

Ford Camshaft Data :- Kent Cross Flow Non Crossflow 109E/116E

Rocker Ratio 1 : 1.514

| Part No | Application | Power Band | Duration | | Valve Lift | | Cam Lift | | Timing | | Full Lift | | Lift @ TDC with clearance | | Valve Clear | | Price Ex VAT | Material Type |
|---|-----------------------------|---------------|----------|-----|----------------|----------------|---------------|---------------|---------|----------|-----------|---------|------------------------------|-----|----------------|----------------|-----------------|------------------|
| | | | In | Ex | In | Ex | In | Ex | In Open | Ex Close | IN. ATDC | EX BTDC | In | Exh | In | Ex | | |
| FORK/264/363 PH1 | Road Cam | 1250 6000 | 264 | 264 | 0.363 9.22 | 0.363 9.22 | 0.240 6.09 | 0.240 6.09 | 20-64 | 64-20 | 110 | | 0.036" 0.91mm | | 0.015 0.381 | 0.017 0.432 | £130.00 | Blank |
| Notes. Good Increase of Low Mid Range Power Smooth Idle. Best with Webber 28/36.A Sharp Instant Power Cam | | | | | | | | | | | | | | | | | | |
| FORK/278/379 PH2 | Fast Road | 2000 6500 | 278 | 278 | 0.379 9.61 | 0.379 9.61 | 0.250 6.35 | 0.250 6.35 | 35-75 | 75-35 | 110 | | 0.056" 1.44mm | | 0.015 0.381 | 0.017 0.432 | £130.00 | Blank |
| Notes. Good Increase of Mid Range Power, Smooth Tick over. Gives More Power Than the GT116E Cam (See Notes) | | | | | | | | | | | | | | | | | | |
| FORK/290/401 PH3 | Fast Road Sprint Cam | 2500 7000 | 290 | 290 | 0.436 11.07 | 0.436 11.07 | 0.288 7.31 | 0.288 7.31 | 30-80 | 80-30 | 110 | | 0.077" 1.97mm | | 0.015 0.381 | 0.017 0.432 | £130.00 | Blank |
| Notes. Good Increase of Mid Top End Power Works with either 28/36 or Twin DCOE Webber's Ideal Road Kit Car Cam (See Notes) | | | | | | | | | | | | | | | | | | |
| FORK/310/436 PH4 | Sprint/Tarmac Rally | 4000 7500 | 310 | 310 | 0.454 11.53 | 0.454 11.53 | 0.300 7.61 | 0.300 7.61 | 40-90 | 90-40 | 110 | | 0.113" 2.87mm | | 0.015 0.381 | 0.017 0.432 | £130.00 | Blank |
| Notes. Ideal Short Circuit /Sprint Cam (see Notes) | | | | | | | | | | | | | | | | | | |
| FORK/324/447 PH5 | Race Cam | 5000 9000 | 324 | 324 | 0.447 11.34 | 0.447 11.34 | 0.295 7.49 | 0.295 7.49 | 45-100 | 100-45 | 110 | | 0.128" 3.25mm | | 0.016 0.406 | 0.018 0.457 | £130.00 | Blank |
| Notes. A Race Cam with a Solid Power Band from 5000 to 8500 Ideal for the 1500 to 1800cc Engines (See Notes) | | | | | | | | | | | | | | | | | | |
| FORK/A8 PH5 | Race Cam F3 | 5500 11000 | 332 | 332 | 0.407 10.34 | 0.407 10.34 | 0.269 6.83 | 0.269 6.83 | 66-86 | 86-66 | 100 | | 0.176" 4.47mm | | 0.016 0.406 | 0.018 0.457 | £130.00 | Blank |
| Notes. Cosworths Screamer F3 Cam for the 997cc Ford Engine for Classic F3 Racing Slot Milled Flange for Front Mounted Dry Sump Pump | | | | | | | | | | | | | | | | | | |

Ford Additional Components : - Kent Cross Flow Non Cross flow 109E/116E

| Part No | Description | Price |
|-----------------|--|---------|
| DNS1040S | 8 x Single Valve Springs 160 Poundage Ph1 to PH3 | £40.00 |
| DNS1040D | 8 x Double Valve Springs 200 Poundage Ph4 to PH5 | £60.00 |
| DNCF01 | 8 x Super Finished Chilled Iron Cam Followers Thin Stem Pre 1970 PH1 Cams Only | £30.00 |
| DNCF05 | 8 x Super Finished Chilled Iron Cam Followers Thick Stem Post 1970 PH1 Cams Only | £30.00 |
| K445 | 8 x Steel Thick Stem EN40B Nitride Steel Cam Followers Post 1970 Engines PH3/4/5 Cams | £80.00 |
| K444 | 8 x Steel Thin Stem EN40B Nitride Steel Cam Followers Pre 1970 for F3 Engines PH3/4/5 Cams | £80.00 |
| DNV1040 | 8 x Chrome Moly Valve Caps with 2mm Extra Fitted Spring Length either Single or Double Springs | £24.00 |
| DNS1040S | 1 x Steel Camshaft any Profile with Dry Sump Oil Pump Slot in End | £280.00 |
| TD1 | Timing Disc Dual Purpose Full Lift and Engine Degrees | £5.00 |

