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TO HELP - NOT HINDER

SUPPORTING SOUTHEND UNITED FC

NEWSLETTER - Vol. 5 Iss. 03. - January 2010

THE INTRODUCTION - Paul FitzGerald

A new year a new "Dawn"

With the HMRC debt firmly behind us imagine how surprised I was to see the latest story that in fact we are right back in the mire again while the club chairman and HMRC squabble about the small matter of another 200K

Further news that Sainsbury were in fact the white knight during the original winding up period, as guessed by many, does no more to ease supporters concerns as clearly some restructuring must have occurred to accommodate this financing.

The Trust's offer of financial help was taken up in December in the form of a short term loan which was used to help the club pay off the PFA and thus lift the



transfer embargo. Supporters will remember how seriously short of eligible players we were at the time and the Trust was pleased to be of such significant help.

The Chairman of the football club announced the Loan in one of his Blogs during December alongside the news that a Trust Representative would be invited to join the football club board at the end of the next financial year. Whilst the Trust is delighted with this development we wonder why if we're good enough to be invited why we aren't good enough to be invited now. A question posed to Ron but currently without a response.

So farewell then Barney...(and good luck) .just as we find someone who can hit the net on a reasonably regular basis, off he goes — I understand the reasons why, but it just adds to the frustration of supporting a club like ours. He's had a great season for us in very trying circumstances and I hope the move works out for him.

What we really need now is for someone else (or preferably several) to step up to the plate and take some responsibility and maybe make a real name for themselves. I feel a tricky period approaching in more ways than one.

May I take this opportunity to wish all Southend United fans a happy and healthy new year and let's hope our beloved football club finds some stability and a more sound financial footing and a future we can all look forward to.

SHRIMPERS TRUST PLAYER OF THE MONTH – VOTE NOW !!!

Trust Members can now vote for the Shrimpers Trust SUFC Player of the Month for *JANUARY* by logging into the Members Area of the Trust website, www.shrimperstrust.co.uk

To do so you will need your Membership Number and Password. If you don't have these to hand don't worry, just hit the forgotten password button on the login page and we will send you a reminder.



And whilst in the Members Area why not update your contact details so our database is up to date.

SHRIMPER CLIMBING GREAT WALL FOR CHARITY

As some of you will know, despite being a lazy, unfit, weak waste of space, our very own Darren Posnack has done a number of charity treks in the past, such as the Inca Trail in Peru & the High Atlas Mountains in Morocco.

Having somehow managed to avoid death on these previous trips, he has, in a fit of madness, agreed to do another one, in China next year.

Whilst this is not supposed to be as tough as previous challenges, this 10 day trek of up to 20 kilometers a day along the wall is mostly steps, as the wall goes up & down through the mountains. As any of you who may have seen his state on TV after last February's walk to Colchester will know, if that was way beyond his physical capabilities, this definitely will be!



This time he has decided to raise the money for Havens Hospices in Southend. He needs to raise a minimum of £3,000.

The Shrimpers Trust wish you all the best for this challenging event and would like to encourage any one who can spare any money at all to delve in their pockets for this very worthy cause.

Please visit <u>www.justgiving.com/darrenposnack</u> to find out more.

FUNDRAISI<u>NG</u>

100 Club

The latest winners in the scheme, pulled out of the hat during weekly draws since the last newsletter were Roy Rice, Philip Conway, Nigel Rickard, Graham Hart, Richard Coxell, Peter Hall, Richard Harrington, Wally Despy each collecting £31.00. The winner of the Xmas draw was Phillipa Herbert who scooped a very healthy £350!!!

The nature of the 100 Club means the more people that sign up, then the bigger the weekly prize. To register your interest, you can still contact Alan Perry at alanperry4@hotmail.com or by calling 01702 476 458 and put yourself in with a chance of winning the weekly prize. Remember, the more people that sign up to the scheme, then the higher that prize will be. By setting up a standing order for just £5 a month (or just £60 a year), you put yourself in with a chance of winning over £31 per week at the present time.

Quid-a-Goal

This Season's Quid A Goal scheme is now up and running and with numerous pledges made so far the current running total after 31 matches is £1053.50

For this season part of the funds raised from the QAG scheme will be given to the Southend United Community & Educational Trust (SUCET) to help fund their Bodycare Programme. This programme is delivered young children of both Infant and Junior school age to help them get a healthy start in life with the benefits of physical activity and healthy eating being covered as well as mental and social health.

If you would like to help raise funds for this worthy cause you can do so by visiting the Trust Info Stand in the Shrimpers Bar prior to any Home Game or by completing the form printed in this season's SUFC Match Day Programmes.

Application forms are also available for download from the Trust Website www.shrimperstrust.co.uk

MEMBERSHIP

Welcome to New Life Members (Total 183)

Len March.

If you are interested in joining this group please contact our Membership Secretary, Paul Yeomanson via email at membership@shrimperstrust.co.uk.

Shrimpers Trust: PO Box 5830, Southend-on-Sea, SS1 9FD | www.shrimperstrust.co.uk | newsletter@shrimperstrust.co.uk | Page 2

You can also join up as a Life Member in the Membership Section of the Trust Website www.shrimperstrust.co.uk, and postal applications will also be accepted at Shrimpers Trust, PO Box 5830, Southend-on-Sea, SS1 9FD.

Welcome to New Members since the last Newsletter

Tina Ambrose, Brett Barber, Raymond Blott, Oliver Brooks, Michael Bunney, Luke Carter, Tim Craig, David Currie, James Elliott, Darren Harris, Jill Jowett, Gary Luckman, John Marsh, Bradley Martin, Adam Palmer, Mitchell Palmer, Stephen Palmer, Keith Prince, Maria Prince, Dean Raven, Wendy Sapsed, Andrew Strutt, Andrew Turner, Mark Virrels, Zach Watson, Ryan Welton and Gary Widdecombe.

Please note that the Shrimpers Trust would like to know if any of its members' addresses change, or if they have a new email address so that newsletters and other correspondence can be sent to the correct address. Please send any change of address details to **The Shrimpers Trust, PO Box 5830, Southend-on-Sea, SS1 9FD, or alternatively fill in our on-line contact details form which can be found in the Membership Section of the Trust Website, www.shrimperstrust.co.uk **

FORTHCOMING TRUST EVENTS

Thursday 4th March 2010 CURRY NIGHT

The Pipasha, Eastwood Road North, Leigh on Sea – 7.30pm for an 8.00pm meal

For further details contact Alan Perry

(Tel: 01702 476458, email: alanperry4@hotmail.com)

Saturday 13th March 2010 RACE NIGHT

The Shrimpers Bar, Roots Hall - First Race 7.30pm

For further details contact Paul Yeomanson

(Tel: 01702 302373, email: info@shrimperstrust.co.uk)

Saturday 17th April 2010 QUIZ NIGHT

The Shrimpers Bar, Roots Hall – 7.15pm for a 7.45pm prompt start

For further details contact Alan Perry

(Tel: 01702 476458, email: alanperry4@hotmail.com)



KATHLEEN'S MARATHON CHALLENGE



Trust Member Kathleen Kirkland, better known for being the shirt sponsor of Darryl Flahavan for his entire Southend United career, is running the 2010 Virgin London Marathon in aid of Sue Ryder Care homes, where her late Mother spent her final weeks.

