

Coles hopes Monarchs move can boost his career

Connor Coles faces a busy summer doubling up for Stellar Monarchs and Stellar Monarchs Academy.

And he is delighted to be back in the saddle after an arm injury cut short what he believes was his finest year in the sport to date.

Coles feels riding for both the Championship and National Development League septets will help him develop his career having competed for both of Berwick's sides last year.

He added: "When I started to realise that Berwick wouldn't have me back, I started looking at where I wanted to go and Edinburgh was definitely at the top of the list.

"Armadale is a track I tend to go well on. I would say Armadale and Berwick are my two favourite tracks and there aren't two more different tracks in the country.

The ambitious rider added: "Getting home track knowledge will really help as Armadale is a track that can change as the night goes on and last time I was there I made some changes during the meeting that really helped."

Coles, son of former Edinburgh Monarchs star, Michael Coles, achieved nine plus two bonus points at Armadale last season but he feels there is more to come

The 29-year-old said: "The injury is almost back to normal; I almost have full movement back in the arm. I just can't quite straighten it all the way above my head, but that is coming

along and it is not going to hinder me on the bike.

“Yeah, there are still some aches and pains, but that is the life of a speedway rider. I have been hitting the gym recently so I am getting stronger all the time and I will be raring to go come the start of the season.”

He added: “I tend not to set targets of an average or anything like that as you never get a true average really. If you look at my rolling average it is 2.42, but if you look at my average last year with bonus points it was over four and half. I will just go out and do what I do, score what I can and hopefully have an injury free run and a good season.

The rider said: “Within the first week of being injured I had everything stripped and washed ready to go and I have bought another motor from Ryan Douglas so I have spent a bit of money and have good kit. When Edinburgh phoned and offered both leagues I was more than happy to sign.”