donnell Mullins Cuthbert Potts Rea Mpanzu
Wed 10	7.45pm	H	Aston Villa (EFL Cup 1)	W 3-1	7,412	1,487	-	Walton O'Donnell Mullins Cuthbert Potts Rea Mpanzu
Sat 13	3.00pm	H	Yeovil Town	D 1-1	7,800	303	1	Walton O'DONNELL 1 Mullins Cuthbert Potts Rea Mpanzu
Tue 16	7.45pm	H	Newport County	W 2-1	7,058	115	1	Walton O'Donnell Mullins Cuthbert Potts Rea Mpanzu
Sat 20	3.00pm	A	Stevenage	L 1-2	3,517	1,674	3	Walton O'Donnell Cuthbert Rea Mpanzu
Tue 23	7.45pm	H	Leeds United (EFL Cup 2)	L 0-1	7,498	1,510	-	Walton O'Donnell Mullins Rea Mpanzu
Sat 27	3.00pm	A	Cambridge United	W 3-0	5,606	1,690	2	Walton O'Donnell Mullins Rea Mpanzu
Tue 30	7.45pm	A	Gillingham (EFL Trophy)	W 2-1	2,128	137	-	King Cotter MUSONDA 1 Fawcett Justin Bakinson SMITH 1
SEPTEMBER								
Sat 3	3.00pm	H	Wycombe Wanderers	W 4-1	8,097	530	1	Walton O'Donnell Mullins Cuthbert Potts Rea Mpanzu
Sat 10	3.00pm	H	Grimsby Town	L 1-2	8,005	539	3	Walton O'Donnell Mullins Sheehan Potts Rea Mpanzu
Sat 17	3.00pm	A	Crawley Town	L 0-2	2,904	1,052	7	Walton O'Donnell Mullins Sheehan Potts Rea Mpanzu
Sat 24	3.00pm	H	Doncaster Rovers	W 3-1	7,917	554	3	Walton Justin Mullins Cuthbert Potts Rea Mpanzu
Tue 27	7.45pm	A	Hartlepool United	D 1-1	3,533	311	2	Walton Justin SHEEHAN 1 Fawcett Potts Rea Mpanzu
OCTOBER								
Sat 1	3.00pm	A	Cheltenham Town	D 1-1	3,660	923	4	Walton Justin Cuthbert Sheehan Potts Rea Mpanzu
Tues 4	7.30pm	H	West Brom (EFL Trophy)	W 2-0	1,441	89	-	King O'Donnell Musonda Fawcett Potts Rea Mpanzu
Sat 8	3.00pm	H	Crewe Alexandra	D 1-1	7,716	254	5	Walton Justin Cuthbert Sheehan Potts Rea Mpanzu
Sat 15	3.00pm	A	Leyton Orient	W 2-1	5,471	1,341	4	Walton O'Donnell Cuthbert Sheehan Potts Rea Mpanzu
Sat 22	3.00pm	H	Mansfield Town	D 1-1	7,787	295	4	Walton O'Donnell Cuthbert Sheehan Potts Rea Mpanzu
Sat 29	3.00pm	A	Notts. County	D 0-0	6,313	2,033	4	Walton O'Donnell Cuthbert Sheehan Potts Rea Mpanzu
NOVEMBER								
Sat 5	3.00pm	A	Exeter City (FAC1)	W 3-1	2,972	310	-	Walton Justin Cuthbert Sheehan REA 1 Lee Mpanzu
Tue 8	7.30pm	H	Millwall (EFL Trophy)	L 1-3	2,251	370	-	King O'Donnell Musonda Fawcett Potts Rea Mpanzu
Sat 12	3.00pm	H	Accrington Stanley	W 1-0	8,008	101	5	Walton Justin Cuthbert Sheehan Rea Mpanzu
Sat 19	3.00pm	A	Morecambe	W 2-0	1,507	520	4	Walton Justin Mullins Sheehan Rea Mpanzu
Tue 22	7.45pm	H	Portsmouth	L 1-3	8,808	975	5	Walton Justin Mullins Sheehan Rea Mpanzu
Sat 26	3.00pm	A	Exeter City	D 0-0	3,823	634	5	Walton Justin Cuthbert Sheehan Rea Mpanzu
DECEMBER								
Sat 3	3.00pm	H	Solihull Moors (FAC2)	W 6-2	3,512	635	-	Walton Justin Cuthbert Sheehan Rea MULLINS 1 Cook
Tues 6	7.45pm	A	Swindon Town (EFL Trophy)	W 3-2	1,692	134	-	King Justin O'Donnell Musonda Fawcett Potts Rea Mpanzu
Sat 10	3.00pm	H	Carlisle United	D 1-1	7,953	380	5	Walton O'Donnell Cuthbert Sheehan Potts Rea Mpanzu
Sat 17	3.00pm	A	Blackpool	W 2-0	3,992	1,095	5	Walton O'Donnell Cuthbert Mullins Rea Mpanzu
