

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		
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	£150.00	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 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	£150.00	Blank
Notes Good Increase of Mid Range Power. Smooth Tickover. 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	35-75	75-35	110		0.077" 1.97mm		0.015 0.381	0.017 0.432	£150.00	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 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	£295.00	Steel
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	£295.00	Steel
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	£295.00	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
DNS1040S	8 x Single Valve Springs 160 Poundage PH1 to PH3	£46.00
DNS1040D	8 x Double Valve Springs 200 Poundage PH4 to PH5	£70.00
DNCF01	8 x Super Finished Chilled Iron Cam Followers Thin Stem Pre 1970 PH1 Cams Only	£32.00
DNCF05	8 x Super Finished Chilled Iron Cam Followers Thick Stem Post 1970 PH1 Cams Only	£32.00
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
DNC1040S	1 x Steel Camshaft any Profile with Dry Sump Oil Pump Slot in End	£295.00
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 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 6000	284	284	0.379 9.61	0.379 9.61	0.250 6.35	0.250 6.35	32-72	72-32	110				0.006 0.152	0.008 0.203	£145.00	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 Inserted 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				0.006 0.152	0.008 0.203	£145.00	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 Inserted Rocker Arms																		
FORP/275/474 PH4	Short Circuit/Sprint/Rally Cam	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				0.006 0.152	0.008 0.203	£145.00	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 Inserted Rocker Arms																		
FORP/284/474 PH4.5	Short Circuit/Sprint/Rally Cam	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				0.006 0.152	0.008 0.203	£145.00	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 Inseted Rocker Arms																		
FORP/286/474 PH4.75/117	Short Circuit/Sprint/Rally Cam	3250 7500	286	286	0.474 12.03	0.471 11.95	0.313 7.94	0.311 7.89	30-76	76-30	108				0.006 0.152	0.008 0.203	£145.00	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 Inserted Rocker Arms																		
FORP/300/477 PH5	Race Cam	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				0.006 0.152	0.008 0.203	£145.00	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 Inserted Rocker Arms																		
FORP/310/492 PH6	Race Cam	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				0.006 0.152	0.008 0.203	£145.00	Blank Chill/Iron
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	Ex	In	Ex	In	Ex	In	Ex		
FORC/256/413 PH1	Mild Road/Carb Models Cam	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	£160.00	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 Cam	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	£160.00	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																		
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	£160.00	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	£160.00	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	£160.00	Blank Chilled
Notes The Best Turbo Cam Around. Ground on Chilled Iron Blank. Essential to Use our Mechanical Cam Followers. 167MPH Has Been Btained 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	£160.00	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
DNPCVH	Vernier Pulley	£85.00
DNS1017S	8 x Single 160 lbs Valve Springs for Non Turbo Phase 1 to 3 Cams	£46.00
DNS1017D	8 x Double Valve Springs 200 Poundage	£70.00
DNS1017/200	8 x Single Valve Springs 190 Poundage	£54.00
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	£140.00
DNV5120	8 x Chrome Moly Valve Caps for Double Springs	£30.00
TB5046	Timing Belt (97mm x 21.8mm)	£16.00
TD1	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		
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	£380.00 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	£380.00 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	25-65	65-25	110	110	0.059" 1.50mm	0.059" 1.50mm	Hyd	Hyd	£380.00 Per Pair	Blank
Notes A Cam Giving Good Mid Range Power Using Hydraulic Cam Followers will Not Run on Standard Injection. ECU Mods Required																		
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	0.081" 2.07mm	0.081" 2.07mm	Hyd	Hyd	£380.00 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																		
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	0.128" 3.26mm	0.108" 2.75mm	0.008 0.203	0.010 0.254	£380.00 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
DNPOPVPZE	2 x Ford Zetec Vernier Pulleys	£160.00
DNCFHL76	16 x Hydraulic Cam Followers (28.4mm x 26.5mm)	£176.00
DNCF6001	16 x Mechanical Race Cam Followers Easy Adjust Non Shim (28.4mm x 26.5mm)	£272.00
TB8131	Timing Belt (131mm x 25mm)	£24.00
DNS2670	16 x 180 Poundage Chrome Vanadium Valve Springs Non Beehive Type	£90.00
DNV400	16 x Chrome Moly Valve Caps to Suit DNS2670 Valve Spring	£48.00
K335	1 x Clamping Tool for Adjusting Mechanical Cam Followers	£18.00
TD1	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		
FORZ/256/340M PH1	Fast Road Cam	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	£380.00	Blank
		6000			8.63	8.63	8.63	8.63					0.73mm	0.73mm	0.203	0.254	Per Pair	
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	260	260	0.400	0.380	0.400	0.380	20-60	60-20	110	110	0.048"	0.048"	0.008	0.010	£380.00	Blank
		6000			10.15	9.64	10.15	9.64					1.22mm	1.22mm	0.203	0.254	Per Pair	
Notes Designed for 1.8/2.00 Engines. Good Middle Range Power																		
FORZ/270/425M PH3	Fast Road Rally Cam	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	£380.00	Blank
		7000			10.79	10.79	10.79	10.79					1.30mm	1.30mm	0.203	0.254	Per Pair	
Notes A Cam Giving Good Mid Range Power. Will Not Run on Standard Injection. ECU Mods required. Do Not Use top Shim Followers																		
FORZ/280/450M PH4	Tarmac Rally/Sprint Cam	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	£380.00	Blank
		7500			11.42	10.79	11.42	10.79					2.10mm	1.30mm	0.203	0.254	Per Pair	
Notes A Cam Giving Good Mid Range Power. Will Not Run on Standard Injection. Cam Carrier Mods Required. Do Not Use Top Shim Followers																		
FORZ/294/460M PH5	Race Cam	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	£380.00	Blank
		8000			11.68	10.91	11.68	10.91					3.26mm	2.75mm	0.203	0.254	Per Pair	
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
DNPOPVPZE	2 x Ford Zetec Vernier Pulleys	£160.00
TB8131	Timing Belt (131mmx 25mm)	£24.00
DNS2670	16 x 180 Poundage Chrome Vanadium Valve Springs Not suited for Standard Ford Cap	£90.00
DNV400	16 x Chrome Moly Valve Caps to Suit DNS2670 Valve Spring Non Beehive Type	£48.00
TD1	Timing Disc Dual Purpose Full Lift and Engine Degrees	£5.00

