# SLROC NOOZE LETTER

ISSUE
APRIL 2024



## IN THIS ISSUE


Social Media Links P.1
Upcoming Events P.1
Club Social Media P.2
Memberships P.2
Chat From the Chair P.3 & P.4
Sponsors P.5, P.6 & P.7
Our New Secretary P.8 & P.9
Upcoming Marshal Training P.10
Maintenance Day P.11
Events Calendar P.12
Novice & Junior TYRO Event P.13, P.14 & P.15
Upcoming Suffolk Show P.16
Chosen Charities P.17 & P.18
Committee Members P.19, P.20 & P.21
Club Shop/Merch P.22
SLROC Juniors P.23 & P.24
The Club Site P.25


## Social Media Links

**Club Website (Public)**
https://slroc.uk.com

**Facebook Page (Public)**

https://www.facebook.com/suffolklandroverownersclub

**Members Facebook Page**

https://www.facebook.com/groups/1415408772075997

**YouTube**

https://www.youtube.com/@suffolklandroverownersclub4685

**Instagram**

@suffolklandroverownersclub

**Tik-Tok**

@suffolklandrover

## Upcoming Events

**All events are subject to confirmation by committee**

.**Events are held at our club site in Newbourne, unless stated otherwise**

**11th May** – Marshal Training, Maintenance, Camp Over & Social

**12th May** – Club Driving Day

**28th May** – Suffolk Show Set Up

**29th & 30th May** – Suffolk Show

## Club Social Media

One of the 'background' tasks in conjunction with the website re-development is to increase our social media presence. Social media, if done correctly, can be very powerful, but equally it can be very damaging if got wrong.

MSUK now require the club to have a **'Social Media Policy'** which is being worked on. In the meantime, please check out the club account links which we can use to start building up our social media presence.

It is still the intention that the home of the club has to be the website and all other forms of media are communication mechanisms.

A task waiting to be completed, is to develop a strategy for how we manage our socials. This needs a dedicated social media role. Please see vacancies if you are interested.

Please note our official web address on page 1, the https://slroc.online address is temporary**.**

# New Memberships

**These prices are for new memberships only and not renewals.**

| Membership Costs | 12 months (Jan to Dec) | After July 1st (max 6 months) |
|---|---|---|
| **Individual Membership*** | £35 | £20 |
| **Joint Membership (at same address)** | +£15 | +£10 |
| **Junior Membership – Under 17 (at same address)**** | +£5 | +£5 |

**Notes:**
***A 12 month membership subscription entitles you to free driving day**

****Juniors cannot be signed up as members independently (Parent or Guardian is required)**

| Event Cost | | |
|---|---|---|
| **Club Driving Day*** | **Individual Driver**<br>**Additional Driver** (same vehicle)<br>**Junior Afternoon Driver** (same vehicle) | £10<br>£5<br>£5 |
| **Club Trial Event (Members)**** | **Trial Entry** (per vehicle) | £25 |

**Notes:**
***Where a club 'driving day' is used for a 'trial', the 'trial' costs apply due to additional MSA/IOPD charges (this will be published in advance)**

****Trial events will be priced differently due to increased costs for sites and licences.**

****For non SLROC members, an additional £5 day membership charge applies. Day memberships are not applicable at the Newbourne Club site**.



# Chat From the Chair

## Get Ready, Get Set, Go …. It's Show Season!

### Introduction

What's on my mind this month? Lots! There is just no let up. I'm writing this having spent an entire Saturday cleaning mother's patio with good intentions of doing my own and the block pave today……I promptly then fell off the steps and somewhat winded myself doing another job. Sometimes, it takes something like that to recognise I was trying to squeeze too much into the weekend and say no more, STOP and write Chairmans chat! I'm now moving around very gingerly.
This month we look back on the April Tyro and look forward to the forthcoming Training / Maintenance Day not forgetting the start of show season.

### Nooze

We must say well done to Zoe & Sam who've given Nooze a long overdue refresh – please do continue to make any comments / suggestions and, if you feel like it, write an article for publication.

