



capital



Spring 2014

Chairman's report

By Jon Goddard

Hello, and welcome to the Spring edition of our new look Capital magazine. I really hope you enjoyed reading the Winter issue, and thank you for your all your contributions, please do keep them coming.

On the Capital Canaries front, I'm delighted to report that the trips are still running without too many hitches, with good numbers both home and away. The social side has been a little quiet so far, but we hope to have a couple of events before the end of the season, so 'watch this space'. I'd like to extend a thanks to my fellow committee members for all their efforts so far.

On the football front, the alarm bells are starting to ring a little. I'm writing this after the Aston Villa game and still reeling from the terrible fifteen minutes and those four goals, all after the euphoria of the Spurs game. I still think we will survive, as fortunately we are not the only side fearing the drop with a tough run-in. The home games are going to be crucial, and I think 37/38 points may just be enough, which means almost maximum points in those games is vital.

Unfortunately, we have lost our defence of the FA Youth Cup, so there will no repeat of that fantastic night at Stamford Bridge back in May. Back to the Capital Canaries, and our very own youngster Maurice Sills is still going strong, featuring as the Guest of Honour at a recent City game, what a gentleman.

That's all from me for now. Let's hope we will survive, as surely the club would dare not go down in my first season as Chairman.

Fingers crossed...



Andy Marshall talks to Capital

Editor's note

By Don Parish

Welcome to the Spring edition of our new look Capital magazine, arriving just in time for the end of season run in under our new manager, Neil Adams. We've had some great feedback on the format and content of our Winter edition, and I hope you'll agree that this issue is every bit as good.

I'd like to extend a thank-you to everyone who has helped contribute to the magazine, and there are some brilliant highlights to enjoy. We've got an exclusive interview with former Norwich City goalkeeper Andy Marshall, as well as unique insight into what it is like to follow the Canaries in the local press from Eastern Daily Press journalist Michael Bailey.

Whilst it is hard for us to follow Norwich City from inside the London walls, spare a thought for one City fan who describes how she follows the Canaries

from remote beauty of the Falkland Islands, some 8,000 miles away. Closer to home, we hear the perspective of a Dad bringing up a Junior Canary within the Capital, as well as the moment a Capital Canary was reduced to tears at Carrow Road.

With loads more including a guest column looking at City's recent troubles at London clubs, and a behind the scenes look at our away day with Southampton, it should make for a cracking read.

We're already planning for our next issue, so if you'd like to contribute, please get in touch at the address below.

On and off the pitch, it has been tumultuous week for the club, with the board taking the decision to stand Chris Hughton down from his duties, and promote Neil Adams to the hot-seat for the crucial denouement for our season. Adams has arrived just in time to make an appearance on some hastily re-edited pages of this magazine, and now we must hope he has likewise entered the fray early enough to steer Norwich City to a fourth season of Premier League football.

Whilst ultimately it hasn't worked out as hoped, I'm sure I speak for the majority of Capital Canaries by wishing to place on record our best wishes for Chris Hughton, and thanks for his considerable efforts for the club. Let us hope he can bring his next side to Carrow Road in a top flight fixture soon.

So it comes that this incredibly difficult campaign is nearing its conclusion, with just five games between Neil Adams and immortality. Regardless of the final standings, it seems set to be a Summer of soul-searching and major decisions for the future. We'll be looking at many of those in our Summer edition, but for now the cause demands for all Norwich fans to unite and push our team over the Premier League finishing line.

OTBC.

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Capital Gains for City?

Daniel Bringham, Pinkun.com columnist and exiled Canary supporter, uses our upcoming trip to Fulham as a chance to reflect on our recent troubles in the capital city.

@Cricketer_Dan

London. City of opportunities. A mass sprawl of hope, energy and ambition, where you go to live the dream, to realise your potential. To show off the best of yourself.

Yeah, whatever.

Try telling that to Norwich fans. The only potential realised in the capital for Norwich during Chris Hughton's reign was the potential for misery, calamity and self-destruction.

Norwich haven't won in London since April 2012, when Jonny Howson showed his promise in a 2-1 win over Tottenham and the Paul Lambert era was coming to a full stop. Since then, in the league, Norwich have visited London 11 times and each time they've headed back up the M11 without victory. That's seven defeats, four points, 10 goals scored, 27 goals conceded. Never mind London calling, it's London culling.

Of course it's not just London we don't travel well to. It's pretty much the whole of England. How has this happened? How have we become such bad explorers? After all, Norfolk is the birthplace of Horatio Nelson, and he bloody

loved travelling. He went everywhere. Couldn't get enough of it. Was even made a Lord for it.

Yet whenever Norwich City step out of Norfolk it is tentatively, like a baby bird perched on the edge of its nest, nervously working out if mum and dad are taking the piss with this whole flying thing.

Perhaps in an effort to mimic the capital's mayor, Norwich's performances in London this season have been mostly full of hot air, punctuated with regular moments of buffoonery and seriously lacking in substance.

A point at Crystal Palace is all we have to show for our effort, and, thanks to the conditions, those 90 minutes were as far removed from entertainment as you can possibly get in football (outside of any studio featuring Danny Mills, of course).

To me, London is where I work and where I watch my football team lose. I wasn't at White Hart Lane or the Emirates in the early parts of the season to see us torn apart in north London by Tottenham and Arsenal. But I was at Upton Park and Craven Cottage, two of the Premier League's most old-school grounds ('faaaking old-school' or 'jolly old-school' depending on whether you're in West Ham or Fulham), and also scenes of mass Norfolk butchery.

It is impossible to shake the memories of Norwich's 3-0 FA Cup replay defeat to Fulham in January, one of far too many lows under Hughton. It wasn't just the result or the performance that was so galling. It was the atmosphere as well. It was my first visit to Craven Cottage and never have I experienced

You feel that Norwich will have to break that run of 11 winless matches in the capital if they are to avoid swapping Spurs for Millwall next season.



