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Headquartered in Ipswich, Suffolk with regional offices in London and Glasgow, and a national team across the UK, MSC is the UK's largest shipping & logistics provider. Operating a world-class fleet of containers, ships, trucks & trains, we support UK businesses to import and export goods all over the world.



[msc.com](https://www.msc.com)

MOVING THE WORLD, TOGETHER.

Welcome to Home-Start Suffolk Sports Day 2026

**Everything begins with family.
And no family should have to
struggle in silence behind closed doors.**

Thank you for being here today and supporting this year's Suffolk Sports day. By joining us, you are helping us open doors for families across Suffolk who are going through some of the toughest times in their lives.

Last year, Home-Start Suffolk supported 1,490 families, and behind this number is a reality we cannot ignore. Life is getting harder for many families. We are seeing more domestic abuse, more mental health challenges, more financial pressure, and more families feeling overwhelmed and alone.

For many children, the journey is already difficult. Not every child in Suffolk gets the same chance to thrive, and too many families feel like they are trying to navigate this on their own.



That's where Home-Start Suffolk comes in.

We open those doors. We give families the time they deserve to be seen and heard, without judgement. And through our volunteers, we help them take small but significant steps back towards confidence and control.

Because it is often the simplest things that make the biggest difference. A few hours. Someone who shows up. Someone who provides a safe space to just breathe again.

And those small steps really do matter. This year, 92% of families improved in at least one area of their lives with support from Home-Start.

So thank you. For being here, for your support, and for helping families take that first small step towards the future they deserve.

Tara Spence, CEO



Sophia's Story



To see the **real impact**
Home-Start Suffolk is
making for Suffolk families
please take a few minutes
to watch this film

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The award winning venue that everyone is talking about....