### TYRO Trial

A fantastic turn out to this event, 11 vehicles in all took part from almost the entire range of Land Rovers. There were some great sections set and it was interesting watching how the different vehicles tackled the obstacles.
Very well done to all those involved in the set-up and running of this event and thanks to those that came out to play.
Regrettably, I didn't have the capacity to take part myself, a combination of working flat out, then being away for the week after and I was accompanied for a large part of the day by Stanley Graham, from the regional association that we are now a part of – a requirement from MSUK. This was predominantly for Stanley to get to know us as a club and learn about what we do. The type of off-road activities that we and other land rover clubs run are unique in many ways and this provides a learning experience for us all.

### Training & Maintenance Day/Weekend 11th & 12th May

This is going to be busy.
Tony Chamberlain, our Safety Officer is running a Marshall training session at the same time as getting a download from Pat on the topics covered, materials used etc. Tony will then use this knowledge to refer to MSUK / IOPD and ensure we capture any changes / new requirements coming through.
Gary Robinson, our Off-Road Sec will take charge of the maintenance side of things. We've got a number of specific tasks to complete along with the usual site upkeep to make sure it's safe and kept tidy.
Both of these activities are detailed further within Nooze.

## Suffolk Show 29th & 30th May

Now I'm sure this comes round faster each year and the panic starts to set-in; have we done this? do we need to do that? who's doing the other? That said, preparations are well underway. By the time you read this we should have a new marquee on order and if all goes well it will be on site in time for the May driving day weekend so we can have a dry run at set-up. We're just having to have the logo re-drawn because guess what, we don't have the original graphics and as such the logo files we have are not of sufficient quality once expanded – how many more gremlins will keep appearing?

You should have also seen separate comms in relation to the show sign up, this is the first in a series of communications as we organise each of the shows – please do come along and help in whatever capacity you can. We were light with vehicles last year and that puts a lot of strain on those that are there.

We are very lucky to have the seesaw and indeed everything that Terry does for us. As such, Terry is visiting Newbourne on Sunday 12th of May so we can check over and operate the seesaw in preparation.

Set-up for the Suffolk Show will be on Tuesday 28th of May – more on this via separate comms as we approach. If you are interested in helping, then please sign up via the link on page 16 and the show team will make contact to determine availability.

## Charities

Included also within this month's edition of Nooze is a brief write up from Amy on our two charities being supported this year, Bumblebee Childrens Charity (Ipswich) and Suffolk Animal Rescue.

Amy and I had the privilege to go and see Bumblebee last week and the work they do is truly amazing. At the time of writing, we have a call scheduled with Suffolk Animal Rescue this coming week.

## What is Next ?

The focus now is well and truly shows, at least for the next month and the task list isn't getting any shorter just yet!

Jeremy

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## CONTACT US

Mansfield 4x4, Unit A1-A2, Chase Road, Bury St Edmunds, IP32 6NT

01284 767174

info@mansfield4x4.net

# Mansfield Monthly

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## Project Disco



We bought this Discovery (see photo on right) for £1300, it had a bad gearbox fault on it but still had MOT, it also had an air suspension fault. The previous owner had spent a lot money with other garages trying to fix the air suspension fault - they purchased a brand new compressor, a new compressor reservoir & an air spring on the offside front (all of this would have cost over £1200 in parts, not including labour) and it still had not cured the problem! The air suspension fault was still apparent and if left for a few hours, the offside front would sink to the floor. Upon using our diagnostic testing equipment we found that the air was leaking internally. This was due to a sticking air spring valve which we replaced, instantly curing the suspension fault!

We could have diagnosed & rectified this issue for just £500 to the customer had they have brought it to us to begin with!

Now onto the slipping gearbox! It was deemed to be too heavily worn internally to repair due to the oil having never being flushed. If the oil had been flushed at the first signs of vibration or slipping, the gearbox may have been saved.

We replaced the gearbox with a second hand part from eBay costing us £300. This gearbox was fitted and had vibration and slightly hard gear change. The gearbox still had some old oil inside it so we carried out a gearbox flush and reset the adaptive values stored in the gearbox ECU, and now the gearbox feels like new!

This Disco is now a useable vehicle with MOT, it already had a towbar fitted which can be used for recovery on white and yellow courses.

See photo top right of Adam AKA 'Frank' at Mansfield 4x4 competing in the Novice Tyro Trial in April 2024 in this very Disco, in which he was placed 2nd in the RTV class! Well done Adam!

Stay tuned for more off-road preparation!