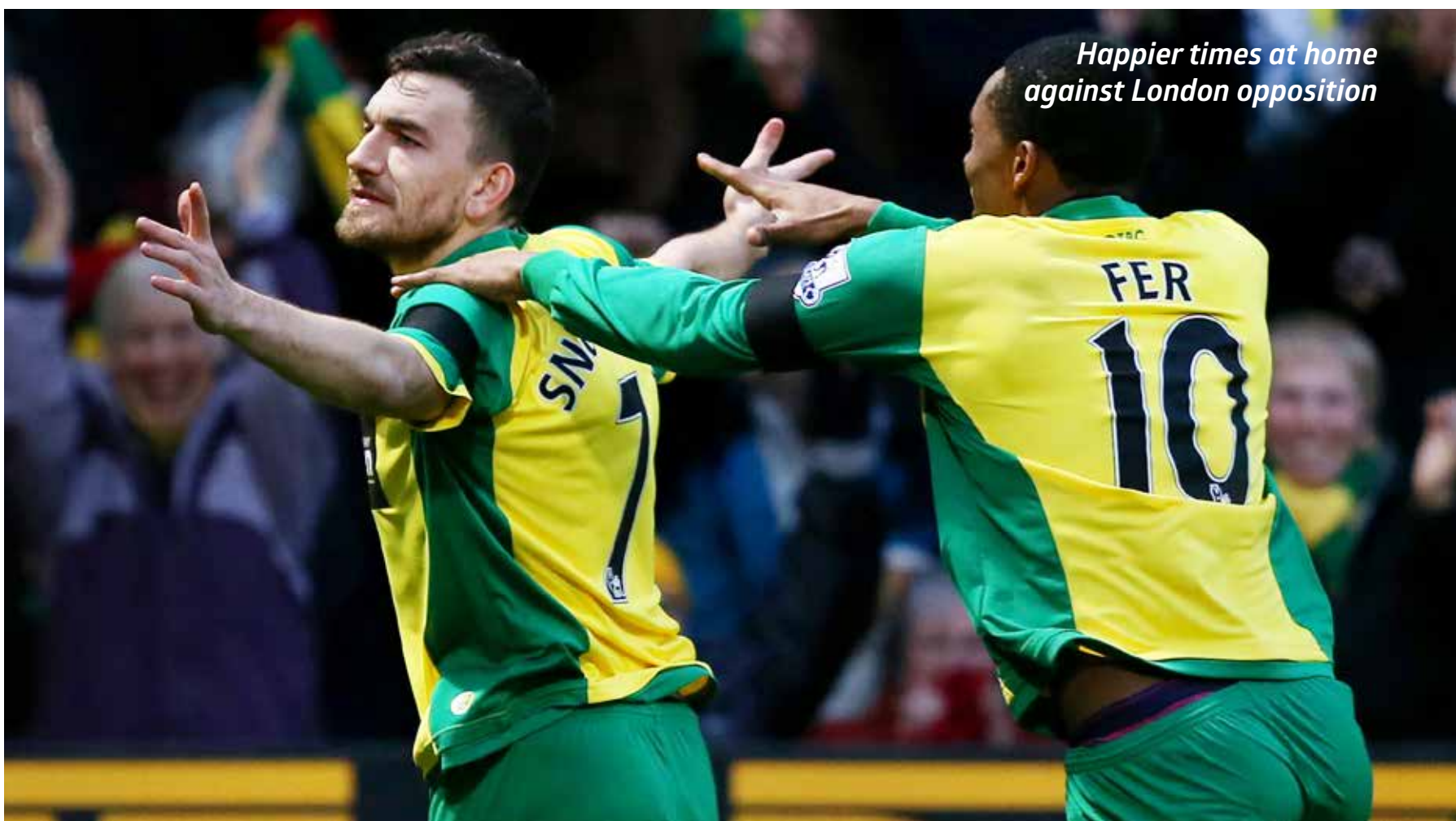
opposition fans so quiet during a victory. It felt like the kind of ground where you'd find a copy of the Daily Telegraph under your seat and a selection of cocoa at the bar.

And it is to this sleepy, curious ground on the Thames that Neil Adams takes Norwich to on Saturday. Soon after that they go to nearby Stamford Bridge. Despite the upsurge in optimism provided by Hughton's dismissal, you feel that Norwich will have to break that run of 11 winless matches in the capital if they are to avoid swapping Arsenal and Spurs for Millwall and Charlton next season.

Let's be realistic. It's unlikely that the run will be broken against Jose Mourinho's men. So we will have to crush a habit of a lifetime and, finally, beat Fulham. They're supposed to be London's friendliest club, so it's about time they started showing us the same hospitality they seem to extend to everyone else.

It is the perfect opportunity for Adams to let Norwich fans finally experience first-hand why London is known as the city of opportunities, why dreams can be made there. Why their football teams really can lose to Norwich City.

If we do beat Fulham, if Adams does get off to a dream start, then who knows? Perhaps Stamford Bridge won't appear so impenetrable after all.



Hello Neil...

After a breathless week at Carrow Road, Capital editor Donald Parish pauses for thought on the sorry demise of Chris Hughton, and the ascension to the throne of former club favourite Neil Adams.



Around 8.15pm on Sunday night, as for many of you I'm sure the news was first broken to me by a text message received from a friend. "Hughton sacked!" – read the short yet shocking words on my screen.

In fact, they actually read "Houghton sacked!", but I've been assured this most heinous of crimes was a mere auto-correct error in haste.

It was a moment that will have stopped City supporters in their tracks up and down the country. Regardless of their individual views on Chris Hughton's position, and many had loudly called for his sacking towards the end of that defeat at home WBA, very few fans will have genuinely anticipated his removal with just five matches of the season to come.

My initial feeling was that nothing about this felt good. I'd really wanted it to work out for Chris Hughton. It's become one of football's current great clichés to refer to Hughton as one of the nicest men in football, but the reality is that this genuinely is the case. Who wouldn't want one of the good guys to succeed? And so, when many called for his head in December, then January, I chose to err on the side of caution. Better the devil we know, I thought at the time, despite growing and gnawing worries and concerns.



A tired looking Neil Adams faces the media.

By 4.50pm on Saturday afternoon though, I had for many weeks drawn the conclusion that the game was up this Summer. Regardless of our division next year, it would be time for a new man to come in and provide a much needed change of philosophy for the club. The divide had grown too wide, and the scars too ugly, after a difficult season of regularly craven displays at the likes of Southampton, Swansea and, finally, Carrow Road.

Yet my second thought of the night was that we had panicked. "Virtually no

club has made a successful change this late, right?” Whilst I’d almost written off our chances of success at Fulham under Hughton, surely his record suggested he may rouse us for two underdog displays at home to Liverpool and Arsenal? How on earth would our squad react to the sudden promotion of Neil Adams?



Within minutes however, my feelings had changed again. Somehow, it all started to make sense. The decision may have taken us all by surprise, but on reflection it is a bold call that is incredibly difficult to argue against. Like a probable majority of supporters, I’d left Carrow Road on Saturday convinced we were destined now for the Championship. I thought we might even be staring at five straight upcoming defeats, meaning we’d have lost our final seven games to secure a hopeless

relegation. I had my ticket for Craven Cottage, but the prospect of a harrowing afternoon filled me with nothing but dread. Six away losses in a row now meant the status quo represented a greater gamble.

Yet now, I find myself re-energised for the challenge ahead. Fulham remains a monumental battle, but I and thousands of others will arrive in South West London genuinely excited at the prospect of a new beginning. With our players looking bereft of even the smallest shred of self-belief, hope now prevails that a fresh voice will be enough to kick start the squad into one final successful push.

And so we welcome back Neil Adams to the first team fold at Carrow Road. Many of us remember him as a steady yet cultured wide midfielder, who served the team with distinction in the 1990s. Many more will recall him as the Radio Norfolk summariser who survived numerous phone-in battles with the ubiquitous ‘Stupid Barry’, and who contributed to one of the great Canary commentary moments with his words on that goal from Simeon Jackson. Yet a whole new generation got to know Adams as the manager of our outstanding

FA Youth Cup winning side of 2013, probably the highlight of the past two seasons for Norwich City supporters.

We are some weeks from knowing how this will pan out. The national media have had their, largely dismissive, say on the matter. Initial signs have been encouraging. Neil Adams spoke with poise and determination at his inaugural press conference, showing a gravitas that bodes well for his impact on a battered Canary dressing room.