"All the funds that Sue Ryder receives are from donations, which are a huge effort to raise the millions they need each year to continue to provide a great service. They do such a wonderful job and this is my way of giving something

back to them for making my Mothers final days as comfortable as possible. Also the staff at the hospice was fantastically supportive to my Sister and me. To this I am truly grateful."

If you would like to sponsor Kath, you can do so at:

http://uk.virginmoneygiving.com/fundraiser-web/fundraiser/showFundraiserProfilePage.action?userUrl=KathleenKirkland

Alternatively go to www.Virginmoneygiving.com and enter 'Kathleen Kirkland' in the sponsor a friend window.

Thanks for your support.

BYE BYE BARNEY



Well, it is what the majority of us feared when January came, the loss of a key player, who had it not been for his goals we would be deep (well a lot deeper) in a relegation battle.

But a reported £175,000 plus a promising youngster, for a player who would have walked for free at the end of the season is not bad business especially considering the current financial climate.

His goals will be missed, but I guess, when the Saints came marching in he just could not turn it down.

Good Luck for the Future – From the Shrimpers Trust

WHERE ARE THEY NOW?

We are introducing a new feature for the newsletter: a chance to see how our former players are getting on - which ones are thriving, which ones are not...as well as news of transfers, gossip, etc.

League Table of Former Shrimpers still plying their trade at league or non-league level 2009/10 *Brackets indicate when they played for Southend

Premiership

Leon Cort (2001-2004) - Burnley (moved from Stoke 27/1/2010) - 0 apps for Burnley

Dorian Dervite (2009) - Spurs, 0 apps

George Friend (2009) - Wolverhampton Wanderers - 1 app in match at Old Trafford after 4 apps on loan to Scunthorpe United

Stephen Kelly (2003) - Fulham - 14 apps, 1 red card.

Michael Kightly (2003-5) - Wolves - 10 apps

Femi Orenuga (2009) - Everton - has featured in at least 9 U18s matches for the Toffees just 16

Junior Stanislas - (2008-9) - West Ham - 4 goals in 18 apps

Robert Milsom (2008-9) - Fulham - 0 apps

Roy O'Donovan (2009) - Sunderland - 0 apps

Championship

Jamal Campbell-Ryce - (2005-7, 2 spells) - Bristol City - recently signed from Barnsley (19/1/2010). 17 apps for Barnsley, 1 for Bristol City

Leon Clarke - (2007-8) - Sheffield Wednesday - 3 goals in 20 apps

Steve Collis - (2006-8) - recently joined Bristol City - (25/1/2010), 1 appearance for Crewe this season

Freddy Eastwood (2004-7) - Coventry - 6 goals in 24 apps

Adam Federici - (2008) – Reading - 29 apps, 48 conceded, 5 clean sheets, recently snubbed chance to be Number 2 at Liverpool

Daryl Flahavan- (2000-2008, 2 spells) - Crystal Palace - Loaned to Oldham - 8 apps for Oldham, 14 goals conceded, 1 clean sheet

Kerrea Gilbert (2007-8) - on loan to Peterborough from Arsenal - 3 apps at Peterborough

Mark Gower - (2003-8) - Swansea - 1 goal in 18 apps

Gary Hooper - (2006-8) - Scunthorpe - 10 goals in 24 apps

Chris Powell - (1990-6) - Leicester City - 3 apps, 0 goals

Hal Robson-Kanu (2008) - Reading - 10 apps, 0 goals

League One

Nicky Bailey - (2007-8) - Charlton - 10 goals in 30 games

Lee Barnard - (2008-10) - Southampton - 2 apps, 0 goals (yet)

Mark Bentley - (2004-6) - Gillingham - 32 apps, 2 goals

Peter Clarke - (2006-9) - Huddersfield - 4 goals in 31 apps, 1 red card

Dan Harding (2008-9) – Southampton - 2 goals in 32 apps

Matt Harrold (2006-8) - Wycombe - 7 goals in 26 apps

Matt Heath (2009) - returned to Colchester United after Ioan spell, 8 apps, 0 goals

Lewis Hunt - (2003-8, 2 spells) - Wycombe, 21 apps

Jabo Ibehre - (2009) - Stockport - 2 apps, 1 red card

Leon Johnson (1998-2002) - Wycombe Wanderers - 8 apps

Nathan Jones (1997-2000) - Yeovil Town - 19 apps, 5 yellow cards

Kevin Maher - (1998-2008) - Gillingham - 23 apps

Charlie Macdonald - (2007-8) - Brentford - 7 goals in 24 apps,1 red card

Dean Morgan - (2007-8) - Milton Keynes Dons - 2 goals in 5 apps (also 1 goal in 2 apps on loan at Grays Athletic)

Billy Paynter - (2006-7) - Swindon - 16 goals in 30 apps

Garry Richards - (2007-8) - Gillingham - 0 goals in 8 apps

Michael Ricketts - (2006) - left Tranmere Rovers by mutual consent on 21st January after 2 goals in 17 apps

Simon Royce - (1991-8) - Gillingham - 21 apps, 27 conceded, 8 clean sheets

Theo Robinson - (2009) - Huddersfield - 9 goals in 28 apps

Lloyd Sam (2007) - Charlton Athletic - 4 goals in 28 apps

John White (2009) - returned to Colchester United after loan spell, 24 apps, 0 goals

League Two

Brian Barry-Murphy - (2002) – Bury - 1 goal in 31 apps

Paul Benson - (1997) - Dagenham and Redbridge - 13 in 29 apps

Lee Bradbury - (2006-7) - AFC Bournemouth - 29 apps, 0 goals

Drewe Broughton - (2003-5) - Rotherham - 3 goals in 11 apps

Barry Conlon - (1998-9) – Grimsby - recently loaned to Chesterfied. 5 goals and 1 red card in 19 apps for Grimsby, 1 goal in 3 apps for Chesterfield

Leon Constantine - (2003-4) – Hereford - 6 goals in 18 apps

Liam Feeney - (2008) - AFC Bournemouth - 3 goals in 30 apps

Paul Furlong - (2008-9) - Barnet - 3 goals in 28 apps, 6 yellow cards

Luke Guttridge - (2005-7) - Northampton - 5 goals in 20 apps

Clark Masters - (2008-9) - Aldershot - 2 apps

Lee Sawyer - (2008 and 2009, 2 spells) - Barnet, 1 goal in 3 apps

Efe Sodje - (2006-7, 2 spells) - Bury - 1 goal in 29 apps, 8 yellow cards!