Mon 26	3.00pm	H	Colchester United	L 0-1	9,164	490	5	Walton O'Donnell Cuthbert SHEEHAN 1 Potts Mullins Rea
Sat 31	3.00pm	H	Barnet	W 3-1	8,262	494	5	Walton O'Donnell Cuthbert SHEEHAN 1 Potts Mullins Rea
JANUARY								
Mon 2	3.00pm	A	Portsmouth	L 0-1	17,402	1,547	6	Walton O'Donnell Cuthbert Mullins Rea Justin Smith
Sat 7	3.00pm	A	Accrington Stanley (FAC3)	L 2-1	1,717	482	-	Walton Justin Cuthbert Sheehan Rea Mpanzu
Tue 10	7.45pm	H	Chesterfield (EFL Trophy)	W 4-0	1,655	152	-	Walton O'Donnell Musonda Fawcett Potts Rea Mpanzu
Sat 14	3.00pm	A	Crewe Alexandra	W 2-1	4,368	995	6	Walton Justin Cuthbert Sheehan Mullins Mpanzu
Sat 21	3.00pm	A	Wycombe Wanderers	D 1-1	5,387	1,800	6	Walton Justin Cuthbert SHEEHAN 1 Potts Mullins Rea Mpanzu
Sat 28	3.00pm	H	Cambridge United	W 2-0	8,917	997	4	Walton Justin Cuthbert Senior Rea Mpanzu
Tue 31	7.45pm	H	Cheltenham Town	W 2-0	8,917	997	4	Walton Justin Cuthbert Senior Rea Mpanzu
FEBRUARY								
Sat 4	3.00pm	A	Grimsby Town	W 3-2	1,692	134	-	King Justin O'Donnell Musonda Fawcett Potts Rea Mpanzu
Tue 8	7.45pm	H	Yeovil Town (EFL Trophy)	W 4-0	1,655	152	-	Walton O'Donnell Musonda Fawcett Potts Rea Mpanzu
Sat 11	3.00pm	H	Crawley Town	W 2-1	4,368	995	6	Walton Justin Cuthbert Sheehan Mullins Mpanzu
Sat 14	7.45pm	H	Hartlepool United	D 1-1	5,387	1,800	6	Walton Justin Cuthbert SHEEHAN 1 Potts Mullins Rea Mpanzu
Sat 18	3.00pm	A	Doncaster Rovers	W 2-0	8,917	997	4	Walton Justin Cuthbert Senior Rea Mpanzu
Sat 25	3.00pm	H	Plymouth Argyle	W 2-0	8,917	997	4	Walton Justin Cuthbert Senior Rea Mpanzu
Tue 28	7.45pm	A	Newport County	W 2-0	8,917	997	4	Walton Justin Cuthbert Senior Rea Mpanzu
MARCH								
Sat 4	3.00pm	A	Yeovil Town	L 0-1	17,402	1,547	6	Walton O'Donnell Cuthbert Mullins Rea Justin Smith
Sat 11	3.00pm	H	Stevenage	L 2-1	1,717	482	-	Walton Justin Cuthbert Sheehan Rea Mpanzu
Tue 14	7.45pm	A	Carlisle United	W 4-0	1,655	152	-	Walton O'Donnell Musonda Fawcett Potts Rea Mpanzu
Sat 18	3.00pm	H	Exeter City	W 2-1	4,368	995	6	Walton Justin Cuthbert Sheehan Mullins Mpanzu
Sat 25	3.00pm	A	Colchester United	D 1-1	5,387	1,800	6	Walton Justin Cuthbert SHEEHAN 1 Potts Mullins Rea Mpanzu
APRIL								
Sat 1	3.00pm	H	Blackpool	W 2-0	8,917	997	4	Walton Justin Cuthbert Senior Rea Mpanzu
Sat 8	3.00pm	A	Barnet	W 3-1	8,262	494	5	Walton O'Donnell Cuthbert SHEEHAN 1 Potts Mullins Rea
Fri 14	3.00pm	H	Leyton Orient	W 3-2	1,692	134	-	King Justin O'Donnell Musonda Fawcett Potts Rea Mpanzu
Mon 17	3.00pm	A	Mansfield Town	D 1-1	7,787	295	4	Walton O'Donnell Cuthbert Sheehan Potts Rea Mpanzu
Sat 22	3.00pm	H	Notts. County	D 0-0	6,313	2,033	4	Walton O'Donnell Cuthbert Sheehan Potts Rea Mpanzu
Sat 29	3.00pm	A	Accrington Stanley	W 3-1	7,917	554	3	Walton Justin Mullins Cuthbert Potts Rea Mpanzu
MAY								
Sat 6	5.30pm	H	Morecambe	D 1-1	3,533	311	2	Walton Justin SHEEHAN 1 Fawcett Potts Rea Mpanzu

