

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	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

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																	