



Austin Rover Camshaft Data :- Model A Series/Mini/Metro/Midget 850cc to 1275CC

Rocker Ratio 1.275 : 1

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		
ARA/260/344 PH1	Mild Road/Turbo Cam	1500 6000	260	260	0.344 8.74	0.344 8.74	0.270 6.85	0.270 6.85	20-60	60-20	110		0.033" 0.83mm		0.012 0.305	0.012 0.305	£100.00 £200.00	Repro Billet
Notes Ideal for Road Use. Good Tickover. Works Well in the Supercharged Engine																		
ARA/270/367 PH2	Fast Road Cam	2000 6500	270	270	0.367 9.32	0.367 9.32	0.288 7.31	0.288 7.31	28-62	62-28	107		0.057" 1.46mm		0.012 0.305	0.012 0.305	£100.00 £200.00	Repro Billet
Notes Superb Fast Road Cam for Use with Twin Carb Set Up or Single 1 1/2 SU Excellent Power Increase Smooth Tickover																		
ARA/290/383 PH3	Rally Fast Road Cam	3000 7500	290	290	0.383 9.71	0.383 9.71	0.300 7.61	0.300 7.61	38-72	72-38	107		0.88" 2.23mm		0.012 0.305	0.012 0.305	£100.00 £200.00	Repro Billet
Notes Fast Road Rally Cam Good Mid/Top End Power But with a Good Idle																		
ARA/300/414 PH4	Tarmac Rally/Sprint Cam	3750 8000	300	300	0.414 10.52	0.414 10.52	0.325 8.25	0.325 8.25	43-77	77-43	107		0.102" 2.60mm		0.008 0.200	0.010 0.250	£100.00 £200.00	Repro Billet
Notes Tarmac Rally/Torque Race Cam for Rally Use Best in 1275cc Engines, Cross Drilled Cam Lobes																		
ARA/320/421 PH5	Full Race Cam	4000 8000	320	320	0.434 11.00	0.434 11.00	0.340 8.63	0.340 8.63	53-87	87-53	107		0.148" 3.76mm		0.008 0.200	0.010 0.250	£200.00	Billet
Notes Race Cam Giving a Good Spread of Power Requires O/S Cam Followers To Be Fitted Only for 1275cc Engines, Cross Drilled Cam Lobes																		

Austin Rover Camshaft Data :- Model A Series/Injection Engines

Rocker Ratio 1.1275 : 1

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. ATTIC	EX BTDC	In	Ex	In	Ex		
ARA/250/322I PH1	Mild Road/Turbo Cam Single Point Injection	2000 6000	250	260	0.332 8.41	0.332 8.41	0.260 6.60	0.260 6.60	13-57	62-18	112		0.015" 0.38mm		0.012 0.305	0.012 0.305	£100.00	Repro
Notes Excellent Low Down Power and Smooth Tickover																		
ARA/250/344I PH1	Fast Road Cam Multi Point Injection	2000 6500	250	260	0.344 8.74	0.344 8.74	0.270 6.85	0.270 6.85	13-57	62-18	112		0.020" 0.51mm		0.012 0.305	0.012 0.305	£100.00	Repro
Notes Excellent Low Down Power and Smooth Tickover																		

Austin Rover Camshaft Data :- Model A Series/Additional Profiles

Rocker Ratio 1.1275 : 1

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		
BMC731 PH3	Road/Rally Cam	3000 7000	268	268	0.385 9.77	0.385 9.77	0.302 7.66	0.302 7.66	39-59	59-39	107		0.100" 2.55mm		0.012 0.305	0.012 0.305	£200.00	Billet
Notes Original Rally Developed by the BMC Works Engine Department																		

Notes:- All Billet BMC A Series Cams are supplied cross drilled with Oil feed through the Lobes.



Austin Rover Camshaft Data :- Model A Series/Mini/Metro/Midget 850cc to 1275CC

Rocker Ratio 1 : 1.275

Part No	Application	Power		Duration		Valve Lift		Cam Lift		Timing		Full Lift		Lift @ TDC with clearance		Valve Clear		Price	Material
		Band	In	Ex	In	Ex	In	Ex	In	Ex	In Open	Ex Close	IN. ATDC	EX BTDC	In	Ex	In	Ex	Ex VAT
BMC 649 PH5	Race Cam	4000	300	300	0.427	0.427	0.335	0.335	50-70	70-50	100		0.136mm		0.012	0.012	£200.00	Billet	
		8000			10.84	10.84	8.50	8.50					3.45mm		0.305	0.305			

Notes The Original Race Camshaft Developed by the Factory. Crossed drilled Cam Lobes

Notes : - Oil Pump Drives Differ in this Engine. Please advise Type of Drive Spider/Pin/Woodruff Slot.
All our Billet Cams are cross drilled through the Lobes.

