

Injury-hit striker hopes calf blood will help him keep the jersey

STEVEN Craig is steak-ing a claim to play tomorrow after injections of calves blood helped him recover from injury much sooner than expected.

The striker had been expected to be out for up to six weeks after tearing a thigh muscle in mid December – but the unusual course of treatment has given him a clean bill of health and he was able to play for Wanderers against AFC Wimbledon on Saturday.

It's not the first time the Scotsman has had the treatment but after seeing the effects he said he'd

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recommend it to anyone.

He said: "I had it done two years ago when I was in Scotland and I was back within six or seven days. As soon as I had the diagnosis I was out for six weeks I hoped to get it done really quickly.

"When I got it done I was trying to get fit for a semi final and I made it.

"It was a thigh last time so I had no hesitation. Gaz and Theo [Farley,

Wanderers physio] were all for giving me the time off to go and get it done.

"I knew the results, which is why I've had it done twice now. The results are astounding – I can't recommend it highly enough."

Explaining the process, Craig said: "It's full of amino acids and protein. They inject it into the tear and it speeds up the healing process.

"It was a Bayern Munich doctor that started it about 15 years ago. Because it's not really recognised a lot of people don't practice it.

"I've had a bit of banter on Twitter and a few puns have come out. I'm just glad to be back training 16 days after injury, and to be involved on Saturday."

The 32-year-old hopes that's the end of his injury and illness problems in what's been a stop-start campaign.

He said: "I've had three now, with my illness, my shoulder injury and my thigh.

"I want to get myself established again – whenever I get myself established, something tends to happen. Touch wood, that's my lot

for the season. I just want to get back to scoring ways."

And he's feeling bullish about Wanderers' chances of getting back to winning ways at Morecambe tomorrow.

Craig said: "We know what's required. Saturday was a major disappointment. We had a very productive meeting on Sunday and in Monday and Tuesday's training sessions the standard was sky high.

"We tend to produce when the pressure's on us. I have no doubts about Saturday we'll take something away from the game."

The transfer window? If anything, players will go



FANS have been warned not to expect much in the way of new players arriving at Adams Park in the January transfer window by manager Gareth Ainsworth.

The only piece of business Ainsworth conducted this time last year was the arrival on loan of Michael Harriman and the extension of Dean Morgan's contract to the end of the season.

And the Blues boss has told fans to expect the same again – warning it's more likely someone will leave rather than a new face being added to the squad.

He said: "The budget's as tight as it's ever been at Wycombe Wanderers.

"I can't say, 'I fancy him, how much is he? £100,000, there you go, you can get him in and pay his wages and pay all his bonuses' – that doesn't happen anymore at Wycombe.

"The Trust have done a fantastic job taking over and steadying the ship but from day one they have said it's about making the club secure for the future. That means not spending.

"I understood that when I took over and we have to be cute in the market.

"There will be no big signings coming in on the horizon and I hope the fans can respect that."

But he said he is happy with what he's got, saying the players currently on Wanderers' books can still improve.

Ainsworth said: "Other teams around us will be buying everyone but I'll work with what I've got. The boys I have got, I believe I can make these as

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He added: "Having your cake and eating it, having the cake was getting the club secure with the Trust. We can't eat it at the moment – we can't go and splash the cash.

"If there's any movement it's more likely to be players attracting interest than me going out and splashing the cash."

Ainsworth will be keen to keep hold of his prized assets this month, with several of his players reported to be attracting admiring glances from clubs higher up the football pyramid.

Speculation has linked young defender Kortney Hause with a move to Premier League Everton, while scouts are also believed to be keeping tabs on the progress of goalkeeper Matt Ingram, who Ainsworth has tipped to play in the top flight one day.

Mid-term report on the summer signings:

Paris Cowan-Hall: Has shown versatility with his ability to play up front or on the wing, contributing a useful four goals along the way – all of which have been headers.

