

# Seery crowned first flyweight champion

**CAGE WARRIORS** returned to The Helix in Dublin last weekend for its 55th instalment, and what a show it was too.

Headlining was aspiring UFC fighter Cathal Pendred, who was supposed to be defending his welterweight title but for his opponent missing weight.

Che Mills is a very experienced, former UFC veteran and shouldn't be missing weight, but Pendred took the fight as a three-round, non-title affair.

Mills may have wished Pendred didn't take the fight as the Dublin man imposed his will from the outset. He dumped Mills on the ground from the get go and as Mills popped up he snatched a guillotine and pulled guard.

Mills was able to shake him off but couldn't take advantage of the position and Pendred got straight back to his feet.

Pendred landed another takedown late on and looked to transition to mount but Mills scrambled back up and landed some hard shots against a tired looking Pendred.

Pendred recovered well in his break and came out for the second looking refreshed and taking the fight to Mills. He scored multiple takedowns and prevented Mills from getting any good work done.

In the closing stages of the round Pendred got mount and landed multiple shots, looking to referee Marc Goddard for the stoppage.

Goddard saw no need to step in and that was round two in the books in Pendred's favour. Mills needed a stoppage in the third and that was going to happen from being mounted, again, by Pendred.

Mills voiced to his corner that his shoulder was damaged and they wisely threw in the towel.

It was a huge win for the Irishman, who made a plea to Dana White to sign him up to the big show and follow his team mate to the UFC.

Elsewhere, the Cage Warriors inaugural flyweight champion was to be crowned.



Staz, MMA Clinic who won his bout at Cage Warriors 55 at the Helix in Dublin over the weekend is pictured with his coaches Kieran O'Brien, left, and Nick Laney.

## MMA

By BEN VICKERS

Another Irishman was featuring, albeit as the underdog. Neil Seery earned an impressive submission victory against tough Finnish prospect Mikael Silander. Silander made all the early running and looked close to finishing Seery with an arm triangle he grabbed standing, Seery was able to escape but found himself fending off a guillotine to make it to the second stanza.

Silander carried on where he left off in the first and Seery was hanging tough.

Silander sustained a cut in a flurry of punches and an action-packed second round was over. Seery was looking the business on the feet but it was on his back he'd win the title.

Silander was blocked by the cage and had no choice but to tap and

Seery was crowned the first ever flyweight champion and yet another Irish Cage Warriors title holder.

The atmosphere in Dublin was electric and the Helix was sold out, and all the fighters fed off the atmosphere and created one of the best cards that Cage Warriors and arguably European MMA has ever produced.

We continue our look forward to July 6th's Battle Zone card and the second pro fight sees The MMA Clinic's Yuri Malko and SBGi's Peter Queally.

A decent rivalry has developed between these two clubs, with the MMA Clinic undefeated by SBGi to this point. Queally will be looking to rectify that stat as the undefeated prospect will aim to keep Malko standing and unleash some blows.

That won't be an easy task as Malko is a Judo Black Belt and a Brazilian Ju Jitsu purple belt, making him a beast other grappling realm. Non of that will phase Queally who defeated a Brazilian Ju

Jitsu black belt in his last outing.

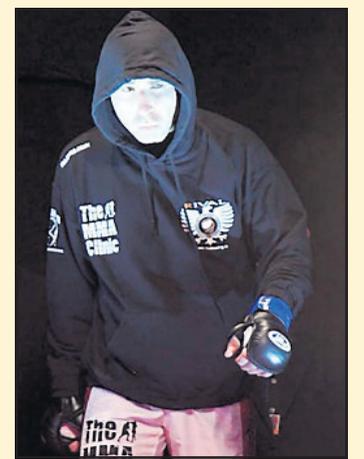
This is definitely a fight that can go either way. Malko's record of three wins and five losses is deceptive.

He used to fight at welter weight which is a weight too high and at that weight he fought big names like Cage Warriors champ Cathal Pendred and Paul Redmond.

With Queally looking to bolster his prospect status and Malko looking to prove his talents in front of his adopted hometown fans, this one is going to be electric.