Stuart Thurgood - (2001-4) - Dagenham & Redbridge - 19 apps, 0 goals

Non-League

Charles Ademeno - (2007) - Crawley - gaining interest after recent goalscoring activity, 5 goals in 11 apps

Rio Alderton - (2002) - Sittingbourne - (no appearance figures available)

Mark Beard - (1997, 2001-3) - Haywards Heath Town player-manager

Darren Blewitt - (2005) - Aveley - 9 apps, 0 goals

Tes Bramble - (2001-5) - Felixstowe and Walton United FC - 8 apps, mainly in defence

Tommy Black - (2007-8) - recently became player/assistant manager at Hemel Hempstead

Mel Capleton - (1992-3, 1998 & 1999-2002) - Canvey Island - 1 app, he is also the Gulls goalkeeping coach **Martin Carruthers** - (1999-2001) - Arnold Town of the Northern Counties East League (no appearance data available)

Ryan Clarke - (2004) - Oxford United - 27 apps, 12 clean sheets

Steven Clark - (2001-4) - Chelmsford City - 0 goals in 19 apps (he has been converted into a full-back)

Mitchell Cole - (2005-7) - Stevenage Borough - 1 goal in 23 apps

Brett Darby - (2003) - Rothwell Town - 1 goal in 8 apps

Roscoe D'Sane - (2001-2) - released by Torquay United in June 2009

Craig Edwards - (2000-1) - Bishop's Stortford - out due to a long-term injury

Danny Gay - (2001-3) - Needham Market - 2 apps having been forced to leave King's Lynn in November when they were wound up owing £67,000 to the Inland Revenue

Wayne Gray - (2004-6) - Grays Athletic - 1 app (only recently joined after a fine run at Hornchurch)

Andy Harris - (1996-99) - Weymouth - player/assistant manager, 11 apps, 0 goals

Ronnie Henry - (2003) - Stevenage Borough - 1 goal in 25 apps

Craig Holloway - (2005) - returned to Braintree Town in December, 5 apps, 3 clean sheets

Dean Holness - (2001) - released by Thamesmead Town after 4 goals in 13 apps during summer of 2009

Jonathan Hunt - (1993-4) - Hornchurch - 7 goals in 20 apps (main penalty-taker)

Leon Hunter - (2000-2) - Boreham Wood - 8 goals in 21 apps

Neil Jenkins - (2002-4) - Eastbourne Borough - 1 goal in 24 apps

Tom Jordan - (2002-3) - Eastleigh - 7 goals in 27 apps

James Lawson - (2004-7) - Welling United - ruled out for the entire 2009/10 season after suffering an extremely bad knee injury in a pre-season friendly against Dartford

Jason Lee - (1993-4) - Corby - 4 goals from 16 apps

Ben Lewis - (1997-8) - Croydon Athletic - (no appearance data available)

Mbive 'Peggy' Lokando - (2007-9) - Crawley Town - 0 apps

Jamie Lunan - (2000-2) – Aveley - 20 apps

Danny Maye - (2002) - Welton Rovers in the Toolstation Western League - 3 goals in 21 apps

Dave McSweeney - (2000-4) - Billericay Town - where he returned for a second spell in September after brief stint with Grays Athletic

Nick Morgan - (2004-5) - joined Croydon Athletic on loan from Braintree Town after two-month loan at Farnborough, delivers beer kegs for a living

David Morley - (1998-2001) - Bangor City - 2 apps

Nicky Nicolau - (2004-5, 2 spells) - Woking - 1 app

Luke Nightingale - (2003) - Havant and Waterlooville - 1 goal in 24 apps, on loan to Bognor

David Obaze - recently moved from Grays to Sutton United (27/1/2010)

Carl Pettefer - (2006-8) - AFC Totton - 2 goals in 28 apps (5 MoMs as well!)

Mark Rawle - (2001-3) - Brackley - unknown goals/apps

Gareth Risbridger - (2001-2) - Staines Town, 1 goal, unknown apps

Neville Roach - (1999-2001) - Hartley Wintney, 2 goals in 3 apps after leaving Hungerford Town

Ryan Robinson - (2003-4) - Bath City, 15 apps

Mark Salter - (2002-3) - Frome Town - 7 goals, 20? Apps

Damon Searle - (2000-3) - released by Haverfordwest County in January 2010 after 15 apps in 2009/10 **Ian Selley** - (1996 & 2002) - released by Dorchester Town to balance the books in January 2010 after 19 apps in 2009/10

Ben Smith - (2001-2) - Crawley - unknown apps

Jamie Stuart - (2003-4) - Rushden and Diamonds - 2 goals in 28 apps

Gavin Strachan - (2003) - Corby - 2 goals from 18 apps

Neil Tolson - (1999-2001) - Player/Manager of Hyde United - 0 apps

Adam Wallace - (2002) - Thatcham Town - 9 goals in 10 apps

Shane Wardley - (2001-2) - Leiston FC - 12 apps

Mark Warren - (2003-4) - retired from football in September after 1 app for AFC Sudbury

Daniel Webb - (2000-2) - Salisbury City - where he now plays as a central defender

Joe Welch - (2006-7) - Histon, 4 apps - 1 clean sheet

Mark Wright - (2005-6) - left Bishop's Stortford in October, was Jack Tweed's best man at his wedding to Jade Goody

Scotland

Richie Foran - (2007-9) - Inverness CT - 7 goals in 24 apps, 1 red card

Steven Hammell - (2006-8) - Motherwell - 0 goals in 20 apps, including 2 in Europa League qualifiers

Charlie Mulgrew - (2008) - Aberdeen - 4 goals in 24 apps

Eric Odhiambo - (2007) - Inverness Caledonian Thistle - 1 goal in 7 apps

Hungary

Zoltan Liptak - (2007-8) - Videoton Fehervar, top of the Hungarian First Division (no appearance data available, strangely!)

Spain

Arnau Riera - (2006) - joined CD Atlético Baleares in Segunda Division B Group 3 in the summer of 2009

<u>Australia</u>

Chris Coyne - (1999) - Perth Glory in the A-League, 22 apps, 0 goals

Andy Petterson - (2003) - ECU Joondalup in the Western Australian state Premier Division (semi-professional)

Belgium

Dominic Foley - (2003) - Cercle Brugge in the Belgian Jupiler League, 3 goals in 18 apps having signed a 3-year contract in the summer

Germany

Lars Unger - (1999) - Brinkumer SV

<u>Other</u>

Lawrie Dudfield - (2004-5) - retired in August after leaving Corby Town

Duncan Jupp - (2003-6) - Retired August 2009

FOOTBALL - IT'S A FUNNY OLD GAME

Eight on a Debut - Stirling, January 1930

When a strange result occurs, there is normally a set of logical explanations. Take this match for example. Why would Kings Park, a Scottish second Division team, beat Forfar Athletic, a team above them in the division, by the ridiculous score of 12-2?

There were four main reasons. First there was the Forthbank pitch, greasy in places, ankle deep almost everywhere, the sort of clinging, cloying pitch that saps the energy of opponents once a home team gets a substantial lead. Second, there was the Forfar defence, which was missing four regular players. Third, there was the King's Park attack, which included a newcomer called John Dyet, who was on trial at centre forward. Fourth, there was the date. Thursday 2nd January, the day after a full league programme of games, shortly after the celebrations of New Year's Eve.

