

### 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		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		
<b>FORK/264/363 PH1</b>	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	£140.00	Blank
Notes Good Increase of Low Mid Range Power Smooth Idle. Best with Webber 28/36. A Sharp Instant Power Cam																		
<b>FORK/278/379 PH2</b>	Fast Road Cam	2000 6500	278	278	0.379 9.61	0.379 9.61	0.250 6.35	0.250 6.35	29-69	69-29	110		0.056" 1.44mm		0.015 0.381	0.017 0.432	£140.00	Blank
Notes Good Increase of Mid Range Power. Smooth Tickover. Gives More Power Than the GT116E Cam (See Notes)																		
<b>FORK/290/401 PH3</b>	Fast Road Sprint Cam	2500 7000	290	290	0.436 11.07	0.436 11.07	0.288 7.31	0.288 7.31	35-75	75-35	110		0.077" 1.97mm		0.015 0.381	0.017 0.432	£140.00	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)																		
<b>FORK/310/436 PH4</b>	Sprint/Tarmac Rally Cam	4000 7500	310	310	0.454 11.53	0.454 11.53	0.300 7.61	0.300 7.61	45-85	85-45	110		0.113" 2.87mm		0.015 0.381	0.017 0.432	£140.00 £295.00	Casting Steel
Notes Ideal Short Circuit/Sprint Cam (See Notes)																		
<b>FORK/324/447 PH5</b>	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	£140.00 £295.00	Casting Steel
Notes A Race Cam with a Solid Power Band from 5000 to 8500. Ideal for the 1500 to 1800cc Engines (See Notes)																		
<b>FORK/A8 PH5</b>	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	£140.00 £295.00	Casting Steel
Notes Cosworths Screamer F3 Cam for the 997cc Ford Engine, for Classic F3 Racing Slot Milled Flange, for Front Mounted Dry Sump Pump																		

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

Part No	Description	Price
<b>DNS1040S</b>	8 x Single Valve Springs 160 Poundage PH1 to PH3	£46.00
<b>DNS1040D</b>	8 x Double Valve Springs 200 Poundage PH4 to PH5	£70.00
<b>DNCF01</b>	8 x Super Finished Chilled Iron Cam Followers Thin Stem Pre 1970 PH1 Cams Only	£32.00
<b>DNCF05</b>	8 x Super Finished Chilled Iron Cam Followers Thick Stem Post 1970 PH1 Cams Only	£32.00
<b>K445</b>	8 x Steel Thick Stem EN40B Nitride Steel Cam Followers Post 1970 Engines PH3/4/5 Cams	£80.00
<b>K444</b>	8 x Steel Thin Stem EN40B Nitride Steel Cam Followers Pre 1970 for F3 Engines PH3/4/5 Cams	£80.00
<b>DNV1040</b>	8 x Chrome Moly Valve Caps with 2mm Extra Fitted Spring Length Either Single or Double Springs	£24.00
<b>DNC1040S</b>	1 x Steel Camshaft any Profile with Dry Sump Oil Pump Slot in End	£295.00
<b>TD1</b>	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 0.375 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		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		
FORP/284/379 PH2	Fast Road Cam	2000	284	284	0.379	0.379	0.250	0.250	32-72	72-32	110				0.006	0.008	£140.00	Blank Chill/Iron
		6000			9.61	9.61	6.35	6.35							0.152	0.203		
Notes Free Revving Cam with Plenty of Mid Range Power. Best with a Twin Choke Carb Ideal for Road Use. Use Carbide Inserted Rocker Arms																		
FORP/300/416 PH3	Fast Road Sprint Cam	3000	300	295	0.416	0.413	0.275	0.273	33-87	80-35	110				0.006	0.008	£140.00	Blank Chill/Iron
		7000			10.57	10.49	6.98	6.93							0.152	0.203		
Notes Road Rally/Short Circuit Cam Runs on a Twin Choke Carb but Best with DCOE Webers. Good Mid Range Power. Use Carbide Inserted Rocker Arms																		
FORP/275/474 PH4	Short Circuit/Sprint/Rally Cam	2000	275	272	0.474	0.471	0.313	0.311	22-73	74-18	110				0.006	0.008	£140.00	Blank Chill/Iron
		6000			12.03	11.95	7.94	7.89							0.152	0.203		
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 Inserted Rocker Arms																		
FORP/284/474 PH4.5	Short Circuit/Sprint/Rally Cam	3000	284	284	0.474	0.471	0.313	0.311	26-78	78-26	110				0.006	0.008	£140.00	Blank Chill/Iron
		7250			12.03	11.95	7.94	7.89							0.152	0.203		
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 Inseted Rocker Arms																		
FORP/286/474 PH4.75/117	Short Circuit/Sprint/Rally Cam	3250	286	286	0.474	0.471	0.313	0.311	30-76	76-30	108				0.006	0.008	£140.00	Blank Chill/Iron
		7500			12.03	11.95	7.94	7.89							0.152	0.203		
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 Inserted Rocker Arms																		
FORP/300/477 PH5	Race Cam	4000	300	300	0.477	0.474	0.315	0.313	33-87	87-33	110				0.006	0.008	£140.00	Blank Chill/Iron
		8000			12.10	12.03	7.99	7.94							0.152	0.203		
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 Inserted Rocker Arms																		
FORP/310/492 PH6	Race Cam	4500	310	310	0.492	0.492	0.325	0.325	33-87	87-33	110				0.006	0.008	£140.00	Blank Chill/Iron
		8250			12.49	12.49	8.25	8.25							0.152	0.203		
Notes A Race Cam Only Really Suited to Throttle Bodies and Programmable ECU Units. Use Carbide Inserted Rocker Arms																		

