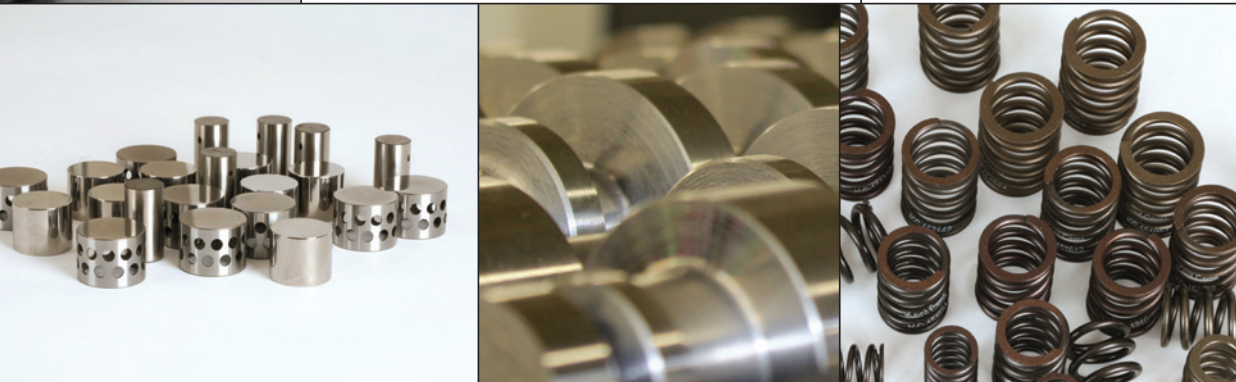




Contents



4-5 **AUTOMOTIVE PERFORMANCE CAMSHAFT KITS**

6-59 **AUTOMOTIVE PERFORMANCE CAMSHAFTS**

61-66 **MOTORCYCLE PERFORMANCE CAMSHAFTS**

68-71 **POWER PULLEYS**

72-75 **CAM FOLLOWERS**

76-79 **VALVE SPRINGS**

80-81 **COMETIC HEAD GASKETS**

82-88 **ARP FASTENERS**

Welcome



Valve motion for the world's most powerful engines:

Welcome to Kent Cams.

Our experience in the performance engine tuning industry helps maintain our position as the leading manufacturer and designer of motorsport camshafts in Europe.

In virtually every form of powered sport from World Touring Cars to Offshore power boats, Global Rallycross to WRC, Classic, Historic and Veteran to tractor pulling - there are competition engines currently benefiting from our precision grinding expertise.



Key Camshaft Terminology



Power Band – This is indicative of the optimum range within which the camshaft will perform at its best. Other factors within the engine will affect the usable power band range.

Cam Lift – The actual amount of lobe lift measured with a dial test indicator where the camshaft is rotated about its centre axis with the clock zeroed on the base circle. This is the absolute maximum lobe lift the cam profile can achieve when using zero valve clearance.

Valve lift – The amount of lift measured with a dial test indicator at the valve. This is the effective lift that occurs at the valve where any valve clearance and, if relevant any rocker ratio, is factored into the cam lift to achieve this figure.

Duration – We use three different measuring heights depending on the valve train type: Hydraulic tappet engines – 0.1mm, Overhead cam engines – 0.25mm, Pushrod engines – 0.4mm, providing a relative comparison between our camshaft profiles. This is especially useful when used in conjunction with the 1mm duration data.

Blue Printed Cams are quoted using OEM Figures.

Duration @ 1mm – This is the duration (period of opening time) when measured using a 1mm clearance, therefore removing the effect of the ramp from the advertised duration. This then allows accurate comparisons between cam profiles with differing ramp heights.

Valve clearance – The clearance setting between either the cam and the follower or the valve and the rocker when setting the running clearance at an ambient temperature of between 10 and 30 degrees. Small variation may occur due to temperature differences and material expansion rates. These are normally adjusted a second time after the running in period.

Valve lift at TDC – Put simply 'the most accurate method for setting cam timing' due to the high valve velocity and low piston speed that occurs around top dead centre. Once a true top dead centre is found the valve lift(s) can simply be set to the given figure(s) the result is extremely accurate cam timing.

"Scatter Pattern" – Scatter cams are designed specifically for the air flow idiosyncrasies of "Siamese" port cylinder heads, by optimizing the lobe centres and phasing of each individual valve/cylinder. Improvements are made in both torque and top end power due to superior balancing of both flow characteristics and port scavenging. The result is much better drive ability in a very high performance cam. Developed by David Vizard and Kent Cams as a result of the 'Megadyne' test sessions.



- **Marposs cam lobe positioning system**
- **CNC wheel dressing/profiling**
- **Twin CBN wheel spindles 70mm – 400mm**
- **Negative radius grinding -35mm**
- **Constant surface speed grinding.**

Performance Automotive Camshaft Kits

VEHICLE	SPECIFICATION	PART NO	NOTE
AUDI A3/A4 1.6 1.8	SPORTS R	GS2HK	D
AUDI 80 2.0 8V	SPORTS INJ	GS22HK	D
BMW 318i M40	SPORTS INJ	BM42K	D
BMW 320i 323i 325i M20	SPORTS INJ	BM62K	D
CITROEN SAXO VTS 1.6 16V	SPORTS INJ	PT50K	D
CITROEN C2 1.6 16V	SPORTS INJ	PT47K	D
FORD ESCORT/FIESTA 1300/1600 XFLOW	MILD ROAD	BCF1K	A
FORD ESCORT/FIESTA 1300/1600 XFLOW	FAST ROAD	BCF2K	A
FORD ESCORT/FIESTA 1300/1600 XFLOW	FAST ROAD/RALLY	BCF3K	A
FORD ESCORT/FIESTA 1300/1600 XFLOW	HIGH TORQUE	224K	B
FORD ESCORT/FIESTA 1300/1600 XFLOW	FAST ROAD	234K	B
FORD ESCORT/FIESTA 1300/1600 XFLOW	RALLY	244K	B
FORD ESCORT/FIESTA 1300/1600 XFLOW	FAST ROAD	A2K	A
FORD 2000 SOHC PINTO	SPORTS TORQUE	FR30K	C
FORD 2000 SOHC PINTO	SPORTS	FR31K	C
FORD 2000 SOHC PINTO	SPORTS R	FR32K	C
FORD 2000 SOHC PINTO	FAST ROAD/RALLY	FR33K	C
FORD 2000 SOHC PINTO	SPORTS INJ	FR34K	C
FORD 2000 SOHC PINTO	COMPETITION	RL30K	C
FORD 2000 SOHC PINTO	ROAD/RALLY	RL31K	C
FORD 2000 SOHC PINTO	RALLY	RL32K	C
FORD 2000 SOHC PINTO	COMPETITION	RC31K	C
FORD 2000 SOHC PINTO	ULTIMATE ROAD	GTS1K	C
FORD 2000 SOHC PINTO	LIGHTNING ROD	GTS2K	C
FORD 2000 SOHC PINTO	RALLY	GTS3K	C
FORD 2000 SOHC PINTO	RALLY	GTS4K	C
FORD 2000 SOHC PINTO	HOT ROD	GTS5K	C
FORD 2000 SOHC PINTO	HOT ROD	GTS6K	C
FORD 2000 SOHC PINTO	F2 STOCK CAR	GTS7K	C
FORD 2000 SOHC PINTO	F2 STOCK CAR	GTS8K	C
FORD 2000 SOHC PINTO	COMPETITION	HTIK	C
FORD 2000 SOHC PINTO	COMPETITION	HT1EK	C
FORD 2000 SOHC PINTO	COMPETITION	GP1K	C
FORD 2000 SOHC PINTO	COMPETITION	RC1K	C
FORD RS2000 DOHC 16V	SPORTS INJ	RS2001K	D
FORD ESCORT CVH 1.3 1.4 1.6	SPORTS	CVH21K	E
FORD ESCORT CVH 1.3 1.4 1.6	SPORTS R	CVH22K	E
FORD ESCORT CVH 1.3 1.4 1.6	SPORTS INJ	CVH32K	E
FORD ESCORT CVH 1.3 1.4 1.6	COMPETITION	CVH33K	E
FORD ESCORT/FIESTA RS TURBO	SPORTS	CVH31K	E
FORD ESCORT/FIESTA RS TURBO	SPORTS R	CVH34K	E
FORD ESCORT/FIESTA RS TURBO	SPORTS R	CVH35K	E
FORD ESCORT/FIESTA RS TURBO	COMPETITION	CVH37K	E
FORD COSWORTH 16V TURBO	SPORTS	BD10K	D

VEHICLE	SPECIFICATION	PART NO	NOTE
FORD ZETEC 16V 1.6	SPORTS	FZ1601K	D
FORD ZETEC 16V 1.8 up to 1998	SPORTS	FZ1801K	D
FORD ZETEC 16V 1.8 up to 1998	SPORTS R	FZ1802K	D
FORD ZETEC 16V 2.0 up to 1998	SPORTS	FZ2001K	D
FORD CAPRI/GRANADA 3.0L V6 ESSEX	MILD ROAD	V61K	A
FORD CAPRI/GRANADA 3.0L V6 ESSEX	FAST ROAD/RALLY	V62K	A
FORD CAPRI/GRANADA 3.0L V6 ESSEX	FAST ROAD	V63K	A
FORD SIERRA/CAPRI/GRANADA 2.3 2.8 V6	MILD ROAD	V6T1K	A
FORD SIERRA/CAPRI/GRANADA 2.3 2.8 V6	SPORTS	V6T2K	A
FORD SIERRA/CAPRI/GRANADA 2.3 2.8 V6	SPORTS R	V6T3K	A
FORD SIERRA/CAPRI/GRANADA 2.8 V6 INJ	SPORTS INJ	V6T21K	A
FORD SIERRA/CAPRI/GRANADA 2.8 V6 INJ	SPORTS R	V6T31K	A
FORD SIERRA/SCORPIO 2.9 V6 INJ	SPORTS	V6T45K	A
FORD FIESTA 1.1 1.3 HCS ENGINE	SPORTS	FST11K	A
FORD KA1.3 OHV	SPORTS	KA11K	A
LOTUS ELISE 1.8 16V	SPORTS	LE1811K	D
PEUGEOT 205/309/405 1.6/1.9 GTI 8V	SPORTS INJ	PT36K	D
PEUGEOT 306 XSI 2.0 8V	SPORTS INJ	PT46K	D
PEUGEOT 405 MI16 16V UP TO 1992	SPORTS INJ	PT1601K	D
PEUGEOT 306 S16 2.0 16V 1993>96	SPORTS INJ	PT2001K	D
PEUGEOT 206 1.6 16V	SPORTS INJ	PT47K	D
PEUGEOT 106 1.6 GTI 16V	SPORTS INJ	PT50K	D
PEUGEOT GTi6 16V/406 COUPE 2.0 16V	SPORTS INJ	PT80K	D
RENAULT CLIO/MEGANE 1.8 16V	SPORTS INJ	RN1601K	D
RENAULT CLIO/MEGANE 2.0 16V	SPORTS INJ	RN2002K	D
ROVER A SERIES 850/100/1100/1275/1300	HIGH TORQUE	MD246K	A
ROVER A SERIES 850/100/1100/1275/1300	MILD ROAD	MD256K	A
ROVER A SERIES 850/100/1100/1275/1300	FAST ROAD	MD266K	A
ROVER A SERIES INJECTION	SPORTS INJ	MD274K	A
ROVER A SERIES 850/100/1100/1275/1300	FAST ROAD/RALLY	MD276K	A
ROVER A SERIES 850/100/1100/1275/1300	RALLY	MD286K	A
ROVER B SERIES 1600/1800	MILD ROAD	714K	F
ROVER B SERIES 1600/1800	FAST ROAD	715K	F
ROVER B SERIES 1600/1800	RALLY	716K	F
ROVER B SERIES 1600/1800	FAST ROAD	717K	F
ROVER B SERIES 1600/1800	HIGH TORQUE	724K	F
ROVER K SERIES 1.4 16V	SPORTS INJ	RK1411K	D
ROVER K SERIES 1.6 16V	SPORTS INJ	RK1611K	D
ROVER K SERIES 1.8 16V	SPORTS INJ	RK1811K	D
ROVER V8 3.5/3.9/4.6/5.0	SPORTS TORQUE	H180K	A
ROVER V8 3.5/3.9/4.6/5.0	MILD ROAD	H200K	A
ROVER V8 3.5/3.9/4.6/5.0	FAST ROAD	H214K	F
ROVER V8 3.5/3.9/4.6/5.0	FAST ROAD	H218K	A



VEHICLE	SPECIFICATION	PART NO	NOTE
ROVER V8 3.5/3.9/4.6/5.0	COMPETITION	H224K	F
TRIUMPH 1200/1300/1500 4 CYL	HIGH TORQUE	TH12K	A
TRIUMPH 1200/1300/1500 4 CYL	FAST ROAD	TH2K	A
TRIUMPH 1200/1300/1500 4 CYL	RALLY	TH3K	A
TRIUMPH 1200/1300/1500 4 CYL	FAST ROAD	TH5K	A
TRIUMPH 2000/2.5 6 CYL	HIGH TORQUE	TH12-6K	A
TRIUMPH 2000/2.5 6 CYL	FAST ROAD	TH2-6K	A
VAUXHALL ASTRA/NOVA 1.2/1.3 8V	SPORTS	AST11K	D
VAUXHALL ASTRA/NOVA 1.2/1.3 8V	SPORTS	AST1K	F
VAUXHALL ASTRA/NOVA 1.2/1.3 8V	SPORTS R	AST2K	F
VAUXHALL ASTRA/NOVA 1.2/1.3 8V	COMPETITION	AST3K	F
VAUXHALL CORSA 1.4/1.6 8V 1989 ON	SPORTS INJ	NVO51K	D
VAUXHALL CORSA 1.4/1.6 8V 1989 ON	SPORTS R	NVO52K	D
VAUXHALL CORSA 1.4/1.6 8V 1989 ON	SPORTS R	NVO61K	F
VAUXHALL CORSA 1.4/1.6 8V 1989 ON	SPORTS INJ	NOV62K	F
VAUXHALL CORSA 1.4/1.6 8V 1989 ON	COMPETITION	NVO63K	F
VAUXHALL CORSA 1.4 16V	SPORTS INJ	COR1601K	D
VAUXHALL CORSA 1.6 16V	SPORTS INJ	COR1602K	D
VAUXHALL VECTRA/CALIBRA 2.0 8V	SPORTS INJ	AST52K	D
VAUXHALL VECTRA/CALIBRA 2.0 8V	SPORTS INJ	AST14K	A
VAUXHALL VECTRA/CALIBRA 2.0 8V	SPORTS R	AST15K	A
VAUXHALL VECTRA/CALIBRA 2.0 8V	COMPETITION	AST16K	A
VAUXHALL ASTRA 2.0 16V UP TO 1992	SPORTS INJ	AST1612K	D
VAUXHALL MANTA 1.9/2.0 RWD CIH ENG	SPORTS	OP214K	A
VAUXHALL VECTRA 1.8/2.0/2.2 ECOTEC	SPORTS INJ	EC2001K	D
VW GOLF/SCIROCCO 1.6/1.8 8V	SPORTS INJ	GS1HK	D
VW GOLF/SCIROCCO 1.6/1.8 8V	SPORTS R	GS2HK	D
VW GOLF/CORRADO 2.0 8V	SPORTS INJ	GS22HK	D
VW GOLF G60 1.8 8V	SPORTS INJ	GS4HK	D
VW GOLF/CORRADO VR6	SPORTS INJ	VR602K	D
VW GOLF 1.8/2.0 16V	SPORTS INJ	GF1602RK	D

NOTE: Kits include

A	B	C	D	E	F
Camshaft	Camshaft	Camshaft	Camshaft	Camshaft	Camshaft
Followers	Followers	Followers	Followers	Followers	Followers
Valve Springs	Valve Springs	Valve Springs	Cam Lube	Valve Springs	Valve Springs
Cam Lube	Modified	Ball Studs		Stem Seals	Modified
	Retainers	Spray Bar		Cam Lube	Retainers
	Stem Seals	Stem Seals			Cam Lube
	Cam Lube	Cam Lube			

Why Choose a Camshaft kit?

