

Cook is danger man for Stellar Monarchs

Craig Cook, a former Edinburgh Monarchs captain, returns to Armadale on Friday, spearheading SGB Championship newcomers Workington Comets, tapes-up 7.30pm.

Comets are Cook's local side and Workington have proved a great addition to the league at their new venue. They have been out of the shale sport since 2018 and they bidding for one of the play-off places.

Workington's strength is in their top five in which ex-Grand Prix racer Troy Batchelor, former Monarchs star Claus Vissing and newcomers Antti Vuolas (Finland) and young Aussie Tate Zischke have provided strong backing for Cook.

Zischke was injured recently but his absence will be covered, probably by rider replacement. All riders, except Cook, are entitled to an extra ride. Otherwise, both teams are at full-strength.

Alex Harkess, Monarchs' team manager, is acutely aware of the threat posed by Cook and his colleagues and he said: "Workington have a very strong top two.

"We know what Craig is capable of and he has been doing very well this year, so full marks to him. Hopefully, our top two will compete with their top two and we'll be OK."

Friday's match will be live streamed on the British Speedway Network and details are on www.edinburghmonarchs.co.uk.

STELLAR MONARCHS: Josh Pickering, Kye Thomson, Lasse Fredriksen, Paco Castagna (captain), Justin Sedgmen, Max James, Connor Coles.

GT TYRES COMETS: Craig Cook (captain), rider replacement for Tate Zischke, Antti Vuolas, Claus Vissing, Troy Batchelor, Celina Liebmann, Sam McGurk.

The Championship match will be followed by a Northern Junior League fixture between Armadale Angels and Workington Meteors.

PICTURE: Flashback to Craig Cook v Leon Flint