

Type of Vehicle & Model	Age of Vehicle (Year)	PSI Pressures / Monitor Required			
		Standard		Loaded / Speed	
		Front	Rear	Front	Rear

Rover 25 Recommended Tyre Pressure

1.4i	99 - Onwards	30	30	34	34
1.6i	99 - Onwards	28	28	30	30
1.8i	99 - Onwards	28	28	30	30
1.8 GTi	99 - Onwards	28	28	28	28
2.0 TDi	99 - Onwards	30	30	34	34

Rover 45 Recommended Tyre Pressure

1.4	99 - Onwards	28	28	30	30
1.6	99 - Onwards	28	28	30	30
1.8	99 - Onwards	28	28	30	30
2.0 V6	99 - Onwards	32	32	36	36
2.0 TD	99 - Onwards	32	32	36	36

Rover 75 Recommended Tyre Pressure

1.8	99 - Onwards	30	28	32	30
2.0 CDT	99 - Onwards	32	30	36	34
2.0 V6	99 - Onwards	30	28	38	36
2,5 V6	99 - Onwards	30	28	38	36

Rover 100 Recommended Tyre Pressure

111 GSi	95 - 96	30	30	30	30
111i	95 - 96	30	30	30	30
111 Si	95 - 96	30	30	30	30
111 Sli	95 - 96	30	30	30	30
114 CVT	95 - Onwards	34	34	34	34
114 GSi	95 - Onwards	30	30	30	30
114 GTA	95 - Onwards	30	30	30	30
114 SLI	95 - Onwards	30	30	30	30
115 SD	95 - 96	34	34	34	34

115 SLD	95 - 96	34	34	34	34
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Rover 200 Recommended Tyre Pressure

200 Gsi	93 - 96	30	30	36	36
200 Vi	95 - 99	32	32	32	32
214i	93 - 99	30	30	30	30
214 SE	94 - 95	30	30	40	30
214 Si	95 - 99	30	30	30	30
214 Si 16v	89 - 95	30	30	30	30
214 Sli	95 - 96	30	30	32	32
214 SLi 16v	89 - 95	30	30	30	30
216 Cabriolet	92 - 01/95	32	32	32	32
216 Cabriolet	02/95 - 10/95	30	30	40	30
216 Coupe	92 - 01/95	32	32	32	32
216 Coupe	02/95 - 10/95	30	30	40	30
216 Si	95 - 99	30	30	30	30
216 SLi	95 - 99	30	30	30	30
216 SLi 16v	95 - 96	30	30	36	36
218 D	91 - 96	30	30	32	32
218 SD	91 - 96	30	30	32	32
218 SLD	91 - 96	30	30	32	32
220 Coupe	95 - 96	30	30	40	40
220 Coupe 16v	92 - 95	30	30	36	36
220 Coupe 16v Turbo	92 - 95	30	30	36	36
220 D	95 - 99	30	30	36	30
220 GSi	94 - 96	32	32	40	40
220 SD	95 - 99	32	30	36	30
220 SLD	95 - 99	34	30	36	30

Rover 400 Recommended Tyre Pressure

414	95 - 96	30	30	30	30
414i	95 - 99	30	30	30	30
414 Si	95	30	30	32	32
414 Si	96 - 99	30	30	30	30

414 Si	96 - 99	30	30	30	30
414 Si 16v	90 - 95	30	30	30	30
414 SLi	95	30	30	32	32
414 SLi 16v	90 - 95	30	30	30	30
416i	95 - 99	30	30	30	30
416 Si	95 - 99	30	30	30	30
416 Si 16v	95	30	30	36	36
416 SLi	90 - 95	30	30	36	36
416 SLi 16v	90 - 95	30	30	36	36
416 SLi Estate	94 - 96	30	30	36	36
418 GSD Turbo	95	30	30	40	40
418 SDT	93 -95	30	30	36	36
418 SLD	91 - 95	30	30	32	32
418 SLD Estate	94 - 96	30	30	36	36
420 D	95 - 99	30	30	32	30
420 Di	95 - 99	30	30	32	30
420 GSDi	96 - 99	30	30	32	30
420 GSi	95	30	30	36	36
420 GSi	96 - 99	32	30	36	30
420 GSi Sport	92 - 95	30	30	40	40
420 GSi Turbo	92 - 95	30	30	40	40
420i	95 - 99	32	30	36	32
420 SDi	95 - 99	30	30	32	30
420 Si	95 - 99	32	30	36	32
420 SDLi	95 - 99	30	30	32	30
420 SDL Estate	94 - 96	30	30	40	40
420 SLi	95 - 99	30	30	32	30

Rover 600 Recommended Tyre Pressure

618	96 - 03/97	32	30	32	30
618	04/97 - 99	30	28	30	28
618 Si	96 - 03/97	32	30	32	30
618 Si	04/97 - 99	30	28	30	28
620 GSi	93 - 97	32	30	38	36

620 GSi	93 - 97	32	30	38	36
620i	93 - 97	32	30	38	36
620 SDi	94 - 97	32	30	38	36
620 Si	97 - 98	32	30	38	36
620 SLDi	94 - 97	32	30	32	30
620 SLi	95 - 03/97	32	30	32	30
620 SLi	04/97 - 99	30	28	30	28
620 TD GSDi	97 - 99	32	30	32	30
620 TD SDi	97 - 99	30	28	30	28
620 TD SLDi	97 - 99	30	28	30	28
620 Ti	95 - 96	30	28	30	28
623 GSi	95 - 99	30	28	30	28
623 SLI	95 - 96	34	32	34	32

Rover 800 Recommended Tyre Pressure

820	95 - 97	28	28	34	34
820 Si 16v	95 - Onwards	32	32	36	36
820 SLi 16v	95 - Onwards	32	32	36	36
820 Vitesse	91 -96	32	32	36	36
820 Vitesse Sport	96 - Onwards	34	28	40	34
825 DT	95 - Onwards	30	30	36	36
825 SD	94 - Onwards	34	28	40	34
825 SDL	94 - Onwards	32	32	32	32
827 24v Coupe	92 - 96	32	32	32	32
827 24v Sterling	94 - 96	32	32	36	36
827 Si 24v	93 - 96	32	32	32	32
827 SLi 24v	93 - 96	32	32	32	32

Rover Metro Recommended Tyre Pressure

1.1	90 - 95	30	30	30	30
1.4 CD	92 - 95	30	30	30	30
1.4 GS+A1830i	92 - 95	30	30	30	30
1.4 L	92 - 95	30	30	30	32
1.4 LD	92 - 95	30	30	30	30

1.4 LD	92 - 95	30	30	30	30
1.4 LDi	92 - 95	30	30	30	30
1.4 S	92 - 95	30	30	30	32
1.4 SD	92 - 95	30	30	30	32
Rover Mini Recommended Tyre Pressure					
1.3i Cooper	92 - 94	28	28	28	28
1.3i Cooper	95 - Onwards	28	30	28	30
1.3 Mayfair	92 - Onwards	28	28	28	28
1.3 Sprite	92 - Onwards	28	28	28	28
1.6 16v Cooper	07/01 - Onwards	30	30	36	36
1.6 16v One	07/01 - Onwards	30	30	36	36