Notes :- The above Cams are made from Chilled Iron it is not advisable to run a Side Mounted Dry Sump Pump on this engine unless a Steel Cam is Fitted The Original Ford Oil Pump gear is Made from Cast Iron. There are replacement pumps on the market with Steel Gears, Steel and Iron do not run well together. Ensure when you replace a pump the gear is of original Ford Manufacture. Failure to fit this gear may lead to a Failure of the Oil Pump There are also High Pressure Oil Pumps(A standard pump with an Up rated Spring) do not fit this as the Irons Gears are Rated to run at 40 PSI Hot Check when fitting Cams with .375 Lift and above that the Springs are not Coil Binding if they are either cut the Spring Seats or fit our Valve Caps The chilled iron followers that are available now are only suited to the PH1 Cams, we suggest that for all cams that you fit our EN40B Nitrided Cam Followers

Ford Camshaft Data :- 1600/1800/2000cc SOHC "Pinto"

Rocker Ratio 1 : 1.58

| Part No | Application | Power Band | Duration | | Valve Lift | | Cam Lift | | Timing | | Full Lift | | Lift @ TDC with clearance | | Valve Clear | | Price Ex VAT | Material Type |
|--|-----------------------------------|--------------|----------|-----|----------------|----------------|---------------|---------------|--------|-------|-----------|----|---------------------------|-----|----------------|----------------|--------------|---------------------|
| | | | In | Ex | In | Ex | In | Ex | In | Ex | In | Ex | In | Ex | In | Ex | | |
| FORP/284/379 PH2 | Fast Road | 2000 6000 | 284 | 284 | 0.379 9.61 | 0.379 9.61 | 0.250 6.35 | 0.250 6.35 | 32-72 | 72-32 | 110 | | N/A | N/A | 0.006 0.152 | 0.008 0.203 | £120.00 | Blank Chill/Iron |
| Notes. Free Revving Cam with Plenty of Mid Range Power best with a Twin Choke Carb Ideal for Road Use. Use carbide inerted rocker arms | | | | | | | | | | | | | | | | | | |
| FORP/300/416 PH3 | Fast Road Sprint Cam | 3000 7000 | 300 | 295 | 0.416 10.57 | 0.413 10.49 | 0.275 6.98 | 0.273 6.93 | 33-87 | 80-35 | 110 | | N/A | N/A | 0.006 0.152 | 0.008 0.203 | £120.00 | Blank Chill/Iron |
| Notes. Road Rally/Short Circuit Cam runs on a Twin Choke Carb but best with DCOE Webers. Good Mid Range Power. Use carbide insert rocker arms | | | | | | | | | | | | | | | | | | |
| FORP/275/474 PH4 | Short Circuit/Sprint/Rally | 2000 6000 | 275 | 272 | 0.474 12.03 | 0.471 11.95 | 0.313 7.94 | 0.311 7.89 | 22-73 | 74-18 | 110 | | N/A | N/A | 0.006 0.152 | 0.008 0.203 | £120.00 | Blank Chill/Iron |
| Notes. Runs Best with 40 DCOE Carbs for Road Use, But fine with a Twin Choke for Circuit use. The Ultimate Torque Cam. Use Carbide Insert Rocker Arms | | | | | | | | | | | | | | | | | | |
| FORP/284/474 PH4.5 | Short Circuit/Sprint/Rally | 3000 7250 | 284 | 284 | 0.474 12.03 | 0.471 11.95 | 0.313 7.94 | 0.311 7.89 | 26-78 | 78-26 | 110 | | N/A | N/A | 0.006 0.152 | 0.008 0.203 | £120.00 | Blank Chill/Iron |
| Notes. Develop from the above cam but has another 500 RPM on the Top End Masses of Mid Range Power from 4000 RPM. Use Carbide Inset Rocker Arms | | | | | | | | | | | | | | | | | | |
| FORP/286/474 PH4.75/117 | Short Circuit/Sprint/Rally | 3250 7500 | 286 | 286 | 0.474 12.03 | 0.471 11.95 | 0.313 7.94 | 0.311 7.89 | 30-76 | 76-30 | 110 | | N/A | N/A | 0.006 0.152 | 0.008 0.203 | £120.00 | Blank Chill/Iron |
| Notes. Develop from the above cam but has another 200 RPM on the Top End Masses of Mid Range Power from 4000 RPM. Use Carbide Insert Rocker Arms | | | | | | | | | | | | | | | | | | |
| FORP/300/477 PH5 | Race | 4000 8000 | 300 | 300 | 0.477 12.10 | 0.474 12.03 | 0.315 7.99 | 0.313 7.94 | 33-87 | 87-33 | 110 | | N/A | N/A | 0.006 0.152 | 0.008 0.203 | £120.00 | Blank Chill/Iron |
| Notes. This Cam is the Ultimate for a carburetted Pinto Race Engine it Give great Top End Power without Losing Mid Range Pulling Power. Use Carbide Insert Rocker Arms | | | | | | | | | | | | | | | | | | |
| FORP/310/492 PH5 | Race | 4500 8250 | 310 | 310 | 0.492 12.49 | 0.492 12.49 | 0.325 8.25 | 0.325 8.25 | 33-87 | 87-33 | 110 | | N/A | N/A | 0.006 0.152 | 0.008 0.203 | £120.00 | Blank Chill/Iron |
| Notes. A Race cam only really suited to throttle bodies and programmable ECU Units. Use Carbide Insert Rocker Arms | | | | | | | | | | | | | | | | | | |