Jon-Paul Pittman: Has only made fleeting appearances due to injury. Played eight times so far and currently sidelined with a knee injury.

Steven Craig: An underrated member of the squad, playing the target man's role well and combining

effectively with whichever striker is selected to play alongside him.

Nick Arnold: Started the season as a regular before being dropped. Has made 14 appearances to date after reclaiming his place in the team in recent weeks.

Billy Knott: Outstanding on his debut against Oxford, the Sunderland loanee has been a regular throughout the campaign and has scored twice from midfield.

Blues fans divided on Trust ownership

WANDERERS fans are split on the impact the Supporters Trust has made on the club since taking over in 2012, according to an online BFP poll.

From more than 600 votes, 44 per cent believe Blues are better off now than they were before Don Woodward and co stepped in, compared to 38 per cent saying the opposite and 18 per cent undivided.

Are Wanderers better off under the Trust?

Yes 44%
No 38%
Undecided 18%

Have your say at
www.bucksfreepress.co.uk/sport

Ask the chairman

THE Bucks Free Press will be sitting down with Blues chairman Don Woodward in the coming weeks to discuss the Trust's first 18 months in charge and long-term plans for the club.

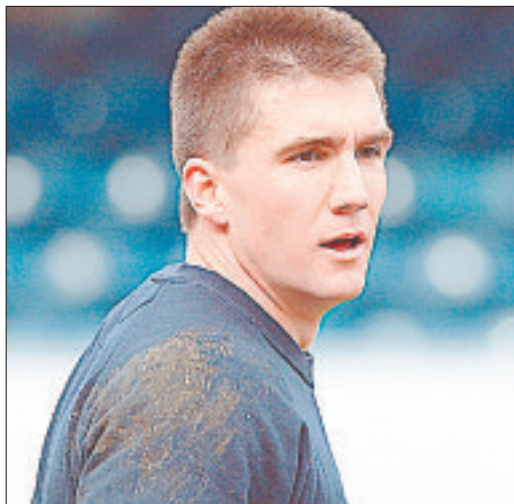
While no one doubts their intentions, it's fair to say there have been some stern challenges and tough decisions, with some supporters believing it's time to bring someone in with experience of running a football club to help the Trust now that Ivor Beeks has left.

Do you have a question you'd like us to ask? Let us know and we'll put it forward.

Tweet @WWFC_AndyC or email
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LEAGUE TWO

	P	W	D	L	F	A	GD	Pts
Scunthorpe United	24	12	8	4	36	24	12	44
Burton Albion	24	12	6	6	27	22	5	42
Chesterfield	23	11	8	4	33	19	14	41
Southend United	24	12	5	7	30	21	9	41
Rochdale	24	12	4	8	35	31	4	40
Oxford United	23	10	8	5	34	21	13	38
Fleetwood Town	23	12	2	9	37	29	8	38
Newport County AFC	23	10	7	6	31	24	7	37
Morecambe	26	10	6	10	30	34	-4	36
Dag & Red	25	9	7	9	32	31	1	34
Cheltenham Town	24	8	9	7	31	33	-2	33
Plymouth Argyle	24	9	6	9	22	25	-3	33
Exeter City	24	9	5	10	30	32	-2	32
AFC Wimbledon	24	8	7	9	27	27	0	31
Hartlepool United	24	8	7	9	27	28	-1	31
Mansfield Town	25	7	8	10	26	33	-7	29
York City	25	6	10	9	30	32	-2	28
Bury	24	6	9	9	30	30	0	27
Wanderers	23	7	6	10	29	32	-3	27
Portsmouth	24	6	8	10	29	38	-9	26
Accrington Stanley	24	6	7	11	26	34	-8	25
Bristol Rovers	23	5	8	10	20	25	-5	23
Torquay United	25	5	8	12	25	40	-15	23
Northampton Town	24	5	7	12	19	31	-12	22



Kortney Hause, top, and Matt Ingram could both be targets for other clubs during the transfer window