

Don's full of praise

QPR boss Don Howe was full of praise this week for Adams Park after his side beat the Blues 4-1 there in a friendly.

He said: "It's a lovely pitch, as good as any in the first division. I was pleased with our performance."

First Division Rangers fielded a strong team, including Ray Wilkins, Ken Sansom, Clive Wilson and Mark Falco

Andy Sinton scored their first goal and Roy Wegerle made it 2-0 with a dazzling solo effort.

Simon Barker and Les Ferdinand added second half goals before Kevin Durham scored a late consolation.