A complete camshaft kit ensures guaranteed compatibility of all components complete with the added cost advantage when compared to individual purchase prices.

Selecting the right camshaft?

No other single modification will result in a greater increase in performance.

Picking the right Cam Kit for your car is as easy as 1, 2, 3.

1

'Sports' Fast Road Cams & Kits

These Cam Kits are designed utilising the latest in cam design technology, low overlap and minimal duration to help create a cam package that is unbeatable when installed into a standard production road car. Improves mid-range and upto +22bhp gains in power (depending on model). No other modifications are necessary to ensure straightforward installation and trouble free smooth running.

2

'Sports 'R' Fast Road/Rally Cams & Kits

The 'Sports 'R' Cam Kit' is designed specifically for the spirited driver. Utilising maximum valve acceleration technology to design cams for cars that have the benefit of other modifications. This cam range is capable of achieving +30bhp gains in power. We recommend the use of a performance exhaust, air filter and chip with this range of cams.

3

'Competition' Rally Cams & Kits

This range of cam kits are specifically designed for motorsport/competition use, and are therefore not recommended for use on the public highway. Please refer to the main catalogue for particular specifications and applications.



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
ALFA ROMEO 1800/2000 8 Valve Twin Cam										
AF1	SPORTS	2000-6000	.415" 10.54mm	.407" 10.33mm	282°	35/67 67/35	244°	106° 106°	.008" 0.20mm	.110" .096" 2.79mm 2.44mm
AFJK303	RALLY	2500-6500	.474" 12.03mm	.464" 11.78mm	303°	45/78 78/45	266°	106° 106°	.010" 0.25mm	.169" .163" 4.29mm 4.14mm
AFZL1	RACE	3000-7000	.474" 12.03mm	.464" 11.78mm	320°	58/82 82/58	281°	102° 102°	.010" 0.25mm	.177" .164" 4.50mm 4.16mm
AUSTIN HEALEY 100-4 Valve lifts are quoted using a rocker ratio of 1.46:1.										
AH1	HIGH TORQUE <small>Touring specification</small>	1000-5000	.285" 7.23mm	.400" 10.16mm	252°	18/54 54/18	214°	108°	.016" 0.40mm	.075" N/A 1.90mm NA
AUSTIN HEALEY 3000 / MGC Valve lifts are quoted using a rocker ratio of 1.46:1.										
AH2	FAST ROAD <small>Approx. 20bhp at wheels increase</small>	1000-6000	.293" 7.43mm	.411" 10.43mm	278°	33/65 63/31	239°	107°	.016" 0.40mm	.092" N/A 2.33mm NA
AH4	RALLY	2000-6500	.323" 8.19mm	.455" 11.57mm	287° 281°	43/67 61/40	252°	100°	.016" 0.40mm	.158" N/A 4.01mm NA
AH6	RACE	2500-7000	.323" 8.19mm	.455" 11.57mm	306°	53/73 73/53	268°	100°	.016" 0.40mm	.190" N/A 4.82mm NA
BMW MINI ONE-COOPER 1.6 16V Engine Code: W10B16BA Valve lifts are quoted using a rocker ratio of 1.55:1.										
MINI01	SPORTS	1500-6000	.240" .228" 6.12mm 5.80mm	.374" .354" 9.5mm 9.0mm	260°	16/64 64/16	209° 214°	114°	Hydraulic	N/A N/A
MINI02	SPORTS 'R'	2000-6500	.245" .228" 6.22mm 5.80mm	.380" .354" 9.65mm 9.0mm	268° 260°	20/68 64/16	212° 214°	114°	"	N/A N/A
BMW 4 cyl SOHC M10 1962-88 Valve lifts are quoted using a rocker ratio of 1.34:1.										
BM01	SPORTS	2000-7000	.292" .292" 7.40mm 7.40mm	.378" .378" 9.60mm 9.60mm	276° 276°	28/68 68/28	244° 244°	110°	.012" .012" 0.30mm 0.30mm	.086" N/A 2.20mm NA
BM02	COMPETITION	3000-8000	.335" .335" 8.50mm 8.50mm	.437" .437" 11.10mm 11.10mm	292° 292°	38/74 74/38	256° 256°	108°	.010" .010" 0.25mm 0.25mm	.102" N/A 2.60mm NA
BMW 4 cyl DOHC S14 M3 1986-90										
BM05	TRACK DAY	2000-7500	.448" .448" 11.30mm 11.30mm	.438" .438" 11.15mm 11.15mm	284° 284°	36/68 68/36	254° 254°	106° 106°	.010" .010" 0.25mm 0.25mm	.132" .122" 3.35mm 3.10mm
BM06	COMPETITION	3000-8000	.496" .496" 12.60mm 12.60mm	.486" .486" 12.35mm 12.35mm	292° 292°	42/70 70/42	260° 260°	104° 104°	.010" .010" 0.25mm 0.25mm	.153" .153" 3.90mm 3.90mm
BMW 6 cyl DOHC M54 2000-06										
BM09	SPORTS	1000-6500	.409" .374" 10.40mm 9.50mm	.409" .374" 10.40mm 9.50mm	248° 247°	Dual Vanos	215° 209°	OE Timing	Hydraulic	N/A N/A

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	ARP Conrod bolt	ARP flywheel bolts	ARP Head stud	ARP Main stud	Additional components
CF68	-	-	-	-	-	BEB49-8	-	-	-	
CF68	VS42 Double	-	-	-	-	BEB49-8	-	-	-	
CF68	VS42 Double	-	-	-	-	BEB49-8	-	-	-	
-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	ARP HSMGC2 - Head stud kit for the MGC cast iron cylinder head.
-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	BEB47-8	-	HSBMW4301	-	COMETIC MLS Head Gasket C4308-027 - 78.5mm bore and thickness 0.027"
-	-	-	-	-	-	BEB47-8	-	HSBMW4301	-	
-	-	-	-	-	-	BEB68-8	-	HSBMW4601	MSBMW5001	COMETIC MLS Head Gasket C4292-060 - 86mm bore and thickness 0.060" Note:- Clockwise Distributor up to 09/1980, Anti-clockwise post 09/1980
-	-	-	-	-	-	BEB68-8	-	HSBMW4601	MSBMW5001	
-	-	-	-	-	-	BEB66-8	FBBMW2012801 FBBMW2012802	HSBMW4605	MSBMW5001	COMETIC MLS Head Gasket C4294-051 - 93.4mm bore and thickness 0.051"
-	-	-	-	-	-	BEB66-8	FBBMW2012801 FBBMW2012802	HSBMW4605	MSBMW5001	
-	-	-	-	-	-	-	-	-	-	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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BMW 6 cyl SOHC M20 1977-93

Valve lifts are quoted using a rocker ratio of 1.56:1.

BM62 Kit Available	SPORTS INJECTION 15bhp with standard injection	2000-6500	.276" 7.01mm	.420" 10.66mm	277°	25/72 72/25	242°	113°	.010" 0.25mm	.055" 1.40mm	N/A N/A
BM63	SPORTS 'R' Modified injection required	2000-6500	.276" 7.01mm	.420" 10.66mm	277°	27/70 70/27	242°	111°	.010" 0.25mm	.062" 1.57mm	N/A N/A
BM64	COMPETITION	3000-8000	.288" 7.31mm	.440" 11.17mm	288°	34/74 74/34	261°	110°	.010" 0.25mm	.110" 2.79mm	N/A N/A

COSWORTH – BDA-BDG

L1			.408" 10.36mm	.398" 10.10mm	306°	47/79 79/47	260°	106°	.010" 0.25mm	.130" 3.30mm	.127" 3.22mm
BD3			.348" 8.83mm	.338" 8.58mm	290°	35/75 75/35	243°	110°	.010" 0.25mm	.077" 1.95mm	.069" 1.75mm
BD4			.431" 10.94mm	.421" 10.69mm	316°	56/80 80/56	268°	102°	.010" 0.25mm	.168" 4.26mm	.163" 4.14mm
F1			.412" 10.46mm	.402" 10.21mm	324°	60/84 84/60	278°	102°	.010" 0.25mm	.187" 4.75mm	.172" 4.37mm
DA1			.408" 10.36mm	.398" 10.10mm	326°	61/85 85/61	280°	102°	.010" 0.25mm	.170" 4.32mm	.165" 4.19mm
DA2			.380" 9.65mm	.370" 9.40mm	295°	42/73 73/42	250°	105°	.010" 0.25mm	.113" 2.87mm	.105" 2.66mm
DA9			.398" 10.12mm	.388" 9.87mm	306°	51/75 75/51	262°	102°	.010" 0.25mm	.136" 3.47mm	.135" 3.43mm
DA10			.410" 10.41mm	.400" 10.16mm	312°	54/78 78/54	268°	102°	.010" 0.25mm	.159" 4.03mm	.149" 3.78mm
DA12			.460" 11.68mm	.450" 11.43mm	322°	61/81 81/61	283°	100°	.010" 0.25mm	.210" 5.33mm	.202" 5.13mm
DA19			.454" 11.54mm	.444" 11.29mm	308°	48/80 80/48	262°	106°	.010" 0.25mm	.139" 3.54mm	.139" 3.54mm
EA1			.460" 11.68mm	.450" 11.43mm	324°	60/84 84/60	276°	102°	.010" 0.25mm	.190" 4.82mm	.185" 4.70mm
DY1			.450" 11.43mm	.440" 11.18mm	317°	56/81 81/56	272°	102°	.010" 0.25mm	.180" 4.57mm	.173" 4.39mm
FA2			.444" 11.30mm	.434" 11.05mm	310°	53/77 77/53	275°	102°	.010" 0.25mm	.181" 4.62mm	.177" 4.52mm
SCA6			.427" 10.86mm	.417" 10.61mm	336°	66/90 90/66	287°	102°	.010" 0.25mm	.198" 5.03mm	.197" 5.01mm
BDA279			.464" 11.80mm	.454" 11.55mm	322°	59/83 83/59	279°	102°	.010" 0.25mm	.187" 4.75mm	.187" 4.75mm
BDA267			.464" 11.80mm	.454" 11.55mm	300°	44/76 76/44	267°	106°	.010" 0.25mm	.153" 3.90mm	.153" 3.90mm

FIAT 1.6 1.8 2.0 8 Valve Twin Cam

FT10	SPORTS	2000-6000	.415" 10.54mm	.407" 10.33mm	282°	35/67 67/35	244°	106° 106°	.008" 0.20mm	.110" 2.79mm	.097" 2.46mm
FT11	COMPETITION	2500-6500	.426" 10.82mm	.418" 10.61mm	308°	52/76 76/52	265°	102° 102°	.008" 0.20mm	.147" 3.73mm	.139" 3.53mm

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
CF60	-	-	-	-	CA39	-	-	HSBMW4305	-	COMETIC MLS Head Gasket C4393-070 - 81mm bore and thickness 0.070" C4394-070 - 85mm bore and thickness 0.070"
CF60	-	-	-	CA39	-	-	HSBMW4305	-		
CF60	-	-	-	CA39	-	-	HSBMW4305	-		
CF100 CF101	-	-	-	-	CA84	BEB08-8	FB900-6	HSC48	MSF375	COMETIC MLS Head Gaskets C4102-040 82mm bore / thickness 0.040" C4103-040 83mm bore / thickness 0.040" C4140-040 84mm bore / thickness 0.040" C4133-040 85mm bore / thickness 0.040" C4142-040 86mm bore / thickness 0.040" C4143-040 87mm bore / thickness 0.040" C4494-040 91mm bore / thickness 0.040" C4494-051 91mm bore / thickness 0.051" HSC48 – Head stud kit for 7/16 UNC threaded Engine block. BEB08-8 – Conrod bolt for steel rod 3/8 UNF and 1.500" UHL. CF100 1.250" inlet bucket with no stem. CF101 1.200" exhaust bucket with stem. S90 – Thrust plate VG07 – BDA bronze 9/32" inlet guide – External Diameter 0.472" – O.A.L. 1.557" VG08 – BDA bronze 9/32" exhaust guide – External diameter 0.473" – O.A.L. 1.465". VG09 – BDG bronze 9/32" inlet guide – External Diameter 0.512" – O.A.L 1.537". BDAJS-1 – BDA cast iron jackshaft. - CA84SE Classic Modern Pulley - see page 69
CF100 CF101	-	-	-	-	CA84	BEB08-8	FB900-6	HSC48	MSF375	
CF100 CF101	-	-	-	-	CA84	BEB08-8	FB900-6	HSC48	MSF375	
CF100 CF101	-	-	-	-	CA84	BEB08-8	FB900-6	HSC48	MSF375	
CF100 CF101	-	-	-	-	CA84	BEB08-8	FB900-6	HSC48	MSF375	
CF100 CF101	-	-	-	-	CA84	BEB08-8	FB900-6	HSC48	MSF375	
CF100 CF101	-	-	-	-	CA84	BEB08-8	FB900-6	HSC48	MSF375	
CF100 CF101	-	-	-	-	CA84	BEB08-8	FB900-6	HSC48	MSF375	
CF100 CF101	-	-	-	-	CA84	BEB08-8	FB900-6	HSC48	MSF375	
CF100 CF101	-	-	-	-	CA84	BEB08-8	FB900-6	HSC48	MSF375	
CF100 CF101	-	-	-	-	CA84	BEB08-8	FB900-6	HSC48	MSF375	
CF100 CF101	-	-	-	-	CA84	BEB08-8	FB900-6	HSC48	MSF375	
CF100 CF101	-	-	-	-	CA84	BEB08-8	FB900-6	HSC48	MSF375	
-	-	-	-	-	CA41	-	-	-	-	
-	-	-	-	-	CA41	-	-	-	-	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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FORD 1300 / 1600 X/flow Escort Mk1 & 2 Fiesta Mk1

Valve lifts are quoted using a rocker ratio of 1.52:1.