Austin Rover A Series / Mini Injection Models Additional Components

Part No	Description	Price
DNCF010	8 x A Series Cam Followers Standard Size	£36.00
DNCF3006	8 x BMC A Series Inductioned Hardenend Nitrided EN40B Competition Cam Followers	£88.00
DNCF02	8 x A Series Oversize O/D 0.875" for Cams Having More Than 0.325" Lift on the Cam Lobe	£48.00
DNS1040S	A Series Single Valve Springs 160 Poundage Rate	£60.00
DNS1040D	A Series Double Valve Springs 200 Poundage Rate	£90.00
OP134	Oil Pump Spade Drive High Capacity Recommended for Cross Drilled Camshafts	£55.00

Austin Rover Camshaft Data :- Model B Series MGA/MGB

Rocker Ratio 1 : 1.420

Part No	Application	Power		Duration		Valve Lift		Cam Lift		Timing		Full Lift		Lift @ TDC with clearance		Valve Clear		Price	Material
		Band	In	Ex	In	Ex	In	Ex	In	Ex	In Open	Ex Close	IN. ATDC	EX BTDC	In	Ex	In	Ex	Ex VAT
ARB/280/383 PH1	Road Cam	1500	280	280	0.383	0.381	0.270	0.268	30-70	70-30	110		0.056"		0.012	0.014	£100.00	Repro Billet	
		6000			9.73	9.66	6.85	6.80					1.42mm		0.305	0.356	£210.00		

Notes An Excellent Cam for the Standard MGB for Road Use. Good Low Down and Mid Range Power. Good Idle

ARB/290/426 PH3	Fast Road/Rally Cam	3000	290	290	0.426	0.426	0.300	0.300	35-75	75-35	110		0.084"		0.012	0.014	£100.00	Repro Billet
		6500			10.81	10.81	7.61	7.61					2.13mm		0.305	0.356	£210.00	

Notes Competition Cam Suitable for Long Distance Events Good Mid Range Power. Reasonable Idle

ARB/300/454 PH4	Tarmac Rally/Race Cam	4000	300	300	0.454	0.454	0.320	0.320	48-72	72-48	102		0.123"		0.012	0.014	£210.00	Billet
		7000			11.53	11.53	8.12	8.12					3.12mm		0.305	0.356		

Notes A Good Race/Rally Cam Not Suitable for Road Use Giving Similar Power to the BMC 770 Cam. Requires O/S Cam Followers

ARB/320/520 PH5	Full Race Cam	4500	320	320	0.520	0.517	0.366	0.364	53-87	87-53	107		0.151"		0.012	0.014	£210.00	Billet
		8000			13.19	13.12	9.29	9.24					3.83mm		0.305	0.356		

Notes A Race Cam for Circuit Racing Only. Recommended O/S Cam Followers Are Fitted

Austin Rover B Series MGA/MGB Additional Components

Part No	Description	Price
DNCF010	8 x B Series Cam Followers Standard Size Post 1971	£36.00
DNCF013	8 x B Series Cam Followers Standard Size Pre 1971	£48.00
DNCF3006	8 x BMC A Series Inductioned Hardenend Nitrided EN40B Competition Cam Followers Post 971	£88.00
DNCF02	8 x A Series Oversize O/D 0.875" for Cams Having More Than 0.325" Lift on the Cam Lobe	£48.00
TD1	Timing Disc Dual Purpose Full Lift and Engine Degrees	£8.00



