

Drips & Sparks

If you have any questions or problems with your LBC,
send an e-mail to Randall Young at: HelpDesk@sctoa.org

I found your email addresses on the Southern California Triumph Owners' Association's Web page. I'm contacting you because I have a 1980 TR7 and I'm going to have my mechanic replace the transmission fluid for me. However, neither he nor I know what we should use. He said that some people put in 10W30 motor oil and some put in other fluids. Can you, or someone else, suggest what should be used?

Craig Ewing (via the internet)

Hi Craig :

The topic of Triumph transmission fluid can be confusing, because the late TR7 and TR8 had a completely different transmission than all of the earlier TRs did. Many people tend to assume "all Triumphs are the same" but it's simply not true in this case. Motor oil was actually the factory recommended lubricant for some of the earlier transmissions, but not the one used on the TR7/8.

The factory recommendation for the TR7 was GL4 gear oil in a 75W weight.

Based on that (I've never owned a TR7/8), my personal recommendation would be Valvoline 75W90 SynPower (full synthetic) gear oil. It does have a GL5 rating, which some people have said to avoid, but because of the higher film strength of the synthetic base stock, it actually has less of the sulfur-based additive that is of concern in Triumph gearboxes. I've been using it for a long time now in all my Triumph differentials, and it seems to work quite well. It does cost a bit more than conventional gear oil, but the cost is trivial compared to having a gearbox rebuilt.

If you want, you can read Valvoline's marketing hype at http://www.valvoline.com/pages/products/product_detail.asp?product=58 YMMV (your mileage may vary)

Randall