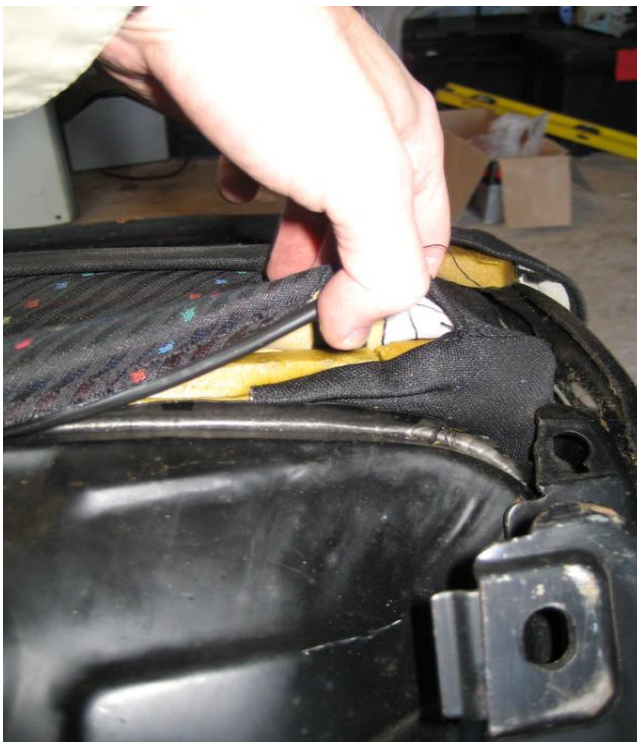# Removing seat subframe and runners

To get the subframe(s) off, you simply need to undo the two Torx bolts at the back of each runner - shown [here](#)

To get the runners off, you need to remove the seat base cloth and foam. Start by freeing up the [back](#)

 with a screwdriver/pliers, then

[pulling](#)

that through to the front and then

[working round the base](#)

until it is free.

There are then [four nuts](#)

to undo, which hold the runners to the base. Strangely, just on one runner, there is also a single

[rivet](#)

 It might be possible to drill out, but is has been known to spin, so you may need to hacksaw through it.

The end result ... [subframe and runners](#)