In truth, the task remains incredibly tough. Whilst our destiny remains in our hands, it will be an incredible effort for Adams and his team to pull off an escape from here. And if it can be achieved with a little swagger, and result or two against the big boys, then perhaps we could be witnessing the start of something special after all.

Whatever happens next, the Yellow Army heads to Craven Cottage tomorrow united once more, and daring to dream again. Hello Neil...



ACTION!

Yes, that's right, this is a photo of Johan Elmander scoring a goal for Norwich. #DareToJohan

From Shepherd's Bush to Stanley. Supporting Norwich City 8000 miles from home.

Whilst Capital Canaries face a regular 5 hour round trip to Carrow Road, how would we fare supporting the Yellows from 8,000 miles away? Emily Garner gives us an insight into keeping the Canary flag flying in the Falkland Islands.

<http://alifedownsouth.blogspot.co.uk>

Last August I packed up my belongings and moved to The Falkland Islands, taking up a teaching position in the one and only Primary School in the island's capital (and only!) city Stanley. Certainly a bit different to West Kensington



where I had previously taught. Like most people I didn't really know much about The Falklands apart from the conflict of 1982, (and I didn't know that much about that being only two years old at the time!), and a few of my family and friends thought I was mad moving down here. However six months on I'm still having a fabulous time, and many of my friends can't believe how beautiful it is here. I was recently asked by a friend whether it was like a "holiday or a prison sentence?" Well, it isn't quite a holiday, but I'm having a great time and seeing lots of beautiful views and unique wildlife!

Now this is the Capital Canaries magazine so you really want to know about football and how I'm able to support Norwich whilst I'm here. Well, I'm currently typing this up whilst listening to BBC Radio 5Live. 5Live is available

every match day via the BFBS radio service (British Forces Broadcasting Service). I can catch weekend matches, but unfortunately not the weekday ones. We're either 3 or 4 hours behind the UK down here, so typically the City match is at midday on a Saturday, but for midweek games I'm still at work. The wonders of social media helps hugely, I keep up by following #NCFC on Twitter, Instagram and Facebook, as well as the BBC Sport website.

I can't get the Canary Player down here as Internet is extremely expensive and limited, I have to pay £80 for just 5000MB each month, and videos suck those mega-bytes dry very quickly! So watching any match footage online is very difficult, and in any case the clips on BBC Sport are limited to UK only. But I've got used to it...it's all part of the charm of living on an archipelago!



Landing strip come football pitch.

We have 4 TV channels on regular TV - BBC1, BBC2, ITV and BFBS - so I'm able to watch MOTD every Saturday evening. ESPN is available if you subscribe to satellite TV, but I live in a rented block and am not allowed to put a dish up, so no ESPN for me sadly. There's no Sky Sports in any of the pubs, due to the cost I believe. So MOTD and 5Live are my only sources of football entertainment.

Stanley is the size of a large village in Norfolk. There is a football team, but they've only just re-started training so I hope to pop and see them when they play. The football pitch is on the playing field of the high school, and is also the home to many geese...not to mention also acting as the landing strip for the Sea King when bringing people from out of town into the nearby hospital for emergency treatment!

I recently travelled to Chile and Easter Island, where I saw a game of football on Easter Island, which was a wonderful setting for a pitch, and football is very popular there. They had loads of adult and kids teams there, playing in

the evening when people had finished work and the temperature was cool. Although I'm close to Brazil I can't go the World Cup due to my work, but I'm off to Argentina in August and hope to visit the national Stadium in Buenos Aires when I'm there.

I hope that's given you a bit of an insight into life here. If you want to know more I write a weekly blog: <http://alifedownsouth.blogspot.co.uk>



How to save football.

We all love football. But it drives us bloody mad as well. Whilst many see football as currently in its rudest ever health, others see a bloated and greedy sport in danger of losing touch with what made it the people's game. Armed with a pint of bitter the back of a metaphorical fag packet, Donald Parish outlines his own manifesto to help football rediscover its soul.

@canary_don

Part 1: Restore the FA Cup to its Former Greatness

Start the 3rd Round one week later in January. Currently teams have no option but to rest most of their players after playing four matches in eight days over Christmas.

Scrap replays and settle all ties on the day to reduce fixture congestion.

Put an end to bloated four day early Rounds. Matches should only take place on Sat/Sun.

Don't broadcast the club's number before the draw, keep people guessing a little longer.

The next round Draw only takes place AFTER the all fixtures have been played.

Make it special. End Semi-Finals taking place at Wembley Stadium. Save it for the Final.

Protect the Final. No Premier League matches to take place on FA Cup Final day.

Create a major incentive to win. The FA Cup winning club will be entered into a Play-Off with the 4th placed Premier Club for the final Champions League spot at Wembley Stadium.



Part 2: Make the Premier League truly the Greatest Domestic Division

The team who finishes 4th in the Premier League faces a Play-Off vs the FA Cup winner at Wembley Stadium for the last Champions League place.

Put an end to loan signings between Premier League clubs, encouraging clubs to create manageable and sustainable squad sizes.

Tackle injustice. Give the governing body full power to give out retrospective disciplinary action, even if the referee saw the incident at the time.

Encourage stability. Introduce a 3 points deduction for clubs who change their manager more than once in season.

5th official with TV link to remove major immediate injustices straight away, e.g. a player sent off in mistaken identity.

Increase use of technology for major incidents to ensure we get it right. For instance, did the foul occur in or out of box?

Give out real bans for clear diving incidents to create a major deterrent.

Think about the supporters. Introduce an away fan travel limit for extreme late or early kick-offs, no more Sunderland vs Southampton at 12.45am.

Introduce a ticket price freeze for supporters funded via the increased TV money.

Part 3: Protect the Football League and Non-League Pyramid

Protect the community integrity of our clubs. Introduce a proper crackdown on the dubious ownership takeovers occurring constantly in the Championship.

Ensure a more even distribution of wealth from the Premier League to clubs in League 2 and League 1 to manage non playing wages.

Allow Conference clubs to play on modern astroturf pitches, reducing fixture cancellations and consequent congestion, as well as creating a community revenue stream.

Create a serious grassroots investment programme financed by 10% of the Premier League broadcast rights.

Part 4: Revamp the Europa Cup and make it a competition worth being in

Completely reformat the competition, to ensure it doesn't unnecessarily torpedo Premier League seasons through the bloated group stage due to Thurs/Sun matches

Introduce a straight-knockout format from the beginning rounds all the way until the Final.

Allocate a Champions League spot to the winner of the Europa Cup.

Give International Football a Proper Meaning Again

Remove the unwanted August friendly matches which wreak havoc for domestic clubs at the start of the season.

Improve the intensity of World Cup and European Championship qualification groups. Minnow nations must complete a pre-qualifying tournament to take part.

For 2016 the European Championships Finals will increase from 16 to 24 teams at the Finals. Go back to 16 teams from 2020 to ensure the quality remains high.

Oh, and for the World Cup, encourage FIFA to avoid giving it to tiny desert states.



One from the archives...