This weekend the UFC returns to Brazil for UFC on Fuel 10. Headlining the event will be Brazilian favourite Antonio Nogueira against fellow Brazilian Fabricio Werdum.

This bout is a rematch of a fight Nogueira won nearly seven years ago. Nogueira can't have too many fights left in him and will want to put on a show in his country where as a big win for Werdum could see him propel himself into the heavyweight mix up.



Cian Smith of the MMA Clinic makes his entry to the cage at Cage Warriors 55.

## Cork's Staz overcomes Mahony

MMA

THERE were mixed fortunes for Cork's MMA Clinic when Europe's leading mixed martial arts promotion returned to Irish soil last Saturday.

Cage Warriors 55, which took place at The Helix in Dublin, was headlined by the clash of UFC veteran Che Mills and CWFC welterweight champion Cathal Pendred.

The event's undercard included six amateur bouts, which included Cork pair Staz and Cian Smith, both of whom were aiming to continue the gym's impressive run of recent form.

Latvian-born Staz took on Josh Mahony in a middleweight bout and overpowered his Kilkenny opponent, easing to victory via TKO (punches) after just 2:21 of the first round.

Smith faced a big test from Belfast's Geoff Hall in the feature bout of the undercard. However, the Douglas native got off to a good start and undoubtedly took the first round on the judges' scorecards.

This was despite a delay of a few minutes during that opening frame when Smith had to have his cup replaced after shipping a heavy kick to the groin.

The second round continued as a real tussle until a slip-up from Smith allowed Hall to sink in a triangle choke, giving the Northern Irishman the submission win with just 14 seconds remaining in the round.

"I'm very disappointed to have lost but fighting on a brilliant show like Cage Warriors was a great experience. I'll learn from it and come back better and stronger," said Smith.

Overall it was another memorable night for Irish MMA as Dublin veteran Neil Seery overcame Finland's Mikael Silander to make history by becoming the first ever Cage Warriors flyweight champion.

In the main event, Cathal Pendred maintained his unbeaten CWFC record, stopping Che Mills by third-round TKO after the Englishman's corner threw in the hotel.

## Blurred vision and a staggering success

WITH our slice of the globe being strafed with sunbeams, the thoughts of haunting the corner of a bookmakers couldn't be further from my mind.

So instead today we will recall an occasion earlier this week when my appreciation of those same UV rays was at an all-time low.

I twice slapped strangers' sponges on to every reachable inch of my body, chomped into an ice-cream despite my sensitive molars and wept at the sight of the County Hall for what I imagine will be the only moment in my life.

Having certainly not intended to run the full marathon on Monday (I passed over to my relay partner at 16.5 miles) I



was surprised to find myself chewing on a cracker some stranger handed to me at the 21-mile mark, two agonising miles before the next water station.

While from this vantage point I can enjoy the achievement, it is only when you are covering those last five miles that you appreciate how utterly stupid it

is to travel such a long distance using only your legs.

My time was 4.24.40 (I walked half a mile while mulling whether I should continue after passing over the baton) which isn't exactly swift, but I was slightly peeved when comparing myself to celebrities' times afterwards.

George W Bush finished 40 minutes faster than I did. Will Ferrell bested me by a half hour. Puff Daddy was 10 minutes faster, raised 200,000 times the amount I did for charity and claimed he didn't train and had a bad knee.

Even those I was zippy compared to didn't offer much comfort. I was over an hour faster than Katie Holmes, half an

our quicker than Al Gore, but merely five minutes ahead of Oprah Winfrey.

My best advice if you were to get the silly idea into your head to run one is to make sure both nipples are securely taped, vaseline your inside thighs until it feels like you've had a toilet accident and make sure both shoes are tied to the exact same tightness. And if you are simply watching, never ever hand someone a cracker after 20 miles.

**Recommendation:** I felt Hero's Story (running in the 8.30 at Sandown tonight) would best sum up my marathon effort, but Blurred Vision (8/1 in the 6.15) probably encapsulates better my symptoms when it was all over.