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		
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	0.020" 0.50mm	0.020" 0.50mm	0.008 0.203	0.010 0.254	£360.00 Per Pair	Blank
Notes Low Mid Range Power. Will Run on Standard Injection																		
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	20-60	60-20	110	110	0.031" 0.82mm	0.031" 0.82mm	0.008 0.203	0.010 0.254	£360.00 Per Pair	Blank
Notes Good Mid Range Power will Not Run on Standard Injection. Requires ECU Reprogramme																		
FORS/274/325 PH3	Tarmac Rally/Sprint Cam	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	£360.00 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	0.071" 1.80mm	0.063" 1.60mm	0.008 0.203	0.010 0.254	£360.00 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	0.108" 2.75mm	0.088" 2.25mm	0.008 0.203	0.010 0.254	£360.00 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
DNS2670	16 x Single Valve Spring 160 Poundage Chrome Vanadium Wire	£90.00
DNV600	16 x Chrome Moly Valve Caps to Suit DNS2670 Valve Spring Non Beehive Type	£48.00
TD1	Timing Disc Dual Purpose Full Lift and Engine Degrees	£5.00

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		
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	£380.00 Per Pair	Blank
Notes Low Mid Range Power. Will Run on Standard Injection																		
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	£380.00 Per Pair	Blank
Notes Good Mid Range Power. Will Run on Standard Injection																		
FORD/284/396 PH3	Fast Road Cam Rally Cam	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	£380.00 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																		
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	£380.00 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	£380.00 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 x Ford Duratec Vernier Pulleys	£160.00
DNS2670	16 x Single Valve Spring 180 Poundage Chrome Vanadium Wire	£90.00
DNV7012	16 x Chrome Moly Valve Cap to Suit DNS2670	£48.00
TD1	Timing Disc Dual Purpose Full Lift and Engine Degrees	£5.00

