

**Austin Rover Camshaft Data :- Model A Series/Mini/Metro/ Midget 850cc to 1275CC**
**NEWMAN CAMS 9**

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Rocker Ratio 1.275 : 1

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		
ARA/260/344 PH1	Mild Road/Turbo Cam	1500	260	260	0.344	0.344	0.270	0.270	20-60	60-20	110		0.012	0.012	£60.00	Repro
		6000			8.74	8.74	6.85	6.85					0.305	0.305	£150.00	Billet
Notes. Ideal for Road use Good Tick over ,Works well in the Supercharged Engine																
ARA/270/367 PH2	Fast Road Cam	2000	270	270	0.367	0.367	0.288	0.288	28-62	62-28	107		0.012	0.012	£60.00	Repro
		6500			9.32	9.32	7.31	7.31					0.305	0.305	£150.00	Billet
Notes. Superb Fast Road Cam for use with twin Carb Set Up or Single 1 1/2 SU Excellent Power Increase Smooth Tick over																
ARA/290/383 PH3	Rally Fast Road Cam	3000	290	290	0.383	0.383	0.300	0.300	38-72	72-38	107		0.012	0.012	£60.00	Repro
		7500			9.71	9.71	7.61	7.61					0.305	0.305	£150.00	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	300	300	0.414	0.414	0.325	0.325	43-77	77-43	107		0.008	0.010	£60.00	Repro
		8000			10.52	10.52	8.25	8.25					0.200	0.250	£150.00	Billet
Notes. Tarmac Rally/Torque Race Cam for Rally Use use best in 1275cc Engines,Cross drilled cam lobes																
ARA/320/421 PH5	Full Race Cam	4000	320	320	0.421	0.421	0.330	0.330	53-87	87-53	107		0.008	0.010	£150.00	Billet
		8000			10.68	10.68	8.38	8.38					0.200	0.250		
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		Valve Clear		Price Ex VAT	Material Type
			In	Ex	In	Ex	In	Ex	In Open	Ex Close	IN. ATTIC	EX BTDC	In	Ex		
ARA/250/322I PH1	Mild Road/Turbo Cam Single Point Injection	2000	250	260	0.332	0.332	0.260	0.260	13-57	62-18	112		0.012	0.012	£60.00	Repro
		6000			8.41	8.41	6.60	6.60					0.305	0.305		
Notes. Excellent Low Down Power and Smooth Tick over																
ARA/250/344I PH1	Fast Road Cam Multi Point Injection	2000	250	260	0.344	0.344	0.270	0.270	13-57	62-18	112		0.012	0.012	£60.00	Repro
		6500			8.74	8.74	6.85	6.85					0.305	0.305		
Notes. Excellent Low Down Power and Smooth Tick over																

**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		Valve Clear		Price Ex VAT	Material Type
			In	Ex	In	Ex	In	Ex	In Open	EX Close	IN. ATDC	EX BTDC	In	Ex		
BMC731 PH3	Road/Rally Cam	3000	278	278	0.309	0.309	0.242	0.242	39-59	59-39	100		0.012	0.012	£150.00	Billet
		7000			7.83	7.83	6.14	6.14					0.305	0.305		
Notes. Original Rally Developed by the BMC Works Engine Department																

**Austin Rover Camshaft Data :- Model A Series/Mini/Metro/ Midget 850cc to 1275CC**
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Rocker Ratio1 : 1.275

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		
<b>BMC 649 PH5</b>	Race Camshaft	4000	300	300	0.427	0.427	0.335	0.335	50-70	70-50	100		0.012	0.012	£160.00	Billet
		8000			10.84	10.84	8.50	8.50					0.305	0.305		

Notes. The Original Race Camshaft Developed by the Factory.Crossed drilled cam lobes

Notes : - 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 Additional Components :- Model A Series / Mini Injection Models**

Part No	Description	Price
DNCF010	8 X A Series Cam Followers Std Size	£28.00
DNCF02	8 x A Series Oversize O/D .875 for cams having more than .325 lift on the Cam Lobe	£48.00
DNS1040S	A Series Single Valve Springs 160 Poundage Rate	£28.00
DNS1040D	A Series Double Valve Springs 200 Poundage Rate	£45.00
OP134	Oil Pump Spade Drive High Capacity recomended for Cross Drilled Camshafts	£55.00

