

Ice hockey – Foster treble sinks sad Capitals



Edinburgh Capitals in action at Murrayfield earlier this season. Picture by Ian Coyle

Ben Foster scored a treble and Christian Isackson a double as Milton Keynes Lightning shot down bottom club Edinburgh Capitals 8-2 in Buckinghamshire.

Kevin King was also heavily involved with a goal and three assists in the runaway win in which the home side fired 56 shots on Capitals with only 23 in reply.

Ainars Podzins and Igor Valeyev netted Capitals consolation goals and the sides were level at 2-2 after the first period.

Indeed, Capitals led 2-1 until the 15th minute but Lightning then hit six goals without reply.

Capitals have now only won four of 43 matches and are cast adrift at the bottom of the 12-strong league.