Ford Pinto Additional Components : - 1600/1800/2000cc

| Part No | Description | Price |
|--------------------|---|--------|
| K494 | Aluminium Vernier Pulley with Steel internal Sprocket | £75.00 |
| DNS1017S | 8 x Single Valve Springs 160 Poundage Ph1 to PH3 Swedish Wire | £40.00 |
| DNS1017/200 | 8 x Single Valve Springs 190 Poundage Ph4 to PH5 Swedish Wire | £48.00 |
| DNS1017D | 8 x Double Valve Springs 200 Poundage Ph4 to PH5 Swedish Wire | £60.00 |
| DNCF5001P | 8 x Long Pad Cam Followers with Carbide Inserted Pad. Essential for Phase 3 to 5 Cams | £68.00 |
| DNV5120 | 8 x Chrome Moly Valve Caps Suits double or Single Springs | £28.00 |
| DNCFP1 | Oil Feed Pipe | £8.00 |
| DNC249 | 8 x Chrome Moly Ball Studs Long Thread 62 RWC | £16.00 |
| TB5001 | Timing Belt for 1.6 Engine 119 mm x 19mm | £15.00 |
| TB5002 | Timing Belt for 2.00 Engine 122 mm x 19mm | £15.00 |
| TD1 | Timing Disc Dual Purpose Full Lift and Degrees | £5.00 |

All Pinto Cams are ground on our own chilled Iron Blanks.



Ford Camshaft Data :- 1300/1600 CVH RS Turbo XR3i XR2 Mechanical Cam Followers Only

Rocker Ratio 1 : 1.64

| Part No | Application | Power Band | Duration | | Valve Lift | | Cam Lift | | Timing | | Full Lift | | Lift @ TDC with clearance | | Valve Clear | | Price Ex VAT | Material Type |
|---|------------------------------|---------------|----------|-----|----------------|----------------|---------------|---------------|---------|----------|-----------|---------|------------------------------|----|----------------|----------------|-----------------|------------------|
| | | | In | Ex | In | Ex | In | Ex | In Open | Ex Close | IN. ATDC | EX BTDC | In | Ex | In | Ex | | |
| FORC/256/413 PH1 | Mild Road/Carb Models | 1500 6000 | 256 | 256 | 0.413 10.49 | 0.413 10.49 | 0.252 6.40 | 0.252 6.40 | 18-58 | 58-18 | 110 | | 0.029" 0.74mm | | 0.008 0.203 | 0.010 0.254 | £135.00 | Blank Chilled |
| Notes. Good Increase of Low Mid Range Power Smooth Idle. A Sharp Instant Power Cam.Essential to use our Mechanical Cam Followers | | | | | | | | | | | | | | | | | | |
| FORC/260/409 PH2 | Fast Road/Carb Models | 2000 6000 | 260 | 260 | 0.409 10.38 | 0.409 10.38 | 0.270 6.85 | 0.270 6.85 | 20-60 | 60-20 | 110 | | 0.051" 1.31mm | | 0.008 0.203 | 0.010 0.254 | £135.00 | Blank Chilled |
| Notes. Free RevingCam with Plenty of Mid Range Power best with a Twin Choke Carb Ideal for Road Use.Essential to use our Mechanical Cam Followers | | | | | | | | | | | | | | | | | | |
| FORC/286/416 PH4 | Fast Road Sprint Cam | 3000 7000 | 286 | 286 | 0.416 10.57 | 0.413 10.49 | 0.275 6.98 | 0.273 6.93 | 34-74 | 74-34 | 110 | | 0.083" 2.1mm | | 0.008 0.203 | 0.010 0.254 | £135.00 | Blank Chilled |
| Notes. For Injection and Carb Models/Good Mid Range Top End Power Ground on a Chilled Iron Blank Essential to Use Our Mechanical Cam Followers | | | | | | | | | | | | | | | | | | |
| FORC/296/416 PH5 | Race Cam | 4000 8000 | 296 | 296 | 0.416 10.57 | 0.412 10.45 | 0.275 6.98 | 0.272 6.90 | 38-78 | 78-38 | 110 | | 0.103" 2.62mm | | 0.008 0.203 | 0.010 0.254 | £135.00 | Blank Chilled |
| Notes. Race Cam Giving a Flat Power Curve Ground on a Chilled Iron Blank .Essential to Use Mechanical Cam Followers | | | | | | | | | | | | | | | | | | |
| FORC/276/409T PH4 | Turbo Cam | 2500 6500 | 276 | 276 | 0.409 10.38 | 0.409 10.38 | 0.270 6.85 | 0.270 6.85 | 24-72 | 72-24 | 114 | | 0.039" 0.98mm | | 0.008 0.203 | 0.010 0.254 | £135.00 | Blank Chilled |
| Notes. The Best Turbo Cam Around .Ground on Chilled Iron Blank .Essential to use our Mechanical Cam Followers. 167MPH has been obtained on this cam | | | | | | | | | | | | | | | | | | |
| FORC/280/448T PH4 | Turbo Cam | 2500 7000 | 280 | 280 | 0.448 12.31 | 0.448 12.31 | 0.30 7.51 | 0.30 7.51 | 26-74 | 74-26 | 114 | | 0.041" 1.05mm | | 0.008 0.203 | 0.010 0.254 | £135.00 | Blank Chilled |
| Notes. Only Suitable for ZVH Turbo Engines. Ground on a Chilled Iron Blank. Essential to Use our Mechanical Cam Followers | | | | | | | | | | | | | | | | | | |

