

Fitting Roof Rack Track System for Range Rover Sport

By Matt West (email matt@ox11.com), 13th February 2006

Use this guide in conjunction with the LR fitting instructions, so you don't make the same mistakes I did. The LR fitting instructions are only pictorial and are not clear on some steps. These are not full fitting instructions below, but only additional guidance for some of the steps.

Step 1

Remove the roof track by pulling up edge at the top of the windscreen. Leaver it up with a screwdriver (be careful not to damage paintwork or windscreen) or a lollypop stick works well enough. The track pulls up very easily with the lightest pressure.



Steps 2-4



On each track are three small crosses marked on the top (rubber side) face. These can be difficult to find. Mark them with a centre punch and drill a small pilot hole. Then drill them with a 19mm holesaw.

Note: The LR instructions say you need a 19mm hole, but it doesn't need to be that large. If you don't have a 19mm holesaw, then try something smaller. The hole only needs to be large enough for the spaces on the six bolts and a little extra space for minor alignment adjustments.

Step 5



The three bolts on each side of the roof have plastic caps that need removing. These are painted over and therefore it is not clear that these need removing as they look part of the bolt head. To remove them, insert a small screwdriver or bradawl into the hole in the top of the bolt head and lever the cap out. You may need to use pliers to pull it out, once loosened.



Don't make the mistake I did - The LR instructions aren't clear and I first removed the bolt completely before I realised that there was a removable cap on the head. Removing the bolt disturbs the surrounding rubber compound and paintwork, due to a large washer that is fixed to the bolt head.

Two pictures below shows the removable cap on the top of the bolt head.

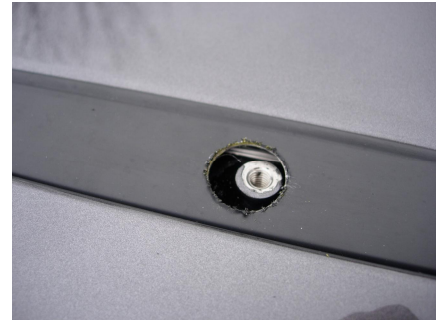


Step 6



Put the roof track back in place. It is easier to start at the rear as this can be aligned easier.

You will notice that the exposed bolt heads underneath do not always align up centrally within the 19mm hole in the track - hence why they say drill such a large hole!



Step 7



Put the three new bolts through the holes in the new rail. Place the spacer on the underside and hold it in place on the bolt with the plastic washer.

Steps 8-15

Position the rail in place. Make sure you fit the rails on the correct side. The notched inside edge faces to the middle of the roof. See the photo.

Remove the film from the sticky pads at the front and rear of the rail and then screw the rail into position, making sure the ends sit centrally on the track. This is much easier than the instructions would suggest.





The finished job

