

Service Information

Lubricants, Fluids & Replaceables

Component or System	Specification	Recommended by Mad Mole	Volume
Engine Oil	<p># -20 to over +40 C Ford Multigrade Super Engine SAE 10W30 API/SG/CD</p> <p># -20 to over +40 C XR+ High-performance High lubricity SAE 10W40 API/SG/CD</p> <p># -30 to over 40 C Semi-synthetic and Synthetic SAE 5W40 API/SG/CD</p> <p># 40 to below -30 C Ford Multigrade Super Engine SAE 5W30 API/SG/CD</p>	<p>Mobil Rally 1 (0W-40)</p> <p>Or any oil with a W rating of 5 or below. If you use 10W oil you will get valve clatter on start up as the oil is too thick</p> <p>5W-30 is the best general Spec</p> <p>Ford have changed their specifications many times over the years</p>	<p># Engine oil, initial fill incl. filter 4.50L</p> <p># Engine oil, oil change incl. filter 4.25L</p> <p># Engine oil, oil change excl. filter 3.75L</p>
Manual Gearbox Oil	Gear oil to Ford specification ESD-M2C-186-A	Castrol Dextron III. Or ANY Automatic Transmission Fluid. Do not use Hypoy	2.6 litres
Automatic Gearbox Oil	Gear oil to Ford specification ESD-M2C-166-H	Castrol Dextron III	Total 7.2L, 3.6L drain & refill
Power Steering	Gear oil to Ford specification ESD-M2C-166-H	Castrol Dextron III	
Cooling System	<p>Soft/Distilled water with Antifreeze to Ford specification ESD-M87B-49-A</p> <p>1.061 s.g at 15C. 40% antifreeze to 60% water</p>	Bluecol with Distilled or Reverse Osmosis water. I mix 50/50	6.6L manual, 7.1L automatic
Braking System	Hydraulic Fluid to Ford specification ESD-M6C-57-A, Super DOT 4	Comma DOT 5.1	
Screen Wash		Halford Super Concentrated Screen wash, 50% mix and Mixra Spray (good stuff)	
Fuel	RON 95 or above Unleaded	Shell Optimax	61.5 litres

Oil Filter	Champion C102	Piper (DO NOT use FRAM)	
Air Filter	Champion U618	None, get a K&N 57i kit	
Fuel Filter	Champion L218	Change every other service	
Spark Plugs	Champion RE7YCC (these are crap!!)	NGK PTR5A-13 051 Platinum	
HT Leads	Ford, 1-3-4-2 firing order, 1 at timing belt end	Splitfire	
Wiper Blade Drivers Side	Champion X5303	Bosch 21S	
Wiper Blade Passenger Side	Champion X5103	Bosch 20S	
Wiper Blade Tailgate	Champion X5103	Bosch 20	
Tyre Pressure Normally laden	Front 2.1bar, 31 psi Rear 2.1bar, 31 psi	Front 28 psi, rear 32 psi	
Tyre Pressure Loaded or high speed	Front 2.4bar, 35 psi Rear 2.8bar, 41 psi	Front 32 psi, rear 38 psi	

Mad Moles Mondeo Madness, © Mad Mole 2001. You may see the Molemobile fly past in the Sutton area (Surrey).

[Return to Home page](#)

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