All are CVH Cams are ground on our own chilled iron blank and when used in conjunction with our Cam Followers eradicate the acute cam wear that is associated with this engine

| Ford CVH Additional Components : - 1300/1600 CVH RS Turbo XR3i XR2 Engines | | |
|---|---|---------|
| Part No | Description | Price |
| DNPCVH | Vernier Pulley | £85.00 |
| DNS1017S | 8 x Single 160 lbs Valve Springs for Non Turbo Phase 1 to 3 Cams | £40.00 |
| DNS1017D | 8 x Double Valve Springs 200 Poundage | £60.00 |
| DNS1017/200 | 8 x Single Valve Springs 190 Poundage | £48.00 |
| K335 | 1 x Clamping Tool for Adjusting Mechanical Cam Followers | £18.00 |
| DNCF5120 | 8 x EN40B Induction Nitrided Billet Mechanical Cam Followers Easy Adjustment No Shims | £132.00 |
| DNV5120 | 8 x Chrome Moly Valve Caps for Double Springs | £28.00 |
| TB5046 | Timing Belt 97mm x21.8mm | £16.00 |
| TD | Timing Disc Double Sided for Duration and Full Lift Setting | £5.00 |



**Ford Camshaft Data :- Zetec 1.8 /2.00 Escort Orion Mk5/6/7/8 Mondeo Mk1 and Probe 2 Litre(Silver Top)
Hydraulic Cam Follower**

Rocker Ratio 1 : 1.0 Hydraulic Cam Followers Models

| Part No | Application | Power Band | Duration | | Valve Lift | | Cam Lift | | Timing | | Full Lift | | Lift @ TDC with clearance | | Valve Clear | | Price Ex VAT | Material Type |
|------------------------------|--------------------------------|--|----------|-----|----------------|----------------|----------------|----------------|---------|----------|-----------|---------|------------------------------|------------------|----------------|----------------|---------------------|------------------|
| | | | In | Ex | In | Ex | In | Ex | In Open | Ex Close | IN. ATDC | EX BTDC | In | Ex | In | Ex | | |
| FORZ/256/340H PH1 | Fast Road Cam | 1500 6000 | 256 | 256 | 0.340 8.63 | 0.340 8.63 | 0.340 8.63 | 0.340 8.63 | 18-58 | 58-18 | 110 | 110 | 0.029" 0.74mm | 0.029" 0.74mm | Hyd | Hyd | £300.00 Per Pair | Blank |
| Notes. | | Suitable for the 1.6 engine or a very torquey 1.8/2/00 litre engine | | | | | | | | | | | | | | | | |
| FORZ/260/400H PH2 | Fast Road Cam | 2000 6000 | 260 | 260 | 0.400 10.15 | 0.380 9.64 | 0.400 10.15 | 0.380 9.64 | 20-60 | 60-20 | 110 | 110 | 0.051" 1.31mm | 0.051" 1.31mm | Hyd | Hyd | £300.00 Per Pair | Blank |
| Notes. | | Designed for 1.8/2.00 Engines Good Middle Range Power | | | | | | | | | | | | | | | | |
| FORZ/270/425H PH3 | Fast Road Rally Cam | 2500 7000 | 270 | 270 | 0.425 10.79 | 0.425 10.79 | 0.425 10.79 | 0.425 10.79 | 30-70 | 70-30 | 110 | 110 | .059" 1.50mm | .059" 1.50mm | Hyd | Hyd | £300.00 Per Pair | Blank |
| Notes. | | A Cam Giving Good Mid Range Power using Hydraulic Cam Followers will not Run on Standard Injection System. ECU Mods Required | | | | | | | | | | | | | | | | |
| FORZ/280/450H PH4 | Tarmac Rally/Sprint Cam | 3000 7500 | 280 | 270 | 0.450 11.42 | 0.425 10.79 | 0.450 11.42 | 0.425 10.79 | 30-70 | 70-30 | 110 | 110 | .081" 2.07mm | .081" 2.07mm | Hyd | Hyd | £300.00 Per Pair | Blank |
| Notes. | | A Cam Giving Good Mid Range Power using Hydraulic Cam Followers will not Run on Standard Injection System. Cam Carrier Mods Required to clear Cam lobes on carrier | | | | | | | | | | | | | | | | |
| FORZ/294/460 PH5 | Race Cam | 4000 8000 | 294 | 284 | 0.460 11.68 | 0.430 10.91 | 0.460 11.68 | 0.430 10.91 | 39-75 | 70-34 | 108 | 108 | .128" 3.26mm | .108" 2.75mm | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. | | Race Cam Giving a Flat Power Curve Ground on a Chilled Iron Blank .Essential to Use Mechanical Cam Followers | | | | | | | | | | | | | | | | |