### Ford Pinto 1600/1800/2000cc Additional Components

Part No	Description	Price
K494	Aluminium Vernier Pulley with Steel internal Sprocket	£80.00
DNS1017S	8 x Single Valve Springs 160 Poundage PH1 to PH3 Swedish Wire	£46.00
DNS1017/200	8 x Single Valve Springs 190 Poundage PH4 to PH5 Swedish Wire	£54.00
DNS1017D	8 x Double Valve Springs 200 Poundage PH4 to PH5 Swedish Wire	£70.00
DNCF04	8 x Cam Followers	£48.00
DNCF5001P	8 x Long Pad Cam Followers with Carbide Inserted Pad	£68.00
DNV5120	8 x Chrome Moly Valve Caps Suits double or Single Springs	£30.00
DNCFP1	Oil Feed Pipe	£12.00
DNC249	8 x Chrome Moly Ball Studs Long Thread 62 RWC	£32.00
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

### 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		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		
<b>FORC/256/413 PH1</b>	<b>Mild Road/Carb Models Cam</b>	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	£150.00	Blank Chilled
Notes Good Increase of Low Mid Range Power Smooth Idle. A Sharp Instant Power Cam. Essential to Use our Mechanical Cam Followers																		
<b>FORC/260/409 PH2</b>	<b>Fast Road/Carb Models Cam</b>	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	£150.00	Blank Chilled
Notes Free Revving Cam with Plenty of Mid Range Power Best with a Twin Choke Carb Ideal for Road Use. Essential to Use our Mechanical Cam Followers																		
<b>FORC/286/416 PH4</b>	<b>Fast Road Sprint Cam</b>	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	£150.00	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																		
<b>FORC/296/416 PH5</b>	<b>Race Cam</b>	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	£150.00	Blank Chilled
Notes Race Cam Giving a Flat Power Curve Ground on a Chilled Iron Blank. Essential to Use Mechanical Cam Followers																		
<b>FORC/276/409T PH4</b>	<b>Turbo Cam</b>	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	£150.00	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																		
<b>FORC/280/448T PH4</b>	<b>Turbo Cam</b>	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	£150.00	Blank Chilled
Notes Only Suitable for ZVH Turbo Engines. Ground on a Chilled Iron Blank. Essential to Use our Mechanical Cam Followers																		

Notes:- All our 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 1300/1600 CVH RS Turbo XR3i XR2 Engines Additional Components