Perhaps the most dramatic factor was the introduction of Dyet, who replaced Martin, injured in the 3-2 defeat at East Stirling the day before, at centre forward. Dyet, a Cowdenbeath youth player and brother of King's Park left half Gilbert, scored six goals in the first half. At the interval the home team led 7-0, Duffy having scored the third of the seven.

Forfar, who had won 4-3 against Arbroath on New Year's Eve, included there own star forward, David Kilgour, the Second Divisions top scorer with 24 goals. Kilgour, likely to be overtaken in two games if Dyet kept up his first half pace, pulled back a goal with a penalty shortly after half time. King's Park added a further three goals, scored by Ross, Baird and Duffy, before Forfar scored again. Then Dyet chipped in with two more goals before the end.

King's Park wasted no time in signing the youngster. eight goals and a record score seemed as much as could be expected from Dyet on his debut. Besideds, there were clubs queuing up outside the Forthbank stadium, just in case he slipped through the net that afternoon.

King's Park ended the season one point above Forfar Athletic in the league tables.

We at Southend United can only dream of unearthing someone that could do that for us. Eastwood managed three on his debut but I feel even he would of struggled to match Dyet's feat no matter who he ws up against.

SUFC YOUTH TEAM ROUND-UP

Despite crashing out of the FA Youth Cup at the first round stage to Millwall at the start of November, Southend United's Under-18 side have gone from strength to strength as they attempt to retain their Football League Youth Alliance South-East Conference title, despite regular call-ups to the first-team squad.

Kyle Asante and Julian Okai both made their debuts in the FA Cup first round reverse at Gillingham, whilst Callum Whittaker and Harry Crawford have also been included in the squad along with goalkeeper Daniel Bentley, who has often deputised on the bench in place of lan Joyce.

Asante, who leads the Under-18s goalscoring charts for 2009/10 with eleven, notched a consolation goal after a wonderful mazy run and cross by Jamie Dennis midway through the second half after Blues' Youths had been rocked by two goals inside the first five minutes of the Youth Cup match at the New Den.

The teenage Shrimpers were trailing 3-1 again in their next League game going into the final half-an-hour but were saved from defeat by a late brace from beanpole substitute Duane Ofon-Acheampong, despite the dismissal of defender Adetayo Osifuwa. Louis Crowther notched a hat-trick for hosts Leyton Orient, with Harry Crawford spectacular strike the only response until the 66th minute. Ofon-Acheampong forced Dennis' corner over the line to make it 3-2 before equalising ten minutes from time by nodding home Crawford's centre.

Southend had to overcome late red card drama for a second time seven days later as they started a run of five successive wins with a 2-1 triumph over local rivals Colchester United at Boots & Laces. George Smith set up both Blues goals in three minutes on the stroke of half-time, firstly teeing up Marcus Milner and then chipping into the penalty area for Crawford, before a second-half tap-in reduced the arrears for the visitors. Both Crawford and Ofon-Acheampong were dismissed in the closing stages, along with a Colchester defender, but United had enough to hold on with nine men.

That was followed up by a nervy 4-3 success at Aldershot Town as two late strikes saw the homesters almost complete an incredible comeback. Blues trailed early on but surged into the lead through Whittaker and sub Asante during the first half and then Crawford and Smith at the start of the second period. However, the late fightback meant that boss Ricky Duncan was relieved to come away from Hampshire with three points.

There were no such worries when Gillingham visited Boots & Laces as the Shrimpers romped to a comfortable 3-0 win, with goalkeeper Brandon Hall impressing on his debut on loan from Charlton Athletic. At the other end, Milner's cross was inexplicably put through his own goal by Connor Essam as early as the third minute before Asante converted a penalty and captain Merrick James-Lewis fired home to complete the scoring.

After a sluggish start, United continued their fantastic form with a 3-2 victory away to Dagenham & Redbridge. An excellent strike put Southend on the back foot but Crawford's opportunistic 30-yard strike beat the 'keeper to level on 18 minutes. Asante gave Blues the lead after an immaculate move and the front man had a hand in the third, too, as his centre was met by a home defender for an own goal. Despite a late effort being bundled over the line, there was no time for a Daggers' equaliser.

Goals were not in short supply at the Garrison Ground either as the Shrimpers made a winning start to 2010 against Colchester. Craig Arnott gave the U's the lead but the returning Justin Hazell responded within the opening ten minutes. Former Blues youngster Freddy Lapado restored Colchester's advantage before Milner's deflected drive and a fine

Crawford effort put Southend in front. Michael Rafter equalised during the second half from the penalty spot after John Owinja had tripped him, but Asante showed excellent composure from twelve yards as he handed the visitors the points after being brought down by red-carded goalkeeper Andy Dickey.

Southend headed the South-East Conference by nine points after that win, with their closest challenge predictably coming from Queens Park Rangers. Following home matches against Brighton & Hove Albion, Barnet and Wycombe Wanderers, the Shrimpers will make the trip to west London in mid-March.

BLUE EGGHEADS

A select group of Southend United fans recently had the opportunity to put their wits to the test when they appeared on the BBC quiz show Eggheads.

The idea to compete came about after the six Blues' fans would regularly compete in Sunday night quizzes and they decided to take such knowledge to the next step against the team of 'Eggheads' – a group of quiz and game show champions.



The Southend team consisted of six members who are regular posters on the forum ShrimperZone in Paul Cox (MK Shrimper), Harry Roberts (Canvey Shrimper), Richard Reade (Glasgow SUFC), Ian Crossman (Southampton Shrimper), Kay Searle (OldBlueLady) and their reserve Scott Clough (Hutton).

Kay took up the story of how everything unfolded, from setting the team in motion, to getting through the auditions before finally arriving at the BBC studios in Glasgow to coming face-to-face with the 'Eggheads'.

"We used to hold a regular online Sunday night quiz, which we all used to take part in, along with 20 or so others," she said".

"We would take it in turns to set the questions and our team arose out of that".

"We got invited to audition in London last May, which was the first time we'd met Ian, although the rest of us had all come across each other at various matches by then and were quite good friends, and sailed through them".

"We very quickly got a call back to film in early June. This unfortunately coincided with the closing of productions in London, and we got "bumped" for a celebrity special at just 48 hours notice, waiting until just before Christmas to finally hear that they were ready for us, but that production was now in Glasgow".

"It being an all expenses trip, four of us southerners flew, as Paul took the train from Milton Keynes, up to Glasgow on Tuesday January 19th. We stayed overnight and enjoying a very nice team building tapas and the odd glass of vino or cerveza, before being in the BBC Scotland studios at 9:15am on the Wednesday".

"They actually film five shows a day of which we were the second one scheduled, with the Eggheads working in rotation, and our opposition consisted of both new boys, Pat and Barry, plus stalwarts Judith, Chris and Daphne, and it was actually Daphne's 71st birthday the day we were there".

"We spent about two hours beforehand going through make up (which I shared with Judith) and rehearsing, working out tactics and trying to stay calm".

