

Rear Telescopic Dampers Conversion

MGB - All Models

Part No: SSS100

QTY Description

4	Bolt Damper Mount 2.5"
8	Nyloc Nut 3/8"
2	Nyloc Nut 1/2"
4	Star washer 3/8"
2	Spring Washer 1/2"
2	Upper Mounting Bracket
4	Plain Washer
2	Spacer deep, Lower shock mount
2	Adjustable Dampers

Note these brackets are designed for use with the following damper units, which are manufactured with the correct bushes / sleeve already fitted.

Other units will not use the same type / length of bush so may not be suitable.

Check the contents of the kit against the list above and ensure that the dampers are correctly bushed to fit the large bolts supplied.

Read through these instructions and illustrations and familiarise yourself with the installation.

Jack up the car, remove wheels and support the car on stands just forward of the spring eye bolts, on the bodywork not the leaf spring. Ensure that the car is supported safely, as you will be working beneath the car.

Remove the rear shock absorbers and the standard links from the car. Retaining only the mounting bolts and washers.

The lower plates will be retained as below.

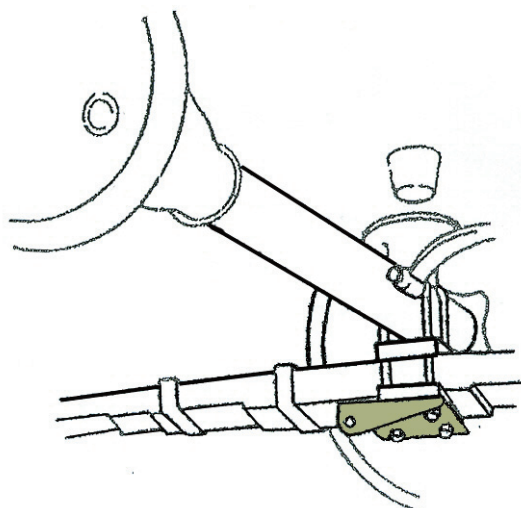
(see illustrations)

Use the jack to support the leaf spring whilst releasing the axle 'U' bolt nuts, slowly releasing the spring tension. This should then be supported whilst the other side is released.

The lower support plates **are now refitted to the other side and up-side down**, as per the illustration.

Before re-assembly check the spring locating rubbers and the bump stops for wear and replace where necessary.

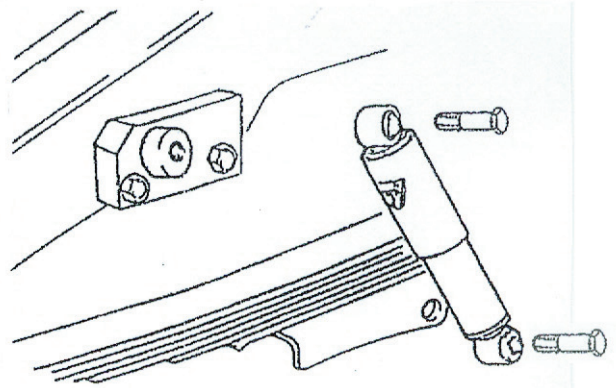
Tighten to 26lbs ft the U bolts with the lower plates in their new position, using the new nuts supplied.



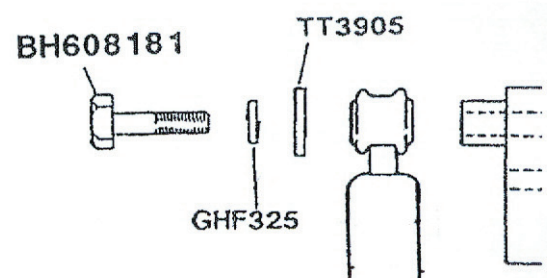
Upper mounting

these are fitted using the existing bolts to attach to the car with the new spring washers supplied.

The **upper bracket**, is installed so that the damper mount is above the attachment bolts, with the chamfered section forwards.

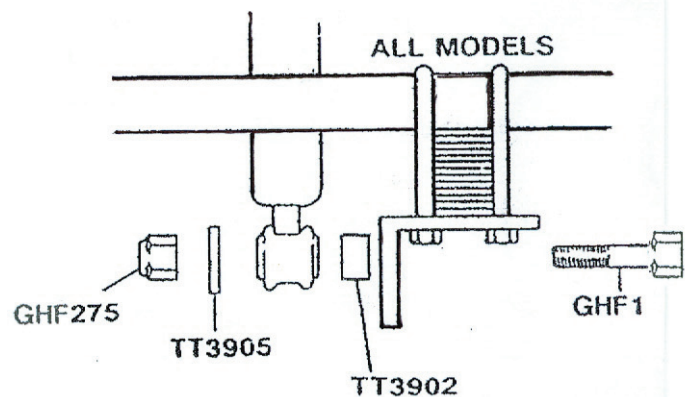


Top damper attachment is as per illustration 4, using the bolt, spring washer and plain washer to attach to the car. Check that the bolts do not protrude beyond the depth of the new mounting bracket.



4 ALL MODELS.

Lower mounting is with the bolt fitted through the spring plate. Deep spacer, Damper plain washer and nyloc nut. Use 50lbs/ft torque



CHECK ALL BOLTS AND NUTS ARE TIGHT

The exhaust pipe must be checked for clearance of the new damper. Position to complete the Installation. You can reverse bolt to the nearside installation to obtain more clearance.

If used with anti-tramp bars, the lower spring plate is not used but special longer bolts are utilised with spacers to make installations easier as per manual.