Ford Zetec Additional Components:- 1.8 /2.00 Escort Orion Mk5/6/7/8 Mondeo Mk1 and Probe 2 Litre

| Part No | Description | Price |
|------------------|---|---------|
| DNPOPVPZE | 2 Ford Zetec Vernier Pulleys | £160.00 |
| DNCFHL76 | 16 x Hydraulic Cam Followers (28.4 mm x 26.5mm) | £160.00 |
| DNCF6001 | 16 x Mechanical Race Cam Followers Easy Adjust Non Shim (28.4mm x 26.5mm) | £256.00 |
| TB8131 | Timing Belt (131mmx 25mm) | £24.00 |
| DNS2670 | 16 x 180 Poundage Chrome Vanadium Valve Springs | £76.00 |
| TD1 | Timing Disc Dual Purpose Full Lift and Engine Degrees | £5.00 |

Mechanical Cam Follower

Rocker Ratio 1 : 1.0 Mechanical Cam Follower Models

| Part No | Application | Power Band | Duration | | Valve Lift | | Cam Lift | | Timing | | Full Lift | | Lift @ TDC with clearance | | Valve Clear | | Price Ex VAT | Material Type | |
|--------------------------|--------------------------------|--|----------|-----|----------------|----------------|----------------|----------------|---------|----------|-----------|---------|---------------------------|------------------|----------------|----------------|---------------------|---------------|--|
| | | | In | Ex | In | Ex | In | Ex | In Open | Ex Close | IN. ATDC | EX BTDC | In | Ex | In | Ex | | | |
| FORZ/256/340M PH1 | Fast Road Cam | 1500 6000 | 256 | 256 | 0.340 8.63 | 0.340 8.63 | 0.340 8.63 | 0.340 8.63 | 18-58 | 58-18 | 110 | 110 | 0.029" 0.73mm | 0.029" 0.73mm | 0.008 | Hyd | £300.00 Per Pair | Blank | |
| Notes. | | Suitable for the 1.6 engine or a very torquey 1.8/2/00 litre engine | | | | | | | | | | | | | | | | | |
| FORZ/260/400M PH2 | Fast Road Cam | 2000 6000 | 260 | 260 | 0.400 10.15 | 0.380 9.64 | 0.400 10.15 | 0.380 9.64 | 20-60 | 60-20 | 110 | 110 | 0.035" 0.90mm | 0.035" 0.90mm | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank | |
| Notes. | | Designed for 1.8/2.00 Engines Good Middle Range Power | | | | | | | | | | | | | | | | | |
| FORZ/270/425M PH3 | Fast Road Rally Cam | 2500 7000 | 270 | 270 | 0.425 10.79 | 0.425 10.79 | 0.425 10.79 | 0.425 10.79 | 25-65 | 65-25 | 110 | 110 | 0.051" 1.30mm | 0.051" 1.30mm | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank | |
| Notes. | | A Cam Giving Good Mid Range Power will not Run on Standard Injection System. ECU Mods required Do not Use top Shim Followers | | | | | | | | | | | | | | | | | |
| FORZ/280/450M PH4 | Tarmac Rally/Sprint Cam | 3000 7500 | 280 | 270 | 0.450 11.42 | 0.425 10.79 | 0.450 11.42 | 0.425 10.79 | 30-70 | 70-30 | 110 | 110 | 0.083" 2.10mm | 0.051" 1.30mm | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank | |
| Notes. | | A Cam Giving Good Mid Range Power will not Run on Standard Injection System. Cam Carrier Mods Required.Do not Use Top Shim Followers | | | | | | | | | | | | | | | | | |
| FORZ/294/460M PH5 | Race Cam | 4000 8000 | 294 | 284 | 0.460 11.68 | 0.430 10.91 | 0.460 11.68 | 0.430 10.91 | 39-75 | 70-34 | 108 | 108 | 0.128" 3.26mm | .108" 2.75mm | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank | |
| Notes. | | Race Cam Giving a Flat Power Curve Ground on a Chilled Iron Blank.Do not use Top Shim Followers | | | | | | | | | | | | | | | | | |

Ford Zetec Additional Components:- 1.8 /2.00 Escort Orion Mk5/6/7/8 Mondeo Mk1 and Probe 2 Litre

| Part No | Description | Price |
|------------------|---|---------|
| DNPOPVPZE | 2 Ford Zetec Vernier Pulleys | £160.00 |
| TB8131 | Timing Belt (131mmx 25mm) | £24.00 |
| TBA | 16 x Mechanical Shim Under Cam Followers (28.4 mm x 26.5mm) | £256.00 |
| DNS2670 | 16 x 180 Poundage Chrome Vanadium Valve Springs | £76.00 |
| TD1 | Timing Disc Dual Purpose Full Lift and Engine Degrees | £5.00 |



