

We are Suffolk Cup T20 champions again as the Suffolk Cup returned to Friars Street.

We made it two wins from two on Saturday but unfortunately the wins for both the first and second team was not enough as they first team can no longer retain their title as the EAPL trophy is headed to the Essex coastline as Frinton-on-Sea cannot be caught at the top of the league. Even after their win on Saturday the second team remain at the foot of Division Two and will be relegated at the end of the season.

The First team travelled away to local rivals Bury St Edmunds last Saturday where captain Adam Mansfield won the toss and elected to bowl first.

With no Jonny Gallagher and Henry Shipley not being able to bowl through injury it came down to Sudbury CC and England star Andrew Simmons to take the first two wickets.

The first wicket didn't fall until the 19th over Bury's top three posting good scores.

We eventually regained control with two wickets each from James Poulson (2-43), Ben Reece (2-46) and Simmons (2-33).

With Bury able to bat out their allotted 50 overs they finished up on 223-8.

We got our reply off in fairly typical fashion as we lost our first wicket with the fifth ball of the innings. As James Poulson fell for 8, however Poulson has told me that he has the best strike rate out of anyone in the Premier League that has only faced three balls... it's the little things, I guess.

Henry Shipley (13) playing his final game for the club was promoted to number three as he and Martyn Cull (22) looked to rebuild.

After a few quick wickets it was down to Mansfield (54*) who came in at number six to see his side home.

The win means we have secured third place at least in the Premier League but if Swardeston lose next week and we win we can still finish second.

This week the ones play their final game as they host Mildenhall at Friars Street.

The second team were victorious for only the fifth time this season against Little Bardfield.

Captain Dale Brett lost the toss and was asked to bowl first.

However, with Stuart Whitehart (6-42) back in the team he made bowling look easy.

Both Charlie Thomas and Alex Quinn took a wicket each as Bardfield finished up on 180-8 after their 45 overs.

It was a change at the top of the order for us as Keelan Waldock (42) had a new opening partner in youngster Alex Quinn (29).

The pair got us off to a strong start before Quinn was given out LBW and Waldock looked set for a half century but was bowled with a very good ball.

Matt Pears (28) and Dom Crame (30) almost got us over the line until we had a typical second team batting collapse losing five wickets for 32 runs.

Will Shropshire hit the winning runs but as I said the win wasn't enough to keep us up as the other teams around us at the bottom of the league all won their games.

The twos also have their final league game this Saturday as they travel to Mildenhall.

On Sunday, the T20 side travelled to Woolpit to play in the Suffolk Cup final.

Captain ben Reece lost the toss and was asked to bat first.

Reece (27) started the innings off strongly and it was carried on by Darren Batch (52*) and Kenny Moulton-Day (50*) who both had to retire.

With the help of 34 extras we managed to reach 218-7 from our 20 overs.

In reply, Reece made sure everyone got a bowl as Bury never looked like they would chase the total down especially after Poulson claimed a big wicket in the first over.

We eventually won by 98 runs meaning we have won the Suffolk cup twice in three years.

Also, on Sunday, the friendly side welcomed the Gents of Suffolk to Friars Street.

The Gents of Suffolk won the game by two runs, but the game was played in high spirits, thank you to Guy Robins who organised the Gents of Suffolk team.

However, the whole club would like to send their best wishes to Sudbury player James Quinn who was involved in an accidental collision with the opposition batsman, which resulted a trip to hospital. We wish him a speedy recovery.

I also mentioned last week the Dustin Melton made his first-class debut for Derbyshire, however more good news as Melton has been offered a new one-year contract so congratulations to Dustin!

The whole club would also like to say a big thank you to Henry Shipley for all his service this season.