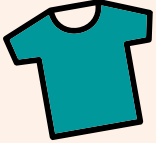


TRINITY PARK
CONFERENCES & EVENTS

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TRINITY PARK, FELIXSTOWE ROAD, IPSWICH, SUFFOLK, IP3 8UH

Team listing



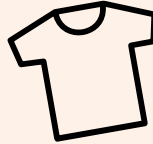
AHP Suffolk



Larking Gowen



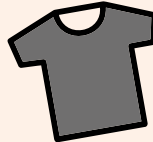
Attwells
Solicitors



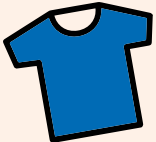
LOGICAL
VGC Fusion



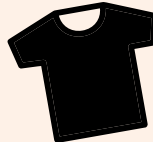
Barnes
Construction



Mitie Defence
RAF Mildenhall



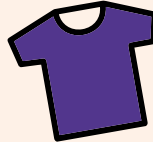
Beckett
Financial



MSC



BT



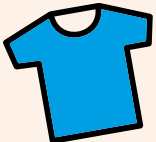
Sona Insurance
Solutions



Ellisons



SUEZ recycling
and recovery UK



Havebury
Homes



WTW

**KEEPING
BRITAIN
TRADING**

**ENABLING
THE ENERGY
TRANSITION**

HEAT 1

Egg & Spoon Race

LANE

1

Nathan Head

Havebury Homes

2

Mike Cansdale

Barnes Construction

3

Tracey Brookes

Beckett Financial Services

4

Charlene Lang

AHP Suffolk

5

Molly Curtis

Ellisons

6

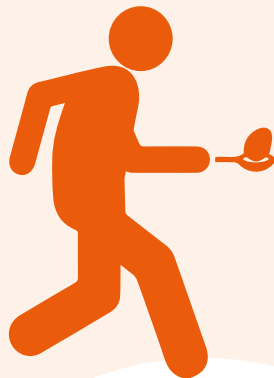
Karl Hillman

BT

7

Heléna Garraghan

Attwells Solicitors



**RACE
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HEAT 2

Egg & Spoon Race

LANE

1

Ewa Uchman

Mitie Defence RAF Mildenhall

2

Matt Salisbury

WTW

3

Steven Prentice

SUEZ recycling and recovery UK

4

Thomas Owen

Larking Gowen

5

Callum Matthews

LOGICAL VGC Fusion

6

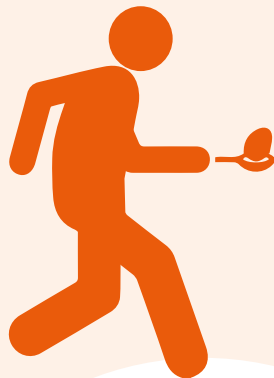
Jake Gibson French

Sona Insurance Solutions

7

Abby Westley-Lawes

MSC



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STUDIOS



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Home Start
Suffolk

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HEAT 1

Sack Race

LANE

1

Harley Ramplin

Barnes Construction

2

Abbie Parsons

AHP Suffolk

3

Jack Eldrett

BT

4

Benedict Alokwe

Mitie Defence RAF Mildenhall

5

Tony Goodson

SUEZ recycling and recovery UK

6

Matthew Escritt

LOGICAL VGC Fusion

7

Monika Walsh

MSC



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The logo for Burhill Logistics. It features the word "Burhill" in a large, bold, blue sans-serif font. Below it, the word "Logistics" is written in a smaller, blue sans-serif font. To the right of the text, there are several small, blue, teardrop-shaped icons arranged in a curved line, suggesting motion or a path.

HEAT 2

Sack Race

LANE

1

Ben Flood

Havebury Homes

2

Maddy Wood

Beckett Financial Services

3

Steve Stratton

Ellisons

4

Stuart Harrington-Rutterford

Attwells Solicitors

5

Samantha Abbott

WTW

6

Karl Hillman

BT

7

Jack Thacker

Sona Insurance Solutions



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The logo for Burhill Logistics. It features the word "Burhill" in a large, bold, dark blue font, with "Logistics" in a smaller, lighter blue font underneath. Above the text is a decorative arc of small blue dots. Below the text is a small graphic of a blue foot stepping forward.



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Day Egg and Spoon Race

HEAT 1

Three Legged Race

LANE

1

Jack Thacker & Will Ashton

Sona Insurance Solutions

2

Heidi Rogers & Jake Hambling

MSC

3

Lis Dikko & Lou Chalklen

WTW

4

Branko Porter & Anthony Bannon

Mitie Defence RAF Mildenhall

5

Steve Stratton & Jay Chambers

Ellisons

6

Jack Wynn & Craig Manning

BT

7

Tracey Brookes & Hannah Price

Beckett Financial Services



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ABP
ASSOCIATED BRITISH PORTS

HEAT 2

Three Legged Race

LANE

1

Elleece Amir-Hosseini & Megan Matthews

Larking Gowen

2

Madeleine Shipley & Charlie Cottingham

LOGICAL VGC Fusion

3

Alice Turner & Jack Jarvis

Attwells Solicitors

4

Kian Gibbs-Plumbly & Stuart Butterson

SUEZ recycling and recovery UK

5

Uchechukwu Chilaka &

Bryony Mcleod-Brown

AHP Suffolk

6

Alex Davies & Mark Samuel

Havebury Homes

7

Ben Glazebrook &

Sam Nightingale

Barnes Construction



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SPONSOR**

ABP
ASSOCIATED BRITISH PORTS

Supporting families through life's changes

Whether you're planning for the future, navigating relationship changes or seeking advice on child arrangements, we can help you understand your options and choose the right approach for you and your family.

birketts.co.uk



HEAT
1

Running Race

LANE

1

Mark Samuel

Havebury Homes

2

Alex Barker

AHP Suffolk

3

Nick Attwell

Attwells Solicitors

4

George Kadlec

Larking Gowen

5

Ryan Chidlow

MSC

6

Solomon Wright

Ellisons

7

Dave Hamer

WTW



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 **birketts**
Next Level Law

HEAT 2

Running Race

LANE

1

Caleb Cobb

Barnes Construction

2

Max Rolls

Beckett Financial Services

3

Will Ashton

Sona Insurance Solutions

4

Simon Griffiths

Mitie Defence RAF Mildenhall

5

Jack Prentice

SUEZ recycling and recovery UK

6

Callum Matthews

LOGICAL VGC Fusion

7

Stefan Shepherd

BT



**RACE
SPONSOR**

 **birketts**
Next Level Law



CONNECTING RELEVANCE. SUPPORTING FAMILIES.