Austin Rover Camshaft Data :- K Series 16 Valve

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		
ARK/252/400H PH1	Road Cam	2000 6000	252	252	0.400 10.15	0.400 10.15	0.400 10.15	0.400 10.15	16-56	56-16	110	110	0.039" 1.00mm	0.039" 1.00mm	Hyd	Hyd	£460.00 Per Pair	Blank
Notes		Road Cam Designed for Hydraulic Cam Followers and Standard Engine Management System. Good Increase of Low Mid Range Power																
ARK/260/400H PH2	Fast Road	2000 7000	260	260	0.400 10.15	0.400 10.15	0.400 10.15	0.400 10.15	20-60	60-20	110	110	0.044" 1.12mm	0.044" 1.12mm	Hyd	Hyd	£460.00 Per Pair	Blank
Notes		Fast Road Cam Designed for Hydraulic Cam Followers and Standard Engine Management System. Good Increase of Mid Range Power																
ARK/268/410H PH3	Tarmac Rally/Fast Road Cam	3000 7000	268	268	0.410 10.41	0.410 10.41	0.410 10.41	0.410 10.41	26-62	64-24	108	110	0.075" 1.90mm	0.063" 1.60mm	Hyd	Hyd	£460.00 Per Pair	Blank
Notes		Cams Designed for Competition Use. They will Not Run on the Standard Management System Good Mid Range Top End Power. Heavy Tickover																
ARK/276/412 PH4	Tarmac Rally/Sprint Cams	3500 8000	276	276	0.412 10.46	0.410 10.41	0.412 10.46	0.410 10.41	30-66	68-28	108	110	0.075" 1.90mm	0.067" 1.70mm	0.008 0.203	0.010 0.254	£460.00 Per Pair	Blank
Notes		Cams Designed for Sprints and Tarmac Rally. Good Mid/Top End Power. Heavy Tickover																
ARK/290/465 PH5	Full Race Cam	5000 8500	290	290	0.465 11.80	0.445 11.29	0.465 11.80	0.445 11.29	41-69	71-39	104	106	0.124" 3.15mm	0.115" 2.92mm	0.008 0.203	0.010 0.254	£460.00 Per Pair	Blank
Notes		Full Race Cam Requiring Modified Management System and O/S Injector Bodies																
ARK/310/480 PH5	Full Race Cam	5000 8500	310	310	0.480 12.18	0.465 11.80	0.480 12.18	0.465 11.80	49-81	78-42	106	106	0.169" 4.30mm	0.169" 4.30mm	0.008 0.203	0.010 0.254	£460.00 Per Pair	Blank
Notes		Full Race Cam Requiring Modified Management System and O/S Injector Bodies Designed for Engine 1800cc and Over																

Austin Rover K Series 16 Valve Additional Components

Part No	Description	Price
DNS2670	16 x Single Competition Valve Springs	£120.00
DNCF5114	16 x Mechanical Billet EN40 B Cam Followers Screw Adjustment No Shimming Required (33mm x 24mm)	£300.00
K335	1 x Mechanical Cam Followers Adjuster Tool	£20.00
DNCFHL17	16 x Hydraulic Cam Followers (33mm x 24mm)	£160.00
TB8974	Timing Belt (145mm x 26mm)	£28.00
TD1	Timing Disc Dual Purpose Full Lift and Engine Degrees	£8.00



Austin Rover Camshaft Data :- Rover V8 3.5 to 4.6

Rocker Ratio 1 : 1.6

Part No	Application	Power	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Lift @ TDC with clearance		Valve Clear		Price	Material
		Band	In	Ex	In	Ex	In	Ex	In Open	Ex Close	IN. ATDC	EX BTDC	In	Ex	In	Ex	Ex VAT	Type
ARR/260/416H PH1	Fast Road Cam	1250	260	260	0.416	0.416	0.260	0.260	20-60	60-20	110		0.041"		Hyd	Hyd	£245.00	Blank
		5500			10.56	10.56	6.60	6.60					1.04mm					
Notes		A Cam Designed for Engines with Auto Transmission and Engines Requiring a Smooth Tickover with Low Down Power																
ARR/270/424H PH2	Fast Road Cam	2000	270	270	0.424	0.424	0.265	0.265	25-65	65-25	110		0.050"		Hyd	Hyd	£245.00	Blank
		6000			10.76	10.76	6.73	6.73					1.28mm					
Notes		Good Low Down Power for Carb and Injection Engines. Management Sytem May Have To be Adjusted in Some Engines to Smooth Tickover																
ARR/280/448H PH4	Tarmac Rally/Sprint Cam	3000	280	280	0.448	0.448	0.280	0.280	30-70	70-30	110		0.098"		Hyd	Hyd	£245.00	Blank
		6500			11.37	11.37	7.11	7.11					2.48mm					
Notes		This Cam will Not Run on Standard Injection Engine. Works Well with 4 Barrel Holley Carb Good Mid Range Top End Power																
ARR/310/480 PH5	Race Cam	3750	310	310	0.480	0.480	0.300	0.300	45-85	85-45	110		0.142"		0.018	0.020	£245.00	Blank
		8000			12.18	12.18	7.61	7.61					3.60mm		0.457	0.508		
Notes		A Race Cam Only Suited for Circuit Race Use Solid Cam Followers																

