

REPLACING FRONT FORK OIL SEALS MK I MK II

BLOCK BIKE UP TO LIFT FRONT WHEEL OFF THE GROUND.

REMOVE THE BRAKE CALIPER(S) BY UNDOING THE 5/16 AF ALLEN SCREWS. LET THE CALIPERS SWING OUT OF THE WAY OR TIE THEM BACK TO THE EXHAUST PIPE TO PROTECT YOUR MUDGUARD. UNDO THE LARGE SPINDLE NUT AND THEN THE PINCH SCREW ON THE RIGHT-HAND LEG AT THE BOTTOM, REMOVE SPINDLE AND WHEEL. IN THE BOTTOM OF THE FORK SLIDER IS AN ALLEN SCREW WHICH, WHEN UNDONE WILL ALLOW THE OIL TO COME OUT AND THE SLIDER TO COME OFF THE STANCHION. THERE IS A SMALL COPPER WASHER ON THIS SCREW, INSPECT AND REPLACE IF IT IS DAMAGED. CLAMP THE SLIDER IN A VICE ON THE PART WHERE THE WHEEL SPINDLE FITS AND REMOVE THE CIRCLIP ON TOP OF THE OIL SEAL, WARM THE TOP OF THE SLIDER UNTIL THE OIL JUST STARTS TO BOIL, GENTLY AND EVENLY PRIZE THE OLD SEAL OUT. WHILE ITS STILL HOT, PUT NEW ONE IN(WIRE SPRING INWARDS) AND DRIFT EVENLY DOWN TO SHOULDER. DO NOT BEND OR DAMAGE OR THIS WILL MAKE THE NEW SEAL USELESS, REPLACE CIRCLIP. TO PUT BACK TOGETHER REVERSE PROCEEDURE. REMOVE TOP CAP AND REPLACE OIL WITH 200cc OF AUTOMATIC TRANSMISSION FLUID OR 20 GRADE OIL.

IF TWO SEALS ARE FITTED
THE TOP ONE IS PUT IN
TO ACT AS A DUST & WATER
SEAL. IE OTHER WAY
AROUND