"Come the time and we're into the studio, which is very different from what you expect. Miked up, the Eggheads came over to greet us, we explain what our team is, how we're all football supporters and they wish us well. The floor manager runs through instructions and we're off with host Jeremy Vine having a long chat with our captain Paul about life supporting our team before starting the quiz."

"Unfortunately, how they did has to remain a secret until the show is arrived, but Kay admits they made sure not to waste such an opportunity to get Southend United on TV".

"We're sworn to secrecy about how we did, as winners apparently don't receive their payment until the show is aired to check they keep to their terms and conditions, so no-one is getting a word out of us," said Kay.

"We did get lots of mentions of our beloved Southend United and ShrimperZone in and the Eggheads were happy to pose with us for photos when we were able to slip our motley assortment of SUFC shirts on".

"Although, the final thing I will say though is that I hate Robbie Burns with a passion!"

BARBER'S BLURB – TERRACE TALK MATCH REPORTS

Tuesday 24th November 2009 Tranmere Rovers 2-0 Southend United

Blues XI: Steve Mildenhall, Simon Francis, Sean Morrison, Adam Barrett, Scott Malone, Franck Moussa, Jean-Francois Christophe, Alan McCormack, Francis Laurent, Lee Barnard and Dougle Freedman.

Journey: 8 out of 10. Made good time there and back but did face dangerous driving

conditions on the way home.

Stadium: 7 out of 10. A good ground, very decent for League One, however, one small stand

to the away fans left disappointed me

Food Quality/Service: 7 out of 10. £3 for a bottle of beer, but got served in time and it was OK.

Programme: 6 out of 10. Not a patch on Southend's programme, but did have decent coverage

of the home team and the opposition.

Performance: 6 out of 10. Disappointing first half but improved in the second. The weather

conditions did not help.

Southend United left a blustery Prenton Park in Birkenhead on Tuesday evening without a point. A goal in either half from the hosts ensured the Blues left empty handed, however, the Blues stay in 11th position despite the defeat.

It took the hosts just under 10 minutes to put the ball in the net. A short corner caught the Southend defence napping; it was delivered towards the back post that Gornell headed back across the goal for Goodison to power home a header from close range.

The Shrimpers looked to hit back straight away and went close from Morrison. Simon Francis' corner was met by Morrison but his header was cleared off the line by Man City loanee Logan and the league's top scorer Barnard could only smash the ball over the bar.

The Blues, wearing their yellow kit, found it hard to carve out any other clear-cut opportunities as they battled against the wind. Tranmere midfielder Welsh tried his luck from distance but his effort flew harmlessly over the cross bar.

The hosts ended the strongest and also started the strongest in the second. Southend goalkeeper Mildenhall did well to save from Craig Curran. The Blues keeper got down well to his left to push around the post.

Debutant Scott Malone was impressing and it was his corner that forced Southend first real chance of the second half. The Wolves loanee saw his corner from the left floated into the box and Blues skipper Barrett saw his powerful header saved well by Daniels.

As Southend were attacking, Tranmere caught them on the break, and scored their second goal of the game. Logan's ball caught out Morrison and Gornell turned well and fired past the stranded Steve Mildenhall.

Southend had to attack and nearly took the lead when Freedman fed Laurent but the Frenchman screwed his shot well over the bar. Alan McCormack was the next to try his luck but his 25-yard dipping volley just went wide.

Lee Barnard has an effort cleared off the line as Southend added the pressure and Damian Scannell lost control when he was one on one with Daniels after a mazy 35 yard run.

Sean Morrison saw his header go over after he met Malone's corner but Tranmere hung onto the vital three points in their battle at the bottom. This just goes to show how tight and competitive the league is this year.

Tuesday 1st December 2009 Southend United 0-3 Norwich City

Blues XI: Steve Mildenhall, Simon Francis, Sean Morrison, Adam Barrett, Scott Malone, Franck Moussa, Alan McCormack, Jean-Francois Christophe, Damian Scannell, Jabo Ibehre, Lee Barnard.

Southend United crashed to a 3-0 home defeat by Norwich City on a cold December evening. The Blues conceded three goals late in the second half after enjoying large spells of the game. The main difference tonight was the quality of the finishing as the visitors took all their clear-cut chances.

Southend United started the brighter of the two as Norwich looked off the pace. Debutant Jabo Ibehre muscles off Doherty in the Norwich defence before rolling a wonderful ball across to Lee Barnard, whose curling effort, just went wide of the margin.

Steve Mildenhall did well to deny Grant Holt, Lappin and Martin as the visitors got back in the game, however, The Blues looked the most dangerous and the most likely to score the first goal. It was the new boy upfront causing all the damage as Ibehre nearly finished off a fantastic Shrimpers move.

Good work down the right hand-side from Francis and Scannell lead to the ball being played to Ibehre. The big, powerful forward showed quick feet to get away from his marker before hitting a half-volley, which was heading to the bottom corner, if it hadn't been for a fantastic save from Newcastle loanee Fraser Forster.

Norwich seemed off the pace in the first half and Southend really should have made more of their chances. It was Ibehre who nearly scored straight after the break. The MK Dons loanee headed over a superb Scott Malone cross.

Blues goalkeeper Mildenhall did well to block a Hoolahan effort after decent attacking play from the Canaries. However, The Blues were at it again, with yet another chance. Lee Barnard collected the ball on the half-way line before running at the Norwich defence, he then clipped a great ball out wide for Scannell, but the winger's touch was too heavy which forced him to hurry his effort and it flew harmlessly over the cross bar.

Despite Southend's controlling most of the game, the visitors took the lead, through leading scorer Grant Holt. The strong centre forward latched onto a great ball by Korey Smith and lashed a fierce low drive past Mildenhall to send the travelling army wild.

Lee Barnard nearly scored a quick equaliser, however, Blues top scorer failed to fully connect with Francis' cross that proved costly as Norwich then added a second. It was another counter attack that they scored from. Chris Martin, who has netted 10 goals this season, played in Smith whose shot took a deflection off Malone and into the far corner.

Most neutrals would have said that it was game over after that goal but Southend United continued to attack and went close again when Jean-Francois Christophe saw his close range shot cleared away as Norwich tried to hang on.

Blues then had the ball in the net through debutant Jabo Ibehre. A wonderful pinpoint cross from Simon Francis was met powerfully by the big forward, but the referee, ruled the goal out for an apparent handball.

It was not Southend's night in front of goal and it got even worse for them when McCormack was penalised for an unfair tackle on Daley and Holt stepped up to smash home from 12 yards. The final whistle then went as Southend can leave the field with their heads held high as 3-0 definitely flattered City.

Saturday 5th December 2009 Charlton Athletic 1-0 Southend United

Blues XI: Steve Mildenhall, Simon Francis, Sean Morrison, Adam Barrett, Scott Malone, Franck Moussa, Anthony Grant, Alan McCormack, Francis Laurent, Lee Barnard and Jabo Ibehre.

Journey: 5 out of 10. Made good time there on an old smelly double Decker bus, however, there was

bad traffic when trying to get out of the ground.

