



Stage I

Carefully prise out the dust seal with a thin, flat headed, screw driver.



Stage 2

Remove fork seal retaining clip.



Stage 3

Loosen the top cap until it separates from the tube.



Stage 4

Drain the oil into a suitable container.



Stage 5

Raise the inner section and pull down the collar to reveal the nut underneath allowing a spanner to be inserted.



Stage 6

Holding the lower spanner, rotate the top cap to allow removal.

Stage 7

Slide the fork tube sharply (but not too hard) upwards to remove it leaving the inner components exposed.





Stage 8

The components should be in the order as shown:

1. Retaining bush
2. Copper bush
3. Washer
4. Fork seal
5. Dust seal



Stage 9

Using your fingers, very carefully slide the retaining bush upwards.

You will need to separate it slightly (as shown) in order to do this.

This allows you to remove all other components.



Stage 10

You should now be at this stage.



Stage II

The components can now be replaced, making sure that they are in the correct order.



Stage 12

Invert the fork.

Slide the copper bush as far down as possible and lower the washer onto it.

Using a hammer and drift, very carefully tap the washer until the bearing is seated.



Stage 13

Now slide the fork seal down until it clears the retaining clip ridge.

Then secure the clip into the ridge and slide the dust seal into place.



Stage 14

Fill up the fork oil as required.

Fork oil capacity:

Standard	390cc
Sports Production	385cc

Fork oil air gap:

Standard	97mm
Sports Production	99mm



Stage 15

Finally, replace the top of the forks.