head 16/80

Written by werner brunner at Sep 29, 2018 8:44 pm

Hello,

as result of low compression between cyl 3 and 4, I found a brocken bolt an defect gasket.

So I ordered new head gasket and a set of new motor bolts at the club last week. To make sure that the defect doesn't repead, I should know the correct torque for fixing the head nuts. I found nothing in the old manual which I have.

Can someone inform meabout the correct torque in newton meters?

And by the way also the valve clearence in/out when cold?

Thanks in advance

Werner Brunner

Re: head 16/80

Written by cahallett at Oct 02, 2018 10:33 am

Hi Werner,

You won't find a torque setting anywhere, it was more down to feel or so I am told.

You will also need a crows foot spanner to attach to your torque wrench to get to those hard to reach studs/nuts.

There is a tightening sequence though that you must follow and I usually torque down 10lbs at a time and then leave it twenty minutes before tightening down a further 10lbs etc... I think I end up at around 45 lbs but if you want to drop me an email I will dig out my notes tonight.

My email address is ... cahallett@btinternet.com

Word of warning as well.

Some of the club spec studs are ever so slightly long so be careful tightening down as you could punch through into the water jacket.

Re: head 16/80

Written by cahallett at Oct 04, 2018 12:04 pm

Here is a picture from the back of my journal.

Tighten the nuts in the sequence shown and leave for 15 minutes after each.

Once done, recheck in the morning and tighten down further if required.

I hope this helps if it is not too late.[img][/img]

Attachments:

LAG CYCLINDER HEAD.jpg (filesize: 160.97 KB)

Re: head 16/80

Written by davidbracey at Oct 04, 2018 8:22 pm

Your journal is a credit to you Chris. All I've accumulated are box files full of notes and sketches scribbled on the back of envelopes and a hard drive full of photos. None of which I have any hope of cataloguing so that another person could benefit from it.

Well done.

Re: head 16/80

Written by cahallett at Oct 08, 2018 11:28 am

Thanks David,

My journal just records every journey we have ever made in the car from the day we acquired it.

Our holidays are detailed and any running adjustments made and MPG etc … are noted.

I even try and add the odd sketch of something interesting seen en route.

Like you though I also have box files full of receipts, sketches and notes etc… as well as that hard drive full of photographs.

Best Regards

Chris

P.S. I hail from Maidstone

Re: head 16/80

Written by Rich5ltr at Oct 12, 2018 6:56 pm

Like you both, I have a full collection of receipts, invoices and paperwork relating to my car but I am recording Bessie's Log, as I call it, in a Word document o my PC. This, of course, does not allow one to draw diagrams and handwritten notes so I think your journal book is a great idea Chris.

p.s. with a core of Lagondas in Maidestone, I can see I will have to make an expedition east one of these days to join one of your pub meets!

Re: head 16/80

Written by werner brunner at Nov 04, 2018 3:30 pm

Thanks to all for helping feedbacks!

I'm waiting for some more parts, than I'll start to finish the hopefully small job:)

Best regards

Werner Brunner