We love a bit of history here at Capital, so please do get in touch with your own old memories and photos of life with the Capital Canaries. A huge thanks a due this issue to Geoff Baister, a former Editor of this very magazine in the early 1980s, who got in touch with this great photo.

Captured in 1980 outside The Nelson Hotel, the image shows the late Greg Peck (centre left), one of the founding members of the Capital Canaries, with the President of the time Lord Wallace of Coslany, and Membership Secretary John Bessey (far left). Also featured is Ruudi Vermer (far right), who travelled over from The Hague for most matches, and is said to have initially followed the Canaries as we played in the same colours of his beloved Den Haag FC!

All of these men played a big role in helping to establish the Capital Canaries and grow the group, and a big thanks goes to Geoff Baister in helping us remember them.

{From left to right} John Bessey, Greg Peck, Lord Wallace, Rudi Vermeer

Why Norwich City?

It's a question we all ponder from time to time. Here, Capital Canaries committee member and Treasurer Nikhil Patwardhan reveals how he came to become a follower of the Canary cause...

By Nikhil Patwardhan

I am the newly appointed Treasurer of the Capital Canaries, and as a way to help you get to know me a little better, I've decided to share the reasons why I support Norwich City.

As a little boy of two years old, my family made the move to the small Norfolk village of Spixworth, and that's how it started for me.

I remember at school there was a mixed bag, many supported our local team, however there was a large number of Liverpool fans.

I suppose as the Anfield side were the form team of the 80's this is to be expected, however let's not forget that Norwich were a decent side themselves in those days!

My allegiance was cemented on one of my birthdays, probably seventh or eighth. When my neighbour Uncle Rodney gave me a NCFC hat as a present. The combination of that and Olli my green and yellow octopus meant it was a done deal. And you'll be pleased to know Ollie the Octopus remains safe and well to this day...

My family moved from Spixworth to Essex in 1984 via a year in Lincoln, but



Nikhil, far left, blending into the Carlsberg umbrella whilst away at Stoke earlier in the season.

even as an impressionable 10 year old old my support didn't change. I do remember on one of my last days at school a friend who was a Liverpool fan told me I could tell people that I supported a good team now, but my response was "No I support Norwich City."

It wasn't for the fame and glory believe me! As many of you, I have seen many trials and tribulations over the years, however my support has remained loyal.

The future's bright, the future's yellow...

City fan Craig Sayer gives us a glimpse into the life of a Capital Canary, desperately trying to bring his son into the Norwich City family.

By Craig Sayer

I'm a long standing, and sometimes long suffering, Capital Canary who is trying, quite successfully at the moment, to keep his almost seven year old son Will as a Norwich fan. I'm from King's Lynn and went to school in Wymondham, so supporting Norwich when I grew up seemed pretty natural, with loads of fellow fans around plus a fair number who went to the games. Those were the days when we got bigger league crowds than Chelsea, and had many good periods of punching above our weight.

Until the mid-1990s relegation which coincided with my move to London, we always seemed to bounce back straight away when relegated, and this undoubtedly contributed to the sense we were a club that mattered, along with the fact we won the Milk Cup in my 5th Year at school. The keen eyed amongst you will be able to guess my age from the previous sentence. I always remember there was a story going round at school that one of the teachers went way back with Sir Arthur South, and this was how he managed to get 50 tickets for us at Wembley Stadium that day. My other favourite

school memory goes back to the Sheffield Wednesday game in 1982. I didn't go but I remember we were playing a school cricket match that day and we managed to be batting around the time of Final Score, as huddled around the radio waiting for the news to come through. I remember going mad with two or three of the bigger Norwich fans in the team when it was announced we had gone up. This was all obviously pre-Premier league, which has a lot of relevance to this piece.

“aside from my own views on what relegation would mean, it is crucial we manage to stay up for another season”

Back to the present day, the next couple of seasons are going to be pretty crucial for me until Will is fully 'indoctrinated' into Norwich City. We live in NW London and at my son's school the only other child who supports neither Man U/Liverpool, nor one of the big London teams (Arsenal, Spurs, Chelsea), is an Aston Villa fan. More of this later. Even the smaller London teams like QPR, (which is really not far away) West Ham, and Fulham etc don't get a look in. As for Brentford and Leyton Orient, which are both grounds I've seen Norwich lose at in recent memory, there is no chance.

At the moment 'Project Canary' is going well. He's been to 6 home games starting with Walsall (remember those days) and thinks it's entirely normal that he supports Norwich in exactly the same way I do. The next game we're going to is West Brom and the crucial question is whether they will be on the beach like last season – probably not.

We normally go with Grandad, who is also in exile (in the midlands), and make a weekend of it, and this is one of the reasons I want Will to be able to experience the same shared sense of experience as I did with my own Dad. I remember sharing moments in such places as the Upton Park quarter final with the inflatable Canaries, the Villa Park semi in 1989 or the Millennium Stadium, the two latter days being my saddest in football for entirely different reasons. Away games are out for the time being, as I tend to go and spend the day in the pub before and after, and it's probably a bit intimidating if you're only 6 and can't see the game properly anyway. Don't worry you folk who like to stand at away games, I do this myself, so I'm not going to start banging on about that old chestnut.

As far as Will is concerned Norwich is a big club, and let's face it 26,000 people less a small number of away fans all in yellow and green is pretty impressive so he loves it at Carrow Road. He gets to wear his football kit at school for football which last season happened to be on a Monday and let's just say he had a great day after the Man Utd and Arsenal games, as we know what little sods kids can be at times. I think he's now getting more upset when we lose which is a good sign in one way. The Villa game last week which we watched together on Sky was a particularly depressing Sunday afternoon. My wife keeps saying, "For God's sake, don't get the three year old into it too, as we'll have a house full of misery in later years." Sky does have a lot to answer for however, as I'm sure most children don't really comprehend there is a living and breathing game outside the Premier League.



So aside from my own views on what relegation would mean, it is crucial we manage to stay up for another season or so. I think we will just have enough, with fingers crossed and wood being touched etc.

Anyway, back to the young Villa fan mentioned above, his dad is from Birmingham

by the way. Last time I saw the lad his Villa kit had disappeared to be replaced with a full Chelsea kit. Whether this has anything to do with Villa's form this season and last I don't know. I did say to his dad that I wouldn't allow my son to support Chelsea, or at least I wouldn't buy a strip for him or expect anyone else in my family to do the same, but at the moment I don't have that dilemma thankfully. I was pretty much a fan for life by age 8 or 9, so there are only a couple of years to go, and hopefully in future years he'll be pleading with me to take him to the away game at Dagenham and Redbridge.



I wonder what happened to...Andy Marshall?

The Capital Canaries will aim to bring you news from former City players, looking back on their time at the club and what they're up to now. In this issue James Robinson caught up with former Norwich City goalkeeper, Andy Marshall.

By James Robinson

Andy Marshall shot to our attention on 27 December 1994 when he replaced the injured Bryan Gunn as a substitute in an away match at Nottingham Forest. It could have been seen as a daunting opportunity for some, but Andy wasn't phased by the unexpected chance. "Bryan Gunn was a keeper that I looked up to and greatly admired", Marshall said. "He was a larger than life character in the changing room, stepping into his boots was very intimidating but Bryan was brilliant with me. He supported me through my time, advising me how to deal with things."

