



A slimmer Mike Keen has goalkeeper Gary Lester at full stretch during a training session.

Slim-line Mike finds it a tonic!

CONCERNED about comments at the end of last season that he was getting fat, Wycombe Wanderers manager Mike Keen has gone on a diet.

"I admit I was getting a bit overweight and as our shop had entered a team for the Wycombe Half-Marathon, I decided to do something about it," said the Blues boss.

"As I don't drink or smoke, I like my food. But I cut down a bit and did some jogging and running — and feel better for it."

Fitness

Keen, who said he never weighed himself, estimated he had lost about a stone.

This diet seemed to have its effect as he completed the Half-Marathon course, even if he did come in 1,135th. There were still plenty of runners behind him!

The slim-line manager was able to take a more active part in his team's pre-season training. He spent much of last Tuesday's

session putting goalkeepers Gary Lester and Chris Way through their paces.

With his assistant, brother-in-law Alan Davies, taking the fitness training, the Isthmian League champions should find few teams to outrun them in the first few weeks of the season.

Their first match is behind closed doors against Beaconsfield United at Bisham Abbey on Saturday August 6. The local London Spartan League side are now managed by Terry Long, an old mate of Keen.

After that Wycombe face a testing away match at Enfield on Tuesday, August 9 and then face Hitachi Cup holders Sutton United in the Dylon Charity Shield at Loakes Park, on the following Saturday.

The Blues end their pre-season build-up away to Aylesbury United on Tuesday, August 16. That will be a particularly interesting game for new signing Trevor How who played for United last season.