How to change the alternator on a 16v

Get some WD40 on the tensioner - a long threaded rod with a 13mm flat on the engine end - and let that sit; it's almost certainly rusted solid by now and you might have to saw through it

In brief (for a NON AIRCON 16v NA):

- remove battery earth connection

- remove alternator positive and control leads

- release the belt tensioner

- release the alternator top bolt (17mm from memory)

- release the alternator bottom bolt - tricky to get to but you can do it from above - 19mm each end - and withdraw

- remove the old belt and lift the alternator upwards

- fit new alternator with bottom bolt first (and make sure you check that you have the right pulley; measure from the upper flange to the grooves

- fit a new alternator belt - it will be tight but will go over eventually with a little persuasion. Get it round the crank pulley first.

- tension it, not too tight, you should be able to turn it 90 degrees under finger pressure

- the belt will stay there with just the pressure from the top bolt, but obviously it's preferable to fit the tensioner.