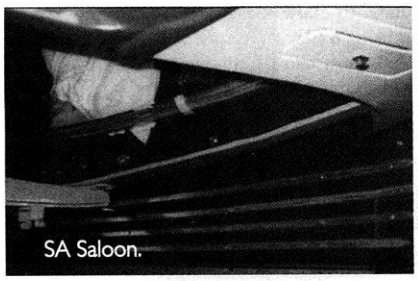
FITTING RUNNING BOARD STRIPS

THE FOLLOWING ARTICLE was written by Adrian Priestly of Chisbon Restorations.

I thought I would put pen to paper (well finger to PC) and write a guide on how to cut and fit 'Running board strips'. I am not going to claim that this is an original MG method, but you will gain a neat consistent result.

As far as determining the quantity, length and position of the strips, if you are replacing existing original ones then straight substitution will suffice to retain the originality. If you are starting from scratch then I use the 'if it looks right it is right' theory as MG were never consistent or careful in their original fitting.


SA Tickford.


SA Saloon.

As a rough guide:

Firstly lay a strip to line up with the end of the front wing central swage line, starting approximately 1in behind the swage and finishing approximately ½in from the end of the running board.

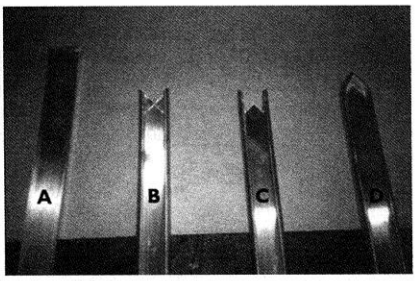
Next lay the outer strip to start approximately 2in behind the first, finishing in line at the rear, making sure this strip is parallel with the running board edge and as close to it as possible without encroaching on the curved 'corner'.

The third strip is then sited midway between the first two, starting 1in behind the central one to give an even slant, and again finishing level at the rear.

Now with the inter-strip spacing decided, the last strip can be placed inboard of the first one starting approximately 1in behind and finishing where the shape of the running board will allow.

When you are happy with the position of all your strips, clamp or tape them down and drill through both them and the running boards/front wings using a 4.5mm drill. Then counter sink the aluminium strips (do not damage the sides!) to take suitable counter sunk screws. If this is a trial fit before painting the car, do not drill the holes through the wings, this will allow for a small movement during reassembly after painting.

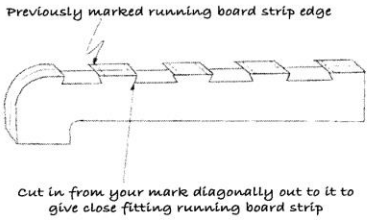
To form the pointed ends in the aluminium, first use the set-square to mark a line across the rear where you want the strip to end. Then using a protractor, adjustable bevel etc, mark the two lines at 45 degrees as A in photo below. Clamp the strip wrapped in cloth or leather, then cut down the diagonal lines using a junior hacksaw to give B, being careful not to cut into the raised edges.Cut down the strip as near to the raised edges as possible to give C. Finally support the strip on leather or cloth and gently tap in the ends, To give an even point as D.



To fit the insert, cut the rubber approximately ¼in too long, to allow for shrinkage and form a neat point using a file, sandpaper or whatever you have to hand, push into the aluminium ends first. Then start in the middle and work your way out. This spreads the excess length of the rubber evenly.

Remember, practice all of the above on spare aluminium or rubber first until you're confident to proceed with the real McCoy!

Finally you will have to cut the wing-to-running board rubber fillet. This is best done after the trial fitting of the strips. Fit the rubber fillet, then lightly screw down the strips to enable you to draw their positions on the fillet. Remove the fillet and cut as in drawing below.



Tools and Materials used

Tools Required

- Drill c/w 4.5 mm bit and counter sink
- Junior hacksaw
- Biro or Pencil
- Hide mallet or piece of soft wood
- Piece of thick cloth or leather
- Tape measure
- Sticky tape
- Vice or clamp
- File or sand paper
- Sharp knife

Materials Required

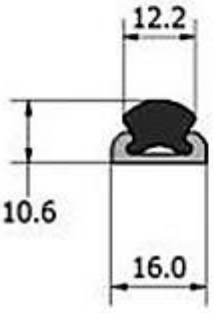
- Aluminium running board strip c/w rubber insert available from Vintage Supplies 01692 650455
- Part No. 283 (3/4" wide)
- Part No. 237(7/8" wide)
- Part No. 282(5/8" wide)
- 4mm x 10mm counter sunk screws, nuts and washers.

If you need a hand with this or any other aspect of restoration and servicing do not hesitate to give me a ring. Adrian Priestly, Chisbon Restorations.

P Type Running Board – only 2 strips, which do not overlap with the trailing edge of the front wings as in the above article.
NOTE. Photo shows non-standard rear end of the running board profiled to the rear wing – original was straight with approx ¼ - ½" gap. Strips end approx. 1" from the ends of the running board.

Running board strips
P/N 282 - 16mm aluminium strip and rounded rubber insert

https://www.completeautomobilist.com/products/282-16mm-aluminium-strip-with-rounded-rubber-insert



Fixings – Alum strip to Running Board – use 2BA Slotted Head CSK screw – Head dia ~ 8.0mm – should fit inside the 'groove'.