XFGT	FORMULA FORD 1600 Blue Printed	1000-5500	.230" .231" 5.86mm 5.89mm	.340" .330" 8.66mm 8.39mm	272°	27/65 65/27	212°	109°	.010" .022" 0.25mm 0.56mm	.044" N/A 1.13mm N/A
BCF1 Kit Available	MILD ROAD 6bhp approx over GT Cam	2000-6000	.261" 6.62mm	.384" .378" 9.74mm 9.59mm	270°	26/64 69/21	226°	109°	.012" .018" 0.30mm 0.46mm	.066" N/A 1.67mm N/A
BCF2 Kit available	FAST ROAD 8bhp approx over GT Cam	2000-6500	.261" 6.62mm	.382" .378" 9.69mm 9.59mm	290°	37/73 73/37	243° 239°	108°	.014" .018" 0.36mm 0.46mm	.086" NA 2.18mm N/A
BCF3 Kit available	FAST ROAD/RALLY 10bhp over GT cam. Maximum cam that will fit without piston mods	2500-7000	.282" 7.15mm	.412" 10.47mm	284°	34/70 70/34	240°	108°	.016" 0.16" 0.41mm 0.41mm	.098" N/A 2.48mm N/A

The following range of cams may require additional machining to the piston crown and valve spring seat.

224 Kit available	HIGH TORQUE 14 bhp approx increase over GT Carb	1000-6500	.287" 7.28mm	.420" .418" 10.66mm 10.61mm	270°	32/58 67/23	230° 243°	103°	.016" .018" 0.41mm 0.46mm	.095" N/A 2.41mm N/A
234 Kit available	FAST ROAD 18bhp approx over GT Carb	2000-7200	.293" 7.43mm	.423" .421" 10.74mm 10.69mm	280°	37/63 73/27	243°	103°	.022" .024" 0.56mm 0.61mm	.112" N/A 2.85mm N/A
244 Kit available	RALLY 115bhp with GT Carb 145 bhp with 2 x 40's	3000-8000	.309" 7.84mm	.447" .445" 11.35mm 11.30mm	290°	42/68 78/32	253°	103°	.022" .024" 0.56mm 0.61mm	.138" N/A 3.50mm N/A
254	HOT ROD/RACE	4000-8500	.324" 8.22mm	.470" .468" 11.94mm 11.88mm	300°	47/73 83/37	263°	103°	.022" .024" 0.56mm 0.61mm	.169" N/A 4.29mm N/A
262	HOT ROD/RACE	4500-8750	.332" 8.43mm	.480" 12.19mm	308°	51/77 87/41	270°	103°	.022" .024" 0.56mm 0.61mm	.185" N/A 4.70mm N/A
264	CLUBMANS/FULL RACE	5000-9000	.339" 8.60mm	.493" .491" 12.52mm 12.47mm	310°	52/78 88/42	274°	103°	.022" .024" 0.56mm 0.61mm	.190" N/A 4.82mm N/A
272	ULTIMATE RACE CAM	5000-9300	.347" 8.81mm	.505" 12.82mm	314°	54/80 90/44	280°	103°	.022" .024" 0.56mm 0.61mm	.218" N/A 5.55mm N/A
A2 Kit Available	FAST ROAD	3000-7000	.243" 6.17mm	.349" .347" 8.86mm 8.81mm	286°	35/71 71/35	241°	108°	.020" .022" 0.51mm 0.56mm	.077" N/A 1.95mm N/A
A3	RACE	4000-8000	.269" 6.83mm	.388" .386" 9.85mm 9.80mm	310°	47/83 83/47	258°	108°	.020" .022" 0.51mm 0.56mm	.113" N/A 2.87mm N/A
A6	RACE	5000-9000	.278" 7.06mm	.404" .402" 10.36mm 10.21mm	304°	46/78 78/46	262°	106°	.018" .020" 0.46mm 0.51mm	.133" N/A 3.38mm N/A
A8	RACE	5500-9000	.284" 7.20mm	.413" .411" 10.49mm 10.43mm	312°	56/76 76/56	272°	100°	.018" .020" 0.46mm 0.51mm	.176" N/A 4.47mm N/A
A8+	RACE	5000-9000	.327" 8.30mm	.479" .477" 12.16mm 12.11mm	312°	56/76 76/56	279°	100°	.018" .020" 0.46mm 0.51mm	.195" N/A 4.95mm N/A
658	RACE	5000-9000	.274" 6.95mm	.396" 10.05mm	320°	60/80 80/60	276°	100°	.020" .020" 0.51mm 0.51mm	.186" N/A 4.73mm N/A
747	RACE	4500-8500	.290" 7.36mm	.422" .420" 10.71mm 10.66mm	295°	49/66 66/49	264°	98°	.018" .020" 0.46mm 0.51mm	.180" N/A 4.58mm N/A
260	RACE	4000-8000	.316" 8.02mm	.462" .460" 11.73mm 11.68mm	308°	50/78 78/50	269°	104°	.018" .020" 0.46mm 0.51mm	.177" N/A 4.50mm N/A
DR2	RACE	5000-9000	.294" 7.48mm	.431" .429" 10.96mm 10.91mm	322°	60/82 82/60	283°	101°	.016" .018" 0.41mm 0.46mm	.208" N/A 5.29mm N/A

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
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CF77 CF76	VS5 Single	ST17	VSK47	-	-	BEB09-8	FB900-6	HSFX48	MSF375
CF77 CF76	VS5 Single	ST17	VSK47	-	S13A S27A	BEB09-8	FB900-6	HSFX48	MSF375
CF77 CF76	VS5 Single	ST17	VSK47	-	S13A S27A	BEB09-8	FB900-6	HSFX48	MSF375
CF77 CF76	VS5 Single	ST17	VSK47	-	S13A	BEB09-8	FB900-6	HSFX48	MSF375

CF77 CF76	VS7 Double	ST17	VSK48	-	S13A	BEB09-8	FB900-6	HSFX48	MSF375
CF77 CF76	VS7 Double	ST17	VSK48	-	S13A	BEB09-8	FB900-6	HSFX48	MSF375
CF77 CF76	VS7 Double	ST17	VSK48	-	S13A	BEB09-8	FB900-6	HSFX48	MSF375
CF77 CF76	VS39 Double	VRT05 VRT07	VSK05 VSK07	-	S13A	BEB09-8	FB900-6	HSFX48	MSF375
CF77 CF76	VS39 Double	VRT05 VRT07	VSK05 VSK07	-	S13A	BEB09-8	FB900-6	HSFX48	MSF375
CF77	VS64 Double	VRT05 VRT07	VSK49 VSK50	-	S13A	BEB09-8	FB900-6	HSFX48	MSF375
CF77	VS64 Double	VRT05 VRT07	VSK49 VSK50	-	S13A	BEB09-8	FB900-6	HSFX48	MSF375
CF77 CF76	VS5 Single	ST17	VSK47	-	S13A	BEB09-8	FB900-6	HSFX48	MSF375
CF77 CF76	VS7 Double	ST17	VSK48	-	S13A	BEB09-8	FB900-6	HSFX48	MSF375
CF77 CF76	VS64 Double	VRT05 VRT07	VSK49 VSK50	-	S13A	BEB09-8	FB900-6	HSFX48	MSF375
CF77 CF76	VS64 Double	VRT05 VRT07	VSK49 VSK50	-	S13A	BEB09-8	FB900-6	HSFX48	MSF375
CF77 CF76	VS64 Double	VRT05 VRT07	VSK49 VSK50	-	S13A	BEB09-8	FB900-6	HSFX48	MSF375
CF77 CF76	VS39 Double	VRT05 VRT07	VSK05 VSK07	-	S13A	BEB09-8	FB900-6	HSFX48	MSF375
CF77 CF76	VS39 Double	VRT05 VRT07	VSK05 VSK07	-	S13A	BEB09-8	FB900-6	HSFX48	MSF375
CF77 CF76	VS39 Double	VRT05 VRT07	VSK05 VSK07	-	S13A	BEB09-8	FB900-6	HSFX48	MSF375
CF77 CF76	VS39 Double	VRT05 VRT07	VSK05 VSK07	-	S13A	BEB09-8	FB900-6	HSFX48	MSF375

COMETIC MLS Head Gaskets.
 C4102-040 82mm bore / thickness 0.040"
 C4103-040 83mm bore / thickness 0.040"
 C4140-040 84mm bore / thickness 0.040"
 C4133-040 85mm bore / thickness 0.040"
 C4142-040 86mm bore / thickness 0.040"
 C4143-040 87mm bore / thickness 0.040"



HSF375 – Head stud kit for pre-xflow head.



CF77 – 711M wide stem cam follower.
 CF76 – 109E narrow stem cam follower.
 ST17 – Steel spring retainer for 5/16" valve stem.
 VRT05 – Titanium retainer for 9/32" valve stem.
 VRT07 – Titanium retainer for 5/16" valve stem.
 VSK05 – Valve spring kit for 9/32" valve stem.
 VSK07 – Valve spring kit for 5/16" valve stem.
 VSK48 – Valve spring kit for 5/16" valve stem.
 VSK49 – Valve spring kit for 9/32" valve stem.
 VSK50 – Valve spring kit for 5/16" valve stem.
 VS64 – Oteva 90 ultra high performance valve spring.

All spring kits include S37 stem seals.
 S13A – Light weight duplex power pulley kit.
 S46 – Duplex chain.
 TD46C – IWIS duplex chain.
 S27A – Light weight simplex power pulley.
 TS46C – IWIS simplex chain.
 S5 – 100mm crank V belt pulley.
 S6 – Distributor and oil pump bronze gears.
 S10 – Offset dowel kit.
 S2 – Steel rocker posts standard height.
 S16 – Steel rockershaft spacer set.
 S34 – Steel rockershaft.
 S37 – Valve stem seals to use with double springs.
 OP4 – High pressure oil pump.
 VG03 – Bronze 5/16" guide – External diameter 0.501" – O.A.L 2.000"



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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FORD 1300 / 1400 / 1600 CVH

Valve lifts are quoted using a rocker ratio of 1.65:1.

CVH21 Kit available	SPORTS 8bhp approx increase	1500-6000	.238" 6.04mm	.393" 9.98mm	266° 270°	21/65 67/23	207°	112°	Hydraulic	.038" N/A 0.96mm N/A
CVH22 Kit available	SPORTS 'R' 15bhp approx increase Carburettor models	2000-6500	.265" 6.80mm	.437" 11.10mm	274° 278°	28/66 68/30	218°	109°	"	.068" N/A 1.72mm N/A
CVH32 Kit available	SPORTS INJECTION 14bhp approx. increase EFi Models	1000-6500	.272" .264" 6.90mm 6.70mm	.448" .435" 11.37mm 11.04mm	280° 273°	25/75 63/30	210° 217°	115°	"	.036" N/A 0.91mm N/A
CVH33 Kit available	COMPETITION Carburettor models 20bhp approx. increase	2500-7000	.290" .285" 7.36mm 7.24mm	.478" .470" 12.14mm 11.63mm	290° 285°	36/74 72/33	220°	109°	"	.077" N/A 1.95mm N/A

FORD 1600 CVH Turbo

Valve lifts are quoted using a rocker ratio of 1.65:1.

CVH31 Kit available	SPORTS 15bhp approx. increase	1500-6500	.240" 6.12mm	.396" 10.06mm	270°	23/67 67/23	207°	112°	Hydraulic	.038" N/A 0.96mm N/A
CVH34 Kit available	SPORTS 'R' 20bhp approx. increase	1500-7000	.275" .240" 6.98mm 6.12mm	.453" .396" 11.50mm 10.06mm	280° 272°	21/79 75/17	210° 205°	119°	"	.026" N/A 0.66mm N/A
CVH35 Kit available	SPORTS 'R' 26bhp approx. increase	2000-7000	.275" .267" 6.98mm 6.78mm	.453" .440" 11.50mm 11.18mm	276°	20/76 76/20	209° 217°	118°	"	.029" N/A 0.73mm N/A
CVH37 Kit available	COMPETITION	2500-7000	.296" .290" 7.52mm 7.36mm	.489" .479" 12.42mm 12.16mm	280°	22/78 78/22	220° 214°	118°	"	.041" N/A 1.04mm N/A

FORD 1300 / 1400 / 1600 CVH / RS1600i For use with solid lifters

Valve lifts are quoted using a rocker ratio of 1.65:1.

CVH26	SPORTS RS1600i direct replacement	1500-6000	.273" 6.93mm	.445" .442" 11.30mm 11.22mm	261°	20/61 61/20	215°	110°	.006" .008" 0.15mm 0.20mm	.055" N/A 1.40mm N/A
CVH27	COMPETITION	3000-7500	.309" 7.84mm	.487" .485" 12.36mm 12.31mm	290°	42/68 78/32	253°	103°	.022" .024" 0.56mm 0.61mm	.149" N/A 3.78mm N/A
CVH28	COMPETITION	4000-8000	.324" 8.22mm	.512" .510" 13.00mm 12.95mm	300°	47/73 83/37	263°	103°	.022" .024" 0.56mm 0.61mm	.177" N/A 4.49mm N/A

FORD FIESTA 1.1/1.3 HCS Engine

Valve lifts are quoted using a rocker ratio of 1.52:1.