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

Rocker Ratio1 : 1.420

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		
<b>ARB/280/383 PH1</b>	Road Cam	1500	280	280	0.383	0.381	0.270	0.268	30-70	70-50	110		0.012	0.014	£75.00	Repro Billet
		6000			9.73	9.66	6.85	6.80					0.305	0.356		
Notes. An Excellent Cam for the Standard MGB for Road Use, Good Low Down and Mid Range Power, Good Idle																
<b>ARB/290/426 PH3</b>	Fast Road/Rally Cam	3000	290	290	0.426	0.426	0.300	0.300	40-80	80-40	110		0.012	0.014	£75.00	Repro Billet
		6500			10.81	10.81	7.61	7.61					0.305	0.356		
Notes. Competition Cam suitable for Low Competition Cam suitable for Long Distance Events Good Mid Range Power Reasonable Idle																
<b>ARB300/454 PH4</b>	Tarmac Rally/Race Cam	4000	300	300	0.454	0.454	0.320	0.320	48/72	72/48	102		0.012	0.014	£160.00	Billet
		7000			11.53	11.53	8.12	8.12					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																
<b>AR/320/520 PH5</b>	Full Race Camshaft	4500	320	320	0.520	0.517	0.366	0.364	53-87	87-53	107		0.012	0.014	£180.00	Billet
		8000			13.19	13.12	9.29	9.24					0.305	0.356		
Notes. A Race Cam for Circuit Racing Only, Recommended O/S Cam Followers are fitted																

**Austin Rover Additional Components :- Model B Series MGA/MGB**

Part No	Description	Price
DNCF010	8 X B Series Cam Followers Std Size Post 1971	£28.00
DNCF013	8 X B Series Cam Followers Std Size Pre 1971	£48.00
DNCF02	8 x A Series Oversize O/D .875 for cams having more than .325 lift on the Cam Lobe	£48.00
<b>TD1</b>	Timing Disc Dual Purpose Full Lift and Engine Degrees	£5.00

Rocker Ratio 1 : 1

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		
<b>ARK/252/400H PH1</b>	<b>Road Cam</b>	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	Hyd	Hyd	£300.00 Per Pair	Blank
Notes. Road Cam Designed for Hydraulic Cam Followers and Standard Engine Management System. Good Increase of Low Mid Range Power																
<b>ARK/260/400H PH2</b>	<b>Fast Road</b>	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	Hyd	Hyd	£300.00 Per Pair	Blank
Notes. Fast Road Cam Designed for Hydraulic Cam Followers and Standard Engine Management System. Good Increase of Mid Range Power																
<b>ARK/268/410H PH3</b>	<b>Tarmac Rally/Fast Road</b>	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	Hyd	Hyd	£300.00 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 Tick over																
<b>ARK/276/412 PH4</b>	<b>Tarmac Rally/Sprint Cams</b>	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	0.008 0.203	0.010 0.254	£300.00 Per Pair	Blank
Notes. Cams Designed for Sprints and Tarmac Rally . Good Mid /Top End Power Heavy Tick over																
<b>ARK/290/465 PH5</b>	<b>Full Race Cam</b>	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	0.008 0.203	0.010 0.254	£300.00 Per Pair	Blank
Notes. Full Race Cam Requiring Modified Management System and O/S Injector Bodies																
<b>ARK/310/480 PH5</b>	<b>Full Race Cam</b>	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	0.008 0.203	0.010 0.254	£300.00 Per Pair	Blank
Notes. Full Race Cam Requiring Modified Management System and O/S Injector Bodies Designed for Engine 1800cc and Over																

## Austin Rover Additional Components :- K Series 16 Valve

Part No	Description	Price
<b>DNS1055</b>	16 x Single Competition Valve Springs	£48.00
<b>DNCF5114</b>	16 x Mechanical Billet En40 B Cam Followers Screw Adjustment No Shimming Required (33mm x 24mm)	£256.00
<b>K335</b>	1 x Mechanical Cam Follower Adjuster Tool	£18.00
<b>DNK1055V</b>	VVT Fitting Kit 2 x Camshafts any Spec 2 Thrust Ends Plates 1 Actuator Cover	£425.00
<b>DNCFHL17</b>	16 x Hydraulic Cam Followers (33mm x 24mm)	£120.00
<b>TB8974</b>	Timing Belt 145mm x 26mm	£28.00
<b>TD1</b>	Timing Disc Dual Purpose Full Lift and Engine Degrees	£5.00