## Gearbox Flush

Draining the gearbox oil will only remove about 50% of the old oil, which contaminates the fresh oil. With our gearbox flushing machine (see photo on left) 99% of the old oil can be removed and replaced with fresh oil.

Although not a fix for a heavily worn transmission, most gearboxes will show a noticeable improvement. We strongly recommend this as a preventive measure.

We can offer a pre-arranged road test where one of our technicians can assess your vehicle and advise you if your vehicle would benefit from a gearbox flush. The cost of an automatic gearbox flush depends on the type and quantity of oil required.

**Please phone our Service Department on 01284 767174 for a personalised quote.**

# Our New Secretary

## ♫ … Its Me, Hi, I'm the Secretary, It's Me … ♫



Hello!  I've been asked to provide a little about me so you know who was daft enough to put their name forward for secretary… well here goes!

I have been a member for as long as I can remember, some may say I have 'grown up' with the club, but being 5 foot 1 and immature at times, not sure if that would be the right wording! It must be over fifteen years ago, as some of you may remember, I was running around the courses, causing havoc, as a junior member with my brother. We enjoyed many a weekend at the club as a family with my dad to blame for my love of Land Rovers.

My dad had a Land Rover 90 when we first became members, again some of you may remember 'Bogey'. He then got a Defender 110, named Milo, which he tended to use to marshal at events, and we enjoyed several green-laning holidays with him! Unfortunately, dad went soft in his old age and has owned a Range Rover Velar and more recently owns one of the new Defender 110s. Bit of a marmite vehicle, however I have been lucky enough to have driven it a few times, and it is a very different experience to the old ones!




When dad sold his 'proper' Land Rovers, I missed them and decided to find my own. After looking at several 90s, I found Freddie. He's an ex-military 1986 Land Rover 90. I bought Freddie in 2019 and since have mostly civilianised him however he still has some military marks such as the bumper and doors. He is running a 300TDI engine which the conversion had been done before he was mine. I spent time during Covid repainting him, so he looks rather different than the day I brought him home!

The main thing I love about the club is the social aspect and great laughs we have between members while all enjoying our hobby! I also really enjoy attending the shows. Before owning Freddie, I used to help out a lot with the loading aspect however now with Freddie I will be driving (unless he decides to be a pain and break!).

Every time I drive up to the seesaw I get a flutter of ‘am I actually doing this’ but enjoy it each time, especially when the customers are having a great time too – all while raising money for our incredible charities!

Away from the Land Rovers, I enjoy walking round a course, hitting balls with metal sticks trying to get them into a hole in the ground… Yes, I started playing golf at the end of 2023. Again, this is a family hobby with my grandad, mother and brother all playing too! Ultimately, I enjoy being outdoors especially in the summer!

I was previously Nooze Editor and now trying a new position on the committee. I am a strong believer of you can’t moan if you don’t do anything to try and help! So please come and find me at any event and say Hello (or join me for a wine when camping!), I love to have a chat and welcome any thoughts on the running of the club.

Amy Berwick



# Marshal Training

# May 11th at Newbourne

Several people have spoken to me over the last few weeks about becoming a marshal and the availability of marshal training.

I'm pleased to announce that the club has arranged a marshal training day for **Saturday 11th May 2024** at Newbourne.

Pat has kindly agreed to providing training whilst he is back in the country.

There will also be a knowledge transfer taking place as we transition from Pat & Matt, covering safety and training as I grow into the role.

Places are limited, but I will be looking to run similar events in the near future.

As has been mentioned numerous times in previous communications, the role of the Marshal is at the very heart of the Suffolk Land Rover Owners club, and simply put, without Marshals our events do NOT run!

## Course Detail

We are holding a **Marshal Training Course** on **11th May** and would invite both members who have been Marshals before *(but qualification has lapsed),* and members who have never taken the step to learn what it's all about!

The Marshal course covers many aspects of our club operation and Driving and Safety, including safe Winch use - key topics covered are:

- Roles of the Marshal & Clerk of Course
- Safety inspection of vehicles (scrutineering)
- Communications – including use of radios
- Recovery equipment and procedures
- Winch operation and safety overview for recoveries
- Driver education - Off-road driving techniques

The course covers some great theory items in the form of classroom/presentation work, and then the main bulk of the day is practical - putting into action everything covered in the classroom, including undertaking safe recoveries, and performing some driving on the courses.