Stadium: 8 out of 10. A fantastic stadium for League One with all stands the similar in size, it made

for a good atmosphere.

Food Quality/Service: N/A.

Programme: 7 out of 10. A decent professional programme, nowhere near, Southend's standard though.

Performance: 8 out of 10. Almost complete dominance, but did not take our

chances, which is what cost us.

Southend United left South London without any points, despite, almost dominating the game from start to finish. A 15-minute spell in the first half from the home side ultimately cost Blues, but what a fantastic, spirited performance from the 'One Team In Essex'.

Southend started the brightest and it was forward Ibehre, who had the first sight of goal, the tricky Laurent played in the big striker but the MK Dons loanee could only fire the ball well over Elliot in the Addicks net.

The Blues were making a very impressive start and went mighty close to scoring a few minutes after Jabo's effort. Belgian winger Franck Moussa hit a sweet volley that just drifted past of the far post, with Elliot beaten. The home side thought they had took the lead shortly after but were denied by a fantastic one-handed save from Mildenhall. Dean Burton played in Mooney, but the Reading loanee slipped at the vital moment, the slip was met by Lloyd Sam and Steve Mildenhall tipped his fierce effort around the post.

Lee Barnard should have added to his 14-goal tally and put the Blues ahead down the other end. Francis Laurent beat Basey and played an inch-perfect ball to Barnard who, after taking a touch, saw his effort blocked well by Elliot.

It was the hosts who took the lead with 25 minutes on the clock. A cross from former Blues loanee Lloyd Sam was missed by Malone and Dean Burton flicked his header under the body of Steve Mildenhall, totally against the run of play.

Steve Mildenhall then produced another fantastic save just before half time. Former Blues hero Bailey saw his curling free kick tipped over the bar by Mildenhall.

The second half was quieter on the goal attacking front, however, Southend United were absolute dominating possession and they were playing the ball around neatly and calmly as Charlton couldn't' get near us.

Simon Francis nearly sent the traveling Barmy Army wild when he tried his luck from a free kick, but the former Blades defender, saw his effort just go over the bar. The Blues thought they had scored when Moussa's header appeared to have been carried over by Elliot, despite 3 minutes being added, Shrimpers could not force an equaliser, but it was a fantastic effort from the lads in Blue and on this performance they will be climbing the league very soon.

Saturday 12th December 2009 Southend United 3-2 Hartlepool United

Blues XI: Steve Mildenhall, Jean-Francois Christophe, Sean Morrison, Adam Barrett, Scott Malone, Franck Moussa, Alan McCormack, Anthony Grant, Francis Laurent, Jabo Ibehre and Lee Barnard.

Southend United capped a superb performance thanks to a sensational second half turn-around. Leading scorer Lee Barnard notched his 15th and 16th goals of the season and was also joined on the score sheet by skilful winger Francis Laurent as Blues got the win they deserved.

The Shrimpers started the brighter of the two sides and nearly took the lead but Lee Barnard failed to connect to Laurent's cross after fantastic work from the Frenchman.

Just a few moments later Hartlepool took the lead in spectacular fashion. Former Orient forward Adam Boyd smashed a fantastic volley past Mildenhall, on the turn, after McCormack's poor back header put Grant under pressure.

The hosts continued to dominate proceedings and nearly took the lead when Franck Moussa shot wide of Scott Flinders' goal. Alan McCormack was next to try his luck but his shot also went wide of the post as Blues pushed to get back into the game.

Hartlepool United took a further lead in the 30 minute after a huge slice of luck. Andy Monkhouse hit a weak 30 yard effort which ricocheted of Anthony Grant who diverted the ball past Mildenhall, as the home fans could not believe what they were witnessing.

Just before the break Southend United nearly got a goal back from Lee Barnard. Francis Laurent skinned 3 Hartlepool players before laying the ball back for top scorer Barnard, who could only curl an effort just over the bar. Southend were so on top in this first half and could not believe they were two goals down.

Blues needed an early goal in the second half and they got that through the brilliant Francis Laurent. England U19 international Malone crossed the ball and the Frenchman headed down, powerfully, past Flinders to give Southend a route back into the game.

Southend continued to dominate and they scored the equaliser soon after. The Shrimpers, playing with a quick tempo, set up a chance, which broke down, McCormack closed down the defender and squared the ball for Barnard to tap home from close range.

The pressure was continuing to build and Southend looked the only side capable of winning the game, and they got their 3rd goal thanks to fantastic play from Scannell. The winger, coming on the injured Laurent, beat 2 players before clipping a perfect cross into the box, which was met by the head of Lee Barnard, as Southend completed the perfect comeback.

The Blues could have gone onto get more goals, Christophe had a header cleared off the line, McCormack drilled one over, Ibehre scuffed wide from 5 yards and then hit the bar, but Southend held on to secure all 3 points.

Saturday 19th December 2009 Exeter City 1-0 Southend United

Blues XI: Steve Mildenhall, Simon Francis, Sean Morrison, Adam Barrett, Scott Malone, Franck Moussa, Anthony Grant, Alan McCormack, Francis Laurent, Lee Barnard and Jabo Ibehre.

Journey: 8 out of 10. Fantastic journey there and back and faced some difficult road

conditions.

Stadium: 5 out of 10.No atmosphere, old ground, uncovered away terrace.

Food Quality/Service: 7 out of 10.

Bovril was reasonably priced and service was quick.

It had a lot of information in and was worth £3.

Performance: 6 out of 10. Slow first half performance but picked up in the second, however,

nothing in the final third.

Southend United returned to Essex on the back of yet another away defeat after falling down by one goal to nil against Exeter City. Both teams finished the game with 10 men and despite having most of the possession Blues could not force an equaliser.

Southend, wearing their yellow kit, started well and nearly took the lead through Jabo Ibehre. Scott Malone and Moussa exchanged passes on the wing before the Wolves loanee crossed the ball into the box with pace but Ibehre failed to make any connection and the chance had gone.

Just a few minutes later it was Exeter celebrating taking the lead. Adam Stansfield raced onto a long ball over the top and with Malone, Barrett and Mildenhall all in two minds; Stansfield lifted the ball over Mildenhall and into the far corner.

Harley then missed a chance to double the hosts' lead but when through on goal he could only poke the ball past the post when it looked easier to score. It also proved to be another miserable afternoon for Ibehre in front of goal as he missed a sitter. Scott Malone delivered another pinpoint cross for the tall striker but he could only head wide of the target when 6 yards out.

Southend started to dominate after the break and should have taken the lead through Barnard. Simon Francis, returning from suspension, whipped in a fine cross, which was met powerfully by Barnard, but the top scorer could only head straight at Paul Jones.

Alan McCormack then had a shot on target. The Irish midfielder powered into the box, beating two players, before smashing a powerful effort on goal only to be denied by Paul Jones.

Blues chances of getting a result increased when Barry Corr was sent off for a nasty challenge on Anthony Grant, but it was Exeter who had the next chance, when the unmarked Harley headed straight at Mildenhall.

