

# Triumph Spitfire Restoration Manual

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The Lowdown: Some of you may recall the 1979  
British racing green Triumph Spitfire project we had  
booked in for an engine bay restoration earlier this  
year, well having seen our coverage of the project on  
our blog, Ian booked his 1971 Triumph Spitfire for the  
same restoration treatment and for us to finish the

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car off by sandblasting and painting the suspension parts and detailing the engine.

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