The course will run from **10:00** to around **15:00**, and you will have the opportunity to use your newly learned skills the following day.

There will be **NO** charge for this training, and as others can testify from previous courses held, there is a lot of valuable things to learn during the day.

Please drop me a short email to safety@slroc.uk.com to express your interest in attending this course. Please include your membership number and let me know if you have marshalled previously.

Many thanks
Tony

# Maintenance Day

We hope you can join us down at Newbourne on the 11th of May, it would be great to see you there, many hands make light work!

Jobs we aim to tackle –

- General course & site tiding such as grass cutting, bush trimming etc
- Remove old tyres from the site
- Finish preparing the trailer ready for Suffolk Show
- Clean decking and seating areas
- Clean inside social cabin

If you have access to the following equipment, please do bring it along!

- Chainsaws
- Lawn mowers
- Strimmer's
- Bush trimmers/pruners
- Axes
- Saws
- Spades/shovels

Thank you and look forward to seeing you there.

Gary Robinson

# Future Events Calendar

| Key | Club Event | Competition | Club Show | Camp Over/Other |
|---|---|---|---|---|

| Date | Event | CoC |
|---|---|---|
| **Saturday 11th May** | Marshal Training, Maintenance, Camp Over & Social | Pat Corps<br><br>Gary Robinson |
| **Sunday 12th May** | Club Driving Day | Tim Dyer |
| **Wednesday 29th May** | Suffolk Show | James Harvey |
| **Thursday 30th May** | Suffolk Show | James Harvey |
| **Saturday 15th June** | Camp Over & Social | |
| **Sunday 16th June** | TYRO Winch Event - Newbourne | Mark French |
| **Saturday 29th June** | Heveningham Country Fair | James Harvey |
| **Sunday 30th June** | Heveningham Country Fair | James Harvey |
| **Saturday 13th July** | Ladies & Junior CCVT - Newbourne | Mark French |
| **Sunday 14th July** | Club Driving Day | Steve Nurse |
| **Saturday 3rd August** | Festival of Wheels | James Harvey |
| **Sunday 4th August** | Festival of Wheels | James Harvey |

# Novice & Junior TYRO Event

I am recently new to the club and I haven't driven in a competition for 8 years, so as you can understand I was slightly nervous, especially after seeing the number of drivers and spectators that turned out for the event. Ryan was generous enough to let me use 'The Growler' to be able to partake in the event, so thank you again to him. I was also lucky enough to have Freddie as co-pilot and he helped me along the way. Cheers Freddie.

At the1st section we had an issue with the harness, and it wouldn't lock in properly, so this caused a delay, but thanks to some good old WD40 and a quick clean the issue was resolved and the harness worked. Sorry everyone for the hold up and thank you for your patience at the time. I managed to clear the section with no problems.

The 3rd section was where my first mistake was made. Coming up to the last gate, I stupidly thought I had cleared it as I lost sight of the flag, but it turns out it was out of my view because it was under the front right tyre! Luckily enough, the marshals were on hand to repair it for the remaining drivers.

Onto the 5th section and I incurred my second fault. I caught the gate with the right rear tyre. It was proving difficult to see out of the small mirrors and the harness made it almost impossible to see the side and back of the buggy as it wouldn't allow me to lean and look out, but I guess at least it was doing its job in keeping me secure.

By the 6th section my nerves had gone and I had gotten used to the buggy and its turning circle. This section was fun and I managed to clear it with no faults.



It was useful to watch the experienced drivers do the sections as this gave me an idea of what lines to take.

I thoroughly enjoyed the event and would like to thank everyone who helped to set it up and thank you to all the members for their friendliness and support throughout the day. I am really pleased to have come 1st in class 1, which was a surprise to me as I thought Jane had beaten me! Thanks to Mansfield 4x4 for the trophy and well done to Gary who came 1st in class 2. It was a great day and all the drivers did really well.

Ricky

It was great to see a good turnout for the trial and it always makes it more interesting to have a mix of experienced and less experienced drivers. It was lovely that the weather held out for the day, especially with how many people came to watch.



It was a great set up throughout the sections from Tim, Tony, Tom and Ralph. Thank you for the time you take to think into the sections and make them interesting for us to drive.