## MEET THE REF: JOHN BUSBY

This evening we welcome Oxfordshire based referee, John Busby, who will be overseeing his first match at Kenilworth Road this season.

He has taken charge of two Town matches so far this term; the 2-1 away win over Gillingham in the Checktrade Trophy and the 3-1 victory against Exeter City at St James Park in the FA Cup. So far he has handed out 92 yellow cards and two red cards in 23 games.

His last match was the League One fixture between MK Dons and Peterborough on Saturday, in which Robbie Neilson's side won 4-0 at the ABAX Stadium.

## WHO, WHEN AND WHERE THE HATTERS ARE PLAYING THIS SEASON

KEY: • First Substitute | • Second Substitute | ▲ Third Substitute | ■ Sent off | GOALSCORER

SUBS

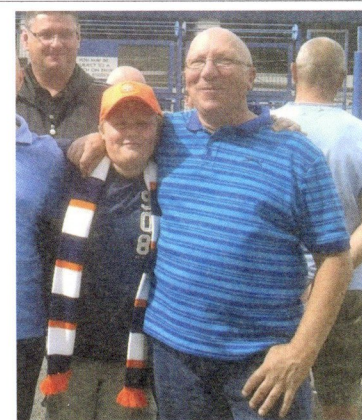
McGeehan McGEEHAN 1 McGeehan • McGEEHAN 2 McGEEHAN 1 ▲ McGeehan McGeehan Gray	Cook • GRAY 1 • Mpanzu • Cook • Cook Gray • Cook Banton •	HYLTON 1 Hylton Hylton Hylton Hylton • HYLTON 1 Vassell	MARRIOTT 1 • Marriott • Marriott • Marriott • Marriott MARRIOTT 1 ▲ McQuoid •	SMITH 1 • Smith • Gray • Famewo • Mpanzu • Cook • Cuthbert • Atkinson •	Lee • Cuthbert • Smith • Vassell • Vassell • Mpanzu • Smith • Tomlinson •	Gray ▲ Cook Vassell ▲ Smith McQuoid ▲ Vassell ▲ Vassell ▲ Gooch	Justin Vassell ▲ Lee Gray Smith Cuthbert Gray Read	Vassell McQuoid McQuoid King McQuoid McQuoid Hinds	McQuoid King King Justin King King Bean	King Famewo Justin Justin Famewo Justin Justin Snelus
McGeehan McGeehan McGeehan McGEEHAN 2 ▲ McGeehan	COOK 1 Cook Cook Cook • Gilliead •	HYLTON 3 ▲ Hylton Vassell Hylton Mpanzu	Marriott • Marriott McQuoid MARRIOTT 1 Marriott	Smith • REA 1 Hylton Sheehan • Vassell •	Vassell • Vassell • Marriott Gray • Cook •	Famewo ▲ Gilliead ▲ Gilliead Gilliead ▲ O'Donnell	Gray Smith Cuthbert O'Donnell Smith	Gilliead Cuthbery Gray Smith McQuoid	King Gray Mpanzu Vassell Musonda	Justin King King King King
McGeehan Smith McGeehan McGEEHAN 1 • McGEEHAN 1 McGeehan ▲	Cook GILLIEAD 1 ▲ Mpanzu • Gilliead ▲ Gilliead Gilliead •	HYLTON 1 McQuoid • HYLTON 1 HYLTON 1 Cook • Hylton	Marriott • Banton • Marriott ▲ Marriott Marriott Marriott •	Smith • Vassell • Gilliead • Smith • Mpanzu • Lee •	Gilliead • Hinds • Rea • Mullins • Vassell • Mpanzu •	O'Donnell Snelus • McQuoid ▲ Gray ▲ Lee ▲ Vassell ▲	Gray Cotter O'Donnell Mpanzu Smith Potts	McQuoid Read Smith Banton Mullins Smith	Famewo Atkinson Vassell Vassell Mackail-Smith Gray	King Gooch King King King King