At Jacob Bailey Group, we're all about connecting relevance – using data, technology and creativity to help our clients thrive. But we believe that's only part of the story. That's why we're proud to support Home-Start Suffolk, and their vital work making sure no one has to suffer in silence behind closed doors. Some of the most important connections aren't made in meeting rooms – they're made on doorsteps, in living rooms, and in the quiet moments when someone needs to know they're not alone.

LET'S DO SOMETHING **BRILLIANT** TOGETHER

JACOB BAILEY™

BRAND • MARKETING • DIGITAL

HEAT 1

Space Hopper Race

LANE

1

Kian Gibbs-Plumbly

SUEZ recycling and recovery UK

2

Emma Belton

Attwells Solicitors

3

Jake Curtis

Larking Gowen

4

Max Wooldridge

Sona Insurance Solutions

5

Adam Palmer

BT

6

Morgan Reddington

Barnes Construction

7

Charlie Cottingham

LOGICAL VGC Fusion



**RACE
SPONSOR**

JACOB BAILEY™

HEAT 2

Space Hopper Race

LANE

1

Ben Flood

Havebury Homes

2

Branko Porter

Mitie Defence RAF Mildenhall

3

Maddy Wood

Beckett Financial Services

4

Nicola Housden

MSC

5

Jonathon Oliver

Ellisons

6

Danielle Baystead

WTW

7

Charlotte Ravenhall

AHP Suffolk



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HEAT 1

Relay Race

**RACE
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LANE

1

**McCauley Sandry, Max Rolls, Tracey Brookes,
Joel Brett & Harry Andrews**
Beckett Financial Services

2

**Nicole Ali, Thomas Owen, Jake Curtis,
George Kadlec & Emily Chapman**
Larking Gowen

3

**Ryan Minors, Uchechukwu Chilaka, Bryony
McLeod-Brown, Charlotte Ravenhall & Zsara Finch**
AHP Suffolk

4

**Laura Read, Steve Stratton, Solomon Wright,
Jay Chambers, Jonathon Oliver**
Ellisons

5

**Emily Bradley, Ellie Evans, Ellis Frost,
Alex Chidlow & Nicola Housden**
MSC

6

**Jack Wynn, Jack Eldrett, Adam Sawyer,
Lizzie Woldsmith & Craig Manning**
BT

7

**Kevin Cranstone, Harriet Satterley,
Benedict Alokwe, Kris Doolan & Ewa Uchman**
Mitie Defence RAF Mildenhall

HEAT 2

Relay Race

RACE
SPONSOR



LANE

1

**Jack Prentice, Mark Collins, Steve Woolnough,
Luke Emmerson & Steven Prentice**
SUEZ recycling and recovery UK

2

**Alice Turner, Jack Jarvis, Nick Attwell,
Ruby Ling & Adam Smith**
Attwells Solicitors

3

**Max Wooldridge, Ryan Butcher, Rob Thacker,
Liam McGowan & Emily Shewring**
Sona Insurance Solutions

4

**Callum Matthews, Matthew Escritt,
Charlie Cottingham & Madeleine Shipley**
LOGICAL VGC Fusion

5

**Lucy Kilbourn, Tom Cross, Heidi Finbow,
Ben Glazebrook & Max Johns**
Barnes Construction

6

**Dave Hamer, Thomas Uzoechi-Hill, Rachel Andvig,
Eveline Jacobs & Sian Bishop**
MTW

7