Marshall made 195 appearances for the Canaries, but what stands out for him over his time with the club was his debut against Newcastle. "I'll always remember my debut (at home to Newcastle) where I received the man of the match award. This was the start of my career and a chance to reward my family for the support they had given me through my career."

For some City fans though, Marshall will always be remembered for that move to local rivals Ipswich Town. "At the time it was a move to play in the Premier League and European football. Anyone wanting to better their career and improve their life would do the same."

"Bryan was a keeper that I looked up to and greatly admired"

Although the move was controversial, Marshall didn't endear himself to City fans any further after celebrating wildly at Carrow Road after keeping a clean sheet for Ipswich Town. "I want to win football matches end of. I received a huge amount of stick prior to the game from some very passionate fans and it was a release of adrenalin on my side. One thing I could never be accused of was not giving 100% for every game and whether I wore a Norwich City shirt or Ipswich shirt I wanted to win as I am a winner."

Marshall, born in Bury St Edmunds, thoroughly enjoyed his time Norwich and still keeps in regular contact with Mike Milligan, Ade Akinbiyi and former mentor, Bryan Gunn. He also still watches Norwich play from time to time, with his last game being at Villa Park last season, watching two clubs he explains hold a place in his heart.

On his time playing in London for Norwich City, Marshall believed Loftus Road to be his favourite ground, "London is a great place to play your football and live your life. My favourite ground to play at was always QPR, it's a good old fashioned stadium where the fans are right on top of you."

Looking at this season, Marshall does seem slightly concerned by the Canaries current predicament, "They have had a very mixed campaign so far this season. Chris Hughton is a fantastic manager and a true gentleman. Norwich City decided this season to spend big for a club of their size. Unfortunately this has maybe not quite worked out how the club would maybe would have hoped.

With the money spent you would expect a top ten finish and currently the club is falling short on that at present.” He does however expect the Canaries to stay up. “I feel that Norwich have too much to go down, and the clubs below them will not pick up enough points as they are just as inconsistent as Norwich.”



“The keepers for the World Cup should be Joe Hart, Ben Foster and John Ruddy.”

We couldn't leave without asking Andy for his views on Norwich's current crop of goalkeepers, and he gives a vote of confidence to a certain John Ruddy around a potential flight to Rio in June, “The keepers for the World Cup should be Joe Hart, Ben Foster and John Ruddy. I think Fraser Foster is a great talent but needs to play at a higher level of football.” On the future goalkeepers, Marshall believes that Declan Rudd has a tough job ahead of him in replacing Ruddy, “He has every chance (of being no. 1) but while John is at the club, he will have a tough task on his hands displacing him.”

Andy Marshall recently retired after 22 years in the game. He now runs Sells Goalkeeping Academy, a professional goalkeeping coaching academy for keepers. “We work with the majority of professional football clubs across the UK as well as now starting to work with clubs abroad. We coach keepers of all ages and abilities and when we feel they are of a sufficient standard we take them into professional football clubs.”

*You can find more information on Sells Goalkeeping Academy by visiting:
www.sellsgoalkeepingacademy.co.uk.*

When Norwich made me cry

Go on, admit it. Whether it was pure despair, or a rare moment of indescribable joy, Norwich City has always had the capacity to reduce Canary fans to a blubbing mess of tears. Here Steve Gitsham takes us through his story...

By Steve Gitsham

In truth there are many games I could have chosen under the title 'when City made me cry'. The FA Cup semi-final defeats in 1989 and 1992, the play-off defeat at the Millennium stadium in 2002 are obvious examples, but I'm hoping Canary fans probably do not want to be reminded of them when reading this splendid magazine.

This leaves a number of more personal matches that have all stirred the emotions and left me on the brink of tears for many reasons. The 3-0 defeat to Derby County in the Worthington Cup in 2000 on my 21st birthday which included missing the train back to Leicester where my pals and I were staying. The defeat to Ipswich in 1993 which featured a Gary Megson OG in the last minute, topped off by returning

home to find our cat had passed away! Or the Friday night drive to Sunderland in 2004 through the snow, with the game being called off the following morning. Although not always a direct result of the performance of the team on the pitch these disasters were all for the men in yellow and green. Whether it be tears of joy, laughter or despair, Norwich City has provided almost every emotion possible in the many years I have been following the club.



One game that sticks out for me that moved me to tears was fairly recent. The game against Coventry City on 7th May 2011, and would have no doubt filled many a City fan with tears of pride and joy as the final game of the season was little more than a 90 minute lap of honour, after the Canaries sealed promotion to the Premier League at Portsmouth a few days earlier. However this particular fixture made me swell with pride, wince with embarrassment and cry with laughter!

The Coventry game was the day of my Stag do. This was going to be a good day. After an early train journey, my London based friends and I met up with my Norwich mates outside the Coach and Horses. The early signs were good.

***“Strangers
were
asking if
it was me
who had
fallen over
at half-
time!”***

Having moved to London in 2006 it was good to see that I could still pull a crowd in my home City. My numbers were 20 plus and the mood outside the pub was predictably jovial. This is when my best man ‘Trigger’ gave me the good news that I would be taking part in the half time entertainment ‘The Cross-bar challenge’. Fantastic. In a couple of hours’ time I would be stepping out onto the hallowed turf for the first time since I was mascot against Manchester Utd in 1990. After the initial excitement I started to get a tad nervous. The boys were all talking about what I should do if I hit the target. A sprint towards the Barclay before sliding on my knees...A Mick Channon style windmill... or an understated raised right hand acknowledging the crowd’s delight

Shearer style. After a couple more pints it was time to head to the ground. Myself, Triggs, Suggs, John and my old man took our seats in the Snakepit. The rest of the boys were spread around the ground with the London contingent located in the Jarrold stand. Ten minutes before half-time my time had come. I had to go to the main entrance of the City stand where I would meet my fellow competitors and the club official who would take us out onto the pitch. I was now feeling confident. Half a dozen pints had blown those nerves away. I was going to smash it. That crossbar was coming off! After all, the club usually puts forward some right muppets who have never kicked a ball in their life.

Walking out onto the pitch on that lovely spring day was truly special. If anything the pitch seemed smaller when standing on the edge of the penalty area. I could pick out the faces of the crowd in the Barclay. I was beginning to relive those magic moments. It was easy to imagine being Jeremy Goss v Munich, Steve Bruce v Ipswich or more recently Simeon Jackson v Derby. I was desperate to feel the adulation of the Barclay. This was my chance to hit that crossbar and feel the love of the crowd. I was buzzing. I started to do a few 'keep-me-ups' with the ball to calm my nerves. I was up first. I placed the ball slightly to the left of the D to give me the perfect angle to whip the ball onto the crossbar. This was it. I had made my mind up to hit the ball with pace and swerve as I was too nervous to just chip it onto the bar. The last thing I wanted to do was not to get enough power on my shot and just pea-roll the ball towards the goal. Yep power was definitely the way forward. I took a few paces backwards slightly to the left so I could take the perfect free-kick - Ian Crook style.