FST11 Kit available	SPORTS 6bhp approx increase	1500-5500	.220" 5.58mm	.324" .322" 8.22mm 8.18mm	216° 220°	1/35 37/3	191° 194°	107°	.010" .012" 0.25mm 0.30mm	.017" N/A 0.43mm N/A
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FORD KA 1.3 OHV

Valve lifts are quoted using a rocker ratio of 1.52:1.

KA11 Kit Available	SPORTS 6bhp approx increase	1500-5500	.220" 5.58mm	.324" .322" 8.22mm 8.18mm	216° 220°	6/30 36/4	191° 194°	102°	.010" .012" 0.25mm 0.30mm	.023" N/A 0.58mm N/A
KA12	COMPETITION Modified ECU and exhaust system	2500-6500	.228" 5.79mm	.336" .334" 8.53mm 8.48mm	248°	24/44 44/24	217° 211°	100°	.010" .012" 0.25mm 0.30mm	.084" N/A 2.13mm N/A

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
CF28	VS48 Single	-	-	CB02	CA18	BEB22-8	-	HSCVH16	-	<p>COMETIC ML5 Head Gasket C5756-051 83mm bore / thickness 0.051"</p> <p>S71 – Valve stem seals to use with double springs. CB02 – Cam belt 1.6 ltr 1984 – 92. S18 – Steel version of the CA18 power pulley.</p> <p>NEW - CA18SE Classic Modern Pulley - see page 69</p>
CF28	VS48 Single	-	-	CB02	CA18	BEB22-8	-	HSCVH16	-	
CF28	VS48 Single	-	-	CB02	CA18	BEB22-8	-	HSCVH16	-	
CF28	VS42 Double	-	-	CB02	CA18	BEB22-8	-	HSCVH16	-	
CF28	VS22 Single	-	-	CB02	CA18	BEB22-8	-	HSCVH16	-	
CF28	VS22 Single	-	-	CB02	CA18	BEB22-8	-	HSCVH16	-	
CF28	VS22 Single	-	-	CB02	CA18	BEB22-8	-	HSCVH16	-	
CF28	VS42 Double	-	-	CB02	CA18	BEB22-8	-	HSCVH16	-	
CF11	VS48 Single	-	-	CB02	CA18	BEB22-8	-	HSCVH16	-	
CF11	VS42 Double	-	-	CB02	CA18	BEB22-8	-	HSCVH16	-	
CF11	VS42 Double	-	-	CB02	CA18	BEB22-8	-	HSCVH16	-	
CF49	VS5 Single	-	-	-	-	-	-	-	-	
CF49	VS5 Single	-	-	-	-	-	-	-	-	
CF49	VS5 Single	-	-	-	-	-	-	-	-	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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FORD 2000 OHC Pinto

Valve lifts are quoted using a rocker ratio of 1.69:1 for the inlet and 1.65:1 for the exhaust.

FF2000 Kit available	FORMULA FORD 2000 Blue Printed	1000-6000	.249" .249" 6.33mm 6.33mm	.399" .399" 10.14mm 10.14mm	268° 268°	24/64 70/18	228° 228°	110°	.008" .010" 0.20mm 0.25mm	N/A N/A N/A N/A
FR30 Kit available	SPORTS TORQUE 16bhp approx. increase Automatic and Towing	1000-6000	.290" 7.36mm	.482" .469" 12.24mm 11.91mm	260°	20/60 60/20	236°	110°	.008" .010" 0.20mm 0.25mm	.116" N/A 2.95mm N/A
FR31 Kit available	MILD ROAD 10bhp approx. increase	2000-6500	.259" .269" 6.57mm 6.83mm	.428" .432" 10.87mm 10.97mm	260° 269°	27/53 58/31	242° 231°	103°	.010" .012" 0.25mm 0.30mm	.068" N/A 1.73mm N/A
FR32 Kit available	FAST ROAD 16bhp approx. increase	2500-7000	.275" 6.98mm	.455" .442" 11.56mm 11.22mm	285° 280°	34/71 68/32	240°	108°	.010" .012" 0.25mm 0.30mm	.086" N/A 2.18mm N/A
FR33 Kit available	FAST ROAD / RALLY 22bhp approx. increase Ultimate for modified road engine.	3000-7500	.280" 7.11mm	.463" .450" 11.76mm 11.43mm	300° 297°	42/78 74/43	260°	108°	.010" .012" 0.25mm 0.30mm	.118" N/A 3.00mm N/A
FR34 Kit available	SPORTS INJECTION	1000-6250	.300" 7.62mm	.499" .485" 12.67mm 12.31mm	263°	22/61 61/22	237°	110°	.008" .010" 0.20mm 0.25mm	.116" N/A 2.95mm N/A
RL30 Kit available	LIGHTNING RODS	2500-7000	.309" .305" 7.84mm 7.74mm	.512" .491" 13.00mm 12.47mm	304° 292°	47/77 71/41	261° 265°	105°	.010" .012" 0.25mm 0.30mm	.135" N/A 3.43mm N/A
RL31 Kit available	ROAD RALLY For use with 40/45/48 DCOE and GP1 (Stage 3) head	2750-7500	.307" 7.79mm	.509" .495" 12.92mm 12.57mm	304° 297°	46/78 74/43	260°	106°	.010" .012" 0.25mm 0.30mm	.131" N/A 3.33mm N/A
RL32 Kit available	RALLY	3000-7750	.313" 7.95mm	.521" .506" 13.23mm 12.85mm	322°	61/81 81/61	262°	100°	.008" .010" 0.20mm 0.25mm	.150" N/A 3.81mm N/A
RC31 Kit available	RACE	4000-8500	.335" 8.50mm	.554" .539" 14.07mm 13.69mm	323° 336°	53/90 96/60	290°	108°	.012" .014" 0.30mm 0.36mm	.182" N/A 4.62mm N/A

FORD 2000 OHC Pinto Motorsport Series

Valve lifts are quoted using a rocker ratio of 1.69:1 for the inlet and 1.65:1 for the exhaust.

GTS1 Kit available	ULTIMATE ROAD	2250-7000	.303" 7.7mm	.504" .492" 12.82mm 12.49mm	294°	39/75 75/39	265°	108°	.008" .010" 0.20mm 0.25mm	.110" N/A 2.8mm N/A
GTS2 Kit available	LIGHTNING ROD	3000-7250	.312" 7.92mm	.519" .505" 13.18mm 12.82mm	300°	40/80 80/40	274°	110°	.008" .010" 0.20mm 0.25mm	.136" N/A 3.45mm N/A
GTS3 Kit available	LOOSE SURFACE	3250-8000	.314" 7.97mm	.520" .508" 13.20mm 12.90mm	312°	53/79 89/43	273°	103°	.010" .010" 0.25mm 0.25mm	.160" N/A 4.06mm N/A
GTS4 Kit available	TARMAC RALLY	3750-8250	.325" 8.25mm	.539" .526" 13.69mm 13.36mm	312°	53/79 89/43	279° 276°	106°	.010" .010" 0.25mm 0.25mm	.185" N/A 4.70mm N/A
GTS6 Kit available	OVAL SHORT TRACK	4000-8000	.325" 8.25mm	.539" .526" 13.69mm 13.36mm	296°	40/76 74/42	262°	108°	.010" .010" 0.25mm 0.25mm	.148" N/A 3.76mm N/A
GTS7 Kit available	ULTIMATE F2 STOCK CAR	3750-8250	.322" 8.17mm	.534" .521" 13.56mm 13.23mm	310°	47/83 89/41	275°	108°	.010" .010" 0.25mm 0.25mm	.193" N/A 4.90mm N/A
GTS8 Kit available	F2 STOCK CAR	3500-8000	.291" 7.39mm	.482" .470" 12.24mm 11.93mm	312°	50/82 86/46	274°	106°	.010" .010" 0.25mm 0.25mm	.175" N/A 4.44mm N/A
HT1 Kit available	COMPETITION	3000-8000	.293" .288" 7.44mm 7.31mm	.485" .465" 12.32mm 11.81mm	314° 308°	51/83 80/48	274°	106°	.010" .010" 0.25mm 0.25mm	.166" N/A 4.21mm N/A
HT1E Kit available	COMPETITION	3000-7750	.318" .315" 8.10mm 8.00mm	.530" .510" 13.46mm 12.95mm	316° 300°	54/82 74/46	280° 273°	104°	.008" .010" 0.20mm 0.25mm	.210" N/A 5.33mm N/A
GP1 Kit available	RACE	3000-7500	.296" 7.51mm	.492" .478" 12.49mm 12.14mm	313° 311°	48/85 84/47	273°	108°	.008" .010" 0.20mm 0.25mm	.135" N/A 3.43mm N/A
RC1 Kit Available	RACE	3000-7500	.290" 7.36mm	.482" .469" 12.24mm 11.91mm	306°	45/81 81/45	272°	108°	.008" .010" 0.20mm 0.25mm	.140" N/A 3.55mm N/A

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
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CF36	VS9 Single	ST5	VSK51	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS9 Single	ST5	VSK51	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS9 Single	ST5	VSK51	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS9 Single	ST5	VSK51	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS41 Single	ST5	VSK52	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS9 Single	ST5	VSK51	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS41 Single	ST5	VSK52	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS42 Double	ST5	VSK53	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS42 Double	ST5	VSK53	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS42 Double	ST5	VSK53	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS41 Single	ST5	VSK52	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS41 Single	ST5	VSK52	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS42 Double	ST5	VSK53	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS61 Single	ST5	VSK54	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS61 Single	ST5	VSK54	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS61 Single	ST5	VSK54	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS42 Double	ST5	VSK53	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS42 Double	ST5	VSK53	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54
CF36	VS42 Double	ST5	VSK53	CB03	CA11	BEB60-8	FB1150-6	HSP4201	MSF54

COMETIC MLS Head Gasket
 C4350-040 92.5mm bore / thickness 0.040"
 H1267SP6040S 93.5mm bore / thickness 0.040"
 H1267SP1040S 94.5mm bore / thickness 0.040"
 H1267SP1051S 94.5mm bore / thickness 0.051"
 H1267SPL040S 96mm bore / thickness 0.040"



CA75 – Alloy jackshaft pulley.
 S11 – Steel version of CA11 power pulley.
 S62 – Extra long ball studs.
 VG04 – Bronze 8mm guide – External diameter 12.7mm – O.A.L 51mm.
 S81 – Uprated follower retaining clips.
 S91 – Thrust plate.
 S49 – Stem seal when valve lift exceeds 0.430".
 OP8 – High pressure oil pump.
 OP9 – High pressure – high capacity oil pump.
 S7 – Spray bar
 CB03 – Cam belt 2.0 ltr 1977 – 90

Notes :

The valve spring kits include S49 stem seals.
 GTS6, 7, 8 if double springs are permitted use VS42.



CA75SE – Alloy Jackshaft Pulley in Black
 CA11SE – Classic Modern Pulley - see page 69



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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FORD COSWORTH YB 16V TURBO

BD8	GPN SPECIFICATION No piston modifications required	1500-6000	.335" 8.50mm	.335" 8.50mm	241°	6/55 50/11	204°	115° 110°	Hydraulic	.009" .013" 0.23mm 0.33mm
BD10 Kit available	SPORTS 22bhp approx increase No Piston Modifications required	1500-6500	.337" 8.56mm	.337" 8.56mm	264°	17/67 62/22	219°	115° 110°	"	.026" .038" 0.66mm 0.96mm
AB07	SPORTS 'R' No piston modifications required	1500-6500	.349" 8.85mm	.349" 8.85mm	256°	13/63 58/18	204°	115° 110°	"	.009" .015" 0.23mm 0.38mm
BD14	SPORTS 'R' Valve to piston clearance must be checked.	2000-7000	.351" 8.91mm	.351" 8.91mm	261°	16/65 60/21	222°	115° 110°	"	.026" .046" 0.66mm 1.17mm
BD15	COMPETITION	2500-8000	.395" 10.03mm	.395" 10.03mm	258°	24/54 57/21	223°	105° 108°	"	.071" .054" 1.80mm 1.37mm
BD16	RACE	3500-8500	.399" 10.13mm	.399" 10.13mm	265°	28/57 60/25	227°	105° 108°	"	.081" .062" 2.05mm 1.57mm
BD16+	RACE	3500-8500	.413" 10.49mm	.413" 10.49mm	265°	28/57 60/25	229°	105° 108°	"	.086" .062" 2.18mm 1.57mm

FORD COSWORTH YB 16V TURBO For use with solid lifters

CW7	COMPETITION	2500-8000	.400" 10.16mm	.384" 9.75mm	288°	34/74 74/34	244°	110° 110°	.016" 0.41mm	.078" .068" 1.98mm 1.72mm
CW8	COMPETITION	3500-8500	.423" 10.74mm	.407" 10.34mm	284°	37/67 70/34	248°	105° 105°	.016" 0.41mm	.117" .106" 2.97mm 2.69mm
CW9	COMPETITION	3750-8750	.446" 11.35mm	.430" 10.95mm	282°	36/66 66/36	254°	105° 105°	.016" 0.41mm	.139" .123" 3.55mm 3.14mm

FORD COSWORTH YB 16V NON-TURBO For use with solid lifters

CW13	COMPETITION	2500-8000	.408" .348" 10.36mm 8.83mm	.398" .338" 10.11mm 8.58mm	306° 290°	47/79 75/35	260° 244°	106° 110°	.010" 0.25mm	.130" .069" 3.30mm 1.75mm
CW34	COMPETITION	3000-8250	.454" .408" 11.54mm 10.36mm	.444" .398" 11.29mm 10.11mm	308° 306°	48/80 79/47	262° 260°	106° 106°	.010" 0.25mm	.139" .127" 3.54mm 3.22mm
CW35	COMPETITION	3000-8750	.508" .484" 12.9mm 12.3mm	.498" .474" 12.65mm 12.05mm	292°	40/72 72/40	264° 260°	106° 106°	.010" 0.25mm	.155" .129" 3.95mm 3.30mm

