Speedway - Cook makes switch to Panthers

Craig Cook, Edinburgh Monarchs' former skipper, is relishing his switch to Peterborough Panthers.

And the rider, who also tracks for Glasgow Tigers, believes the Alwalton side can mount a trophy challenge in the Premiership.

The former British Champion has joined Panthers after six successive seasons with Manchester-based Belle Vue and Aces are his new side's first opponents in 2019.

Cumbria-based Cook said Peterborough have a solid team and thinks the club are set for a good season.

Elsewhere, John Louis has retired from his role as co-promoter of Ipswich after nearly half a century associated with the Foxhall club.

Louis became British Champion and world No 3 during his riding career.

His son Chris remains at the helm of the Suffolk side and will be joined as a co-promoter by new owner Keith Chapman.