Part No	Description	Price
<b>DNPCVH</b>	Vernier Pulley	£85.00
<b>DNS1017S</b>	8 x Single 160 lbs Valve Springs for Non Turbo Phase 1 to 3 Cams	£46.00
<b>DNS1017D</b>	8 x Double Valve Springs 200 Poundage	£70.00
<b>DNS1017/200</b>	8 x Single Valve Springs 190 Poundage	£54.00
<b>K335</b>	1 x Clamping Tool for Adjusting Mechanical Cam Followers	£18.00
<b>DNCF5120</b>	8 x EN40B Induction Nitrided Billet Mechanical Cam Followers Easy Adjustment No Shims	£140.00
<b>DNV5120</b>	8 x Chrome Moly Valve Caps for Double Springs	£30.00
<b>TB5046</b>	Timing Belt (97mm x 21.8mm)	£16.00
<b>TD1</b>	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 Hydraulic Cam Followers Models

Part No	Application	Power Band	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Lift @ TDC		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			
<b>FORZ/256/340H PH1</b>	<b>Fast Road Cam</b>	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	£360.00 Per Pair	Blank	
Notes		Suitable for the 1.6 Engine or a Very Torquey 1.8/2.00 Litre Engine																	
<b>FORZ/260/400H PH2</b>	<b>Fast Road Cam</b>	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	£360.00 Per Pair	Blank	
Notes		Designed for 1.8/2.00 Engines Good Middle Range Power																	
<b>FORZ/270/425H PH3</b>	<b>Fast Road Rally Cam</b>	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	0.059" 1.50mm	0.059" 1.50mm	Hyd	Hyd	£360.00 Per Pair	Blank	
Notes		A Cam Giving Good Mid Range Power Using Hydraulic Cam Followers will Not Run on Standard Injection. ECU Mods Required																	
<b>FORZ/280/450H PH4</b>	<b>Tarmac Rally/Sprint Cam</b>	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	0.081" 2.07mm	0.081" 2.07mm	Hyd	Hyd	£360.00 Per Pair	Blank	
Notes		A Cam Giving Good Mid Range Power Using Hydraulic Cam Followers will Not Run on Standard Injection. Cam Carrier Mods Required to Clear Cam Lobes on Carrier																	
<b>FORZ/294/460 PH5</b>	<b>Race Cam</b>	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	0.108" 2.75mm	0.008 0.203	0.010 0.254	£360.00 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 1.8/2.00 Escort Orion Mk5/6/7/8 Mondeo Mk1 and Probe 2 Litre Additional Components

Part No	Description	Price
<b>DNPOPVPZE</b>	2 x Ford Zetec Vernier Pulleys	£160.00
<b>DNCFHL76</b>	16 x Hydraulic Cam Followers (28.4mm x 26.5mm)	£176.00
<b>DNCF6001</b>	16 x Mechanical Race Cam Followers Easy Adjust Non Shim (28.4mm x 26.5mm)	£272.00
<b>TB8131</b>	Timing Belt (131mm x 25mm)	£24.00
<b>DNS2670</b>	16 x 180 Poundage Chrome Vanadium Valve Springs Non Beehive Type	£90.00
<b>DNV400</b>	16 x Chrome Moly Valve Caps to Suit DNS2670 Valve Spring	£48.00
<b>K335</b>	1 x Clamping Tool for Adjusting Mechanical Cam Followers	£18.00
<b>TD1</b>	Timing Disc Dual Purpose Full Lift and Engine Degrees	£5.00

