

Changing front and rear sparkplugs on a GR

You will need

- 6 plugs
- Screwdriver
- Spark Plug Remover Tool
- Socket set
- Inlet Manifold Gasket might be required
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Sparkplugs can be purchased from Mitsi or Camskill. They cost about £11 each for the long life platinum tipped rears (life about 45K miles?) although its cheaper if you buy 'normal' ones for the front (life 20K miles?), you can fit platinum all round if you want.

Front three plugs

Remove the plastic cover held by the Philips headed bolts. Unbolt the 3 coils mounted on the spark plug connections (Good idea ! - fitting the coil on the sparkplug - no HT leads!). Note the HT leads which connect to the back three plugs. Replace the spark plugs utilising a spark plug remover tool (10mm I think from Halfords if you car didn't come with one - take a new plug along for measurements.)

Back three Plugs

The back three plugs are obstructed by the inlet manifold which has to be removed. The jobs easier than you would imagine and can be done in about 1 hour. All you need is a socket set, Philips screw driver, and a spark plug remover. A Inlet Manifold gasket may be required should you rip the existing one as you lift the manifold. Mine didn't, but best to complete the job when the car is not going to be vital for a few days. Probably best to do the job with the engine slightly warm to avoid striping any threads.

Remove large black Air pipe from the throttle body by loosening the jubilee clip. Loosen the other end's jubilee clip and twist out of the way. (Note the small rubber pipe connected into the Manifold)

Remove 5 bolts from the manifold 'ribs' that go down in the centre of the engine - they're all stamped with '7' and on 2 levels (2 on upper level and 3 on lower)

Remove 2 Nuts located on either side of the manifold (on the same 'line' as the above bolts)

Remove the 4 support bolts on the back of the manifold (just in front of the bulk head) - One is on the throttle body.

Remove the 2 small bolts that hold plugs/wires/cables on either side of the manifold.

The manifold will now just lift off. You can remove as many connections as you wish (throttle cable?). I got away with just pulling out the rubber vacuum pipe that goes to the Brake servo and propping the manifold up with a piece of wood. (watch you don't damage the now visible manifold gasket or the throttle body). You can now pull out the spark plug HT leads and replace the plugs.

I didn't replace my plugs until the car had done 52K miles. I think the plugs should be replaced every 45K miles which is probably why I noticed a slight performance improvement.