McGeehan Smith McGEEHAN 1 McGeehan McGeehan McGeehan	Cook • McQuoid Gilliead Gilliead ▲ Mullins	HYLTON 2 Mackail-Smith • Hylton HYLTON 1 HYLTON 1 Hylton	Gilliead • Vassell Marriott • VASSELL 1 • Vassell • Vassell ▲	Smith • Banton • Vassell • Marriott • Cook • Mpanzu •	Mackail-Smith • Hinds • Smith • Smith • Marriott • Gilliead •	O'Donnell ▲ Read ▲ Mullins ▲ Gray • Mackail-Smith ▲ Marriott ▲	Gray Snelus O'Donnell O'Donnell O'Donnell O'Donnell	Potts Cotter Gray McQuoid Smith Smith	Vassell Bean Mackail-Smith Mackail-Smith Cuthbert Mackail-Smith	King Gooch King King King King
McGeehan Smith McGeehan McGEEHAN 1 • McGeehan McGEEHAN 1 ▲	Gilliead • Gray • Vassell ▲ Gilliead Gilliead • Smith	HYLTON 1 ▲ VASSELL 1 HYLTON 1 Hylton Hylton	MARRIOTT 2 MCQUOID 2 • Marriott • MARRIOTT 1 • Marriott • Cook	O'DONNELL 2 • Mackail-Smith • Gilliead • Mpanzu • Vassell • GILLIEAD 1 •	Potts • Bakinson • Mpanzu • Vassell • Mpanzu • Justin •	Vassell ▲ Tomlinson Cook ▲ Smith ▲ Cook ▲ Lee ▲	Smith Banton Smith Cook Cook Smith Gray	Mpanzu Cotter Lee Senior Gray Marriott	Lee Snelus McQuoid McQuoid Senior McQuoid	King Gooch King King Gooch King
McGeehan • Smith • MACKAIL-SMITH 1 ▲ D'Ath • Gambin Gambin •	Gilliead • GRAY 1 Gray • GRAY 1 COOK 1	Hylton McQuoid Cook Hylton Hylton • VASSELL 1	Cook ▲ Vassell MARRIOTT 2 • MARRIOTT 1 ▲ Marriott • Marriott •	Mpanzu • O'Donnell • Lee • Smith • Rea • D'Ath •	Lee • Marriott • VASSELL 1 • Senior • Vassell • Sheehan •	Vassell ▲ Mpanzu ▲ Banton ▲ Vassell ▲ O'Donnell ▲ Mackail-Smith ▲	Marriott Cook Mullins O'Donnell D'Ath O'Donnell	Senior Senior Bakinson Lee Cook Gray	McQuoid D'Atter Cotter Mackail-Smith Mackail-Smith Lee	King King King King King King

## STEVE MORTON

We are saddened to learn of the passing of Lifelong Hatter, Steve Morton (Hiscock). Steve passed away very suddenly and unexpectedly at the age of 50 on 12th January.

He will be fondly remembered by many older fans as 'Joe 90', when, as a teenager, he sold programmes in front of the Oak Road terraces. He followed the Town home and away for many years, even after emigrating to Canada he would always check how the Hatters were getting on.

His 11-year-old son Jake is a Hatter, and they both visited Kenilworth Road in August for the Yeovil game. Our condolences go out to all of Steve's friends and family.





# HOLD THE BACKPAGE

WITH CHARLIE HANSON  
PRESS & MARKETING EXECUTIVE

I never thought I would find myself cheering another team scoring other than my beloved Aston Villa, but now I find myself shouting "Come on Danny!" every time Hylton has the ball at his feet.

I have never played at a professional level or anywhere near in fact, but watching the way that guy terrorises defences is just too much fun to take your eyes off at times.

