

Fredriksen back for Monarchs

Lasse Fredriksen returns for Stellar Monarchs in 2024 and his signature completes the club's line-up for the Cab Direct Championship next season.

The popular Norwegian (pictured) is delighted to be back and can't wait for the season to start and he said: "Edinburgh was the only place I wanted to be in 2024."

Fredriksen was enjoying the finest form of his career last season before an injury meant a spell on the sidelines and he said: "I probably shouldn't have come back when I did. I wanted to help the team, but it didn't work out for me or the team to be honest.

"I maybe didn't realise how bad the injury was and if I am honest the hand was giving me problems up until recently. The last three or four weeks it feels a lot better.

"I don't have any pain in it now and I feel like it is back to where it needs to be and my aim is to get back to the form I was showing before the injury."

Fredriksen is now entering his third season with Monarchs and said: "I feel like we have the core with Josh (Pickering), Kye (Thomson), Paco (Castagna) and myself that have been here the last few years.

"I know Justin (Sedgmen) from when he guested for us a few times last year and he is a good guy. I don't really know the new guys, but I am sure they will fit in well and we'll all get together before the season starts get to know each other and it will be another fun year."

Fredriksen is currently working in a factory driving forklifts and said: "I don't have any targets for this year in regards an average or anything like that, but I do have some things I want to improve on."