Now, what happened next can only be described as a disaster. No doubt you would have noticed that at Carrow Road the pop-up sprinklers appear during half-time to ensure a nice zippy surface to suit City's slick passing style. They do not suit a well lubricated stag on the crossbar challenge. As I



went to strike the ball my standing foot gave way and I hit the deck! I did make contact with the ball which travelled all of six inches. To say I wanted the ground to open up was an understatement. I should have worn my predators not gazelles! As Carrow Road howled with laughter and I lay face down on the turf all I could think of was that the boys were

loving this. This can't be happening. After the humiliation had died down it was my turn again. All of a sudden I was getting stick from the Barclay. "Woouooooooooooooooooohhhhhhhhhhhhhhhhh." "Bloody hell, what am I going to do here?! Sod it, there's nothing to lose now, just hit the thing." This time I made a decent contact and the ball went over the bar narrowly missing by a foot or two. At least I had gained some pride back but in doing so pulled my

hamstring! I was beginning to have had enough. My third effort was a bit of a grass cutter but at least it went in and I got a Cheer from the crowd.

As I returned to my seat I got plenty of stick, and it continued for the rest of the day. "She fell over! She fell over!" filled the air as I met up with the rest of my friends outside Lloyds after the match. Strangers were asking if it was me who had fallen over at half-time. My phone was red hot. Texts were coming in from people I hadn't spoken to for years. People who I didn't realise liked football let alone liked Norwich. As we moved onto Tombland and Prince of Wales Rd I told my pals I had slipped on purpose to provide some entertainment much to their amusement.

This story was one which did make me cry with embarrassment, but a truly great memory and at least I can say I scored at Carrow Road!



ACTION!

Martin Olsson struggles to find a way through the Cardiff defence in February.

A view from the press box...

Michael Bailey

Sometimes just being a football fan is hard enough, but what when you have to juggle this with keeping composure in the press box and reporting on the club you love?

Archant's very own Michael Bailey, Eastern Daily Press writer and one of the faces of Norfolk's new TV channel Mustard TV, brings us his own experience.

I'm not sure if you are a fan of the club originally, but if so, how did you end up following Norwich City? / What was your first ever match?

Yep, I was a fan as a kid, and a season ticket holder as a teenager. Supporting Norwich City runs in my family and I'm local to Norwich, so it was always a pretty straight forward thing. I remember my first game – a goalless draw at home to Charlton. And my second – and last-minute 1-0 defeat at home to an awful Wimbledon. The perfect introduction to supporting City.



The first match you reported on from the press box?

Great question – to be honest, I've had to look it up! The first football match I ever covered live was Lowestoft Town's fifth-round FA Vase tie at home to Dunston Federation in early 2008. I ended up following the Trawlerboys all the way to Wembley. Bizarrely, I can't remember my first game covering Norwich City, home or away, except for the fact Glenn Roeder was in charge. I'll have to find out myself – I'm curious now.

What has been your personal highlight reporting on Norwich City over recent seasons?

There have been a lot – that's the fortunate thing. Being on the castle grounds looking down at the crowds for City's League One title parade was special – as was the win at Charlton. But the day that City won promotion to the Premier League at Portsmouth was unreal. Being on the pitch, with a lot of Norwich fans running towards us all by the tunnel; it was crazy.

And the lowest ebb?

I've had my personal run-ins with the club over the last six years, which is always difficult when you're just doing your job. But on the pitch, it was probably the 7-1 defeat at home to Colchester. That was a shocking plummet for everyone's emotions. I still can't believe Grant Holt came out to talk to us after the game.

The best (and worst) press facilities that you've visited?

The Premier League is a very lucky place to be – the facilities, wifi etc are unreal. The Emirates is my favourite – I think it's harsh some of the stick that place gets for its atmosphere too. For worst, it would probably be unfair to say Poulton Rovers... so, probably Portsmouth. I think my back still aches from the wooden rails that masqueraded as seats.

Who dominates the music on your EDP pool car journeys to Norwich away matches?

Being the consummate professionals that we are, Paddy and I tend to take in Talksport – with a bit of 5Live when we get tired of the adverts. Music has been a big part of my life for years though, so I might think of a change – if anything, it might bring about some better luck for City on the road...

Archant seems to have really embraced the need for multimedia sports coverage around Norwich City, with podcasts, video reports, live coverage etc which is fantastic for exiled fans. What is the biggest challenge you face in making this all happen?

Probably finding the time to do it! We work long hours and sometimes we can't quite manage it all – but we do our best. I think we have to support our print products with multimedia coverage because there's a huge appetite

for it – and of course, Mustard TV now sits alongside that as well. It helps us service Norwich City fans all around the globe as well – so they get a reliable, authoritative, independent AND partisan source of Canaries comment and analysis. That's the goal anyway.

We travel to Fulham this week. Were you at Craven Cottage for the 0-6 relegation surrender in 2005? If so what are your main memories of that day?

I was, as a fan. I was living in Brixton at the time so it was a relatively short trip. It was a beautiful day and there were Norwich fans everywhere – all in such high spirits too. I was sitting in the home end at the back of the far

“I honestly believe there is a huge appetite for what we can do with our Norwich City coverage on Mustard TV, and I hope all City fans will be a part of it and enjoy it.”

stand for the away fans, in a clutch of fellow Norwich supporters who had managed to bag the last of the game's tickets. It was such a capitulation. I remember being convinced Dean Ashton should've had a penalty in the first half up at our end. That got me and a few others into a short argument with some home fans below me – and they made sure they celebrated at us when the rest of the goals flew in. It remains the only game of

football I have ever left early – I heard Andy Cole score Fulham's sixth when walking outside the ground. We couldn't get home quickly enough.

How can Norwich put the record straight and end the Fulham hoodoo?

I have no idea – they just wait for fate I guess, and make sure they do their bit by turning up. They're due a win against them obviously – this season's three games with them so far have been ridiculous and almost calamitously damaging.

Will Norwich get over the line and survive this season?

I think that win over Sunderland means the Black Cats, Cardiff and Fulham will all struggle to finish above City this season. Victory over West Brom is still a must, and I still wonder if Fulham will get out of it – I just can't see them being relegated. I'd now say the same for City too, which would be a tremendous result for Chris Hughton, whatever your thoughts on how they've gone about it.

Tell us a bit about your plans for Mustard TV? What can Norwich fans expect?

Well, we will do two of our 3 Up Front shows each week. The aim is to make the shows a mixture of analysis, getting to grips with what's going right and wrong for City. But also making it accessible, with fans sitting alongside journalists, ex-players and pundits in giving their Canaries views in the studio. Plus we'll give City supporters their chance to get involved with the show and give their opinions via Twitter. We'll have all the best lines from City press conferences too, and hopefully more exciting stuff involving the club and its history as things progress. I honestly believe there is a huge appetite for what we can do with our Norwich City coverage on Mustard TV, and I hope all City fans will be a part of it and enjoy it.

How can London based Norwich fans watch?

The good news is our two shows – 3 Up Front, and 3 Up Front Extra – will be put up on the channel's website for catch-up. The address is mustardtv.co.uk – and there will be lots of other Norwich City content and clips there too, as well as my post-match reports from wherever Norwich City are playing. Hopefully in the future, we'll do some live broadcasts and we'll be able to get people involved and interacting as we go out. That's the future plan anyway! If people keep an eye on my Twitter account (@michaeljbailey) I tend to link most videos when they go live (yes, that is a cheeky attempt at a Twitter plug).



