This is a bit long winded but it works for me, feel free to alter or ignore!!

This description assumes that you are not going to reuse the old lining or C pillar covers. Whilst they can be removed, cleaned and refitted using the instructions below it rarely results in a professional finish. You should take lots of care when removing the old lining and liners if you intend to re use them

Tools and equipment you will need

X4 small G clamps (about £5 from B&Q)

Small paint brush

Small tin of contact adhesive

Sharp scissors

Ball point pen

Bottle of white spirit

A very large sack load of patience

First cover the interior with an old sheet or some protective seat covers

Make a note (or take a picture) of how the lining is cut on the A and B pillars. These are the only two places that the lining edge is visible and you need to get it right when you fit the new one.

Remove the front screen and seal. Carefully unplug the rear de mister connections and remove the rear screen and seal.

Remove the rear side windows and seals

Remove the offside and nearside door seals

Remove the rear view mirror and sun visors

Remove the interior light

Starting at the rear of the vehicle pull the head lining away from the window openings where it is folded around the frames. Ensure that the lining is loose all the way around the car.

Again starting at the rear of the vehicle take hold of the rear most lining rod in the middle and push it forward through 90 degrees. This will give enough slack in the lining to allow you to pop out the rod from one side of the inner rail which it sits in.

Pop the rod out of the other side rail and let it hang down into the car. Don't remove the rod from the lining.

Repeat this procedure for each rod in turn from back to front, leaving the rods in the lining until all have been removed and the lining can be removed from the car.

Lay out the old and the new lining on a clean surface and transfer the rods in order from the old to the new lining.

If you intend to fit soundproofing or insulation to your roof now would be a good time to do it!

Take some white spirit and a clean cloth and clean around all the window openings and pillars until all old adhesive is removed. The white spirit shouldn't damage the paint on your car but be sparing. When all residues are gone clean over with a damp soapy cloth and dry thoroughly.

Here comes the tricky bit!

Take your new lining with the rods installed and lay it across the interior of your car

Starting at the rear of the car, pop the rods into their holes in the inner rail. They should all hang down at this point at 90 degrees to their final position.

A little explanation here...

The idea when fitting the new lining is to fit it lengthways from back to front first, then fit it width ways from side to side. This way you are not trying to remove creases in two directions at once and you also have access to the support rods for as long as possible.

Take two of your G clamps and clamp the lining to the rear screen recess. Don't over tighten the clamps, you are only clamping to establish fitting position at this stage.

One by one from back to front spin the support rods through 90 degrees so that they sit in their final positions. Once this is done take your other two clamps and pulling the lining tight clamp the lining to the front screen recess. The lining can be tightened at this stage by loosening one clamp at a time, front and back, until you are satisfied with the fit.

Take your ball point pen and mark a cutting line on the lining front and back. The line you draw should leave enough lining to wrap around the window recess but not so much that it will be visible beyond the screen rubbers.

Once marked remove the rear clamps and trim the lining to size using scissors. You can use a craft knife to trim the lining in place but I feel that this damages the underlying paintwork and gives the rust a way in. The same applies for the front.

Take your paintbrush and contact adhesive (if you are not outdoors you might want to put on a mask at this point) and brush a line of adhesive about 1 ½ " wide onto the

inside of the window recess. Brush the adhesive onto the outside of the window recess removing any excess before it dries.

Apply the same amount of adhesive to the inside rear of the lining and take great care to avoid getting any adhesive on the visible side of the lining.

Allow the adhesive to get touch dry (read the tin) and then refit the lining to the window recess as before and clamp in place.

Follow the same procedure for fitting the front of the lining.

Using a dry cloth run around the window recess front and back, pushing down with your finger to ensure that the adhesive in bonded as firmly as possible.

Leave this in place to allow the adhesive to cure (again read the tin) before removing the clamps and moving on to the next stage.

Starting on the driver's side of the car clamp the lining into the rear side window recess. Move around the car to the opposite side and clamp in the same way. mark each side as per the front and rear and cut to size.

Again apply the adhesive, allow to dry and pull tight before clamping each side.

Cut and pull the interior light wires through the lining before moving on to the B posts and front door recesses. Use the same procedure described above to fit the front door recesses and pillars, remove any excess adhesive with a cloth and white spirit.

Using the mental note (or Digi picture) that you took at the start cut and fit the A and B post sections as necessary.

You should now have a fitted, crease free lining. Should any creases appear you can force them out using a hairdryer to gently warm the vinyl and push away the crease with a clean hand.

Fit the rear lower screen section coating the whole surface in adhesive to ensure it follows the profile of the panel when fitted

You can now fit the C pillar covers (pull the rear screen demister wires through the holes in the covers first) and replace the interior light, sun visors and rear view mirror.

All that is left to do now is refit the front, rear and side screens (you might want to replace the seals all round at this point, they don't like to be removed and often leak when re fitted) If you do intend to re use the seals it is a good idea to use some screen sealant to prevent leakage.

You might find that mole grips work better than G clamps and that there are ways to adapt the above to make it easier for you. I have fitted a lot of linings using this method and don't have any problems. Be methodical and slow, take your time and you should be fine.