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

Rocker Ratio 1 : 1 Mechanical Cam Follower Models

Part No	Application	Power Band	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Lift @ TDC		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		
<b>FORZ/256/340M PH1</b>	<b>Fast Road Cam</b>	1500	256	256	0.340	0.340	0.340	0.340	18-58	58-18	110	110	0.029"	0.029"	0.008	0.010	£360.00 Per Pair	Blank
		6000			8.63	8.63	8.63	8.63					0.73mm	0.73mm	0.203	0.254		
Notes		Suitable for the 1.6 Engine or a Very Torquey 1.8/2.00 Litre Engine																
<b>FORZ/260/400M PH2</b>	<b>Fast Road Cam</b>	2000	260	260	0.400	0.380	0.400	0.380	20-60	60-20	110	110	0.048"	0.048"	0.008	0.010	£360.00 Per Pair	Blank
		6000			10.15	9.64	10.15	9.64					1.22mm	1.22mm	0.203	0.254		
Notes		Designed for 1.8/2.00 Engines. Good Middle Range Power																
<b>FORZ/270/425M PH3</b>	<b>Fast Road Rally Cam</b>	2500	270	270	0.425	0.425	0.425	0.425	25-65	65-25	110	110	0.051"	0.051"	0.008	0.010	£360.00 Per Pair	Blank
		7000			10.79	10.79	10.79	10.79					1.30mm	1.30mm	0.203	0.254		
Notes		A Cam Giving Good Mid Range Power. Will Not Run on Standard Injection. ECU Mods required. Do Not Use top Shim Followers																
<b>FORZ/280/450M PH4</b>	<b>Tarmac Rally/Sprint Cam</b>	3000	280	270	0.450	0.425	0.450	0.425	30-70	70-30	110	110	0.083"	0.051"	0.008	0.010	£360.00 Per Pair	Blank
		7500			11.42	10.79	11.42	10.79					2.10mm	1.30mm	0.203	0.254		
Notes		A Cam Giving Good Mid Range Power. Will Not Run on Standard Injection. Cam Carrier Mods Required. Do Not Use Top Shim Followers																
<b>FORZ/294/460M PH5</b>	<b>Race Cam</b>	4000	294	284	0.460	0.430	0.460	0.430	39-75	70-34	108	108	0.128"	0.108"	0.008	0.010	£360.00 Per Pair	Blank
		8000			11.68	10.91	11.68	10.91					3.26mm	2.75mm	0.203	0.254		
Notes		Race Cam Giving a Flat Power Curve Ground on a Chilled Iron Blank. Do Not Use Top Shim Followers																

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

Part No	Description	Price
<b>DNPOPVPZE</b>	2 x Ford Zetec Vernier Pulleys	£160.00
<b>TB8131</b>	Timing Belt (131mmx 25mm)	£24.00
<b>DNS2670</b>	16 x 180 Poundage Chrome Vanadium Valve Springs Not suited for Standard Ford Cap	£90.00
<b>DNV400</b>	16 x Chrome Moly Valve Caps to Suit DNS2670 Valve Spring Non Beehive Type	£48.00
<b>TD1</b>	Timing Disc Dual Purpose Full Lift and Engine Degrees	£5.00



Ford

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

Rocker Ratio 1 : 1

Part No	Application	Power Band	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Lift @ TDC		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		
<b>FORS/240/280 PH1</b>	<b>Road Cam</b>	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	0.020" 0.50mm	0.020" 0.50mm	0.008 0.203	0.010 0.254	£340.00 Per Pair	Blank
Notes		Low Mid Range Power. Will Run on Standard Injection																
<b>FORS/260/300 PH2</b>	<b>Fast Road Cam</b>	2500 7250	260	260	0.290 7.36	0.290 7.36	0.300 7.61	0.300 7.61	20-60	60-20	110	110	0.031" 0.82mm	0.031" 0.82mm	0.008 0.203	0.010 0.254	£340.00 Per Pair	Blank
Notes		Good Mid Range Power will Not Run on Standard Injection. Requires ECU Reprogramme																
<b>FORS/274/325 PH3</b>	<b>Tarmac Rally/Sprint Cam</b>	3000 7500	274	274	0.315 7.99	0.315 7.99	0.325 8.25	0.325 8.25	29-65	67-27	108	110	0.059" 1.50mm	0.053" 1.36mm	0.008 0.203	0.010 0.254	£340.00 Per Pair	Blank
Notes		A Fast Road Rally Cam Good Mid Upper Range Power																
<b>FORS/280/350 PH4</b>	<b>Tarmac Rally/Sprint Cam</b>	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	0.071" 1.80mm	0.063" 1.60mm	0.008 0.203	0.010 0.254	£340.00 Per Pair	Blank
Notes		A Free Revving Cam Suitable for Competition Use Only																
<b>FORS/294/400 PH5</b>	<b>Race Cam</b>	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	0.108" 2.75mm	0.088" 2.25mm	0.008 0.203	0.010 0.254	£340.00 Per Pair	Blank
Notes		A Race Cam Giving Power from 4500 to 8500																

