

Speedway – Heeps staying with Ipswich

Former Edinburgh Monarchs rider Cameron Heeps is staying with Ipswich Witches as he looks to build on the best season of his career.

Heeps played a key role in the Witches' run to the Premiership Grand Final and pushed his top-flight average up to 6.30 points.

The racer said: "I live local and the club has stuck by me. I need to build on last season and hopefully I carry it on until the end of the season this time."

And ex-Glasgow Tigers star Paul Stark said he is fully fit for next year's campaign following two broken wrists suffered in the British Final in July.

The racer is ready to start afresh after two years at The Peugeot Ashfield Stadium by joining SGB Championship newcomers Kent.

The 29-year-old from Hereford has previous connections with club bosses at Central Park.

He said: "Kent is full of people I already know. Chris (Hunt, co-promoter and team manager) managed me at the Isle of Wight and I know Len (Silver, co-promoter) from Rye House.

"He brought me in for my first opportunities at this level early in my career."

Stark added: "My wrists are feeling good, I feel rejuvenated and am looking forward to kicking on."

Picture is a flashback to action at Armadale