



Tuesday 11th August 2009
Carling Cup 1st Round
Cheltenham Town 1-2 Southend United

Blues XI: Steve Mildenhall, Simon Francis, Matt Heath, Jean-Yves M'Voto, John White, Franck Moussa, Alan McCormack, Jean-Francois Christophe, Anthony Grant, James Walker and Lee Barnard.

Journey: 8 out of 10:	It would have been a better trip if we weren't caught behind a tractor coming off the M40!
Stadium: 6 out of 10:	Old fashioned ground and close to the pitch but it isn't Wembley!
Food Quality/Service:	N/A Didn't purchase food from the ground.
Programme: 4 out of 10:	Nice design etc. but was printed during pre-season which I thought was rather cheap.
Performance: 8 out of 10:	A dominant performance from the Blues and would have been totally unfair if they hadn't got the win.

Southend United got through to round 2 of the Carling Cup with a win against their bogey-team thanks to a second half brace from Lee Barnard. It gave the 125 Blues supporters something to cheer about on their way home after a dominant performance.

The Shrimpers looked like they were going to walk over the League Two side when James Walker had four attempts on goal, which he really should have finished off and Matt Heath also saw two headers go close, one of which hit the post.

However, despite the Shrimpers dominance just before half-time, The Robins took the lead through Elvis Hammond, who prodded home from close range after the defence was All Shook Up, and he said "Thank you very much" as Southend went into the interval 1-0 down.

The second half continued with more of the same from Southend. Francis delivered Beckham type crosses that should have been attacked by the Blues front line.

However, 13 minutes from time Lee Barnard looked like he was taking the game into extra time when he headed home Matt Heath's knock down from a Francis cross, and silenced the home fans behind the goal who were taunting him throughout the second half.

Barney did have the last laugh when 2 minutes from time, he finished a flowing move with a diving header from 6 yards. It was another Francis delivery that set up his second goal of the night and again he celebrated in front of the Cheltenham 'fans' behind the goal before running over to the travelling Blue Army with his arms aloft.

Southend have been drawn away to Hull City where this Carling Cup adventure continues.