Rocker Ratio 1 : 1.0

| Part No | Application | Power Band | Duration | | Valve Lift | | Cam Lift | | Timing | | Full Lift | | Lift @ TDC with clearance | | Valve Clear | | Price Ex VAT | Material Type |
|---|--------------------------------|---------------|----------|-----|---------------|---------------|----------------|---------------|---------|----------|-----------|---------|------------------------------|----|----------------|----------------|---------------------|------------------|
| | | | In | Ex | In | Ex | In | Ex | In Open | Ex Close | IN. ATDC | EX BTDC | In | Ex | In | Ex | | |
| FORS/240/280 PH1 | Road Cam | 2000 6000 | 240 | 240 | 0.270 6.85 | 0.270 6.85 | 0.280 7.11 | 0.280 7.11 | 10-50 | 50-10 | 110 | 110 | | | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. Low Mid Range Power, Will Run on Std Injection System | | | | | | | | | | | | | | | | | | |
| FORS/260/300 PH2 | Fast Road Cam | 2500 7250 | 260 | 260 | 0.290 7.36 | 0.290 7.36 | 0.300 7.61 | 0.300 7.61 | 29-69 | 69-29 | 110 | 110 | | | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. Good Mid Range Power will not run on Std Injection System.Requires ECU Re Programme. | | | | | | | | | | | | | | | | | | |
| FORS/274/325 PH3 | Tarmac Rally/Sprint Cam | 3000 7500 | 274 | 274 | 0.340 8.63 | 0.340 8.63 | 0.325 8.25 | 0.325 8.25 | 32-68 | 70-30 | 108 | 110 | | | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. A Fast Road Rally Cam good mid upper range power | | | | | | | | | | | | | | | | | | |
| FORS/280/350 PH4 | Tarmac Rally/Sprint Cam | 3750 7500 | 280 | 280 | 0.340 8.63 | 0.340 8.63 | 0.350 8.88 | 0.350 8.88 | 32-68 | 70-30 | 108 | 110 | | | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. A Free Revving Cam suitable for competition Use Only | | | | | | | | | | | | | | | | | | |
| FORS/294/400 PH5 | Race Cam | 4500 8500 | 294 | 284 | 0.390 9.90 | 0.370 9.39 | 0.400 10.15 | 0.380 9.64 | 39-75 | 70-34 | 108 | 108 | | | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. A Race Cam Giving Power from 4500 to 8500 | | | | | | | | | | | | | | | | | | |

Ford Camshaft Data :- Sigma, Zetec, Focus, Fiesta, 1.25/1.4/1.6 16 Valve Additional Components

| Part No | Description | Price |
|----------------|---|--------|
| DNS2670 | Single Valve Spring 160 poundage Chrome Vanadium Wire | £76.00 |
| TD1 | Timing Disc Dual Purpose Full Lift and Engine Degrees | £5.00 |



Rocker Ratio 1 : 1.0

| Part No | Application | Power Band | Duration | | Valve Lift | | Cam Lift | | Timing | | Full Lift | | Lift @ TDC with clearance | | Valve Clear | | Price Ex VAT | Material Type |
|-----------------------------|--------------------------------|--|----------|-----|----------------|----------------|----------------|----------------|---------|----------|-----------|---------|------------------------------|------------------|----------------|----------------|---------------------|------------------|
| | | | In | Ex | In | Ex | In | Ex | In Open | Ex Close | IN. ATDC | EX BTDC | In | Ex | In | Ex | | |
| FORD/258/372 PH1 | Road Cam | 2000 7000 | 258 | 258 | 0.372 9.44 | 0.372 9.44 | 0.372 9.44 | 0.372 9.44 | 19-59 | 59-19 | 110 | 110 | 0.031" 0.80mm | 0.031" 0.80mm | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. | | Low Mid Range Power, Will Run on Std Injection System | | | | | | | | | | | | | | | | |
| FORD/278/375 PH2 | Fast Road Cam | 2500 7250 | 278 | 278 | 0.375 9.52 | 0.375 9.52 | 0.375 9.52 | 0.375 9.52 | 29-69 | 69-29 | 110 | 110 | 0.034" 0.85mm | 0.034" 0.85mm | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. | | Good Mid Range Power Will run on Std Injection System | | | | | | | | | | | | | | | | |
| FORD/280/410 PH3 | Fast Road Cam Rally Cam | 2750 7250 | 280 | 280 | 0.410 10.41 | 0.410 10.41 | 0.410 10.41 | 0.410 10.41 | 30-70 | 70-30 | 110 | 110 | 0.071" 1.80mm | 0.071" 1.80mm | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. | | Good Mid Upper Range Power,suitable for Road and Rally | | | | | | | | | | | | | | | | |
| FORD/284/450 PH4 | Tarmac Rally/Sprint Cam | 3750 7500 | 284 | 284 | 0.450 11.42 | 0.450 11.42 | 0.450 11.42 | 0.450 11.42 | 34-70 | 67-27 | 108 | 110 | 0.085" 2.15mm | 0.085" 2.15mm | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. | | A Free Revving Cam suitable for competition Use Only | | | | | | | | | | | | | | | | |
| FORD/294/460 PH5 | Race Cam | 4500 8500 | 294 | 294 | 0.460 11.68 | 0.460 11.68 | 0.460 11.68 | 0.460 11.68 | 39-75 | 70-34 | 108 | 108 | 0.130" 3.15mm | 0.130" 3.15mm | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. | | A Race Cam Giving Power from 4500 to 8500 | | | | | | | | | | | | | | | | |

Ford Duratec 16 Valve Mondeo Mk3 1.8/2.00/2.3 Additional Components

| Part No | Description | Price |
|-----------------|---|---------|
| DNPOPVPD | 2 Ford Duratec Vernier Pulleys | £160.00 |
| TBA | Single Valve Spring 180 poundage Chrome Vanadium Wire | £76.00 |
| TD1 | Timing Disc Dual Purpose Full Lift and Engine Degrees | £5.00 |