FORD RS2000 DOHC 16V

RS2001 Kit available	SPORTS INJECTION	2000-7000	.410" .397" 10.41mm 10.08mm	.410" .397" 10.41mm 10.08mm	260°	20/60 60/20	223° 221°	110° 110°	Hydraulic	.048" .048" 1.22mm 1.22mm
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FORD GALAXY SCORPIO ULTIMA 2.3DOHC 16V

RS2301	COMPETITION	2000-7000	.392" .367" 9.97mm 9.33mm	.392" .367" 9.97mm 9.33mm	254° 258°	17/57 59/19	216° 218°	110° 110°	Hydraulic	.033" .036" 0.84mm 0.92mm
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Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
CF51	VS34 Double	ST10	VSK32P	CB09	CA28	BEB19-8	FB1150-9	HSCSW53	MSF54	<p>COMETIC MLS Head Gasket C4350-051 92.5mm bore / thickness 0.051" C4350-070 92.5mm bore / thickness 0.070" C4350-080 92.5mm bore / thickness 0.080" H1267SP1051S 94.5mm / thickness 0.051" H2704051S 97 mm bore / thickness 0.051"</p> <p> VG05 – Bronze 7mm inlet guide – External Diameter 13mm – O.A.L 43mm. VG06 – Bronze 8mm exhaust guide – External Diameter 13mm – O.A.L 43mm. S4 – Conversion spacers from 4WD to 2WD. CF46 – Mechanical follower for standard valve and standard base circle. CF47 – Mechanical follower for standard valve and reprofiled camshaft. CF48 – Mechanical follower for use with long valves. CA99 – Alloy jackshaft. S84 – Steel crank pulley. VRT02 – Titanium retainer. ST10 – Steel retainer. VS34 – Oteva 75 high performance valve spring. VS62 – Oteva 90 ultra high performance valve spring. Note:- Valve spring kits include retainers, springs and platforms were applicable.</p> <p> CA28SE – Classic Modern Pulley - see page 69</p>
CF51	VS34 Double	ST10	VSK32P	CB09	CA28	BEB19-8	FB1150-9	HSCSW53	MSF54	
CF51	VS34 Double	ST10	VSK32P	CB09	CA28	BEB19-8	FB1150-9	HSCSW53	MSF54	
CF51	VS34 Double	ST10	VSK32P	CB09	CA28	BEB19-8	FB1150-9	HSCSW53	MSF54	
CF51	VS34 Double	VRT02	VSK02P	CB09	CA28	BEB19-8	FB1150-9	HSCSW53	MSF54	
CF51	VS34 Double	VRT02	VSK02P	CB09	CA28	BEB19-8	FB1150-9	HSCSW53	MSF54	
CF51	VS34 Double	VRT02	VSK02P	CB09	CA28	BEB19-8	FB1150-9	HSCSW53	MSF54	
CF46 CF47 CF48	VS34 Double	VRT02	VSK02P	CB09	CA28	BEB19-8	FB1150-9	HSCSW53	MSF54	
CF46 CF47 CF48	VS34 Double	VRT02	VSK02P	CB09	CA28	BEB19-8	FB1150-9	HSCSW53	MSF54	
CF46 CF47 CF48	VS62 Double	VRT02	VSK55P	CB09	CA28	BEB19-8	FB1150-9	HSCSW53	MSF54	
CF46 CF47 CF48	VS34 Double	ST10	VSK32P	CB09	CA28	BEB19-8	FB1150-9	HSCSW53	MSF54	
CF46 CF47 CF48	VS34 Double	VRT02	VSK02P	CB09	CA28	BEB19-8	FB1150-9	HSCSW53	MSF54	
CF46 CF47 CF48	VS62 Double	VRT02	VSK55P	CB09	CA28	BEB19-8	FB1150-9	HSCSW53	MSF54	
CF69	-	-	-	-	S65	BEB29-8	-	-	-	
CF69	-	-	-	-	S65	BEB29-8	-	-	-	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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FORD I4 6V DURATEC 2.0

D-TEC10	SPORTS 'R' Throttle bodies 4 into 1 manifold	2500-7500	.412" 10.46mm	.402" 10.21mm	260°	20/60 55/25	224°	110° 105°	.010" 0.25mm	.040" .056" 1.01mm 1.42mm
D-TEC20	COMPETITION Piston modifications. Throttle bodies 4 into 1 exhaust.	2500-7500	.444" 11.27mm	.434" 11.02mm	268°	24/64 59/29	233°	110° 105°	.010" 0.25mm	.050" .073" 1.27mm 1.85mm
D-TEC35	COMPETITION Autograss Piston modifications. Throttle bodies 4 into 1 exhaust.	3500-8000	.445" 11.30mm	.435" 11.05mm	280°	32/68 66/34	254°	108° 106°	.010" 0.25mm	.125" .128" 3.17mm 3.25mm
D-TEC50	COMPETITION Rallycross Piston modifications. Throttle bodies 4 into 1 exhaust.	4000-8500	.457" 11.60mm	.447" 11.35mm	296°	40/76 74/42	255°	108° 106°	.010" 0.25mm	.120" .120" 3.05mm 3.05mm
D-TEC65	COMPETITION Rallycross Piston modifications. Throttle bodies 4 into 1 exhaust.	4250-8750	.460" .444" 11.68mm 11.27mm	.450" .434" 11.43mm 11.02mm	300° 294°	42/78 73/41	258° 255°	108° 106°	.010" 0.25mm	.128" .125" 3.25mm 3.17mm
D-TEC70	HOT ROD	4000-8000	.486" 12.35mm	.476" 12.10mm	296°	42/74 68/48	260°	106° 100°	.010" 0.25mm	.135" .161" 3.45mm 4.1mm
D-TEC80	RACE Piston modifications. Throttle bodies 4 into 1 exhaust.	4500-9000	.472" .444" 11.98mm 11.27mm	.462" .434" 11.73mm 11.02mm	310° 294°	49/81 73/41	258° 255°	106° 106°	.010" 0.25mm	.141" .125" 3.58mm 3.17mm

FORD I4 16V DURATEC 2.3

D-TEC2330	SPORTS 'R' Piston modification. Throttle bodies 4:1 exhaust manifold	2500-7500	.417" 10.60mm	.407" 10.35mm	268°	24/64 59/29	236°	105° 110°	.010" 0.25mm	.101" .062" 2.56mm 1.57mm
D-TEC2370	COMPETITION Piston modification. Throttle bodies 4:1 exhaust manifold	3500-7750	.500" 12.70mm	.490" 12.45mm	284°	36/38 70/34	263°	106° 108°	.010" 0.25mm	.144" .136" 3.65mm 3.45mm

FORD I4 16V DURATEC 2.5

D-TEC2560	COMPETITION Rally	3000-7500	.507" .443" 12.90mm 11.25mm	.499" .433" 11.70mm 11.00mm	294° 300°	43/71 76/44	264° 268°	104° 106°	.008" .010" 0.20mm 0.25mm	.165" .104" 4.20mm 2.66mm
D-TEC2580	COMPETITION Tarmac Rally	3500-8000	.521" .494" 13.25mm 12.55mm	.511" .484" 13.00mm 12.30mm	302° 298°	45/77 75/43	272° 256°	104° 106°	.010" 0.25mm	.190" .132" 4.85mm 3.37mm

FORD DURATEC 2.0 VVT (MAZDA MZR)

DURVVT70	COMPETITION	3000-8000	.520" .516" 13.20mm 13.10mm	.510" .506" 12.95mm 12.85mm	294° 296°	VVT 74/42	265° 250°	OE Timing 106°	.010" .010" 0.25mm 0.25mm	N/A .157" N/A 4.00mm
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FORD DURATEC 2.5 VVT

DURVVT90	COMPETITION	2500-7800	.488" .441" 12.40mm 11.20mm	.478" .431" 12.15mm 10.95mm	312° 300°	VVT 76/44	262° 248°	OE Timing 106°	.010" .010" 0.25mm 0.25mm	N/A .104" N/A 2.65mm
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Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
CF98	VS60 Single	-	-	-	S77	BEB46-8	FBFD02	HSFD04	MSFD03	<p>COMETIC MLS Head Gasket H238030S 90mm bore / thickness 0.30"</p> <p> CBFD01 – Crank bolt.</p> <p></p> <p>S77 – Slotted cam gears to run with OE chain and Kent bespoke camshafts. These are included when the camshafts are purchased. ST26 – Steel retainer. VRT24 – Titanium retainer. S92 – Crank gear with 3mm keyway. CF98 – Sized steel competition cam follower. The thickness range is from 3.025mm to 3.700mm. VG18 – Bronze 5.5mm guide – External diameter 11mm – O.A.L. 37mm.</p> <p>Note:- Valve spring kits include retainers, springs and platforms where applicable.</p>
CF98	VS60 Single	-	-	-	S77	BEB46-8	FBFD02	HSFD04	MSFD03	
CF98	VS60 Single	-	-	-	S77	BEB46-8	FBFD02	HSFD04	MSFD03	
CF98	VS59 Double	ST26	VSK26P	-	S77	BEB46-8	FBFD02	HSFD04	MSFD03	
CF98	VS59 Double	ST26	VSK26P	-	S77	BEB46-8	FBFD02	HSFD04	MSFD03	
CF98	VS59 Double	ST26	VSK26P	-	S77	BEB46-8	FBFD02	HSFD04	MSFD03	
CF98	VS59 Double	VRT26	VSK24P	-	S77	BEB46-8	FBFD02	HSFD04	MSFD03	
CF98	VS60 Single	-	-	-	S77	BEB46-8	FBFD02	HSFD04	MSFD03	
CF98	VS59 Double	VRT 26	VSK24P	-	S77	BEB46-8	FBFD02	HSFD04	MSFD03	
CF98	VS59 Double	ST26	VSK26P		S77	BEB46-8	FBFD02	HSFD04	MSFD03	
CF98	VS59 Double	ST26	VSK26P		S77	BEB46-8	FBFD02	HSFD04	MSFD03	
CF98	VS59	ST26	VSK26P		S77 on exhaust	BEB46-8	FBFD02	HSFD04	MSFD03	
CF98	VS59	ST26	VSK26P		S77 on exhaust	BEB46-8	FBFD02	HSFD04	MSFD03	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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FORD ZETEC 16V 1.6/1.8/2.0 ESCORT – FIESTA – MONDEO Pre 1998 Silver Top Engine

FZ1801 Kit available	SPORTS 20bhp approx. increase Suitable for 1.8.	1500-6500	.397" .368" 10.08mm 9.34mm	.397" .368" 10.08mm 9.34mm	262°	21/61 61/21	223° 217°	110° 110°	Hydraulic	.048" .036" 1.22mm 0.91mm
FZ1802 Kit available	SPORTS 'R' 14bhp increase Suitable for 1.8 (130BHP).	1500-6500	.410" .375" 10.41mm 9.52mm	.410" .375" 10.41mm 9.52mm	262°	21/61 61/21	221° 204°	110° 110°	"	.048" .022" 1.22mm 0.56mm
FZ2001 Kit available	SPORTS 12bhp approx increase Suitable for 2.0.	1500-6500	.410" .375" 10.41mm 9.52mm	.410" .375" 10.41mm 9.52mm	262°	21/61 61/21	221° 204°	110° 110°	"	.048" .022" 1.22mm 0.56mm
FZ2002	COMPETITION	2500-7000	.435" 11.04mm	.435" 11.04mm	278°	31/67 65/33	243°	108° 106°	"	.080" .089" 2.03mm 2.26mm

FORD ZETEC 16V 1.6/1.8/2.0 ESCORT – FIESTA – MONDEO Pre 1998 Silver Top Engine For use with solid lifters

FZ2025	COMPETITION For use with standard size solid lifters	3000-7500	.441" 11.2mm	.431" 10.95mm	298°	41/77 75/43	256°	108° 106°	.010" 0.25mm	.110" .118" 2.8mm 3.0mm
FZ2026	COMPETITION For use with standard size solid lifters	3500-8000	.464" 11.80mm	.454" 11.55mm	290°	41/69 71/39	259°	104° 106°	.010" 0.25mm	.143" .127" 3.64mm 3.25mm
FZ2027	COMPETITION For use with standard size solid lifters	3750-8250	.468" 11.90mm	.458" 11.65mm	296°	44/72 74/42	262°	104° 106°	.010" 0.25mm	.147" .137" 3.75mm 3.50mm

FORD FOCUS ZETEC 16V 1.8 Post 1998 Black Top Engine

FOCUS 18	SPORTS	2000-6000	.356" .338" 9.05mm 8.60mm	.346" .328" 8.80mm 8.35mm	278° 270°	29/69 65/25	212° 208°	110° 110°	.010" 0.25mm	.020" .015" 0.52mm 0.37mm
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FORD FOCUS ZETEC 16V 2.0 Post 1998 Black Top Engine

FOCUS 1	SPORTS	2000-6000	.392" .364" 9.95mm 9.25mm	.382" .354" 9.70mm 9.00mm	292° 278°	36/76 69/29	230° 219°	110° 110°	.010" 0.25mm	.053" .027" 1.34mm 0.68mm
FOCUS10	SUPERCHARGED	2000-7800	.364" .392" 9.25mm 9.95mm	.354" .382" 9.00mm 9.70mm	278° 292°	31/67 76/36	219° 230°	108° 110°	.010" 0.25mm	.038" .042" 0.97mm 1.07mm
FOCUS12	SPORTS 'R' Modified injection	2000-6500	.406" .392" 10.30mm 9.95mm	.396" .382" 10.05mm 9.70mm	292°	36/76 76/36	243° 230°	110° 110°	.010" 0.25mm	.084" .043" 2.13mm 1.09mm
FOCUS 2	COMPETITION Modified injection	3000-7500	.444" .431" 11.27mm 10.94mm	.434" .421" 11.02mm 10.69mm	297° 284°	42/75 68/36	254° 246°	106° 106°	.010" 0.25mm	.126" .102" 3.20mm 2.59mm
FOCUS 3	COMPETITION Modified injection	3000-7500	.444" .444" 11.27mm 11.27mm	.434" .434" 11.02mm 11.02mm	297°	42/75 75/42	254°	106° 106°	.010" 0.25mm	.126" .122" 3.20mm 3.10mm