**Ford Sigma, Zetec, Focus, Fiesta, 1.25/1.4/1.6 16 Valve Additional Components**

Part No	Description	Price
<b>DNS2670</b>	16 x Single Valve Spring 160 Poundage Chrome Vanadium Wire	£90.00
<b>DNV600</b>	16 x Chrome Moly Valve Caps to Suit DNS2670 Valve Spring Non Beehive Type	£48.00
<b>TD1</b>	Timing Disc Dual Purpose Full Lift and Engine Degrees	£5.00



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**Ford Camshaft Data :- Duratec 16 Valve Mondeo Mk3 1.8/2.00/2.3**

Rocker Ratio 1 : 1

Part No	Application	Power Band	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Lift @ TDC		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		
<b>FORD/258/372 PH1</b>	<b>Road Cam</b>	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	£360.00 Per Pair	Blank
Notes		Low Mid Range Power. Will Run on Standard Injection																
<b>FORD/278/375 PH2</b>	<b>Fast Road Cam</b>	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	£360.00 Per Pair	Blank
Notes		Good Mid Range Power. Will Run on Standard Injection																
<b>FORD/284/396 PH3</b>	<b>Fast Road Cam Rally Cam</b>	2750 7250	284	284	0.396 10.05	0.396 10.05	0.396 10.05	0.396 10.05	30-70	70-30	110	110	0.055" 1.40mm	0.055" 1.40mm	0.008 0.203	0.010 0.254	£360.00 Per Pair	Blank
Notes		Good Mid Upper Range Power. Suitable for Road and Rally Should Work with Standard Pistons if Head Has Not Been Skimmed																
<b>FORD/284/450 PH4</b>	<b>Tarmac Rally/Sprint Cam</b>	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	£360.00 Per Pair	Blank
Notes		A Free Revving Cam Suitable for Competition Use Only																
<b>FORD/294/460 PH5</b>	<b>Race Cam</b>	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	£360.00 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
<b>DNPOPVPD</b>	2 x Ford Duratec Vernier Pulleys	£160.00
<b>DNS2670</b>	16 x Single Valve Spring 180 Poundage Chrome Vanadium Wire	£90.00
<b>DNV7012</b>	16 x Chrome Moly Valve Cap to Suit DNS2670	£48.00
<b>TD1</b>	Timing Disc Dual Purpose Full Lift and Engine Degrees	£5.00

### Ford Camshaft Data :- Puma 1.7 16 Valve

Rocker Ratio 1 : 1

Part No	Application	Power Band	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Lift @ TDC		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		
<b>FORP/270/350 PH1</b>	<b>Road Cam</b>	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	0.032" 0.82mm	0.030" 0.75mm	0.008 0.203	0.010 0.254	£360.00 Per Pair	Blank
Notes Good Bottom Mid Range Power. Will Run on Standard Injection																		
<b>FORP/280/360 PH2</b>	<b>Fast Road Cam</b>	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	0.047" 1.20mm	.030" 0.75mm	0.008 0.203	0.010 0.254	£360.00 Per Pair	Blank
Notes Good Mid Range Power. Will Run on Standard Injection But Best with Modified System																		
<b>FORP/280/375 PH4</b>	<b>Tarmac Rally/Sprint Cam</b>	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	0.060" 1.50mm	0.047" 1.20mm	0.008 0.203	0.010 0.254	£360.00 Per Pair	Blank
Notes A Competition Cam Giving Good Mid Range Power Using Hydraulic Cam Followers. Will Not Run on Standard Injection																		
<b>FORP/300/400 PH5</b>	<b>Race Cam</b>	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	0.095" 2.40mm	0.082" 2.10mm	0.008 0.203	0.010 0.254	£360.00 Per Pair	Blank
Notes Full Race Cam Circuit Use Only																		