**Fern Nicolson, Shona Holloway-Howard,
Paul Byham- Jones, Paul Dennington & Alex Davies**
Havebury Homes



Proud to support and sponsor the

Suffolk Sports Day 2026

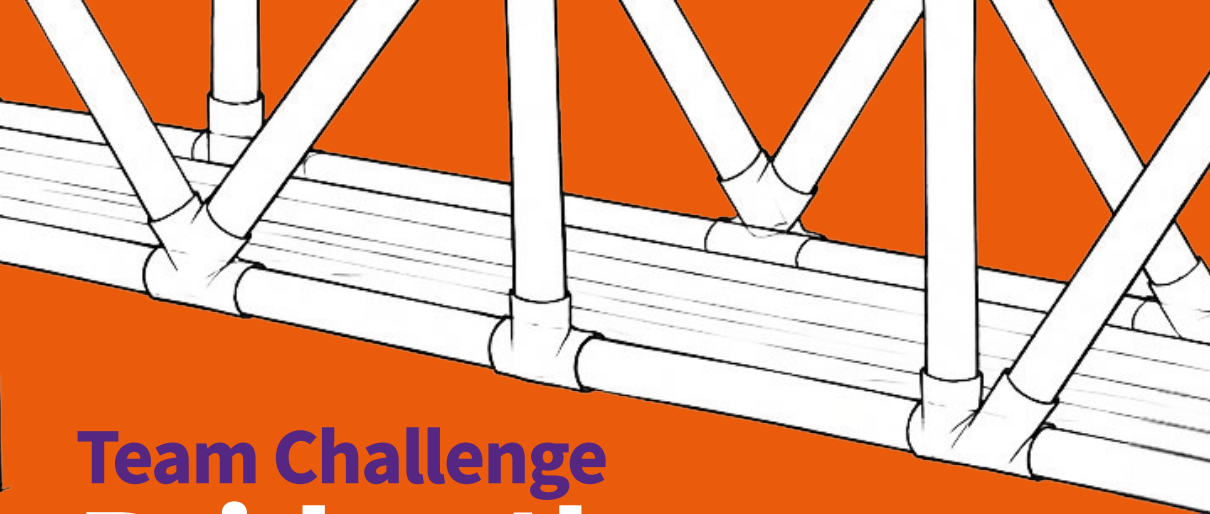
in aid of Home-Start in Suffolk



Barnes
CONSTRUCTION

www.barnesconstruction.co.uk





Team Challenge

Bridge the gap

Working together as a team, use **100 paper straws** and **a roll of cellotape** to build a bridge structure that can support the weight of a Home-Start collection pot.

Time: 5 minutes

5 points will be awarded to every team who successfully completes the challenge.

5 bonus points will be awarded to the longest successful bridge.

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Rounders Rules

ALL NORMAL ROUNDERS RULES APPLY

Additions

“Chat Back”

The umpires call is final and all ruling, for the minutes from the first ball till the last, they are ruler of all who's dominion is a diamond pitch and followers are bat swinging enthusiasts. Any linguistical challenges to this god like state will be met with reductions in points.

Celebrations

Celebrations are awarded extra points as long as they impress the umpire. The possible points range from 1 – 5. Any celebration that puts a player's health and safety at risk (either their own or another's) will be met with ejection and ban.

Alternate Arm

If you chose to bat the ball with your week hand, any points you sore on that hit, are doubled.

Compliments

The umpires can be and will encourage bribes for their egos.

Sportsmanship

Positive sportsmanship will be rewarded, negative punished.

The Hop

If you choose to hop your way round on a rounder, this will double that rounders points and any scored on that rounder.

Stylish Catches

Stylish catches are rewarded with points based on the umpires choosing.

The Golden Pitch

at any point in time the bowling team can call for the golden pitch. If the batter hits this ball, they get half a rounder automatically, if they get caught, the batting team loses a point

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IJYI

GET BACK TO NATURE LEARN, ENJOY AND THRIVE

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We are Suffolk's largest provider of mobile outdoor activities and education programmes.

We deliver a broad range of activities and can create a bespoke programme for your business or organisation.

We can run team building sessions at offices or in one of our wonderful outdoor spaces, so you can escape to one of our beautiful British National Parks.

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abbeycroft.org.uk/abbeycroft-outdoors



Axe Throwing

Scoring is based
on where your
axes hit the
target.