FORD FOCUS RS 16V 2.0 2002-2003

FOCUS RS1	SPORTS 'R'	2000-6000	.393" .366" 10.00mm 9.30mm	.383" .356" 9.75mm 9.05mm	268° 252°	22/66 58/14	230° 219°	112° 112°	.010" 0.25mm	.046" .022" 1.18mm 0.57mm
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FORD FOCUS ST170

ST1702	SPORTS 'R'	2000-7000	.437" .415" 11.10mm 10.56mm	.427" .405" 10.85mm 10.30mm	286° 263°	VVT	250° 237°	OE timing slots	.010" 0.25mm	N/A
ST1073	COMPETITION Non VVT	3000-8000	.468" .437" 11.90mm 11.10mm	.458" .427" 11.65mm 10.85mm	304° 286°	48/76 69/37	268° 250°	104° 106°	.010" 0.25mm	.149" .102" 3.80mm 2.60mm
ST1704	COMPETITION Non VVT	3000-8000	.507" .486" 12.90mm 12.34mm	.497" .476" 12.65mm 12.09mm	294° 290°	43/71 71/39	264° 260°	104° 106°	.010" 0.25mm	.166" .130" 4.22mm 3.30mm

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
CF52	VS46 Single	ST71 ST72	VSK74 VSK75	CB10	CA59	BEB17-8	FBFZ01	HSFX02	MSFZ04	<p>COMETIC MLS Head Gasket C4279-027 87mm bore / thickness 0.027" C4280-040 87mm bore / thickness 0.040"</p> <p> CBFZ1002 – Cam pulley bolt kit.</p> <p> VG16 – Bronze 6mm guide – External diameter 12mm – O.A.L. 36mm S38 – Valve stem seal to be used with VG16. ST71 – Steel retainer for single groove valve. ST72 – Steel retainer for triple groove valve. VSK56 – Valve spring kit for single groove valve. VSK57 – Valve spring kit for triple groove valve. VSK74 – Valve spring kit for single groove valve. VSK75 – Valve spring kit for triple groove valve.</p> <p> CA59SE – Classic Modern Pulley - see page 69</p>
CF52	VS46 Single	ST71 ST72	VSK74 VSK75	CB10	CA59	BEB17-8	FBFZ01	HSFX02	MSFZ04	
CF52	VS46 Single	ST71 ST72	VSK74 VSK75	CB10	CA59	BEB17-8	FBFZ01	HSFX02	MSFZ04	
CF52	VS46 Single	ST71 ST72	VSK74 VSK75	CB10	CA59	BEB17-8	FBFZ01	HSFX02	MSFZ04	
CF57	VS51 Single	ST71 ST72	VSK56 VSK57	CB10	CA59	BEB17-8	FBFZ01	HSFX02	MSFZ04	<p> CA59SE – Classic Modern Pulley - see page 69</p>
CF57	VS51 Single	ST71 ST72	VSK56 VSK57	CB10	CA59	BEB17-8	FBFZ01	HSFX02	MSFZ04	
CF57	VS51 Single	ST71 ST72	VSK56 VSK57	CB10	CA59	BEB17-8	FBFZ01	HSFX02	MSFZ04	
-	-	-	-	CB28	CA59	BEB36-8	FBFZ01	HSFX02	MSF5404	
-	VS60 Single	-	-	CB28	CA59	BEB36-8	FBFZ01	HSFX02	MSF5404	<p>When using OE solid lifters use shim kit S67-6-2</p> <p>ST1704 Requires cylinder head machined for CF41 32mm diameter followers and VSK77P</p>
-	VS60 Single	-	-	CB28	CA59	BEB36-8	FBFZ01	HSFX02	MSF5404	
CF66	VS60 Single	-	-	CB28	CA59	BEB36-8	FBFZ01	HSFX02	MSF5404	
CF66	VS60 Single	-	-	CB28	CA59	BEB36-8	FBFZ01	HSFX02	MSF5404	
CF66	VS60 Single	-	-	CB28	CA59	BEB36-8	FBFZ01	HSFX02	MSF5404	
CF66	VS60 Single	-	-	CB28	CA59	BEB36-8	FBFZ01	HSFX02	MSF5404	
CF66	VS60 Single	-	-	CB28	CA59	BEB36-8	FBFZ01	HSFX02	MSF5404	
CF66	VS60 Single	-	-	CB28	-	BEB62-8	FBFZ01	HSFX02	MSF5404	
CF66	VS60 Single	-	-	CB28	-	BEB62-8	FBFZ01	HSFX02	MSF5404	
CF41	VS34 Double	ST45	VSK77P	CB28	-	BEB62-8	FBFZ01	HSFX02	MSF5404	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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FORD FIESTA VCTi 1.6 16V / CATERHAM 310

NEW FZVCT01	SPORTS 'R'	2000-7000	.390" .374" 9.90mm 9.50mm	.380" .364" 9.65mm 9.25mm	276° 272°	VVT	238° 226°	OE Timing	.010" .010" 0.25mm 0.25mm	N/A N/A
FZVCT02	COMPETITION	3000-8000	.440" 11.20mm	.430" 10.95mm	295°	VVT	250°	OE Timing	.010" 0.25mm	N/A N/A

FORD ZETEC 'S' 1.25/1.4/1.6 16V 'Sigma'

FZ1611	SPORTS 'R' Suitable 1.6 version	1500-6000	.313" .291" 7.95mm 7.39mm	.303" .281" 7.70mm 7.14mm	264° 262°	22/62 56/26	208° 204°	110° 105°	.010" 0.25mm	.015" .023" 0.38mm 0.58mm
FZ1612	COMPETITION	2500-7000	.393" 10.0mm	.388" 9.75mm	288°	36/72 72/36	247°	108° 108°	.010" 0.25mm	.088" .081" 2.25mm 2.08mm
FZ1613	COMPETITION Carburettor - Throttle Bodies	3000-7500	.408" .380" 11.36mm 9.65mm	.398" .370" 10.10mm 9.40mm	306° 295°	47/79 73/42	260° 252°	106° 105°	.010" 0.25mm	.130" .105" 3.30mm 2.66mm

FORD PUMA 1.7 DOHC 16V VVT

PUMA1	SPORTS 'R'	2000-6800	.352" .313" 8.95mm 7.95mm	.342" .303" 8.7mm 7.7mm	284° 264°	VVT	232° 208°	OE Timing	.010" 0.25mm	N/A N/A
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FORD V6 2.3 2.8 COLOGNE

Valve Lifts are quoted using a rocker ratio of 1.47:1

V6T1 Kit available	MILD ROAD 14bhp approx. increase	1000-5500	.288" .293" 7.31mm 7.43mm	.409" .414" 10.39mm 10.51mm	270° 280°	32/58 73/27	230° 243°	103°	.014" .016" 0.36mm 0.41mm	.093" N/A 2.36mm N/A
V6T2 Kit available	SPORTS 16 bhp approx. increase	1500-6500	.293" 7.43mm	.416" .414" 10.56mm 10.51mm	280°	37/63 73/27	243°	103°	.014" .016" 0.36mm 0.41mm	.122" N/A 3.09mm N/A
V6T3 Kit available	SPORTS 'R' 20bhp approx. increase	2000-6500	.309" 7.84mm	.440" .438" 11.17mm 11.12mm	290°	42/68 78/32	253°	103°	.014" .016" 0.36mm 0.41mm	.137" N/A 3.48mm N/A
V6T4	RACE	3000-7500	.324" 8.24mm	.462" .460" 11.73mm 11.68mm	300°	47/73 83/37	263°	103°	.014" .016" 0.36mm 0.41mm	.164" N/A 4.16mm N/A

FORD V6 2.8 COLOGNE INJECTION

Valve Lifts are quoted using a rocker ratio of 1.47:1

NEW V6T15	OEM INJECTION CAM Blue Printed	1500-6000	.264" 6.70mm	.374" .372" 9.50mm 9.45mm	276° 278°	24/72 73/25	227° 227°	114°	.014" .016" 0.35mm 0.40mm	N/A N/A
V6T21 Kit available	SPORTS INJECTION 22bhp approx. increase Also suitable for Turbo applications	2000-6000	.280" 7.11mm	.397" .395" 10.08mm 10.03mm	276°	24/72 72/24	231° 233°	114°	.014" .016" 0.36mm 0.41mm	.053" N/A 1.34mm N/A
V6T31 Kit available	SPORTS INJECTION With programmable ECU	2500-6500	.310" 7.87mm	.441" .439" 11.20mm 11.15mm	284°	32/72 72/32	247° 249°	110°	.014" .016" 0.36mm 0.41mm	.103" N/A 2.61mm N/A

FORD V6 2.9 INJECTION For use with solid lifters

Valve Lifts are quoted using a rocker ratio of 1.47:1

NEW V6T35	OEM MECHANICAL CAM Blue Printed	1500-6000	.264" 6.70mm	.374" .372" 9.50mm 9.45mm	276° 278°	24/72 73/25	227° 227°	114°	.014" .016" 0.35mm 0.40mm	N/A N/A
V6T45 Kit available	SPORTS INJECTION 22bhp approx. increase	2000-6000	.280" 7.11mm	.397" .395" 10.08mm 10.03mm	276°	24/72 72/24	231° 233°	114°	.014" .016" 0.36mm 0.41mm	.053" N/A 1.34mm N/A
V6T46	SPORTS 'R' With programmable ECU	2500-6500	.310" 7.87mm	.441" .439" 11.20mm 11.15mm	284°	32/72 72/32	245° 249°	110°	.014" .016" 0.36mm 0.41mm	.103" N/A 2.61mm N/A

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	ARP Conrod bolt	ARP flywheel bolts	ARP Head stud	ARP Main stud	Additional components
-	VS63 Single	ST70	VSK58	-	-	-	FBFZ02	HSFSV65	MSFSV45	
-	VS63 Single	ST70	VSK58	-	-	-	FBFZ02	HSFSV65	MSFSV45	
-	VS63 Single	ST70	VSK58	CB32	CA96	-	FBFZ02	HSFSV65	MSFSV45	
CF102	VS63 Single	ST70	VSK58	CB32	CA96	-	FBFZ02	HSFSV65	MSFSV45	
CF102	VS63 Single	ST70	VSK58	CB32	CA96	-	FBFZ02	HSFSV65	MSFSV45	
-	-	-	-	CB32	-	-	-	-	-	
Please state bearing size when ordering. Pre 82 No1 bearing journal diameter: 41.90mm. Post 82 No 1 bearing journal diameter: 43.90mm										
CF10	VS25 Single	-	-	-	-	BEB16-12	-	-	MSF64-117	
CF10	VS25 Single	-	-	-	-	BEB16-12	-	-	MSF64-117	
CF10	VS25 Single	-	-	-	-	BEB16-12	-	-	MSF64-117	
CF10	VS25 Single	-	-	-	-	BEB16-12	-	-	MSF64-117	
Please state bearing size when ordering. Pre 82 No1 bearing journal diameter: 41.90mm. Post 82 No 1 bearing journal diameter: 43.90mm										
CF10	VS25 Single	-	-	-	-	BEB16-12	-	-	MSF64-117	
CF10	VS25 Single	-	-	-	-	BEB16-12	-	-	MSF64-117	
CF10	VS25 Single	-	-	-	-	BEB16-12	-	-	MSF64-117	
CF10	VS25 Single	-	-	-	-	BEB16-12	-	-	MSF64-117	
CF10	VS25 Single	-	-	-	-	BEB16-12	-	-	MSF64-117	
CF10	VS25 Single	-	-	-	-	BEB16-12	-	-	MSF64-117	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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FORD V6 3.0 ESSEX ENGINE

Valve Lifts are quoted using a rocker ratio of 1.47:1

V61 Kit available	MILD ROAD 14bhp approx. increase	1000-5500	.273" 6.93mm	.387" 9.82mm	270°	26/64 64/26	226°	109°	.014" 0.36mm	.062" 1.57mm	N/A N/A
V63 Kit available	FAST ROAD 18bhp approx. increase	1500-6000	.315" 7.99mm	.447" 11.35mm	276°	30/66 66/30	241°	110°	.016" 0.41mm	.087" 2.21mm	N/A N/A
V62 Kit available	FAST ROAD/RALLY 24bhp approx. increase	2000-6500	.264" 6.70mm	.376" .374" 9.55mm 9.49mm	290°	37/73 73/37	235°	108°	.012" .014" 0.30mm 0.36mm	.082" 2.08mm	N/A N/A

The following range of cams may require additional machining to the piston crown and valve spring seat.

