

Speedway – Worrall back at Armadale after ankle break

Richie Worrall joins Sam Masters and Josh Pickering in the Edinburgh Monarchs team for next season and the rider is delighted to be back.

Worrall, pictured in the pits at Armadale last season, spent part of the 2018 season with Monarchs when he won his first 19 Armadale races and he was beaten only five times in 42 heats during that spell.

He was with Leicester Lions and Poole Pirates last season but he broke his ankle at the end of June.

Worrall assured Monarchs' fans: "I'm fully recovered.

"I thought about coming back for the play-offs with Leicester but I was worried it was too early. This way I've got the whole winter to train and get back fit and get some practise in when the weather is better. That way I can be ready to go again and pick up where I left off."

The rider revealed: "I turned down a return to Armadale last year but it wasn't a 'never' thing. I do like moving tracks.

"I've moved around in my career. There's no point being a one-track kind of guy, you need to be able to ride them all.

"I needed to learn a bit about riding a bigger track which was one reason why I went to Leicester. It was a little bit closer as well.

"But I am really strong round Armadale. Speedway's a big confidence sport and you need to be confident and have a

spring in your step.

“So coming back from injury I thought what better track to go to than one I’m very confident at. Even when I’m not feeling great I can still go there and ride really well.”