Ford Camshaft Data :- Puma 1.7 16 Valve

Rocker Ratio 1 : 1

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		
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	0.032" 0.82mm	0.030" 0.75mm	0.008 0.203	0.010 0.254	£390.00 Per Pair	Blank
Notes Good Bottom Mid Range Power. Will Run on Standard Injection																		
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	0.047" 1.20mm	.030" 0.75mm	0.008 0.203	0.010 0.254	£390.00 Per Pair	Blank
Notes Good Mid Range Power. Will Run on Standard Injection 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	0.060" 1.50mm	0.047" 1.20mm	0.008 0.203	0.010 0.254	£390.00 Per Pair	Blank
Notes A Competition Cam Giving Good Mid Range Power Using Hydraulic Cam Followers. Will Not Run on Standard Injection																		
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	0.095" 2.40mm	0.082" 2.10mm	0.008 0.203	0.010 0.254	£390.00 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 x 22.15mm)	£96.00
DNCF61	16 x Mechanical Cam Followers Bottom Shim Type (28mm x 22.15mm)	£96.00
TB5044	Timing Belt (117mm x 22mm)	£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		Valve Clear		Price Ex VAT	Material Type
			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	£130.00	Blank
Notes Good Bottom End Mid Range Power																		
FORKA/278/379 PH3	Fast Road Cam	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	£130.00	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	35-75	75-35	110		0.077" 1.97mm		0.008 0.203	0.010 0.254	£130.00	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	292	292	0.380	0.380	0.380	0.380	38-78	78-38	110	110	0.111"	0.111"	0.008	0.010	£400.00 Per Pair	Blank
		7000			9.64	9.64	9.64	9.64					2.82mm	2.82mm	0.203	0.254		
Notes		Good Bottom Mid Range Power																
FORB/300/400 PH2	Rally Cam	3000	300	300	0.400	0.400	0.400	0.400	40-80	80-40	110	110	0.118"	0.118"	0.008	0.010	£400.00 Per Pair	Blank
		7000			10.15	10.15	10.15	10.15					2.99mm	2.99mm	0.203	0.254		
Notes		Rally Cam Giving Good Mid Range Power with High Revving Ability																
FORB/308/420 PH4	Tarmac Rally/Sprint Cam	3500	308	300	0.420	0.400	0.420	0.400	42-82	80-40	110	110	0.118"	0.118"	0.008	0.010	£400.00 Per Pair	Blank
		7500			10.66	10.15	10.66	10.15					2.99mm	2.99mm	0.203	0.254		
Notes		A Competition Cam Giving Good Mid Range Power																
FORB/320/430 PH5	Race Cam	4000	320	318	0.430	0.430	0.430	0.430	58-82	82-58	106	106	0.168"	0.168"	0.008	0.010	£400.00 Per Pair	Blank
		8000			10.91	10.91	10.91	10.91					4.26mm	4.26mm	0.203	0.254		
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 Open	Ex Close	In. ATDC	EX BTDC	In	Ex	In	Ex				
FORE/260/377 PH1	Road Cam	2000	260	260	0.377	0.377	0.260	0.260	30-70	70-30	110	110	0.057"		0.014	0.016	£195.00	Blank
		6000			9.57	9.57	6.60	6.60					1.45mm		0.356	0.406		
Notes		A Road Cam that will Give a Smooth Idle and Work with Auto Transmission																
FORE/280/406 PH2	Fast Road Cam	2000	280	280	0.406	0.406	0.280	0.280	30-70	70-30	110	110	0.068"		0.014	0.016	£195.00	Blank
		6000			10.30	10.30	7.11	7.11					1.73mm		0.356	0.406		
Notes		Good Bottom Mid Range Power will Run with Standard Twin Choke Carb																
FORE/292/450 PH4	Tarmac Rally/Sprint Cam	3500	292	292	0.450	0.450	0.310	0.310	36-76	76-36	110	110	0.085"		0.016	0.018	£195.00	Blank
		7500			11.41	11.41	7.87	7.87					2.16mm		0.406	0.457		
Notes		A 3/4 Race Race Cam Suitable for Drag Racing																
FORE/320/464 PH5	Race Cam	4000	300	300	0.464	0.464	0.320	0.320	40-80	80-40	106	106	0.157"		0.016	0.018	£195.00	Blank
		8000			11.78	11.78	8.12	8.12					3.98mm		0.406	0.457		
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 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	Ex	In Open	Ex Close	IN. ATDC	EX BTDC	In	Ex		
FOR5/260/370 PH1	Fast Road Cam	1500 6000	260	280	0.356 9.04	0.354 8.98	0.364 9.24	0.364 9.24	72-28	22-66	112	112	0.028" 0.65mm	0.032" 0.85mm	0.008 0.203	0.010 0.254	£525.00 Per Pair	Blank
Notes Suitable for the Standard Engine. Remap May Be Required																		
FOR5/280/400 PH2	Fast Road Cam	2500 7000	272	280	0.400 10.15	0.400 10.15	0.400 10.15	0.400 10.15	72-28	22-66	112	112	0.032" 0.80mm	0.039" 1.00mm	0.008 0.203	0.010 0.254	£525.00 Per Pair	Blank
Notes Suitable Engine with Pocketed Pistons. Remap Required																		
FOR5/284/400 PH3	Race Cam	3000 8000	284	280	0.400 10.15	0.400 10.15	0.400 10.15	0.400 10.15	74-30	22-66	112	112	0.047" 1.20mm	0.039" 1.00mm	0.008 0.203	0.010 0.254	£525.00 Per Pair	Blank
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

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 6800	In Ex	0.193 0.208	0.305 0.320	0.382 0.413	n/a n/a	n/a n/a	n/a n/a	110	110			0.008 0.200	0.010 0.250	£450.00	Blank	
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 7000	In Ex	0.185 0.208	0.368 0.314	0.377 0.418	n/a n/a	n/a n/a	n/a n/a	110	110			0.008 0.200	0.010 0.250	£450.00	Blank	
Notes Group N Profile Includes Tuftriding Chilled Iron as Original Factory Heat Treatment on Cam Lobes and Journals																		