minutes.

Attack pays off for bold Lightning

MK Lightning have chance to rescue a disappointing season following their progress through to the Knockout Cup final.

Another fine display against Guildford Flames

ensured Lightning went through to the final where they will take on Peterborough Phantoms. With a 6-3 score line in Lightning's favour all they had to do was keep Guildford at bay for 60

But Nick Poole's side opted for attacking tactics which paid off as Gary Clarke got them off to the perfect start striking just 28 seconds into the first period.

Exactly twenty minutes later Guildford found their reply through Vinny Zavoral just as they looked set to fight their way back the good work was undone as ill discipline saw the side reduced by two an Lightning took advantage as Greg Randell and Mikko Skinarri put them 3-1 ahead.

Randell and MIKKO Skinarri put them 3-1 anead. Clarke extended Lightning's lead on the 32nd minute before Taras Foremsky hit back with just three minutes remaining in the second period.



Ales Parez is closed down by the Chelmsford defence as he moves in on goal Picture Jez Tibbetts

Rick Plant found the back of the net on the 48th minute, yet Toni Alasaarela had the final say as he ended Guildford's hopes with a strike nine minutes later.

Alasaarela's goal ensured Lightning won 5-3 on the day and 11-6 on aggregate.

The first leg of the Knockout final takes place on

Tuesday, March 18 at Peterborough and the return leg is on Thursday, March 20, face-off is at 7.45pm. Away from the cup competition Lightning had a

mixed weekend in the EPL League with a win and one defeat.

A storming performance led by Clarke, who

scored four goals, saw Lightning beat Chelmsford 8-2 and secure their first league win in seven.

Clarke had his hat-trick wrapped up midway through the second period while Adam Carr, Kurt Irvine ,Ales Parez and Matt Towalski added the rest.

Sunday's pairing against Bracknell Bees proved to be one too many as Lightning were dealt a 7-1 loss.

The Bees were six goals before Alasaarela pulled a consolation back five minutes from time.

The two point weekend means Lightning are still sixth in the league.

LIGHTNING host Slough on Saturday, face-off is at 7pm, and travel to Guildford on Sunday, face-off is at 6pm