



# Installation Instructions

#70-1084 #72C1084 67-74 Triumph Spitfire, 1.3L

#70-1090 #72C1090 75-80 Triumph Spitfire, 1.3L

## CAUTION: READ ALL INSTRUCTIONS THOROUGHLY BEFORE INSTALLATION

1. Disconnect the battery. Jack up front end of car and secure on jackstands. Partially drain the cooling system.
2. Remove air cleaner. Disconnect water hoses from the intake manifold.
3. Disconnect fuel pipe, accelerator and choke cables from the carburetors.
4. On later model Spitfires, disconnect the emission control device from the intake manifold and on top of the carburetor.
5. From under car, remove nuts which secure exhaust headpipe to manifold.
6. Remove nuts, washers and clamps which secure intake and exhaust manifolds to the cylinder head.
7. Remove the two manifolds complete with the carburetors from the cylinder head.
8. Separate the two manifolds. Remove the EGR valve connected to the exhaust manifold.
9. Using gasket, mount Header onto cylinder head. Refit EGR onto header. Secure intake manifold with factory hardware.
10. Remount carburetor, air cleaner, hoses and cables to stock position.
11. Check pipes for any visible obstructions. For additional clearance, we suggest heating and flattening header pipes.
12. Link extension pipe into factory headpipe. Using hardware provided, attach pipe to header. Start engine and check for leaks. Installation is now complete.

