

Ford Camshaft Data :- Kent Cross Flow Non Crossflow 109E/116E

NEWMAN CAMS 9

9

Rocker Ratio 1 : 1.514

Part No	Application	Power Band	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Valve Clear		Price Ex VAT	Material Type
			In	Ex	In	Ex	In	Ex	In Open	Ex Close	IN. ATDC	EX BTDC	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		0.015 0.381	0.017 0.432	£110.00	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	2000 6500	278	278	0.379 9.61	0.379 9.61	0.250 6.35	0.250 6.35	35-75	75-35	110		0.015 0.381	0.017 0.432	£110.00	Blank
Notes. Good Increase of Mid Range Power, Smooth Tick over. Gives More Power Than the GT116E Cam (See Notes)																
FORK/290/401 PH3	Fast Road Sprint Cam	2500 7000	290	290	0.401 10.18	0.401 10.18	0.265 6.73	0.265 6.73	30-80	80-30	110		0.015 0.381	0.017 0.432	£110.00	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	4000 7500	310	310	0.436 11.07	0.436 11.07	0.288 7.31	0.288 7.31	40-90	90-40	110		0.015 0.381	0.017 0.432	£110.00	Blank
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		0.016 0.406	0.018 0.457	£110.00	Blank
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		0.016 0.406	0.018 0.457	£125.00	Blank
Notes. Cosworths Screamer F3 Cam for the 997cc Ford Engine for Classic F3 Racing Slot Milled Flange for Front Mounted Dry Sump Pump																

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

Part No	Description	Price
DNS1040S	8 x Single Valve Springs 160 Poundage Ph1 to PH3	£30.00
DNS1040D	8 x Double Valve Springs 200 Poundage Ph4 to PH5	£45.00
DNCF01	8 x Super Finished Chilled Iron Cam Followers Thin Stem Pre 1970	£30.00
DNCF05	8 x Super Finished Chilled Iron Cam Followers Thick Stem Post 1970	£30.00
K445	8 x Steel Thick Stem EN8 Carbo Nitride Steel Cam Followers Post 1970 Engines(New2009)	£80.00
K444	8 x Steel Thin Stem AISI8620 Steel Cam Followers Pre 1970 for F3 Engines	£80.00
DNV1040	8 x Chrome Moly Valve Caps with 2mm Extra Fitted Spring Length either Single or Double Springs	£24.00
DNS1040S	1 x Steel Camshaft any Profile with Dry Sump Oil Pump Slot in End	£280.00
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 .375 Lift and above that the Springs are not Coil Binding if they are either cut the Spring Seats or fit our Valve Caps

Ford Camshaft Data :- 1600/1800/2000cc SOHC "Pinto"
NEWMAN CAMS 9

10

Rocker Ratio 1 : 1.58

Part No	Application	Power Band	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Valve Clear		Price Ex VAT	Material Type
			In	Ex	In	Ex	In	Ex	In Open	Ex Close	IN. ATDC	EX BTDC	In	Ex		
FORP/284/379 PH2	Fast Road	2000	284	284	0.379	0.379	0.250	0.250	32-72	72-32	110		0.006	0.008	£115.00	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 (Chilled Iron Balnk																
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	£115.00	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																
FORP/275/474 PH4	Short Circuit/Sprint/Rally	2000	275	272	0.474	0.471	0.313	0.311	22-73	74-18	110		0.006	0.008	£115.00	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 Padded Cam Followers																
FORP/284/474 PH4.5	Short Circuit/Sprint/Rally	3000	284	284	0.474	0.471	0.313	0.311	26-78	78-26	110		0.006	0.008	£115.00	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																
FORP/286/474 PH4.75/117	Short Circuit/Sprint/Rally	3250	286	286	0.474	0.471	0.313	0.311	30-76	76-30	110		0.006	0.008	£115.00	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																
FORP/300/477 PH5	Race	4000	300	300	0.477	0.474	0.315	0.313	33-87	87-33	110		0.006	0.008	£115.00	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																
FORP/300/477 PH5	Race	4500	310	310	0.492	0.492	0.325	0.325	33-87	87-33	110		0.006	0.008	£115.00	Blank Chill/Iron
		8250			12.49	12.49	8.25	8.25					0.152	0.203		
Notes. A Race only really suited to throttle bodies and programmable ECU Units (New 2009)																