Austin Rover V8 3.5 to 4.6 Additional Components

Part No	Description	Price
DNCF56	16 x Hydraulic Chilled Iron Cam Followers	£140.00
DNCF56/MECH	16 x Mechanical Chilled Iron Cam Followers Adustable Push Rods or Rocker Arms Required	£240.00
TD1	Timing Disc Dual Purpose Full Lift and Engine Degrees	£8.00

Austin Rover Camshaft Data :- Austin Healey 3000

Rocker Ratio 1 : 1.42

Part No	Application	Power	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Lift @ TDC with clearance		Valve Clear		Price	Material
		Band	In	Ex	In	Ex	In	Ex	In Open	Ex Close	IN. ATDC	EX BTDC	In	Ex	In	Ex	Ex VAT	Type
ARR/284/355 PH1	Road Cam	1600	284	284	0.355	0.355	0.250	0.250	35-69	69-35	107		0.0612"		0.015	0.015	£460.00	Billet
		5500			9.01	9.01	6.35	6.35					1.56mm		0.381	0.381		
Notes		The Factory BJ8 Profile Used as an Early Competition Cam But Now Makes a Fine Road Cam																
ARR/280/383 PH2	Fast Road Cam	2000	280	280	0.383	0.383	0.270	0.270	30-70	70-30	110		0.056"		0.015	0.015	£460.00	Billet
		6000			9.73	9.73	6.85	6.85					1.42mm		0.381	0.381		
Notes		Rally Fast Road Cam Suitable for Long Distance Events Smooth Tickover Good Mid Range Power																
ARR/300/454 PH4	Race/Tarmac Rally/Sprint Cam	3000	300	300	0.454	0.454	0.320	0.320	48-72	72-48	102		0.148"		0.015	0.015	£460.00	Billet
		6500			11.53	11.53	8.12	8.12					3.76mm		0.381	0.381		
Notes		Factory 1622 Cam as Used in the Factory Rally Team Cars																
ARR/320/554 PH5	Race Cam	4000	320	320	0.554	0.554	0.390	0.390	58-82	82-58	102		0.212"		0.016	0.018	£460.00	Billet
		7500			14.06	14.06	9.90	9.90					5.40mm		0.406	0.457		
Notes		The Ultimate Factory Race Cam for Circuit Racing Only in Conjunction with C/R Gear Box																

Austin Rover Austin Healey 3000 Additional Components

Part No	Description	Price
DNCF670	12 x Chilled Iron Cam Followers	£108.00
TD1	Timing Disc Dual Purpose Full Lift and Engine Degrees	£8.00


Austin Rover Camshaft Data :- MGC

Rocker Ratio 1 : 1.42

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		
ARC/284/355 PH1	Road Cam	1600 5500	284	284	0.355 9.01	0.355 9.01	0.250 6.35	0.250 6.35	35-69	69-35	107				0.015 0.381	0.015 0.381	£160.00 £500.00	Repro Billet
Notes The Factory BJ8 Profile Used as an Early Competition Cam But now Makes a Fine Road Cam																		
ARC/280/383 PH2	Fast Road Cam	2000 6000	280	280	0.383 9.73	0.383 9.73	0.270 6.85	0.270 6.85	30-70	70-30	110				0.015 0.381	0.015 0.381	£500.00	Billet
Notes Rally Fast Road Cam Suitable for Long Distance Events. Smooth Tickover. Good Mid Range Power																		

Austin Rover Camshaft Data :- Austin Healey 100/4

Rocker Ratio 1 : 1.42

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		
HEA/260/260 PH1	Road Cam	1600 5500	260	260	0.433 10.99	0.433 10.99	0.315 7.99	0.315 7.99	25-65	65-25	110				0.015 0.381	0.015 0.381	£415.00	Billet
Notes Touring Cam Designed for Torque.																		
HEA/266/369 PH1	Road Cam Le Mans M Spec	1600 5500	284	284	0.369 9.37	0.369 9.37	0.260 6.60	0.260 6.60	35-69	69-35	107				0.015 0.381	0.015 0.381	£150.00 £415.00	Repro Billet
Notes The Factory M Profile Used as an Early Competition Cam But Now Makes a Fine Road Cam																		
HEA/280/383 PH2	Race Rally Sprint Cam	2500 6000	290	280	0.426 10.81	0.426 10.81	0.300 7.61	0.300 7.61	35-75	75-35	110				0.015 0.381	0.015 0.381	£415.00	Billet
Notes Rally Fast Road Cam Suitable for Long Distance Events. Smooth Tickover. Good Mid Range Power																		

MG C Austin Healey 100/4 Additional Components

Part No	Description	Price
TD1	Timing Disc Dual Purpose Full Lift and Engine Degrees	£8.00