A huge thank-you to Michael for his time. Check out www.mustardtv.co.uk for all the latest on Norwich City from Michael Bailey and the team, and follow @mustardtv and @michaeljbailey on Twitter.

Capital Canaries Members Travel Offer

Norwich vs Liverpool



Sunday 19th April - 12:00KO

£10 return

Offer open to Capital Canaries members only.
First come-first-served basis. Look out for more information:
www.capitalcanaries.co.uk

Guest Fanzine – True Faith

Ahead of January's 'unforgettable' 0-0 draw at home to Newcastle Utd, Newcastle Utd fanzine True Faith looked to our very own Steve Gitsham for the inside track on Norwich City. Many thanks to True Faith for letting us publish the interview here.

To get you juiced up for Tuesday's clash in Norfolk, we got a hold of Steven Gitsham of London Supporters Group, Capital Canaries. This was thanks to good mate of TF, Delfy, for the nod in Gitsh's direction. Cheers Delf! Anyway, another excellent read to add to our collection.

TF: In the past 2 months, Norwich City appears to becoming more difficult to beat, while not going on a convincing run. Fair comment?

Gitsh: We're hard to beat for the lesser teams in the Premier League but we struggle to win games as well. Drawing at home to Cardiff and Swansea losing to Fulham and edging out Palace and Hull 1-0 doesn't fill you with confidence. The only convincing win we've had was 3-1 against West Ham. Even in that game we were dreadful for the first 45 minutes.

TF: I detect a bit of dissent in some quarters with Chris Hughton unable to take Norwich much further forward than lower mid table survivors. What's your opinion on Hughton?

Gitsh: Realistically lower mid table survivors is where we're at and where we should expect to be. Expectations were raised in the summer after spending £26m but this was on the back of not spending much the previous two seasons. OK £26m is a lot of money for a club like Norwich but everyone else spends big or can pay big wages. Cardiff spent £8m on a centre half in Caulker and they're bottom of the league. All the clubs have richer owners than ours except for perhaps Swansea. The frustration with Hughton is his conservative tactics and his in-game management. He seems terrified of losing and unwilling to change things to go for the win. Keep things tight and hope we nick a goal seem to be the theme. This style of football can often be dull to

watch due to his reluctance to commit players forward. This is in stark contrast to the three seasons we had under Paul Lambert who always went for the win no matter who the opposition was.

TF: How much of a disappointment was the FA cup exit to a Fulham side in a worse position than yourselves?

Gitsh: Massive disappointment. But then the FA cup as a whole is disappointing nowadays with teams fielding weaker teams because of important league games the following week. All clubs care about is getting into the PL, staying in the PL or qualifying for the Champions league. The media still go on about 'The magic of the Cup' but it's gone. Just look at the attendances for FA cup matches these days -way down. If you look in the history books nearly all club's record attendances were in the FA cup. Fans aren't daft. After paying a fortune for your season ticket people are reluctant to pay out again to watch the reserves in a competition the manager could do without. For me they've got to give the FA cup winners the 4th Champions league place then clubs would take it more seriously and it would give teams like Norwich a chance of mixing it with the best in Europe again like we did in 1993 after finishing 3rd in the PL.

TF: Bar Gary Hooper having a measured impact, goals are thin on the ground. Is there enough threat in the team to prevent being drawn into a relegation fight?

Gitsh: We've got some good attacking players in Hooper, Van Wolfswinkle, Redmond, Pilkington, Hoolahan and Fer. It all comes down to how Hughton deploys them which is the frustrating thing. If we had a more attack minded manager then I think we would find goals easier to come by. This is the worry for the fans do we stick with Hughton and hope it comes good or gamble on replacing him with another manager who is more likely to go for it?

TF: Jonas Gutierrez will always be thought of highly in NE1 as a hard worker and all round decent bloke. What can he add to City?

Gitsh: Hopefully a bit of experience and quality as Redmond has done well since his summer move from Birmingham but his final ball sometimes lets him down. Murphy like Redmond is still a teenager and an exciting prospect and Pilkington is always injured. However he'll never get in ahead of Snodgrass – Teacher's pet!

TF: I can't remember the last time there was controversy or crisis at NCFC. Are Norwich, after recovering from two relegations a model for stability, or is that something holding back the club?

Gitsh: Getting relegated to League One in 2009 was a pretty decent crisis. The lowest point we've been for over 50 years. At the time I feared the worse. Clubs like Portsmouth and Coventry don't look like coming back any time soon and Leeds are yet to make a return to the PL. The difference between the above clubs and NCFC is the sound financial footing the club are now on largely thanks to Delia pumping in £15 million since she became majority shareholder in 1996 after the controversial reign of ex-chairman Robert Chase. During the last days of the Chase era Riot police and Horses were deployed on Carrow Road during the 'Chase Out' demonstrations. Today the club is debt free and foreign owner free.

The ground is still called Carrow road, we are still called Norwich City and we still play in Yellow and Green. So from that point of view we are stable. Unless we get a mega rich owner we're never going to be able to compete at the top end. The size of the ground is the major thing holding us back. The board have said that any spare money they have is going to go on improving the squad before the ground is redeveloped. Currently Carrow Road holds 27,000, has a season ticket waiting list and is full to 99.3 % capacity every week. So demand for a bigger ground is there. If we can establish ourselves over the next few years there are plans to increase the capacity to 35,000 which I feel would be about right for a club like ours.

TF: What does a successful NCFC look like to you?

Gitsh: Top ten in the PL and regularly getting to the latter stages of the cup competitions.

TF: Do you think rail seating and safe standing would add to the atmosphere at Carrow Road?

Gitsh: It depends. I think the reason why atmospheres were better years ago was because if a group of you decided to go to a match in the morning you could do so and all stand together. Nowadays in the era of season tickets it's impossible for a group of young lads to go to the match and sit together in the fashionable part of the ground. We sold out our allocation for the FA cup match at Peterborough last season in minutes as it was a chance to go to the

match with 20 of your mates and know that you're going to be next to each other, have a laugh and relive a bit of nostalgia. I do think standing would improve the atmosphere but I can't see it happening. Are clubs going to spend money on converting the stadia to then charge less? If you had a reserved spot to stand in and a rail I can't see it making too much difference. People stand in front of their seats nowadays any way. One of my mates is a vertically challenged so I know it wouldn't be too popular with Him!

TF: Since Norwich's return to the PL, NUFC have struggled at Carrow Road. Do teams find CR a difficult place to come to. Tight ground, hard team to beat etc?

Gitsh: They seem to. Probably because we're so far away! Teams are knackered time they get off the coach!

TF: How active are the Capital Canaries, who you are involved with. What's the comparison with other London supporters club?

Gitsh: Capital Canaries organise discounted train travel to all NCFC games home and away, have regular social events and good links with the football club. NCFC Chief executive David McNally attended the last AGM. They also produce a regular magazine. For more info check out capitalcanaries.co.uk

TF: What's your outlook for NUFC this season? What do you see as our strengths and weaknesses?