### Ford Puma 1.7 16 Valve Additional Components

Part No	Description	Price
<b>DNCF68</b>	16 x Top Shim Cam Followers (28mm x 22.15mm)	£96.00
<b>DNCF61</b>	16 x Mechanical Cam Followers Bottom Shim Type (28mm x 22.15mm)	£96.00
<b>TB5044</b>	Timing Belt (117mm x 22mm)	£22.45
<b>TD1</b>	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		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		
<b>FORKA/264/363 PH1</b>	<b>Fast Road Cam</b>	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	£120.00	Blank
Notes Good Bottom End Mid Range Power																		
<b>FORKA/278/379 PH3</b>	<b>Fast Road Cam</b>	2000 6500	278	278	0.379 9.62	0.379 9.62	0.250 6.35	0.250 6.35	29-69	69-29	110		0.056" 1.44mm		0.008 0.203	0.010 0.254	£120.00	Blank
Notes Free Revving Cam Giving Power in the Mid Upper Range																		
<b>FORKA/290/401 PH4</b>	<b>Tarmac Rally/Sprint Cam</b>	3750 7000	290	290	0.401 10.18	0.401 10.18	0.265 6.73	0.265 6.73	35-75	75-35	110		0.077" 1.97mm		0.008 0.203	0.010 0.254	£120.00	Blank
Notes A Race Tarmac Rally Cam																		



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

Rocker Ratio 1 : 1

Part No	Application	Power Band	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Lift @ TDC		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		
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	0.111" 2.82mm	0.111" 2.82mm	0.008 0.203	0.010 0.254	£380.00 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	0.118" 2.99mm	0.118" 2.99mm	0.008 0.203	0.010 0.254	£380.00 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	0.118" 2.99mm	0.118" 2.99mm	0.008 0.203	0.010 0.254	£380.00 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	0.168" 4.26mm	0.168" 4.26mm	0.008 0.203	0.010 0.254	£380.00 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 Followers Long Internal Stem Type	£272.00
K457	16 x BDA Cam Followers	£272.00
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		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		
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	0.057" 1.45mm		0.014 0.356	0.016 0.406	£185.00	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	0.068" 1.73mm		0.014 0.356	0.016 0.406	£185.00	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	0.085" 2.16mm		0.016 0.406	0.018 0.457	£185.00	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	0.157" 3.98mm		0.016 0.406	0.018 0.457	£185.00	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	£72.00
TD1	Timing Disc Dual Purpose Full Lift and Engine Degrees	£5.00



# Ford / Honda

## Ford Focus RS and ST 5 Cylinder Camshaft Data Mechanical Cam Follower

Rocker Ratio 1 : 1 Mechanical Cam Follower Models

Part No	Application	Power Band	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Lift @ TDC		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		
FOR5/260/370 PH1	Fast Road Cam	1500	260	280	0.356	0.354	0.364	0.364	72-28	22-66	112	112	0.028"	0.032"	0.008	0.010	£525.00	Blank
		6000			9.04	8.98	9.24	9.24					0.65mm	0.85mm	0.203	0.254	Per Pair	
Notes		Suitable for the Standard Engine. Remap May Be Required																
FOR5/280/400 PH2	Fast Road Cam	2500	272	280	0.400	0.400	0.400	0.400	72-28	22-66	112	112	0.032"	0.039"	0.008	0.010	£525.00	Blank
		7000			10.15	10.15	10.15	10.15					0.80mm	1.00mm	0.203	0.254	Per Pair	
Notes		Suitable Engine with Pocketed Pistons. Remap Required																
FOR5/284/400 PH3	Race Cam	3000	284	280	0.400	0.400	0.400	0.400	74-30	22-66	112	112	0.047"	0.039"	0.008	0.010	£525.00	Blank
		8000			10.15	10.15	10.15	10.15					1.20mm	1.00mm	0.203	0.254	Per Pair	
Notes		Suitable Engine with Pocketed Pistons. Remap Required 700+BHP Has Been Seen with this Cam!																

### Ford Focus RS and ST 5 Cylinder Additional Components

Part No	Description	Price
TD1	Timing Disc Dual Purpose Full Lift and Engine Degrees	£5.00