Congratulations to Ricky Cann on his 1st place in Class 1 and I am very pleased on my win in Class 2. Many thanks to all who attended, set up and all the marshals who make these trials able to happen.

Thanks,

Gary










| Drivers – Class 1 Modified | POINTS |
|---|---|
| Ricky Cann | 5 points with 3 shunts |
| Simon Cullum | 10 points with 0 shunts |
| Jane Gilmore | 10 points with 6 shunts |





| Drivers – Class 2 Standard | POINTS |
|---|---|
| Gary Robinson | 4 points with 3 shunts |
| Adam Lambourne | 8 points with 3 shunts |
| Tom Reilly | 9 points with 6 shunts |
| Steve Nurse | 11 points with 2 shunts |
| Gareth King | 13 points with 7 shunts |
| Justin Read | 21 points with 5 shunts |
| James Lobley | 22 points with 7 shunts |
| James Harvey | RETIRED – 60 points |








# Upcoming Suffolk Show

CALLING ALL MEMBERSHIP

As most of you will be aware Suffolk Land Rover Owners Club participate at a number of events throughout the year giving ‘off road rides’ and in turn raising money for our chosen charities, this year being Bumblebee Children's Charity and Suffolk Animal Rescue. The first of these events is the:
Suffolk Show on Wednesday 29th and Thursday 30th May for which……

WE ‘REALLY’ NEED YOUR HELP



The event is held at Trinity Park, Ipswich where there is a permanent ‘mini’ off road course which incorporates hill climbs, side slopes, camel humps and not forgetting the see-saw / bomb hole combo (often resulting in a scream). Off-road rides are given to the public for a fee which mostly goes to the charity, with some going to help with club expenditure of attending the show and a fuel contribution for drivers.



Set-up for this event is from Tuesday 28th May with camping available although this is not mandatory and you can arrive each day.

Although rewarding, the day can feel long… we have to be on-site (in the showground) for 7am. This is also a busy show and one of our main fundraising opportunities of the year.

If you’ve been before, please come and help again! If you haven't helped at a show before - come and give it a try! We will provide you full training and guidance around what to do, and make sure you are comfortable helping with whatever task you are happy to do. There are multiple roles including driving, loading/unloading passengers, marshalling and ‘front of house’ staff.



You will be provided passes for everyone attending to help on the stand, and a vehicle pass if needed. With enough people helping there will be plenty of time for a break and wander around the show.

If you can help, please answer the questions through this link: https://forms.office.com/e/AYHr0CMFFZ

Or alternatively, send an email to shows@slroc.uk.com or connect through the clubs’ members Facebook page leaving a contact number and we'll get back to you.
We hope to see you there!

# Welcome to our 2024 charities!

## Bumblebee Children's Charity

The Bumblebee Children's Charity was set up in May 2015 following the closure of 'The School for Parents' in Suffolk. They are the only Conductive Educators in East Anglia and support parents and preschool children who have physical disabilities. Children then 'graduate' from the charity when they become of age to attend school. Conductive Education is an educational program created to teach movement and problem-solving skills.

They are named Bumblebee as Folklore suggests the bumblebee is incapable of flight yet has always flown which they relate to the children they support, as they may have been told they will not achieve certain things, but each is capable of miracles.

The centre, based in Sproughton, is currently open three days a week in which they support thirty children over this time. Sessions last for an hour and forty-five minutes and are free for parents to attend. Parents travel from over the region, and even the country to benefit from the charities support. The centre consists of two classrooms where children are encouraged to engage through sensory experiences, movement, songs and messy play.

Children are grouped depending on ability rather than age so they can engage with each other and within the session. The charities mission is to support those families who may feel there is no support for them or their child, particularly those in rural, isolated areas as they will support as much as they can so children can benefit from their support.

Find out more at:

- www.bumblebeechildren.org.uk
- Facebook - www.facebook.com/bumblebeechildren
- Instagram - @thebumblebeechildrenscharity
- LinkedIn – The Bumblebee Childrens Charity

# Charities

## Suffolk Animal Rescue

Suffolk Animal Rescue was formed in 1997 with an ethos to help any dogs that need help, regardless of whether they are 'easy' breeds to rehome. This follows a move away from national charities who would only accept an animal into care following an assessment. Suffolk Animal Rescue will rehome all or as many animals as they can. The charity support lots of animals including cats, dogs, rabbits, and guinea pigs.

