

Rikishi Diary

by Mark Kent

Hello everyone. As regular readers will be aware, due to continual injuries and a slight lack of funds, I was unable to compete in this year's Sumo World Championships in Thailand.

In fact, the whole British team was affected in one way or another, with work commitments, injuries and the lack of financial backing for British Sumo in general, just two British rikishi were there representing Queen and Country.

For those of you not at the event, the two names in question were Steve Pateman in the men's event and Sharren Alexandra for the women. Steve went out in the second round to Adam Okruashvili of Georgia and Sharren (who was carrying a knee injury) lost in the bronze medal match to the 15-year-old Yuka Ueta of Japan – a repeat of her finish last year. Losses notwithstanding, I have been told that the whole trip was

extremely enjoyable, which made me feel even worse about not going.

Now then back to me!

My hip and knee seem to have cleared up - about time - though I've still got trouble with my right Achilles tendon. This is holding me back from any serious training and all my training is in the form of light workouts, which is not helping too much.

I have always been quite fit for my size because I've always been active in one sport or another. With my lack of strenuous physical exercise of late though, I'm now up to 200kg, which is the heaviest I have ever been. That, coupled with spending long periods at my desk at work, means my fitness is well below par.

As for my Pro-wrestling, I'm still keeping it to a minimum so I've

only had a couple of matches. I defended my IWC Super Heavyweight Title on the 24th of November and hope to do so again on the 29th of December. I have also taken part in two smaller shows.

Anyway, this issue completes my first year as a diarist. It has not gone as I had planned – nowhere near so! I had big plans for 2007, including visits to other combat discipline's training schools, to see if they could help me with my sumo but these were all shot down in flames as early as January - snow, ice and motorcycles just don't mix.

Amidst all the woes though, I would like to thank everyone who stuck with me this year and wish everybody on planet sumo, a Merry Christmas and Happy New Year. And I hope none of you have had a year like mine!