

Speedway – Cook storms to Individual title



Smiles better as Craig Cook takes Individual title for second time

Craig Cook stormed to the Championship Riders' Individual at Sheffield.

Glasgow Tigers' No 1 powered from third place to first in the final to beat former Glasgow rider Richard Lawson, home star Kyle Howarth and Edinburgh Monarchs captain Erik Riss to win the competition for the second time.

He becomes the first Glasgow rider to win the event since Robert Nagy in 1992 and brings home the second trophy of the club's new era.

The 31-year-old, who was formerly captain of Edinburgh Monarchs, said: "It's been such a hard season but it's a really good feeling to win something like this.

"I've been on a really good engine the last couple of weeks and I've found something that is finally working for me."