Ford Pinto Additional Components : - 1600/1800/2000cc

Part No	Description	Price
K494	Aluminium Vernier Pulley with Steel internal Sprocket	£75.00
DNS1017S	8 x Single Valve Springs 160 Poundage Ph1 to PH3 Swedish Wire	£34.00
DNS1017/200	8 x Single Valve Springs 190 Poundage Ph4 to PH5 Swedish Wire	£48.00
DNS1017D	8 x Double Valve Springs 200 Poundage Ph4 to PH5 Swedish Wire	£54.00
DNCF5001	8 x Long Pad Cam Followers Non Padded	£36.00
DNCF5001P	8 x Long Pad Cam Followers with Carbide Inserted Pads. Essential for Phase 4 and 5 Cams	£68.00
DNV5120	8 x Chrome Moly Valve Caps Suits double or Single Springs	£28.00
DNCFP1	Oil Feed Pipe	£6.00
DNC249	8 x Chrome Moly Ball Studs 62 RWC	£12.00
TB5001	Timing Belt for 1.6 Engine 119 mm x 19mm	£10.00
TB5002	Timing Belt for 2.00 Engine 122 mm x 19mm	£10.00
TD1	Timing Disc Dual Purpose Full Lift and Degrees	£5.00

Ford Camshaft Data :- 1300/1600 CVH RS Turbo XR3i XR2 Mechanical Cam Followers Only
NEWMAN CAMS 9

11

Rocker Ratio 1 : 1.64

Part No	Application	Power Band	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Valve Clear		Price Ex VAT	Material Type
			In	Ex	In	Ex	In	Ex	In Open	Ex Close	IN. ATDC	EX BTDC	In	Ex		
FORC/256/413H PH1	Mild Road/Carb Models	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		0.008 0.203	0.010 0.254	£125.00	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/260/409H PH2	Fast Road/Carb Models	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		0.008 0.203	0.010 0.254	£125.00	Blank Chilled
Notes. Free RevingCam 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		0.008 0.203	0.010 0.254	£125.00	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		0.008 0.203	0.010 0.254	£125.00	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		0.008 0.203	0.010 0.254	£125.00	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																
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		0.008 0.203	0.010 0.254	£125.00	Blank Chilled
Notes. Only Suitable for ZVH Turbo Engines. Ground on a Chilled Iron Blank. Essential to Use our Mechanical Cam Followers																

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

Part No	Description	Price
DNS1017S	8 x Single 160 lbs Valve Springs for Non Turbo Phase 1 to 3 Cams	£34.00
DNS1017D	8 x Double Valve Springs 200 Poundage	£54.00
DNS1017/200	8 x Single Valve Springs 190 Poundage	£48.00
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	£132.00
DNV5120	8 x Chrome Moly Valve Caps for Double Springs	£28.00
DNPCVH	Vernier Pulley	£75.00
TB6097	Timing Belt 97mm x21.8mm	£16.00
TD	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)
NEWMAN CAMS 9

12

Rocker Ratio 1 : 1.0 Hydraulic Cam Followers Models

Part No	Application	Power Band	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Valve Clear		Price Ex VAT	Material Type
			In	Ex	In	Ex	In	Ex	In Open	Ex Close	IN. ATDC	EX BTDC	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	Hyd	Hyd	£300.00 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	Hyd	Hyd	£300.00 Per Pair	Blank
Notes. Designed for 1.8/2.00 Engines Good Middle Range Power																
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	Hyd	Hyd	£300.00 Per Pair	Blank
Notes. A Cam Giving Good Mid Range Power using Hydraulic Cam Followers will not Run on Standard Injection System. Cam Carrier Mods Required.																
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	0.008 0.203	0.010 0.254	£300.00 Per Pair	Blank
Notes. Race Cam Giving a Flat Power Curve Ground on a Chilled Iron Blank .Essential to Use Mechanical Cam Followers																