**HIGHEST
SCORE WINS**



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Climbing Wall

See how quick you can reach the top of the 7.3m climbing wall.

**FASTEST
TIME WINS**



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Football



Work together as a team to pass the football over your head and under your legs, moving through the line until everyone has had a turn at the front.

FASTEST TIME WINS

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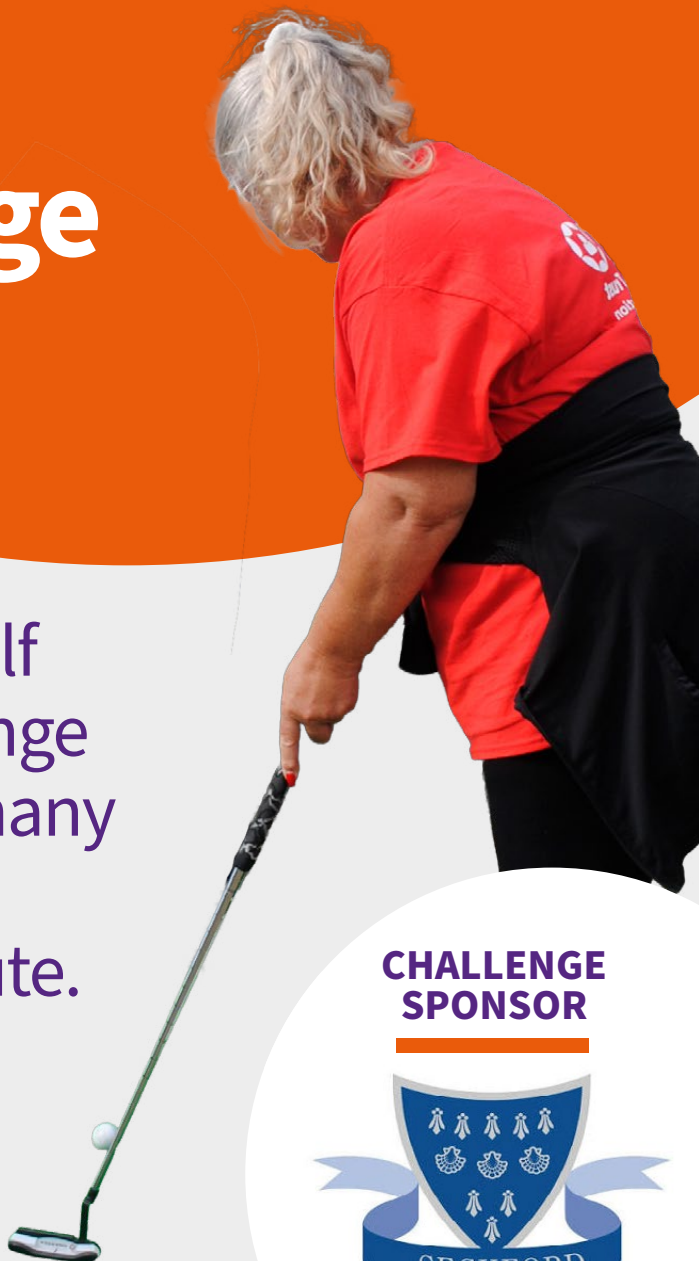


or email **professional@seckfordgolf.co.uk**
to join or for more information.

Golf Challenge

Take on the Golf Putting Challenge and see how many points you can score in 1 minute.

**HIGHEST
SCORE WINS**



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SPONSOR**





Ipswich Croquet Club

ICC offers the ideal venue for those all important get-togethers - socialising, networking and team building.

Croquet relies on strategy and accuracy rather than speed and strength; and as such it's a sport for everyone regardless of age, gender or background. For details of how ICC can help you create a truly enjoyable corporate event (no previous experience needed)

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Tel/text 07780 704 792

ipswichcroquetclub.com

Croquet

Navigate your way round the Croquet course with the fewest shots!

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SCORE WINS**



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Netball



You have 2 minutes to
score as many netball
goals as you can!

**HIGHEST
SCORE
WINS**



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Rodeo Bull

Hold on tight and see how long you can stay on the rodeo bull as it bucks and spins!