Ford Camshaft Data :- Puma 1.7 16 Valve

Rocker Ratio 1 : 1.0

| Part No | Application | Power Band | Duration | | Valve Lift | | Cam Lift | | Timing | | Full Lift | | Lift @ TDC with clearance | | Valve Clear | | Price Ex VAT | Material Type |
|--|--------------------------------|---------------|----------|-----|----------------|---------------|----------------|---------------|---------|----------|-----------|---------|------------------------------|----|----------------|----------------|---------------------|------------------|
| | | | In | Ex | In | Ex | In | Ex | In Open | Ex Close | IN. ATDC | EX BTDC | In | Ex | In | Ex | | |
| FORP/270/350 PH1 | Road Cam | 2000 68000 | 270 | 260 | 0.350 8.88 | 0.320 8.12 | 0.350 8.88 | 0.320 8.12 | 25-65 | 60-20 | 110 | 110 | | | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. Good Bottom Mid Range Power will Run on Std Injection System | | | | | | | | | | | | | | | | | | |
| FORP/280/360 PH2 | Fast Road Cam | 3000 7000 | 280 | 260 | 0.360 9.14 | 0.320 8.12 | 0.360 9.14 | 0.320 8.12 | 30-70 | 60-20 | 110 | 110 | 0.050" 1.25mm | | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. Good Mid Range Power will Run on Std Injection System but Best with Modified System | | | | | | | | | | | | | | | | | | |
| FORP/280/375 PH4 | Tarmac Rally/Sprint Cam | 3500 7500 | 280 | 270 | 0.375 9.52 | 0.340 8.63 | 0.375 9.52 | 0.340 8.63 | 35-75 | 65-25 | 110 | 110 | | | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. A Competition Cam Giving Good Mid Range Power using Hydraulic Cam Followers will not Run on Standard Injection System | | | | | | | | | | | | | | | | | | |
| FORP/300/400 PH5 | Race Cam | 4000 8000 | 300 | 290 | 0.400 10.15 | 0.380 9.64 | 0.400 10.15 | 0.380 9.64 | 40-80 | 75-35 | 110 | 110 | | | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. Full Race Cam Circuit use only | | | | | | | | | | | | | | | | | | |

Ford Puma 1.7 16 Valve Additional Components

| Part No | Description | Price |
|---------------|--|--------|
| DNCF68 | 16 x Top Shim Cam Followers (28mm x22.15mm) | £96.00 |
| DNCF61 | 16 x Mechanical Cam Followers Bottom Shim Type(28mm x 22.15mm) | £96.00 |
| TB5044 | Timing Belt (117mmx22m) | £22.45 |
| TD1 | Timing Disc Dual Purpose Full Lift and Engine Degrees | £5.00 |

Ford Camshaft Data :- KA 1.3 HCS Engine

Rocker Ratio 1 : 1.514

| Part No | Application | Power Band | Duration | | Valve Lift | | Cam Lift | | Timing | | Full Lift | | Lift @ TDC with clearance | | Valve Clear | | Price Ex VAT | Material Type |
|---|--------------------------------|---------------|----------|-----|----------------|----------------|---------------|---------------|---------|----------|-----------|---------|------------------------------|----|----------------|----------------|-----------------|------------------|
| | | | In | Ex | In | Ex | In | Ex | In Open | Ex Close | IN. ATDC | EX BTDC | In | Ex | In | Ex | | |
| FORKA/264/363 PH1 | Fast Road Cam | 1500 6000 | 264 | 264 | 0.363 9.22 | 0.363 9.22 | 0.240 6.09 | 0.240 6.09 | 20-64 | 64-20 | 110 | | 0.036" 0.91mm | | 0.014 0.356 | 0.016 0.406 | £108.00 | Blank |
| Notes. Good Bottom End Mid Range Power | | | | | | | | | | | | | | | | | | |
| FORKA/280/379 PH3 | Fast Road Cam | 2000 6500 | 274 | 274 | 0.379 9.61 | 0.379 9.61 | 0.250 6.35 | 0.250 6.35 | 24-70 | 70-24 | 110 | | 0.056" 1.44mm | | 0.008 0.203 | 0.010 0.254 | £108.00 | Blank |
| Notes. Free Revving Cam Giving power in the Mid Upper Range | | | | | | | | | | | | | | | | | | |
| FORKA/290/401 PH4 | Tarmac Rally/Sprint Cam | 3750 7000 | 290 | 290 | 0.401 10.18 | 0.401 10.18 | 0.265 6.73 | 0.265 6.73 | 30-80 | 80-30 | 110 | | 0.077" 1.97mm | | 0.008 0.203 | 0.010 0.254 | £108.00 | Blank |
| Notes. A Race Tarmac Rally Cam | | | | | | | | | | | | | | | | | | |

Ford KA 1.3 HCS Engine Additional Components

| Part No | Description | Price |
|----------------|---|--------|
| DNCF05B | 8 x Super Finish Cam Followers | £30.00 |
| TD1 | Timing Disc Dual Purpose Full Lift and Engine Degrees | £5.00 |

