Ice hockey — Capitals cut down by Steelers

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Elite League: Edinburgh Capitals 1, Sheffield Steelers 5. Challenge Cup, Group A: Braehead Clan 3, Nottingham Panthers 5.

Bottom club Edinburgh Capitals suffered their third straight Elite League defeat when they were cut down by defending champions Sheffield Steelers.

The struggling Scots were 2-0 down after the first session and 5-0 behind after 34 minutes but Duncan Spiers scored Capitals consolation two minutes later in a game in which the home side were outshot 37-21.

And struggling Braehead Clan went down 5-3 at home to Nottingham Panthers in Challenge Cup, Group A.

Yann Sauve netted a double for the visitors while Tyler Scofield scored twice for Clan. Tyler Shattock also counted for the home side who were 3-2 down after the first session.

The sides tied the second period 1-1 but Josh Shalla made sure the points went south of the Border with a fifth after 43 minutes.