



Ford / Honda

Honda Camshaft Data :- 16v VTEC

Rocker Ratio High 1.56 Mid and Low 1.49

| Part No | Application | Power Band | | Lift | | | Timing | | | Full Lift | | Lift @ TDC with clearance | | Valve Clear | | Price Ex VAT | Material Type |
|---------------------|---------------|---|----|-------|-------|-------|--------|-----|------|-----------|---------|---------------------------|-------|-------------|-------|--------------|---------------|
| | | | | Low | Mid | High | Low | Mid | High | IN atdc | Ex btdc | In | Ex | In | Ex | | |
| FORP/270/350 PH1 | Road Cam | 2000 | In | 0.193 | 0.305 | 0.382 | n/a | n/a | n/a | 110 | 110 | | | 0.008 | 0.010 | £450.00 | Blank |
| | | 6800 | Ex | 0.208 | 0.320 | 0.413 | n/a | n/a | n/a | | | 0.200 | 0.250 | | | | |
| Notes | | Group A Profile Includes Tuftriding Chilled Iron as Original Factory Heat Treatment on Cam Lobes and Journals | | | | | | | | | | | | | | | |
| FORP/280/360 PH1 | Fast Road Cam | 3000 | In | 0.185 | 0.368 | 0.377 | n/a | n/a | n/a | 110 | 110 | | | 0.008 | 0.010 | £450.00 | Blank |
| | | 7000 | Ex | 0.208 | 0.314 | 0.418 | n/a | n/a | n/a | | | 0.200 | 0.250 | | | | |
| Notes | | Group N Profile Includes Tuftriding Chilled Iron as Original Factory Heat Treatment on Cam Lobes and Journals | | | | | | | | | | | | | | | |



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