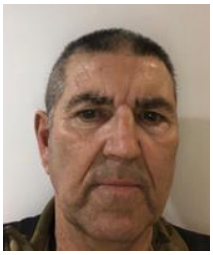
The charity currently has around twelve dogs in their care and 100 cats. The dogs can come from the 'pound' which is where dogs are taken when picked up by the dog warden and have seven days to be claimed. They also take in animals which have been bought via online selling forums and then upon having the animal in care, the owners find this too much yet cannot return the animal to the seller. The majority of the cats are feral which when doing this work, ten cats can be trapped and rescued on one site meaning the number soon increases!

Suffolk Animal Rescue run a charity shop in Ipswich which supports with funding and otherwise the charity relies on private fundraising and sponsors. Not only does the charity incur fees from the looking after of the animals, but also the vet fees which needs covering for any medical support.

Find out more at:

www.suffolkanimalrescue.org.uk
Facebook – www.facebook.com/SuffolkAnimalRescue
Instagram - @suffolk_ar

# Committee Members

| Position & Name | Contact Details | Photo | Vehicle |
|---|---|---|---|
| **President**<br>Ralph Lambourne | See Membership |  |  |
| **Chairman**<br>Jeremy Carr | chair@slroc.uk.com |  |  |
| **Secretary & Charity Co-Ordinator**<br>Amy Berwick | secretary@slroc.uk.com |  |  |
| **Treasurer**<br>Graham C White | treasurer@slroc.uk.com |  |  |
| **Membership Secretary**<br>Ralph Lambourne | Membership@slroc.uk.com |  |  |
| **Competition Secretary**<br>Tim Dyer | Compsec@slroc.uk.com |  |  |
| **Compliance Officer**<br>Steve Nurse | Compliance@slroc.uk.com |  |  |

| | | | |
|---|---|---|---|
| **Safety & Training Officer**<br><br>Tony Chamberlain | Safety@slroc.uk.com |  |  |
| **Safeguarding**<br><br>Katy Nurse | safeguarding@slroc.uk.com |  |  |
| **Show Co-Ordinator**<br><br>James Harvey | shows@slroc.uk.com |  |  |

## Operational Committee Members

| Position & Name | Contact Details | Photo | Vehicle |
|---|---|---|---|
| **Club Shop**<br><br>Spencer White | clubshop@slroc.uk.com |  |  |
| **Nooze Editors**<br><br>Zoe Strike & Sam Patton | Nooze@slroc.uk.com |  |  |
| **Social Media**<br><br>TBC | TBC | | |
| **Off Road Secretary**<br><br>Gary Robinson | offroadsec@slroc.uk.com |  |  |

| | | | |
|---|---|---|---|
| **Competition Secretary**<br><br>Tony Mattack | Compsec2@slroc.uk.com |  |  |
| **Web Secretary**<br><br>Jeremy Carr | websec@slroc.uk.com |  |  |

**The committee respects the privacy of each and every club member, and to that end, we do not give out details of club members to any other organisation**

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# Club Shop

SLROC CLUB SHOP Clothing, Stickers, etc. All clothing is available to order in a range of sizes and colours, just ask! Prices are correct at time of going to print but may be subject to change.









**T-Shirt £14.00**
**Polo Shirt £16.00**
**Sweatshirt £18.00**
**Hoodie £20.00**
**Contrast Hoodie £22.00**
**Grizzly Fleece £30.00**
**Chunky Zoodie £30.00**
**Onesie £30.00**
**Contrast Onesie £30.00**
**Children's T-Shirt £10.00**
**Children's Polo Shirt £13.00**
**Children's Fleece £20.00**
**Children's Hoodie £16.00**
**Children's Hi-Viz Vest £4.00**
**Cuffed Beanie £10.00**
**5-Panel Cap £10.00**
**Door / Panel Sticker £4.00**
**Small Sticker £1.00**
**Window Sticker £1.00**
**www.slroc.uk.com Sticker (Black, Orange, Silver, Yellow, Red, Blue & White) £3.00**
**Key Ring £1.00**
**2M Bridle Price on Application**
**5M Rope Price on Application**
**7M Rope Price on Application**
**9M Rope Price on Application**
**2M 5 tonne Strop £17.00**
**4.75 tonne Shackle £7.00**
**Jate Clamp £18.00**
**Battery Clamp £6.00**

