

Vinnie tells boss: You can throw me back in

CHRIS Vinnicombe came through 90 minutes of fast and furious action for the reserves at Leyton Orient on Tuesday and then declared himself fit to face Brighton and Hove Albion tomorrow.

The defender came through the match at Brisbane Road without any adverse reaction to the ankle injury which has kept him out for five weeks.

He said: "I felt fine. I was only expecting to play for an hour but I managed the full 90 minutes and felt fine."

Vinnicombe only returned to full training 24 hours earlier but slotted back in comfortably and his fitness was soon put to the test with some 50-50 tackles.

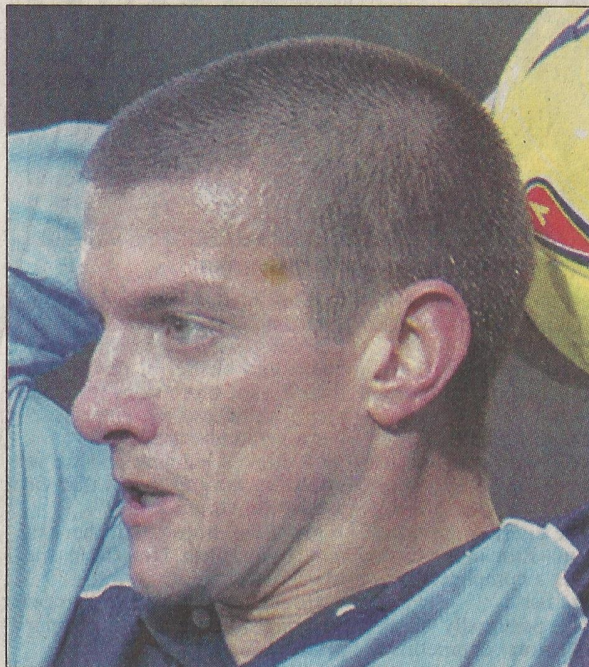
He said: "It was good to be back and everything felt

fine. I feel ready to play on Saturday but that's down to the manager. I've been doing plenty of running over the last three and a half weeks and I feel fit enough."

The former Glasgow Rangers defender's last first team game was in the 4-0 Boxing Day defeat at Brighton, but he knows he has got a fight on his hands to get the quartered jersey back for the visit of Mark McGhee's men.

He said: "Andy Reilly has done very well in my absence. He looks comfortable on the ball, is good in the air and is quite quick while Ian Simpemba has also done very well playing there."

But the match has come too early for Mr Wanderers, Keith Ryan. He has failed to shrug off his ankle injury in time.



Ready for action: Chris Vinnicombe says he is ready and fighting fit for a first team return after completing 90 minutes for the reserves at Leyton Orient in midweek