Ok. So I'm on my old and dying machine (Some sort of socket 478 motherboard with a BIOS last revised in feb of 2002) and I installed a PCI USB 2.0 card that I had lying around so I could use modern hardware, and it installed just fine, it's present in device manager, and I can connect things and Windows finds them.

The problem is, when I connect my USB Hard Disk (An Iomega Silver Series 250GB edition) - Windows goes all weird. It finds and mounts the disk just fine... but if I try to load something, it just gives up and complains about "Delayed write failed - G:\$MFT" or something.

However, I can connect and use my Cruzer USB key just fine, and it loads perfectly. Windows isn't popping up it's normal "This device can perform faster" message, so it's at USB 2.0 speed.

The only difference I can think of is that my USB key is formatted in FAT32 (So I can get at it on just about anything) whilst the drive is formatted in NTFS (I cannot reformat this, it's got soo much on it, more than I can back up)

Any ideas?!