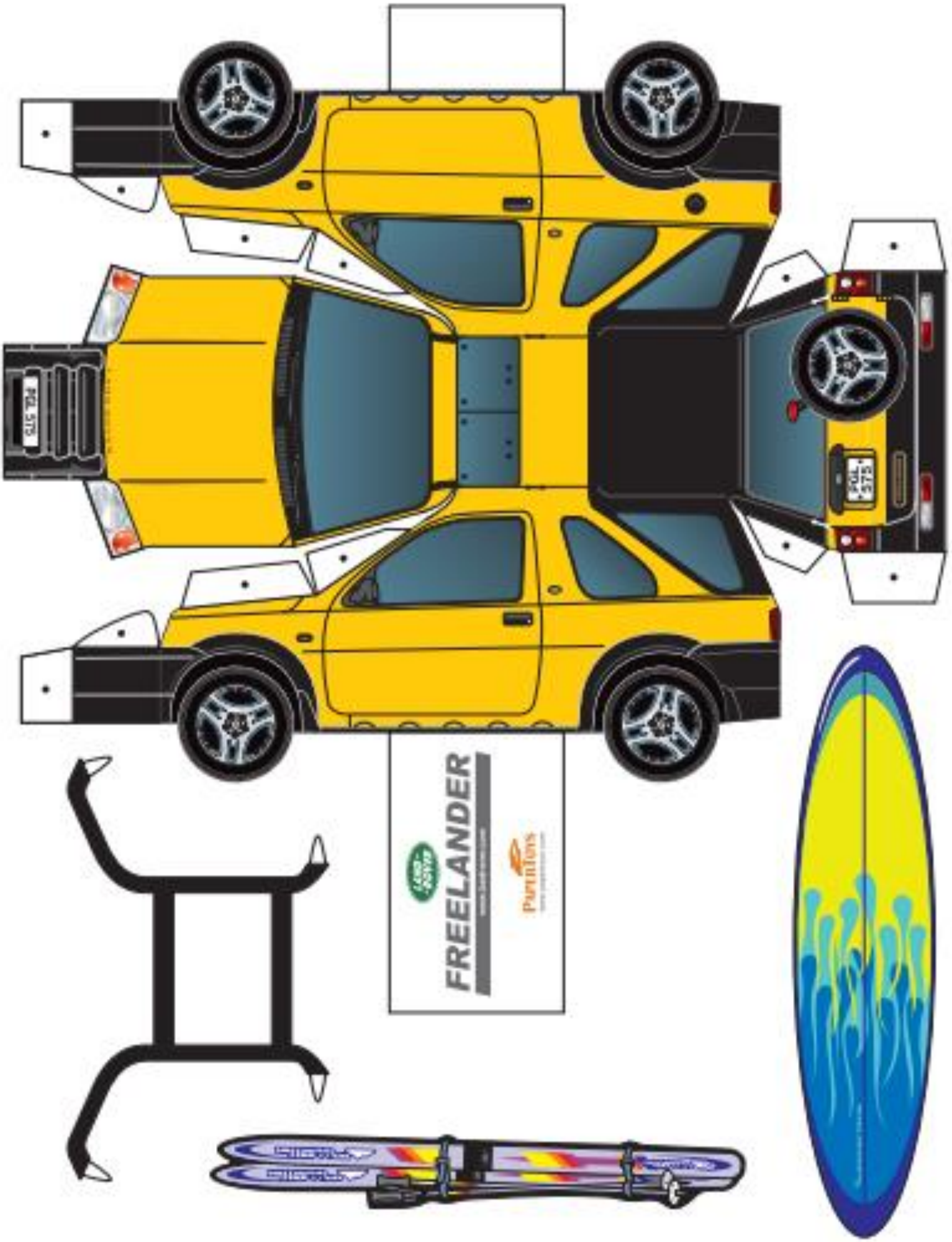


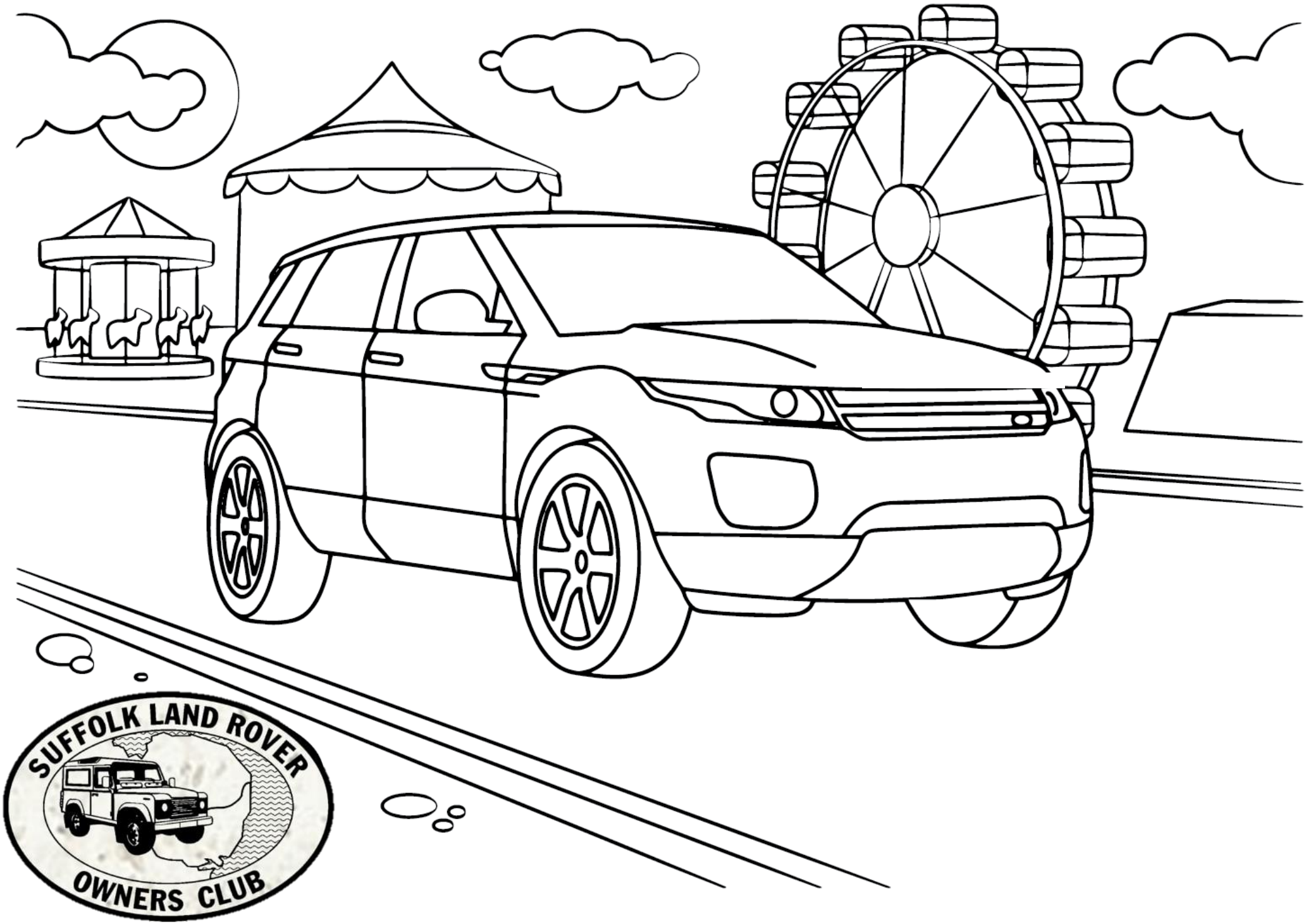




Prices correct at time of going to print but may be subject to change.

The Club Shop is at most events, and items are also available from:
Spencer White: - Email: clubshop@slroc.uk.com
Please get in touch if you wish to collect items from a Show.


FREELANDER
Purnitions


SUFFOLK LAND ROVER
OWNERS CLUB

# The Club Site

The club has its very own off roading site which we use monthly for weekend events and competitions.

The site is situated to the east of Ipswich, near to the village of Newbourne and can be found with the postcode **IP12 4PA.**

**What Three Words (WTW):** **cupboards.dribble.scrubber**

Strict rules must be adhered to when using the site to protect the safety of all users. Please keep your speed down around the village, especially on the access track which has a 5mph limit.

See you there!