V65	FAST ROAD/RALLY	1500-6000	.309" 7.84mm	.440" .438" 11.17mm 11.12mm	290°	42/68 78/32	253°	103°	.014" .016" 0.36mm 0.41mm	.137" 3.48mm	N/A N/A
V66	RALLY	2500-6500	.324" 8.22mm	.462" .460" 11.73mm 11.68mm	300°	47/73 83/37	263°	103°	.014" .016" 0.36mm 0.41mm	.164" 4.16mm	N/A N/A
V67	RACE	3500-7500	.339" 8.60mm	.484" .482" 12.29mm 12.24mm	310°	52/78 88/42	274°	103°	.014" .016" 0.36mm 0.41mm	.187" 4.75mm	N/A N/A
V68	GP1 SPECIFICATION	4000-8000	.350" 8.89mm	.498" 12.65mm	320°	56/84 84/56	270°	104°	.016" 0.41mm	.170" 4.32mm	N/A N/A

HONDA K20A

Valve Lifts are quoted using a rocker ratio of 1.7:1

K20-2A	COMPETITION	2000-8000	.295" .274" 7.5mm 6.95mm	.492" .455" 12.5mm 11.56mm	297° 292°	VVT	-	OE Timing	.010" 0.25mm	N/A N/A
K20-3A	COMPETITION	2500-8000	.303" .287" 7.7mm 7.3mm	.505" .479" 12.84mm 12.16mm	295° 290°	VVT	-	OE Timing	.010" 0.25mm	N/A N/A

JAGUAR XK6 DOHC 1949-92

JAG2	CLASSIC FAST ROAD	2000-6500	.415" 10.54mm	.407" .405" 10.34mm 10.29mm	282°	35/67 67/35	244°	106° 106°	.008" .010" 0.20mm 0.25mm	.110" .095" 2.79mm 2.41mm
JAG3	RALLY	2500-7000	.426" 10.82mm	.418" .416" 10.62mm 10.57mm	308°	49/79 79/49	265°	105° 105°	.008" .010" 0.20mm 0.25mm	.152" .143" 3.86mm 3.63mm
JAG4	HISTORIC COMPETITION	3000-7500	.445" 11.30mm	.437" .435" 11.10mm 11.05mm	310°	45/85 85/45	253°	110° 110°	.008" .010" 0.20mm 0.25mm	.117" .108" 2.97mm 2.74mm

JAGUAR V12 SOHC 1971-97

JAG6	CLASSIC FAST ROAD	2000-6500	.415" 10.54mm	.407" .405" 10.34mm 10.29mm	282°	35/67 67/35	244°	106°	.008" .010" 0.20mm 0.25mm	.110" N/A 2.79mm N/A
JAG7	RALLY	2500-7000	.426" 10.82mm	.418" .416" 10.62mm 10.57mm	308°	49/79 79/49	265°	105°	.008" .010" 0.20mm 0.25mm	.152" N/A 3.86mm N/A
JAG8	HISTORIC COMPETITION	3000-7500	.445" 11.30mm	.437" .435" 11.10mm 11.05mm	310°	45/85 85/45	253°	110°	.008" .010" 0.20mm 0.25mm	.117" N/A 2.97mm N/A

LANCIA INTEGRALE 2.0 16V TURBO

LAN274	SPORTS R	2000-7000	.397" .295" 10.10mm 7.50mm	.385" .279" 9.80mm 7.10mm	274° 262°	27/67 61/21	232° 204°	110° 110°	.012" .016" 0.30mm 0.40mm	.051" .010" 1.30mm 0.25mm
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Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
CF9	VS12 Single	-	-	-	-	BEB51-12	FB900-6	HSF38	MSF40	<i>COMETIC MLS Head Gasket</i> C4971-040 95.5mm bore / thickness 0.040"
CF9	VS12 Single	-	-	-	-	BEB51-12	FB900-6	HSF38	MSF40	
CF9	VS12 Single	-	-	-	-	BEB51-12	FB900-6	HSF38	MSF40	
CF9	VS12 Single	-	-	-	-	BEB51-12	FB900-6	HSF38	MSF40	
CF9	VS12 Single	-	-	-	-	BEB51-12	FB900-6	HSF38	MSF40	
CF9	VS12 Single	-	-	-	-	BEB51-12	FB900-6	HSF38	MSF40	
CF9	VS12 Single	-	-	-	-	BEB51-12	FB900-6	HSF38	MSF40	
CF58	VS66 Double	-	-	-	-	BEB51-12	FB900-6	HSF38	MSF40	
-	20411.216	-	-	-	-	BEB55-8	-	HSH0N4701	-	
-	20411.216	-	-	-	-	BEB55-8	-	HSH0N4701	-	
CF103	VS65 Double	-	-	-	-	BEB29-12	-	-	-	<i>COMETIC MLS Head Gasket</i> C4303-040 85mm bore / thickness 0.040" C4306-040 89mm bore / thickness 0.040" C4306-051 89mm bore / thickness 0.051" C4127-040 93.7mm bore / thickness 0.040"
CF103	VS65 Double	-	-	-	-	BEB29-12	-	-	-	
CF103	VS65 Double	-	-	-	-	BEB29-12	-	-	-	
-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	CA83	BEB77-8	-	HSLAN4701	MSLAN5401	<i>COMETIC MLS Head Gasket</i> C4124-051 85mm bore / thickness 0.051"



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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LOTUS ELISE 1.8 'K' Series

LE1811 Kit available	SPORTS INJECTION 22bhp approx. increase	2000-6000	.425" 10.79mm	.425" 10.79mm	258°	19/59 59/19	226°	110° 110°	Hydraulic	.057" .051" 1.45mm 1.30mm
LE1812	SPORTS 'R'	2000-6000	.431" 10.94mm	.431" 10.94mm	266°	23/63 63/23	229°	110° 110°	"	.065" .055" 1.65mm 1.40mm
LE1813	COMPETITION Throttle bodies	3000-7500	.435" 11.05mm	.435" 11.05mm	276°	30/66 66/30	234°	108° 108°	"	.090" .090" 2.28mm 2.28mm

LOTUS ELISE - EXIGE 1.8 2ZZ - GE VVTL-i

Valve Lifts are quoted using a rocker ratio of 1.7:1

LEVV10	FAST ROAD	2000-8500	.270" .248" 6.85mm 6.30mm	.450" .411" 11.45mm 10.45mm	280° 278°	VVT VVT	256° 250°	OE Timing	.008" .010" 0.20mm 0.25mm	N/A N/A
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LOTUS TWIN-CAM

CPL2			.360" 9.14mm	.350" 8.89mm	270°	25/65 65/25	240°	110°	.010" 0.25mm	.071" .068" 1.80mm 1.72mm
BD3			.348" 8.83mm	.338" 8.58mm	290°	35/75 75/35	243°	110°	.010" 0.25mm	.077" .069" 1.95mm 1.75mm
L2			.354" 8.99mm	.344" 8.73mm	302°	49/73 73/49	254°	102°	.010" 0.25mm	.122" .127" 3.10mm 3.22mm
L14			.415" 10.54mm	.407" 10.33mm	282°	35/67 67/35	244°	106°	.008" 0.20mm	.110" .095" 2.79mm 2.41mm
L1			.408" 10.36mm	.398" 10.10mm	306°	47/79 79/47	260°	106°	.010" 0.25mm	.130" .127" 3.30mm 3.22mm
BD4			.431" 10.94mm	.421" 10.69mm	316°	56/80 80/56	268°	102°	.010" 0.25mm	.168" .163" 4.26mm 4.14mm
F1			.412" 10.46mm	.402" 10.21mm	324°	60/84 84/60	278°	102°	.010" 0.25mm	.187" .172" 4.75mm 4.37mm
PH4			.441" 11.20mm	.436" 11.07mm	314°	52/82 82/52	280°	105°	.005" 0.13mm	.172" .167" 4.37mm 4.24mm
PH5			.438" 11.12mm	.428" 10.87mm	324°	60/84 84/60	284°	102°	.010" 0.25mm	.195" .190" 4.95mm 4.82mm
DA2			.380" 9.65mm	.370" 9.40mm	295°	42/73 73/42	250°	105°	.010" 0.25mm	.113" .105" 2.87mm 2.66mm
DA10			.410" 10.41mm	.400" 10.16mm	312°	54/78 78/54	268°	102°	.010" 0.25mm	.159" .149" 4.03mm 3.78mm
DA12			.460" 11.68mm	.450" 11.43mm	322°	61/81 81/61	281°	100°	.010" 0.25mm	.210" .202" 5.33mm 5.13mm
DA19			.454" 11.54mm	.444" 11.29mm	308°	48/80 80/48	262°	106°	.010" 0.25mm	.139" .139" 3.54mm 3.54mm
EA1			.460" 11.68mm	.450" 11.43mm	324°	60/84 84/60	276°	102°	.010" 0.25mm	.190" .185" 4.82mm 4.70mm

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
CF63	VS51 Single	ST69	VSK29	CB27	CA67	BEB37-8	FBKS03	HSRK4209	-	
CF63	VS51 Single	ST69	VSK29	CB27	CA67	BEB37-8	FBKS03	HSRK4209		
CF63	VS51 Single	ST69	VSK29	CB27	CA67	BEB37-8	FBKS03	HSRK4209	-	
-	-	-	-	-	-	BEB71-8	FBT1032802	HST4302	MST5407	
CF40	-	-	-	-	S45A	BEB09-8	FB900-6	HSL68	MSF375	<p>COMETIC MLS Head Gaskets C4102-040 82mm bore / thickness 0.040" C4103-040 83mm bore / thickness 0.040" C4140-040 84mm bore / thickness 0.040" C4133-040 85mm bore / thickness 0.040" C4142-040 86mm bore / thickness 0.040" C4143-040 87mm bore / thickness 0.040"</p> <p>LTCJSL-1 – Cast iron long jackshaft with groove. LTCJSL-2 – Cast iron long jackshaft with 2 slots. LTCJSL-4 – Cast iron long jackshaft with 4 slots. LTCJSS-1 – Cast iron short jackshaft with groove. LTCJSS-2 – Cast iron short jackshaft with 2 slots. LTCJSS-4 – Cast iron short jackshaft with 4 slots.</p>
CF40	-	-	-	-	S45A	BEB09-8	FB900-6	HSL68	MSF375	
CF40	-	-	-	-	S45A	BEB09-8	FB900-6	HSL68	MSF375	
CF40	-	-	-	-	S45A	BEB09-8	FB900-6	HSL68	MSF375	
CF40	-	-	-	-	S45A	BEB09-8	FB900-6	HSL68	MSF375	
CF40	-	-	-	-	S45A	BEB09-8	FB900-6	HSL68	MSF375	
CF40	-	-	-	-	S45A	BEB09-8	FB900-6	HSL68	MSF375	
CF40	-	-	-	-	S45A	BEB09-8	FB900-6	HSL68	MSF375	
CF40	-	-	-	-	S45A	BEB09-8	FB900-6	HSL68	MSF375	
CF40	-	-	-	-	S45A	BEB09-8	FB900-6	HSL68	MSF375	
CF40	-	-	-	-	S45A	BEB09-8	FB900-6	HSL68	MSF375	
CF40	-	-	-	-	S45A	BEB09-8	FB900-6	HSL68	MSF375	
CF40	-	-	-	-	S45A	BEB09-8	FB900-6	HSL68	MSF375	
CF40	-	-	-	--	S45A	BEB09-8	FB900-6	HSL68	MSF375	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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LOTUS 900 Series 16V

907-L14	SPORTS	2500-6500	.415" 10.54mm	.407" 10.33mm	282°	35/67 67/35	244°	106° 106°	.008" 0.20mm	.110" .095" 2.79mm 2.41mm
907-L1	COMPETITION	2500-7000	.408" 10.36mm	.398" 10.10mm	306°	47/79 79/47	260°	106° 106°	.010" 0.25mm	.130" .127" 3.30mm 3.22mm
907-BD4	RACE	3000-7500	.431" 10.94mm	.421" 10.69mm	316°	56/80 80/56	268°	102° 102°	.010" 0.25mm	.168" .163" 4.26mm 4.14mm

MAZDA MX5 1.6 1.8 16V 1989-2005

MAZ1602	SPORTS R	2000-7000	.338" .335" 8.57mm 8.50mm	.338" .335" 8.57mm 8.50mm	256° 258°	20/56 57/21	211° 219°	108° 108°	Hydraulic	.034" .044" 0.84mm 1.09mm
MAZ1603	COMPETITION	2500-7500	.380" 9.67mm	.380" 9.67mm	278°	35/63 65/33	240°	104° 106°	"	.104" .091" 2.63mm 2.32mm

NISSAN MICRA 1.0 16V - ENGINE CODE K11

NM832	COMPETITION - AUTOGRASS	3500-8500	.462" .462" 11.75mm 11.75mm	.452" .452" 11.50mm 11.50mm	290° 290°	41/69 71/39	256° 256°	104° 106°	.010" .010" 0.25mm 0.25mm	.143" .129" 3.65mm 3.28mm
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PEUGEOT 106 '93-'98 on 1.4 1.6 XSi / CITROEN SAXO VTR/V SX/SX Engine Code: TU3M-5M

Valve lifts are quoted using a rocker ratio 1.4:1

PT11	SPORTS INJECTION 12bhp approx. increase	2000-6000	.276" 7.01mm	.376" 9.81mm	276°	28/68 68/28	244°	110°	.010" 0.25mm	.050" N/A 1.27mm N/A
PT12	COMPETITION Carburation	2500-7000	.286" 7.26mm	.390" 9.90mm	310°	49/81 81/49	269°	106°	.010" 0.25mm	.120" N/A 3.05mm N/A
PT13	RACE Carburation	3000-8000	.300" 7.62mm	.410" 10.41mm	315°	53/82 82/53	270°	104°	.010" 0.25mm	.175" N/A 4.44mm N/A

PEUGEOT 106/206/306 / CITROEN SAXO VTR 1.4 1.6 Roller Type Engine Code: TU3JP-TU5JP

Valve lifts are quoted using a rocker ratio of 1.75:1

PT30	SPORTS INJECTION Suitable for 1.4 9bhp approx. increase	2000-6500	.230" 5.84mm	.392" 9.95mm	258°	14/64 64/14	220°	115°	.010" 0.25mm	.020" N/A 0.50mm N/A
PT40	SPORTS INJECTION Suitable for 1.6 11bhp approx. increase	2000-6500	.242" 6.14mm	.414" 10.51mm	266°	18/68 68/18	227°	115°	.010" 0.25mm	.030" N/A 0.75mm N/A
PT41	COMPETITION Modified Injection	2500-7000	.277" 7.03mm	.474" 12.03mm	292°	38/74 80/32	268°	108°	.010" 0.25mm	.120" N/A 3.05mm N/A

PEUGEOT 106 16V / CITROEN SAXO VTS 16V 1.6 Engine Code: TU5J4

PT50 Kit available	SPORTS INJECTION 22bhp approx. increase with Air Filter kit	1500-6500	.368" 9.34mm	.368" 9.34mm	262°	21/61 61/21	217°	110° 110°	Hydraulic	.037" .036" 0.94mm 0.91mm
PT51	SPORTS 'R' Modified injection	1500-6500	.397" .368" 10.08mm 9.34mm	.397" .368" 10.08mm 9.34mm	262°	21/61 61/21	223° 217°	110° 110°	"	.048" .036" 1.22mm 0.91mm
PT52	COMPETITION	3000-7500	.435" 11.04mm	.435" 11.04mm	278°	31/67 67/31	243°	106° 106°	"	.090" .090" 2.28mm 2.28mm

