

Orient did me a favour - Howard

WYCOMBE captain Terry Howard is currently the centre of attention in more ways than one with impressive displays for Blues coinciding with his appearance on the fly-on-the-wall documentary Leyton Orient: Yours For a Fiver, last Thursday

The Blues stalwart relived, along with millions of TV viewers, the moment he was sacked by his former club during half time in one of last season's games.

But Howard is in no way scarred by the manner of his dismissal. Looking back, Howard said: "I have been over it for a long time.

"My family took it more badly than me. My dad said he felt like punching Sitton when he watched the programme."

Howard's and Sitton's respective careers have now gone in opposite directions.

The amiable Howard, still a firm favourite with Orient supporters, said he now felt sorry for Sitton and was actually grateful to him, to an extent.

"The night it happened I said 'thank you very much, you are doing me favour.'

"I'm the one with the security of a good job and he hasn't got one. The man gave me the sack but I've found myself feeling sorry for him."

Blues look favourites for Oxford derby

WANDERERS fans will be looking forward to Saturday's game as Blues travel up the M40 for their derby clash with Oxford.

Old rivalries will be rekindled as the Division Two sides prepare to do battle.

The fight is set to be more intense with Oxford sitting one place and

one point below Blues in the table.

Wanderers go to Oxford with a win against Walsall on Saturday fresh in their minds.

United will be battling to put a 2-1 defeat at the hands of Wrexham on Saturday behind them.

Blues will be cheered by the news as they managed a draw with the side

earlier in the season. All eyes will be on Oxford's new signing Joey Beauchamp, the midfielder who left the club for West Ham and then Swindon, only to return this season.

Oxford have so far had mixed fortunes, which Wanderers could take advantage of.