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

Rocker Ratio 1 : 1.0 Mechanical Cam Follower Models

Part No	Application	Power Band	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Valve Clear		Price Ex VAT	Material Type
			In	Ex	In	Ex	In	Ex	In Open	Ex Close	IN. ATDC	EX BTDC	In	Ex		
FORZ/256/340M 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	0.008	Hyd	£300.00 Per Pair	Blank
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 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	0.008 0.203	0.010 0.254	£300.00 Per Pair	Blank
Notes. Designed for 1.8/2.00 Engines Good Middle Range Power																
FORZ/280/450M 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	0.008 0.203	0.010 0.254	£300.00 Per Pair	Blank
Notes. A Cam Giving Good Mid Range Power will not Run on Standard Injection System. Cam Carrier Mods Required.Do not Use Top Shim Followers																
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	0.008 0.203	0.010 0.254	£300.00 Per Pair	Blank
Notes. Race Cam Giving a Flat Power Curve Ground on a Chilled Iron Blank.Do not use Top Shim Followers																

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

Part No	Description	Price
DNPOPVPZE	2 Ford Zetec Vernier Pulleys	£150.00
DNCFHL76	16 x Hydraulic Cam Followers (28.4 mm x 26.5mm)	£120.00
DNCF6001	16 x Mechanical Race Cam Followers Easy Adjust Non Shim (28.4mm x 26.5mm)	£256.00
TB8131	Timing Belt (131mmx 25mm)	£24.00
DNS/220	16 x 180 Poundage Chrome Vanadium Valve Springs	£96.00
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
NEWMAN CAMS 9

13

Rocker Ratio 1 : 1.0

Part No	Application	Power Band	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Valve Clear		Price Ex VAT	Material Type
			In	Ex	In	Ex	In	Ex	In Open	Ex Close	IN. ATDC	EX BTDC	In	Ex		
FORD/258/372 PH1	Fast Road Cam	2000	258	258	0.372	0.372	0.372	0.372	19-59	59-19	110	110	0.008	0.010	£300.00	Blank
		7000			9.44	9.44	9.44	9.44					0.203	0.254	Per Pair	
Notes. Low Mid Range Power, Will Run on Std Injection System																
FORD/278/375 PH3	Fast Road Cam	2500	278	278	0.375	0.375	0.375	0.375	29-69	69-29	110	110	0.008	0.010	£300.00	Blank
		7250			9.52	9.52	9.52	9.52					0.203	0.254	Per Pair	
Notes. Good Mid Upper Range Power																
FORD/284/450 PH4	Tarmac Rally/Sprint Cam	3750	284	284	0.450	0.450	0.450	0.450	34-70	67-27	108	110	0.008	0.010	£300.00	Blank
		7500			11.42	11.42	11.42	11.42					0.203	0.254	Per Pair	
Notes. A Free Revving Cam suitable for competition Use Only																
FORD/294/460 PH5	Race Cam	4500	294	294	0.460	0.460	0.460	0.460	39-75	70-34	108	108	0.008	0.010	£300.00	Blank
		8500			11.68	11.68	11.68	11.68					0.203	0.254	Per Pair	
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
DNPOVPD	2 Ford Duratec Vernier Pulleys	£150.00
DNS/200	Single Valve Spring 180 poundage Chrome Vanadium Wire	£96.00
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 : 1.0

Part No	Application	Power Band	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Valve Clear		Price Ex VAT	Material Type
			In	Ex	In	Ex	In	Ex	In Open	Ex Close	IN. ATDC	EX BTDC	In	Ex		
FORS/240/280 PH1	Road Cam	2000	240	240	0.270	0.270	0.280	0.280	10-50	50-10	110	110	0.008	0.010	£300.00	Blank
		6000			6.85	6.85	7.11	7.11					0.203	0.254	Per Pair	
Notes. Low Mid Range Power, Will Run on Std Injection System																
FORS/266/300 PH2	Fast Road Cam	2500	260	260	0.290	0.290	0.300	0.300	29-69	69-29	110	110	0.008	0.010	£300.00	Blank
		7250			7.36	7.36	7.61	7.61					0.203	0.254	Per Pair	
Notes. Good Mid Upper Range Power will not run on Std Injection System																
FORS/280/350 PH4	Tarmac Rally/Sprint Cam	3750	280	280	0.340	0.340	0.350	0.350	32-68	70-30	108	110	0.008	0.010	£300.00	Blank
		7500			8.63	8.63	8.88	8.88					0.203	0.254	Per Pair	
Notes. A Free Revving Cam suitable for competition Use Only																
FORS/294/400 PH5	Race Cam	4500	294	284	0.390	0.370	0.400	0.380	39-75	70-34	108	108	0.008	0.010	£300.00	Blank
		8500			9.90	9.39	10.15	9.64					0.203	0.254	Per Pair	
Notes. A Race Cam Giving Power from 4500 to 8500																