Gitsh: I think you'll finish where you are now. It's a shame you went out of the Cup to Cardiff as it was a great chance of you getting some silverware especially as you would have had Wigan at home in the next round. I think you've got quality going forward. Remy and Cabaye catch the eye and it looks as if you played well at West ham the other week. As a weakness I'm hoping on Tuesday night the French lads don't fancy a cold wet night in the Far East of England!

TF: Result prediction?

Gitsh: 1-1

Many thanks to Gitsh for his time!

A full-page background image of Paul McVeigh, a footballer, in a yellow and green kit, standing on a grass pitch with a blurred crowd in the background. A football is visible on the grass in the bottom left corner.

An evening with Paul McVeigh

Tuesday 6th May @ 7:00pm

Join us at **The Old Red Lion**, near Angel tube station, for a book signing // Q&A session with our ex-winger Paul McVeigh. More details can be found on the capital canaries website:

www.capitalcanaries.co.uk

Paul McVeigh

CAPITAL QUIZ

- 1) *What nation did former player Mohammed Camara represent at international level?*
- 2) *Which of the following clubs did Ade Akinbiyi NOT go on to play for after leaving Norwich City? Gillingham, Wolves, Bristol City or Celtic?*
- 3) *What was Norwich City's original nickname?*
- 4) *From which team did Norwich sign goalkeeper Mark Walton?*
- 5) *Norwich City's record victory (against Coventry in 1930) and their record defeat (against Swindon in 1908) had the same scoreline; what was it?*
- 6) *Efan Ekoku signed for Norwich City from which club in March 1993?*
- 7) *Malky Mackay made his first top-flight appearance with which side?*
- 8) *Who were England's opponents when Norwich goalkeeper John Ruddy made his England debut in August 2012?*
- 9) *Who did Norwich City play their first competitive game against in 1912?*
- 10) *Which club was ex-Norwich manager, Chris Hughton, playing for during the 1992/93 season?*
- 11) *Which Scottish club sold Bryan Gunn to Norwich in 1986?*

Answers at the end of the mag.

Player of the Season

It's that moment of the year already. As City gear up for the final run-in, it's time to take step back and consider who is worthy of the ultimate player accolade, Capital Canaries Player of the Season Award 2013-14.

*Whilst it hasn't been a vintage campaign on the pitch, we've taken a look at some of the main candidates below. Visit our website at: **www.capitalcanaries.co.uk** to register your vote, and we'll reveal the results in the next issue.*



John Ruddy

An overriding feeling is that Ruddy hasn't quite hit the heights of last season's form. In spite of this, he remains a largely secure presence in City's goal, and once again has played a crucial role with more than 10 clean sheets in the Premier League.

Martin Olsson

Olsson arrived from Blackburn in the Summer, and at just £2.5million has gone

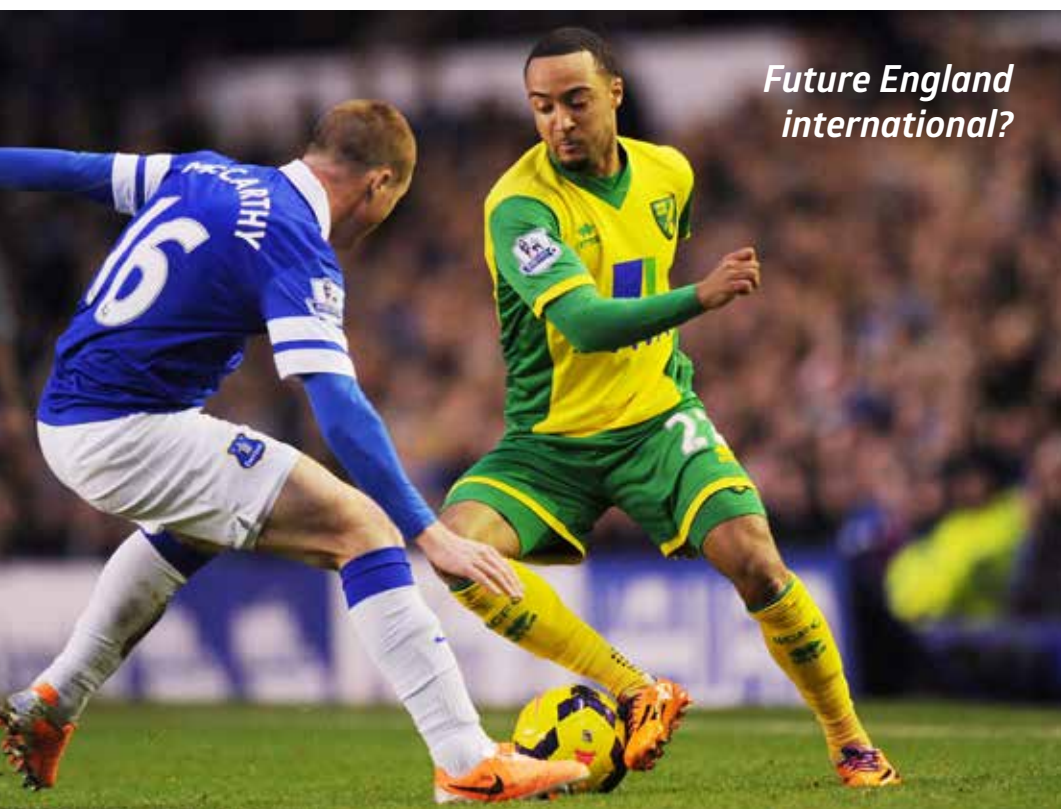
on to prove excellent value in his first season at the club. After initially taking a couple of months to get into the starting XI, his dynamic and pacey displays at left back have been a consistent plus point throughout the campaign.

Leroy Fer

Arguably the most exciting of Hughton's summer signings, Dutch international Fer arrived with a huge reputation. At times the elegant midfielder has shown evidence of his outstanding ability, but at other points his form has dipped in the face of a busy schedule. Big things will be expected in season two.

Jonny Howson

When fully fit, Howson has arguably been the outstanding Canary performer over the past 12 months. His vibrant performances from midfield were critical in Norwich's survival last campaign, and great start to this season earned a new long term contract before an ill-timed injury brought his term grinding to a halt. His return to fitness could prove crucial over the closing weeks.



Nathan Redmond

Chris Hughton pulled off a genuine transfer coup when convincing his one-time Birmingham prodigy to resist overtures from the likes of Everton, and sign on at Carrow Road. Still a teenager for much of the campaign, Redmond has been used more than anticipated due to the injuries and loss of form of other wingers, but has still shown glimpses of a special talent.

Quiz answers: 1) Guinea; 2) Celtic; 3) The Citizens; 4) Colchester Utd; 5) 10-2; 6) AFC Bournemouth; 7) Watford; 8) Italy; 9) Harwich and Parkeston; 10) Brentford; 11) Aberdeen

Any views expressed within this magazine are those of the author alone, and do not necessarily represent the views of the Capital Canaries



Write for us!

We're always on the hunt for people to share footballing stories with us, so if you fancy being in the next issue, get in touch:

magazine@capitalcanaries.co.uk