**LONGEST
RIDE WINS**



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SPONSOR**





Volunteer with us

Everything begins with family.

We believe that Suffolk should be a place where families never have to struggle in silence behind closed doors.

We give the time to support families of every kind, helping them to find self-belief through small but significant steps.

Volunteer with us and help open doors.

homestartinsuffolk.org | 01473 621104

**H&M
START**
Suffolk

Family support is just
a small step away

Scan me



Tennis Target

Think you've got the accuracy? You have 60 seconds to hit as many tennis balls as possible over the net and into the target. Take aim and see how many you can score!

**HIGHEST
SCORE WINS**



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TEAM
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See you on court!

Blaze Reaction Challenge



How quick are your reactions? You have 60 seconds to react, move and tap as many flashing BlazePods as possible.

**HIGHEST
SCORE WINS**



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CMT Group is proud to be part of Suffolk, supporting the contractors delivering major projects across the region, while giving back to the communities around them.

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And because being a good partner goes beyond supply, we're proud to support Suffolk Sports Day and the important work of Home-Start Suffolk.

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SINDALL**
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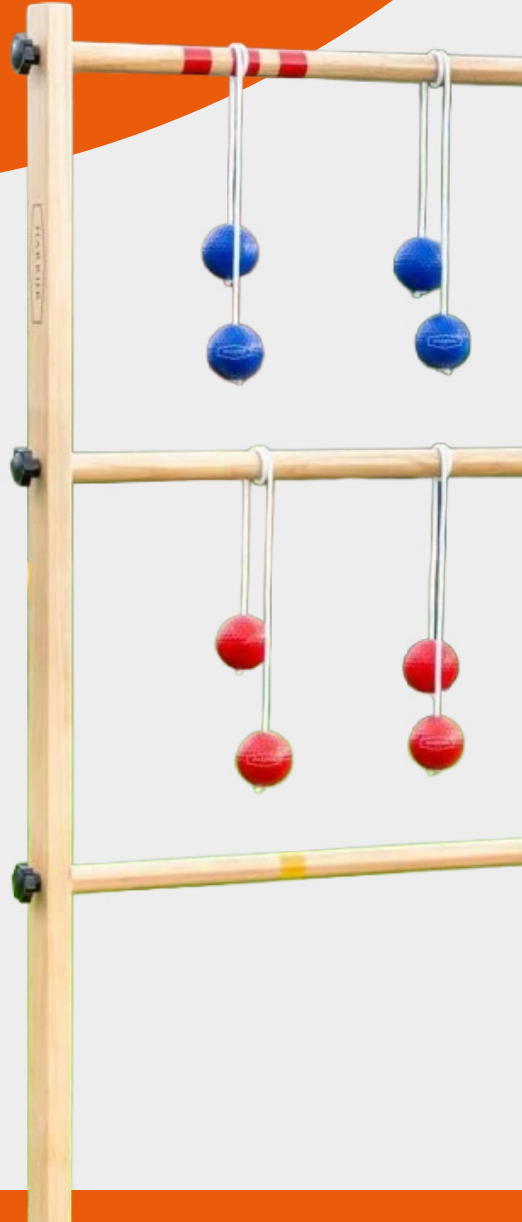


EKFB

Ladder Golf

Compete against a colleague and throw the bolas at the ladder and hook them onto the rungs. Each rung is worth points. The highest score counts.

**HIGHEST
SCORE WINS**





Parker's Hog Roast & BBQs provide mouthwatering meats and sides & make your function one for everyone to remember!

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Working alongside our sister company Jenny Johnson Catering

Welly Wanging



See how far you can throw a welly! Each team member gets one throw. The furthest throw counts.

**FURTHEST
THROW WINS**

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 **UNICORN**
STUDIOS



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Headquartered in Ipswich, Suffolk with regional offices in London and Glasgow, and a national team across the UK, MSC is the UK's largest shipping & logistics provider. Operating a world-class fleet of containers, ships, trucks & trains, we support UK businesses to import and export goods all over the world.



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MOVING THE WORLD, TOGETHER.