

Grange retain the men's hockey title in style

Grange retained the men's Premiership hockey title with an emphatic victory over Uddingston at Fettes and celebrated the win at their annual dinner.

Coach Steven Grubb said his squad put in a "fantastic" performance in the 7-0 rout of the West of Scotland team and he added: "They settled into the game early and did not show the nerves that you might have expected.

"We played a controlled game, dominating possession for the vast majority of the fixture."

After last weekend's 1-0 win over Capital rivals Watsonians, Grange focused on the final third in training and the work paid off handsomely with a number of corners and outcomes in the D on their way to scoring a magnificent seven which were spread throughout the squad.

Grubb added: "It was a good day at the office."

Grange dominated, keeping pressure on Uddingston throughout, and got off to a great start when David Nairn netted after seven minutes and three minutes after that Dylan Bean scored from a penalty stroke.

The pressure continued and Jamie Green scored No 3 from a deflection following a penalty corner after 34 minutes and Calum Lothian slotted 11 minutes later.

Nairn scored his second and Grange's fifth after 47 minutes and a penalty corner from Robbie Croll hit the net after 62 minutes with Bean adding his second and Grange's magnificent seventh with 68 minutes on the clock.

It was a good day at the office for Capital club Inverleith who defeated relegation-threatened Erskine Stewart's Melville 4-0 while relegated Kelburne were thrashed 8-0 by Grove Menzieshill.

In the women's Premiership, GHK lost 5-2 at home to newly-crowned champions, Watsonians, while Western Wildcats were held to a 1-1 draw by Grange Edinburgh Ladies in Glasgow.

In the bottom six, The University of St Andrews thrashed relegated Gordonians 9-0 while Uddingston edged Inverleith 2-1.