

Ice hockey – it's seven up for sad Capitals



Edinburgh Capitals skidded to their seventh straight Elite League reverse when they lost 7-2 at Milton Keynes Lightning.

The Buckinghamshire team, who won 5-2 in Edinburgh on Sunday, completed a quick league double despite going 1-0 down.

Marek Tvrdon opened the scoring after four minutes but the home side were level less than four minutes later through a power play strike from Kevin King.

They claimed two more goals through Paul Phillips and Christian Isackson by the 34th minute before Pavel Vorobyev pulled one back for Capitals.

Then the Scots were hit by four unanswered goals from Francis Verreault-Paul, Kyle Essery and Isackson, both on the power play, and Verreault-Paul to wrap up the points.