Despite having lots of the ball and attacking threat Southend were soon reduced to ten men after Ibehre got sent off for an apparent push on an Exeter defender.

The impressive James Walker forced a good save from Jones after he cut inside from the left and hit a low shot that was held well by Jones. From that shot the action went down to the other end when Stansfield beat Morrison to the ball but could only fire past the post.

5 minutes of added time was shown by the fourth official and Southend continued to attack and went close when Franck Moussa hit a well-struck effort only to be denied by Paul Jones.

Blues XI: Ian Joyce, Simon Francis, Sean Morrison, Adam Barrett, Scott Malone, Franck Moussa, Alan McCormack, Jean-Francois Christophe, Anthony Grant, Francis Laurent, Lee Barnard.

Southend United slumped to their first home defeat since October in the eagerly anticipated Essex Derby by two goals to one. Goals within the first 10 minutes of the second half killed the Blues, however, they did back in the game with 15 minutes left thanks to Lee Barnard's 17th of the season.

In front of a packed Roots Hall the game did have start with the pace most anticipated. It was the U's who had the first chance when Clive Platt pinched the ball of Christophe before cutting the ball back to Gillespie but the former Cheltenham forward could only sky the ball over the bar.

It was then former Barnsley defender Paul Reid who went close. Uncertainty in the Blues backline lead to Reid getting a shot away but Scott Malone was able to hook is foot around the ball and off the line.

Blues got back into the game as they started to dominate and went close twice in quick succession. Franck Moussa acrobatic effort was saved well by Williams and then Frenchman Christophe could only place his header into the side netting. Francis Laurent then had a run at the U's defence but he effort got deflected straight to Williams.

Just 50 seconds into the second half and Colchester were in front. Indecision from Simon Francis and Sean Morrison lead to Gillespie crossing the ball, which was met by Ifil to spark jubilations in the away end.

This was not what Southend United deserved and they continued to play attractive football but yet again without that killer punch. Alan McCormack wasted a good chance when he could only head weakly into the hands of Ben Williams.

More indecision on the edge of the box lead to Colchester's second goal of the game after a foul on Wordsworth. It was then the youngsters chance to double the lead and he duly obliged with a fabulous curling free kick into the top corner.

Southend got a goal back to set up a frantic 15 minutes. A superb cross from Francis found Barnard in aches of room to glance a header past Williams who was stuck to his line. The roar in Roots Hall was electric and just seconds later Blues should have equalised.

Barnard curled a great through ball for James Walker but his touch with just the keeper to beat was too heavy and the chance had gone. Col U were on the back foot and Blues went close again when another good ball from Francis was right on Barnard's head but Scannell got their first and took the ball away from the top scorer.

More pressure from the Blues continued and this time it was McCormack. The Irishman got on the end of a great Malone cross but his effort did not have enough power on it and it went straight into the arms of the grateful Williams.

Morrison had a late header as Southend continued but it lacked any power and it was Colchester who were celebrating victory in the first Essex Derby of the season. Southend will hope to get victory in the next derby, which is on February the 8^{th} .

Monday 28th December 2009 Leyton Orient 1-2 Southend United

Blues XI: Ian Joyce, Simon Francis, Sean Morrison, Adam Barrett, Scott Malone, Damian Scannell, Franck Moussa, Alan McCormack, Anthony Grant, Francis Laurent, Lee Barnard.

Journey: 2 out of 10. Waited 1 hour and a half for replacement coach to arrive, got to the game on

time, journey home a nightmare as driver did not realise that the bus had run

out of diesel.

Stadium: 6 out of 10. No acoustics but a nice and neat ground.

Food Quality/Service: N/A.

Programme: N/A. They had sold out.

Performance: 7 out of 10. Not at our best but we were hardly troubled by Orient.

Southend United got over one derby defeat by becoming victorious in another thanks to first goals of the season from Adam Barrett and Alan McCormack. Leyton Orient went ahead through Adam Chambers but Blues replied with two close range efforts to move into the top half of the table.

It was the home side that had the first few efforts on goal. Centre half Sean Morrison did well to block a shot behind and USA 'keeper Ian Joyce made a terrific reaction save to tip a Tamika Mkandawire's point blank header over the bar.

Southend looked the much better side on the ball and nearly took the lead through Franck Moussa. The midfielder had a 30-yard effort saved by Jones but the Orient goalkeeper nearly dropped it over the line.

It was the Shrimpers who yet again threatened. Simon Francis' brilliant corner could only be headed over the bar by captain Adam Barrett. That proved to be the final chance of the first half as the drab first half ended goalless.

The second half had more pace about it as it turned into a typical derby game with tackles going in and more efforts on goal. Suprisingly it was Orient who had the first real chances of the second half and they perhaps should have done better with them. Luke Ashworth and Spurs loanee Andros Townsend missed decent chances with wild efforts.

It was then Leyton Orient who scored the first goal of the game on the hour mark. Alan McCormack and Anthony Grant had too many touches on the edge of the box and the ball fell for Adam Chambers who smashed a volley into the bottom corner past Ian Joyce.

Their lead did not last for long as Southend responded within just 2 minutes of going behind. It was Adam Barrett who smashed home a low left footed drive into the bottom corner after a decent ball in from Simon Francis.

Over 1,400 Blues fans travelled to Orient and they were soon celebrating another rare sight this season, a goal from Alan McCormack. Another great ball in from Francis was controlled by Barnard and followed up by Macca to place past Jones to put the Blues ahead.

Just before the goal Lee Barnard wasted a good chance to score his 18th of the season when he volleyed straight at Jones. Damian Scannell then had a fierce effort drift wide of the goal as Southend looked to add to their lead.

Ian Joyce did very well to come out and claim several crosses and also made a good save to deny Ashworth. Blues held the ball in the corner for most of the 4 added minutes as Southend ended victorious in this local derby and move into the top half of the table.

Saturday 16th January 2010 Huddersfield Town 2-1 Southend United

Blues XI: Steve Mildenhall, Osei Sankofa, Simon Francis, Adam Barrett, Scott Malone, Damian Scannell, Franck Moussa, Alan McCormack, Anthony Grant, Francis Laurent, Lee Barnard.

Journey: 7 out of 10. Good journey there and back without hardly any traffic, apart from

leaving the ground, which took over 30 minutes.

Stadium: 8 out of 10. An impressive arena but hardly any atmosphere within the ground,

which was a surprise as there were over 14,000 in attendance.

Food Quality/Service: 3 out of 10. Stone cold tea and overly priced at £1.60.

Programme: 9/10. A superb magazine and the only programme that can rival Southend's.

Performance: 7 out of 10. Two sloppy mistakes took the shine off a very professional

performance.

Southend travelled back to Essex without anything to show for a great performance as their first game in 2010 ended in a 2-1 defeat at The Galpharm Stadium. A brace from Jordan Rhodes proved enough to defeat The Shrimpers, who replied in the 89th minute, through debutant Scott Spencer.

The hosts started brightly and went close in the 11th minute. Former Tranmere Captain Anthony Kay powered a header onto the crossbar and Grant did well to turn a Rhodes effort over the bar from the rebound.