However, it's not just the striker's game which has impressed as I watch on from numerous League Two Press boxes around the country.

Towards the end of December I seem to remember the Luton News sports editor, Mike Simmonds, asking in a press conference with Nathan Jones who was going to score the goals when and if Hylton and Cameron McGeehan stopped finding the net.

## TESTED

Well, Hylts is now suspended and Cam is out with a broken leg. This is when the promotion credentials are really tried and tested. In fairness, at Wycombe last week, it was probably one of the sternest tests the Hatters could have faced, and although we conceded late on, the team stuck together and took a seriously important point from the fixture.

Scott Cuthbert came up with the goods that day, but Jack Marriott,

Jake Gray, Isaac Vassell and Jordan Cook have all scored this month as well, which is a good indicator as to who we can look to for goals when the 'usuals' aren't scoring.

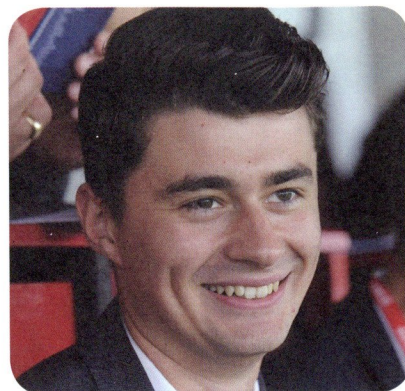
That's no discredit to any of them, Jake, Isaac and Jordan are proving to be really good summer acquisitions.



Jack Marriott

Jack is recapturing the form that we saw in him last season and boy, does that striker work hard on the pitch.

A lot was made of those two chances he missed against Leeds United earlier on in the season, but after that game I was fortunate enough to bump into Tony Cottey in the tunnel. The West Ham legend was seriously impressed with Jack. Sure, he was sad for him because he hadn't



scored, but he said it was his quality of movement that got him in those positions in the first place, which he was sure Marriott would find the back of the net nine out of ten times. This is now proving to be true.

Cuthbert has obviously been immense these past few months, I don't think I have ever seen a man win as many defensive headers as that guy! He really deserved that goal against the Chairboys.

## SHOUT

In fact, I now find myself doing a Gary Lineker-esque celebration when Town score, throwing my hands in the air in a classic 1980s, 'I am not quite sure what to do, so I will put my hands above my head and shout loudly' sort of way.

Unlike the youngsters you see dabbing their way to the front of the Kenny End in the hope of high fiving the person who just scored.

Anyway, I hope you enjoy the match tonight, so let's get behind the lads as we try and get a firm grip on one of the automatic promotion places.

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# TEAMS



- 1 Christian Walton
- 2 Stephen O'Donnell
- 3 Dan Potts
- 4 Jonathan Smith
- 5 Johnny Mullins
- 6 Scott Cuthbert
- 7 Jake Gray
- 8 Cameron McGeehan
- 9 Danny Hylton
- 10 Jordan Cook
- 11 Danny Green
- 12 Craig Mackail-Smith
- 14 Jack Marriott
- 16 Glen Rea
- 17 Pelly-Ruddock Mpanzu
- 18 Zane Banton
- 19 Olly Lee
- 20 Isaac Vassell
- 21 Jack Senior
- 22 Luke Gambin
- 23 Josh McQuoid
- 24 Lawson D'Ath
- 27 Tyreeq Bakinson
- 31 Craig King
- 36 James Justin
- 37 Frankie Musonda
- 39 Akin Famewo
- 42 Liam Gooch
- 44 Alan Sheehan

- 1 Scott Brown
- 2 Jack Barthram
- 4 Kyle Storer
- 5 Aaron Downes
- 7 Harry Pell
- 8 Billy Waters
- 9 Danny Wright
- 11 Jack Munns
- 12 Calum Kitscha
- 14 Asa Hall
- 15 Will Boyle
- 17 Jordan Cranston
- 18 James Rowe
- 19 Kyle Wooton
- 20 Jordan Lymn
- 21 James Dayton
- 22 Rhys Lovett
- 23 Manny Onariase
- 24 Daniel O'Shaughnessy
- 25 Matthew Bower
- 26 Alex Pike
- 27 Carl Winchester
- 30 Dan Holman
- 36 Diego De Girolamo

## MATCH OFFICIALS

JOHN BUSBY

DANIEL COOK

NIGEL SMITH

4 CHARLES BREAKSPEAR