Ford Camshaft Data :- BDA/BDG/BDT COSWORTH 16 Valve

NEWMAN CAMS 11

17

Rocker Ratio 1 : 1.0

| Part No | Application | Power Band | Duration | | Valve Lift | | Cam Lift | | Timing | | Full Lift | | Lift @ TDC with clearance | | Valve Clear | | Price Ex VAT | Material Type |
|-----------------------------|--------------------------------|---|----------|-----|----------------|----------------|----------------|----------------|--------|-------|-----------|-----|------------------------------|----|----------------|----------------|---------------------|------------------|
| | | | In | Ex | In | Ex | In | Ex | In | Ex | In | Ex | In | Ex | In | Ex | | |
| FORB/292/380 PH1 | Mild Rally Cam | 2500 7000 | 292 | 292 | 0.380 9.64 | 0.380 9.64 | 0.380 9.64 | 0.380 9.64 | 38-78 | 78-38 | 110 | 110 | | | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. | | Good Bottom Mid Range Power | | | | | | | | | | | | | | | | |
| FORB/300/400 PH2 | Rally Cam | 3000 7000 | 300 | 300 | 0.400 10.15 | 0.400 10.15 | 0.400 10.15 | 0.400 10.15 | 40-80 | 80-40 | 110 | 110 | | | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. | | Rally Cam giving good mid range power with High Revving Ability | | | | | | | | | | | | | | | | |
| FORB/308/420 PH4 | Tarmac Rally/Sprint Cam | 3500 7500 | 308 | 300 | 0.420 10.66 | 0.400 10.15 | 0.420 10.66 | 0.400 10.15 | 42-82 | 80-40 | 110 | 110 | | | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. | | A Competition Cam Giving Good Mid Range Power | | | | | | | | | | | | | | | | |
| FORB/320/430 PH5 | Race Cam | 4000 8000 | 320 | 318 | 0.430 10.91 | 0.430 10.91 | 0.430 10.91 | 0.430 10.91 | 58-82 | 82-58 | 106 | 106 | | | 0.008 0.203 | 0.010 0.254 | £300.00 Per Pair | Blank |
| Notes. | | Full Race Cam Circuit use only | | | | | | | | | | | | | | | | |

Ford BDA/BDG/BDT Additional Components

| Part No. | Description | Price |
|-------------|---|---------|
| K456 | 16 x BDA Cam Follower Long Internal Stem Type | £256.00 |
| K457 | 16 x BDA Cam Follower | £256.00 |
| K456 | 1 x Steel Jackshaft | £148.83 |
| TD1 | Timing Disc Dual Purpose Full Lift and Engine Degrees | £5.00 |

Ford Camshaft Data :- Ford V6 Essex 2.5/3.00

Rocker Ratio 1 : 1.45

| Part No | Application | Power Band | Duration | | Valve Lift | | Cam Lift | | Timing | | Full Lift | | Lift @ TDC with clearance | | Valve Clear | | Price Ex VAT | Material Type |
|-----------------------------|--------------------------------|---|----------|-----|----------------|----------------|---------------|---------------|--------|-------|-----------|-----|------------------------------|----|----------------|----------------|-----------------|------------------|
| | | | In | Ex | In | Ex | In | Ex | In | Ex | In | Ex | In | Ex | In | Ex | | |
| FORE/260/377 PH1 | Road Cam | 2000 6000 | 260 | 260 | 0.377 9.57 | 0.377 9.57 | 0.260 6.60 | 0.260 6.60 | 30-70 | 70-30 | 110 | 110 | | | 0.014 0.356 | 0.016 0.406 | £170.00 | Blank |
| Notes. | | A road cam that will give a smooth idle and work with Auto Transmission | | | | | | | | | | | | | | | | |
| FORE/280/406 PH2 | Fast Road Cam | 2000 6000 | 280 | 280 | 0.406 10.30 | 0.406 10.30 | 0.280 7.11 | 0.280 7.11 | 30-70 | 70-30 | 110 | 110 | | | 0.014 0.356 | 0.016 0.406 | £170.00 | Blank |
| Notes. | | Good Bottom Mid Range Power will run with Standard twin choke Carb | | | | | | | | | | | | | | | | |
| FORE/292/450 PH4 | Tarmac Rally/Sprint Cam | 3500 7500 | 292 | 292 | 0.450 11.41 | 0.450 11.41 | 0.310 7.87 | 0.310 7.87 | 36-76 | 76-36 | 110 | 110 | | | 0.016 0.406 | 0.018 0.457 | £170.00 | Blank |
| Notes. | | A 3/4 Race Race cam suitable for Drag Racing | | | | | | | | | | | | | | | | |
| FORE/320/464 PH5 | Race Cam | 4000 8000 | 300 | 300 | 0.464 11.78 | 0.464 11.78 | 0.320 8.12 | 0.320 8.12 | 40-80 | 80-40 | 106 | 106 | | | 0.016 0.406 | 0.018 0.457 | £170.00 | Blank |
| Notes. | | Full Race Cam Circuit use only | | | | | | | | | | | | | | | | |

Ford V6 Essex 2.5/3.00 Additional Components

| Part No. | Description | Price |
|---------------|---|--------|
| DNCF06 | 12 x Chilled Iron Cam Followers | £69.00 |
| TD1 | Timing Disc Dual Purpose Full Lift and Engine Degrees | £5.00 |