Huddersfield kept piling on the early pressure and a teasing cross from Novak caused Steve Mildenhall to push the ball away from danger as Southend looked to stay on level terms.

The Blues came into the game more as time went on and top scorer Lee Barnard nearly opened the scoring. He beat Peter Clarke to the ball and curled a right-footed effort that drifted wide of Alex Smithies goal. Barnard was at it again just a few seconds later when he chested the ball down expertly before hitting a half volley just past the post as Southend got back into the game.

Despite all Southend' great play they went into the break a goal down. Terrible defending from the Blues allowed Roberts to pick a cross for Rhodes to poke home from close range with help of a deflection off Anthony Grant.

However Southend nearly went in level when Damian Scannell saw his header flash wide of the post. In the second half it was more of the same as Blues continued to pressure Huddersfield and went close again when Adam Barrett could only guide a header past the post.

Despite still dominating Southend went further behind in the 62^{nd} minute when Jordan Rhodes headed home unmarked in the 6 yard box. Most fans thought Mildenhall should have come out to claim it however on replays it did look like he was impeded.

Southend handed a debut to new striker Scott Spencer with 13 minutes to go and he got Blues back in the game in the 87th minute with a crisp half volley after out pacing Peter Clarke to fire into the top corner.

With 4 minutes injury time added Southend fancied their chances but they just could not get hold of the ball and Huddersfield held out for the win but Southend United pushed them all the away in a very promising performance.

Saturday 23rd January 2010 Southend United 1-1 Wycombe Wanderers

Blues XI: Steve Mildenhall, Osei Sankofa, Simon Francis, Adam Barrett, Scott Malone, Damian Scannell, Franck Moussa, Alan McCormack, Anthony Grant, Francis Laurent and Matt Paterson.

Southend United shared the spoils with Wycombe Wanderers in a very drab performance in Coca Cola League One. Blues took the lead through Alan McCormack but were soon pegged back 4 minutes later thanks to a wonder strike from Josh Payne.

The game started off slowly and it was the visitors who had the first effort on goal from Stuart Beavon. The former Weymouth striker saw his effort well saved by Steve Mildenhall and then Franck Moussa flashed a few efforts on goal as Southend looked to get the early advantage.

Scott Malone, fresh from signing a loan extension, saw his cross pushed away by Scott Shearer as Southend started to get more chances. Wycombe were still in the game though and the impressive Kevin Betsy started to get on the ball in the midfield. Dean Keates then headed a chance wide as the game started to become stretched.

It was Wanderers who had the best chance of the half though and it fell to Beavon again. He got passed the Blues defence and fired on target but Southend keeper Mildenhall stood his ground to block the shot.

The impressive Franck Moussa twice put efforts on target. The first was a drilled shot that turned out to be an easy save for Shearer and the second saw a low drive get turned around the post. The first half came to a end as both sides had chances to get in front but the general football played at Roots Hall was awful most of the time.

Southend United had the first real chance of the second half and they should have taken it in all honesty. Scannell crossed a low ball into the box, which was scuffed by McCormack, and Shearer could only palm the ball into the path of French winger Laurent who blazed the ball out of the stadium from 4 yards out.

It was the hosts that did take the lead though on the hour mark. Right back Osei Sankofa raced onto a ball and delivered a perfectly weighted cross for Alan McCormack to connect with and guide a header past Shearer and into the roof of the net.

New boy Matt Paterson, signed from Southampton yesterday, turned the defender well but could only put his shot passed the post when one on one with Shearer.

McCormack showed his frustration after he felt Paterson was fouled on the corner of the box by crashing into the back of a Wanderers player and conceding a needles free-kick. The ball got played into the box, which the Blues defence could not deal with, and the ball fell to West Ham loanee Josh Payne to smash a world-class shot into the far corner and past Steve Mildenhall.

The Blues players' heads dropped and it was two former Southend players that went close. Lewis Hunt saw a long-range effort palmed away by Mildenhall and then Matt Harrold headed wide when left unmarked from 5 yards out.

Young midfielder Matt Phillips had the best chance to win the game when his brilliant header at the far post was saved superbly by Steve Mildenhall as Southend hung on for a point.

Tuesday 26th January 2010 Millwall 2-0 Southend United

Blues XI: Steve Mildenhall, Osei Sankofa, Simon Francis, Adam Barrett, Scott Malone, Damian Scannell, Franck Moussa, Alan McCormack, Anthony Grant, Jean-Francois Christophe and Matt Paterson.

Journey: 7 out of 10. Made good time getting there and getting home. The mainly came

leaving Southend and around the edge of London but nothing major.

Stadium: 7 out of 10. Nice stadium but atmosphere was terrible as it was more than half

empty.

Food Quality/Service: 7 out of 10. The chips were tasty and the service was pretty good too.

Programme: 6/10. It was nowhere near a

It was nowhere near as good as Huddersfield's but still had a decent

amount of information on the two teams involved.

Performance: 5 out of 10. A very mediocre performance but in our current situation could we

expect any more?

Southend United's current situation worsened on Tuesday night as they lost by two goals to nil away at promotion chasing Millwall. Danny Schofield and Shaun Batt scored the goals in either half to gain a comfortable victory over struggling Southend.

Millwall started the game really quickly and within 25 seconds had the first chance of the match. Steve Morrison met Chris Hackett's cross and the former Stevenage forward headed the ball just over the bar.

The Blues, wearing their yellow shirt, had the next opportunity on goal. Good play from Franck Moussa, racing into the box, before cutting the ball back for Matt Paterson, but the new striker could only shoot the ball well over Forde's goal.

Paterson then had another chance, in what was a very poor first half, when he took the ball down well after McCormack's flick but his shot lacked power and David Forde saved it easily.

The quality of the game was really poor, however, Millwall had the next few chances on goal. New boy Shaun Batt, signed from Peterborough, raced onto a great through ball but his shot was straight at Steve Mildenhall and Morrison was at it again but he was again off target when presented with a goal scoring opportunity.

The Blues resistance broke just before the break in unfortunate circumstances. Simon Francis was blatantly fouled from behind by Batt, but the awful referee failed to give it, and Hackett's cross was met by Smith but his shot fell to Schofield who was miles off side and he poked it into the ground and over Mildenhall.

The second was even worse as Blues struggled to put their foot on the game, as did Millwall. It was a real dire spectacle but Southend had a chance when Damian Scannell broke free of the defence. He bet two men on the halfway line and he cut back onto his left foot and instead of passing it to the unmarked Paterson the former Eastleigh winger blazed it over the bar, much to the frustration of the Blues fans and the team.

The hosts then put the game beyond Southend in the 64th minute of the match. Debutant Batt, lucky to be on the field, ran at the Blues defence and cut inside to curl a shot into the top corner of the goal and past Steve Mildenhall.

With the game seemingly getting away from Southend, Steve Tilson, put Freedman and Spencer on to try and spark a comeback. Franck Moussa went close with a left footed drive which went wide of the post, but Southend couldn't simply put much pressure on the Lions back line.