Notes :- The VVC Heads Use Larger Inlet Valves it is more economical to use this the Head and fit our Conversion Kit than to fit Larger Valves

**Austin Rover Camshaft Data :- Rover V8. 3.5 to 4.6**

Rocker Ratio 1 : 1.6

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	Ex	In	Ex	In	Ex		
<b>ARR/260/416H PH1</b>	<b>Fast Road Cam</b>	1250 5500	260	260	0.416 10.56	0.416 10.56	0.260 6.60	0.260 6.60	20-60	60-20	110		Hyd	Hyd	£165.00	Blank
Notes. A Cam designed for Engines with Auto Transmission and Engines requiring a smooth tickover with low down power																
<b>ARR/270/424H PH2</b>	<b>Fast Road Cam</b>	2000 6000	270	270	0.424 10.76	0.424 10.76	0.265 6.73	0.265 6.73	25-65	65-25	110		Hyd	Hyd	£165.00	Blank
Notes. Good Low Down Power for Carb and Injection Engines. Management Sytem may have to be Adjusted in some engines to smooth Tickover																
<b>ARR/280/448H PH4</b>	<b>Tarmac Rally/Sprint</b>	3000 6500	280	280	0.448 11.37	0.448 11.37	0.280 7.11	0.280 7.11	30-70	70-30	110		Hyd	Hyd	£165.00	Blank
Notes. This Cam will not run on Std Injection Engine works well with 4 Barrel Holley Carb Good Mid Range Top End Power																
<b>ARR/310/480 PH5</b>	<b>Race Cam</b>	3750 8000	310	310	0.480 12.18	0.480 12.18	0.300 7.61	0.300 7.61	45-85	85-45	110		0.018 0.457	0.020 0.508	£165.00	Blank
Notes. A Race Cam only suited for Circuit Race Use Solid Cam Followers																

**Austin Rover V8 3.5 to 4.6 Additonal Components**

Part No	Description	Price
<b>DNCF56</b>	16 x Hydraulic Chilled Iron Cam Followers	£108.00
<b>DNCF56/MECH</b>	16 x Mechanical Chilled Iron Cam Followers Adustable Push Rods or Rocker Arms Required	£180.00
<b>TD1</b>	Timing Disc Dual Purpose Full Lift and Engine Degrees	£5.00

**Austin Rover Camshaft Data :- C Series Austin Healey 3000**

Rocker Ratio 1 : 1.42

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	Ex	In	Ex	In	Ex		
<b>ARH/284/355 PH1</b>	<b>Road Cam</b>	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	£120.00 £375.00	Repro Billet
Notes. The Factory BJ8 Profile Used as an Early Competition Cam but now makes a Fine Road Cam																
<b>ARH/280/383 PH2</b>	<b>Fast Road Cam</b>	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	£120.00 £375.00	Repro Billet
Notes. Rally Fast Road Cam Suitable for Long Distance Events Smooth Tick over Good Mid Range Power																
<b>ARH/300/454 PH4</b>	<b>Tarmac Rally/Sprint</b>	3000 6500	300	300	0.454 11.53	0.454 11.53	0.320 8.12	0.320 8.12	48-72	72-48	102		0.015 0.381	0.015 0.381	£375.00	Billet
Notes. Factory 1622 Cam as used in the Factory Rally Team Cars																
<b>ARR/320/511 PH5</b>	<b>Race Cam</b>	4000 7500	320	320	0.511 12.97	0.511 12.97	0.360 9.14	0.360 9.14	58-82	82-58	102		0.016 0.406	0.018 0.457	£375.00	Billet
Notes. The Ultimate Factory Race Cam for Circuit Racing Only in Conjunction with C/R Gear Box																

**Austin Rover C Series Austin Healey 3000 Additonal Components**

Part No	Description	Price
<b>DNCF670</b>	12 x Chilled Iron Cam Followers	£108.00
<b>TD1</b>	Timing Disc Dual Purpose Full Lift and Engine Degrees	£5.00