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

Part No	Description	Price
DNS/210	Single Valve Spring 160 poundage Chrome Vanadium Wire	£96.00
TD1	Timing Disc Dual Purpose Full Lift and Engine Degrees	£5.00

Ford Camshaft Data :- Puma 1.7 16 Valve
NEWMAN CAMS 9

14

Rocker Ratio 1 : 1.0

Part No	Application	Power Band	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Valve Clear		Price Ex VAT	Material Type
			In	Ex	In	Ex	In	Ex	In Open	Ex Close	IN. ATDC	EX BTDC	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	0.008 0.203	0.010 0.254	£300.00 Per Pair	Blank
Notes. Good Bottom Mid Range Power will Run on Std Injection System																
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	0.008 0.203	0.010 0.254	£300.00 Per Pair	Blank
Notes. Good Mid Range Power will Run on Std Injection System 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	0.008 0.203	0.010 0.254	£300.00 Per Pair	Blank
Notes. A Competition Cam Giving Good Mid Range Power using Hydraulic Cam Followers will not Run on Standard Injection System																
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	0.008 0.203	0.010 0.254	£300.00 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 x22.15mm)	£96.00
DNCF61	16 x Mechanical Cam Followers Bottom Shim Type(28mm x 22.15mm)	£96.00
TB5044	Timing Belt (117mmx22m)	£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		Valve Clear		Price Ex VAT	Material Type
			In	Ex	In	Ex	In	Ex	In Open	Ex Close	IN. ATDC	EX BTDC	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		0.014 0.356	0.016 0.406	£108.00	Blank
Notes. Good Bottom End Mid Range Power																
FORKA/278/379 PH3	Fast Road Cam	2000 6500	280	270	0.379 9.61	0.379 9.61	0.250 6.35	0.250 6.35	25-70	70-25	110		0.008 0.203	0.010 0.254	£108.00	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	30-80	80-30	110		0.008 0.203	0.010 0.254	£108.00	Blank
Notes. A Race Tarmac Rally Cam																

Ford KA 1.3 HCS Engine Additional Components

Part No	Description	Price
DNCF05B	8 x Super Finish Cam Followers	£30.00
TD1	Timing Disc Dual Purpose Full Lift and Engine Degrees	£5.00

Ford Camshaft Data :- BDA/BDG/BDT

Rocker Ratio 1 : 1.0

Part No	Application	Power Band	Duration		Valve Lift		Cam Lift		Timing		Full Lift		Valve Clear		Price Ex VAT	Material Type
			In	Ex	In	Ex	In	Ex	In Open	Ex Close	IN. ATDC	EX BTDC	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	0.008	0.010	£300.00	Blank
		7000			9.64	9.64	9.64	9.64					0.203	0.254	Per Pair	
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	0.008	0.010	£300.00	Blank
		7000			10.15	10.15	10.15	10.15					0.203	0.254	Per Pair	
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	0.008	0.010	£300.00	Blank
		7500			10.66	10.15	10.66	10.15					0.203	0.254	Per Pair	
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	0.008	0.010	£300.00	Blank
		8000			10.91	10.91	10.91	10.91					0.203	0.254	Per Pair	
Notes. Full Race Cam Circuit use only																

Note:- All other BDA profiles are available

Ford BDA/BDG/BDT Additional Components

Part No.	Description	Price
K456	16 x BDA Cam Follower Long Internal Stem Type	£256.00
K457	16 x BDA Cam Follower	£256.00
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		Valve Clear		Price Ex VAT	Material Type
			In	Ex	In	Ex	In	Ex	In Open	Ex Close	IN. ATDC	EX BTDC	In	Ex		
FORE/2600/377 PH2		2000	280	280	0.377	0.377	0.260	0.260	30-70	70-30	110	110	0.014	0.016	£170.00	Blank
		6000			9.57	9.57	6.60	6.60					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	0.014	0.016	£170.00	Blank
		6000			10.30	10.30	7.11	7.11					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	0.016	0.018	£170.00	Blank
		7500			11.41	11.41	7.87	7.87					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	0.016	0.018	£170.00	Blank
		8000			11.78	11.78	8.12	8.12					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	£60.00
TD1	Timing Disc Dual Purpose Full Lift and Engine Degrees	£5.00