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
CF97	-	-	-	-	CA80 CA93	-	FB900-6	-	-	– CA93SE – Classic Modern Pulley - see page 69 CA80 – Square tooth belt form. CA93 – HTD round tooth belt form. CA98 – HTD round tooth auxiliary. S82 – HTD round tooth crank pulley. S83 – Pulley belt eccentric.
CF97	-	-	-	-	CA80 CA93	-	FB900-6	-	-	
CF97	-	-	-	-	CA80 CA93	-	FB900-6	-	-	
VS51	-	-	-	-	CA73	BEB69-8	-	HSMAZ4701	MSMAZ5401	COMETIC MLS Head Gasket C4122-040 80mm C4560-040 83mm
VS51	-	-	-	-	CA73	BEB69-8	-	HSMAZ4701	MSMAZ5401	
CF109	VS69	ST74	VSK80	-	-	-	-	-	-	S80 Shim 9.5mmx4.8mm to be used with ST74
Front bearing size 44.20mm and not suitable for roller type engines										
-	-	-	-	CB14 CB15	CA31	-	-	-	-	 CB26 – 205 1300 Rallye cam belt. CB14 – 205/106 1360 with AC cam belt. CB15 – 205/106 1360 without AC cam belt.
-	-	-	-	CB14 CB15	CA31	-	-	-	-	
-	-	-	-	CB14 CB15	CA31	-	-	-	-	
-	-	-	-	CB14 CB15	CA31	-	-	-	-	
-	-	-	-	CB14 CB15	CA31	-	-	-	-	
-	VS39 Double	VRT43	VSK40P	CB14 CB15	CA31	-	-	-	-	
CF65	-	-	-	CB16	CA72	-	-	HSPT106	-	
CF65	-	-	-	CB16	CA72	-	-	HSPT106	-	
CF65	VS51 Single	ST25	VSK33	CB16	CA72	-	-	HSPT106	-	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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PEUGEOT 106 16V / CITROEN SAXO VTS 16V 1.6 Engine Code: TU5J4 For use with solid lifters

PT55	COMPETITION	3000-7500	.434" 11.02mm	.424" 10.77mm	290°	39/71 71/39	246°	106° 106°	.010" 0.25mm	.108" .103" 2.75mm 2.62mm
PT56	COMPETITION	3500-8000	.464" 11.80mm	.454" 11.55mm	290°	41/69 71/39	259°	104° 106°	.010" 0.25mm	.143" .127" 3.64mm 3.25mm
PT57	COMPETITION	3750-8250	.468" 11.90mm	.458" 11.65mm	296°	44/72 74/42	262°	104° 106°	.010" 0.25mm	.147" .137" 3.75mm 3.50mm
PT58	COMPETITION Autocross	4000-8500	.476" 12.10mm	.466" 11.85mm	304°	48/76 76/48	266°	104° 104°	.010" 0.25mm	.153" .149" 3.90mm 3.80mm

PEUGEOT 205 1.3 / 1360 / CITROEN AXGT 1360 Engine Code: TU3-5 Front bearing size 42.50mm Valve lifts quoted using a rocker ratio 1.40:1

PT02	SPORTS 12bhp approx increase	2000-6000	.275" 6.98mm	.375" 9.52mm	284°	34/70 70/34	242°	108°	.010" 0.25mm	.070" N/A 1.77mm N/A
PT03	COMPETITION	2500-7000	.286" 7.26mm	.390" 9.90mm	310°	49/81 81/49	269°	106°	.010" 0.25mm	.120" N/A 3.05mm N/A
PT04	RACE	3000-8000	.300" 7.62mm	.410" 10.41mm	315°	53/82 82/53	270°	104°	.010" 0.25mm	.175" N/A 4.44mm N/A

PEUGEOT 205/309/405 1.6 – 1.9 Engine Code: XU5-9

PT36 Kit available	SPORTS INJECTION Suitable for 1.6/1.9 14 bhp approx. increase	2000-6500	.468" 11.88mm	.458" .456" 11.63mm 11.58mm	270°	27/63 63/27	234°	106°	.010" .012" 0.25mm 0.30mm	.077" N/A 1.95mm N/A
PT37	COMPETITION Suitable for 1.6 / 1.9	2250-7000	.470" 11.95mm	.460" 11.95mm	280°	34/66 66/34	238°	106°	.010" 0.25mm	.087" N/A 2.20mm N/A
PT23	RACE Suitable for 1.6	3000-7800	.492" .482" 12.49mm 12.24mm	.482" .470" 12.24mm 11.93mm	304° 296°	46/78 74/42	268°	106°	.010" .012" 0.25mm 0.30mm	.170" N/A 4.31mm N/A
PT27	COMPETITION Suitable for 1.9	2500-7000	.492" .482" 12.49mm 12.24mm	.482" .470" 12.24mm 11.83mm	304° 296°	46/78 74/42	268°	106°	.010" .012" 0.25mm 0.30mm	.170" N/A 4.31mm N/A
PT28	RACE Suitable for 1.9	3000-7800	.489" .496" 12.42mm 12.59mm	.479" .484" 12.16mm 12.29mm	309° 314°	49/80 85/49	281°	106°	.010" .012" 0.25mm 0.30mm	.177" N/A 4.49mm N/A

PEUGEOT 206 1.6 16V / CITROEN C2 1.6 16V Engine Code: TU5JP4

PT47 Kit available	SPORTS INJECTION 12bhp approx. increase	1500-6500	.336" 8.53mm	.336" 8.53mm	240°	10/50 50/10	204°	110° 110°	Hydraulic	.019" .014" 0.48mm 0.35mm
PT48	COMPETITION GPN Specification	3000-7000	.346" 8.80mm	.346" 8.80mm	272°	18/74 74/18	242°	118° 118°	"	.051" .051" 1.3mm 1.3mm

PEUGEOT 206 1.6 16V / CITROEN C2 1.6 16V Engine Code: TU5JP4 For use with solid lifters

PT77	COMPETITION Rally	3500-8000	.492" .479" 12.50mm 12.18mm	.482" .469" 12.25mm 11.93mm	306° 296°	47/79 74/42	267° 262°	106° 106°	.010" 0.25mm	.158" .140" 4.03mm 3.56mm
PT78	COMPETITION Tamac Rally	4000-8750	.510" 12.95mm	.500" 12.70mm	314°	53/81 81/53	271°	104° 104°	.010" 0.25mm	.186" .186" 4.73mm 4.73mm

PEUGEOT 206 GTi Engine Code: EW10J4

PT60	SPORTS INJECTION	2000-6500	.368" .341" 9.34mm 8.66mm	.368" .341" 9.34mm 8.66mm	258° 262°	19/59 61/21	217° 212°	110° 110°	Hydraulic	.037" .031" 0.94mm 0.79mm
PT61	COMPETITION	3000-7500	.435" 11.04mm	.435" 11.04mm	278°	31/67 67/31	243°	106° 106°	"	.090" .090" 2.28mm 2.28mm

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
CF93	VS51 Single	ST25	VSK33	CB16	CA72	-	-	HSPT106	-	
CF93	VS51 Single	ST25	VSK33	CB16	CA72	-	-	HSPT106	-	
CF93	VS51 Single	ST25	VSK33	CB16	CA72	-	-	HSPT106	-	
CF93	VS51 Single	ST25	VSK33	CB16	CA72	-	-	HSPT106	-	
-	-	-	-	CB14 CB26 CB15	CA31	-	-	-	-	 CB26 – 205 1300 Rallye cam belt. CB14 – 205/106 1360 with AC cam belt. CB15 – 205/106 1360 without AC cam belt.
-	VS54 Double	VRT23	VSK23	CB14 CB26 CB15	CA31	-	-	-	-	
-	VS54 Double	VRT23	VSK23	CB14 CB26 CB15	CA31	-	-	-	-	
CF37	-	-	-	CB07 CB08	CA31	BEB25-8	-	-	-	 COMETIC MLS Head Gasket C4225-051 84.0mm bore / thickness 0.051” CB07 – 205 / 309 1.6 / 1.9i up to 1992 cam belt. CB08 – 205 / 309 1.6 / 1.9i post 1992 cam belt. Note:- Cylinder head modifications required to fit the VS52
CF37	-	-	-	CB07 CB08	CA31	BEB25-8	-	-	-	
CF37	VS52 Double	-	-	CB07 CB08	CA31	BEB25-8	-	-	-	
CF37	VS52 Double	-	-	CB07 CB08	CA31	BEB25-8	-	-	-	
CF37	VS52 Double	-	-	CB07 CB08	CA31	BEB25-8	-	-	-	
CF65	-	-	-	CB16	CA72	-	-	HSPT106	-	
CF65	VS51 Single	ST25	VSK33	CB16	CA72	-	-	HSPT106	-	
CF93	VS51 Single	ST25	VSK33	CB16	CA72	-	-	HSPT106	-	
CF66	VS51 Single	ST25	VSK33	CB16	CA72	-	-	HSPT106	-	PT78 Requires cylinder head machining for CF66 30mm diameter followers
CF65	-	-	-	CB30	-	-	-	-	-	
CF65	-	-	-	CB30	-	-	-	-	-	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
PEUGEOT 206RC GTi Engine Code: EW10J4S										
PT65	COMPETITION Autocross	3500-7500	.442" 11.25mm	.442" 11.25mm	292°	40/72 72/40	261°	106° 106°	Hydraulic	.151" .151" 3.85mm 3.85mm
PEUGEOT 206RC GTi Engine Code: EW10J4S For use with solid lifters										
PT66	COMPETITION Tarmac Rally	3500-8500	.490" 12.45mm	.480" 12.20mm	308°	54/74 74/54	256°	100° 100°	.010" 0.25mm	.177" .159" 4.50mm 4.05mm
PEUGEOT 306 2.0 XSi Engine Code: XU10										
PT46 Kit available	SPORTS INJECTION 10bhp approx. increase	2000-6500	.468" 11.88mm	.458" .456" 11.63mm 11.58mm	270°	23/67 67/23	234°	112°	.010" .012" 0.25mm 0.30mm	.049" N/A 1.24mm N/A
PEUGEOT 306 S16 16V 1993 - 1996 Engine Code: XU10J4										
PT2001 Kit available	SPORTS INJECTION	1500-6000	.396" 10.06mm	.396" 10.06mm	262°	21/61 61/21	227°	110° 110°	Hydraulic	.058" .050" 1.47mm 1.27mm
PT2002	SPORTS 'R'	2000-6500	.431" 10.94mm	.431" 10.94mm	264°	20/64 64/20	229°	112° 112°	"	.065" .055" 1.65mm 1.40mm
PT2003	COMPETITION	3000-7000	.426" 10.82mm	.426" 10.82mm	290°	37/73 73/37	240°	108° 108°	"	.110" .092" 2.79mm 2.33mm
PEUGEOT 306 S16 16V 1993-1996 Engine Code XU10J4 For use with solid lifters										
PT2005	COMPETITION	3000-8000	.472" .444" 11.98mm 11.27mm	.462" .434" 11.73mm 11.02mm	314° 296°	51/83 74/42	257° 254°	106° 106°	.010" 0.25mm	.140" .122" 3.55mm 3.10mm
PT2006	COMPETITION	4500-8500	.472" 11.98mm	.462" 11.73mm	314°	53/81 81/53	257°	104° 104°	.010" 0.25mm	.151" .146" 3.83mm 3.70mm
PT2007	COMPETITION Autocross - Rallycross	3500-7000	.504" .490" 12.8mm 12.47mm	.494" .480" 12.55mm 12.22mm	318° 310°	55/83 81/49	274° 269°	104° 106°	.010" 0.25mm	.185" .149" 4.72mm 3.79mm
PEUGEOT 306 GTi6 16V 1997 on Engine Code XU10J4RS										
PT80 Kit available	SPORTS INJECTION 18bhp approx. increase	2000-7000	.425" .409" 10.79mm 10.35mm	.425" .409" 10.79mm 10.35mm	264° 252°	20/64 56/16	226° 215°	110° 110°	Hydraulic	.065" .030" 1.65mm 0.76mm
PT81	SPORTS 'R' Throttle bodies	2500-7000	.431" 10.94mm	.431" 10.94mm	264°	20/64 64/20	229°	110° 110°	"	.065" .055" 1.65mm 1.40mm
PT82	COMPETITION	3000-7200	.435" 11.04mm	.435" 11.04mm	278°	31/67 67/31	243°	108° 108°	"	.080" .080" 2.03mm 2.03mm
PEUGEOT 306 GTi6 16V 1997 on Engine Code XU10J4RS For Use with solid lifters										
PT84	COMPETITION	3000-8000	.472" .444" 11.98mm 11.27mm	.462" .434" 11.73mm 11.02mm	314° 296°	51/83 74/42	257° 254°	106° 106°	.010" 0.25mm	.140" .122" 3.55mm 3.10mm
PT85	COMPETITION	4500-8500	.472" 11.98mm	.462" 11.73mm	314°	53/81 81/53	257°	104° 104°	.010" 0.25mm	.151" .146" 3.83mm 3.70mm

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
CF65	VS68 Double	VRT44	VSK76	CB30	CA87	-	-	-	-	
CF66	VS68 Double	VRT44	VSK76	CB30	CA87	-	-	-	-	Requires cylinder head machining for CF66 30mm diameter followers
CF37	-	-	-	-	CA31	-	-	-	-	
CF55	-	-	-	CB16	CA42	BEB25-8	-	-	-	 VS34 – Oteva 75 high performance valve spring. VS62 – Oteva 90 ultra high performance valve spring. Note:- Valve spring kits include retainers, springs and platforms where applicable.
CF55	-	-	-	CB16	CA42	BEB25-8	-	-	-	
CF55	-	-	-	CB16	CA42	BEB25-8	-	-	-	
CF43	VS34 Double	VRT12	VSK12P	CB16	CA42	BEB25-8	-	-	-	
CF43	VS62 Double	VRT12	VSK59P	CB16	CA42	BEB25-8	-	-	-	
CF42	VS62 Double	VRT12	VSK59P	CB16	CA42	BEB25-8	-	-	-	PT2007 Requires cylinder head machined for CF42 35mm diameter followers
CF64	-	-	-	-	CA78	-	-	-	-	 VS34 – Oteva 75 high performance valve spring. VS62 – Oteva 90 ultra high performance valve spring. Note:- Valve spring kits include retainers, springs and platforms where applicable.
CF64	-	-	-	-	CA78	-	-	-	-	
CF64	VS34 Double	VRT15	VSK15P	-	CA78	-	-	-	-	
CF43	VS34 Double	VRT15	VSK15P	-	CA78	-	-	-	-	
CF43	VS62 Double	VRT15	VSK60P	-	CA78	-	-	-	-	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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PEUGEOT 405 Mi16 16V up to 1992 Engine Code: XU9J4

PT1601 Kit available	SPORTS INJECTION 12bhp approx. increase	1500-6000	.396" 10.06mm	.396" 10.06mm	262°	21/61 61/21	227°	110° 110°	Hydraulic	.058" .050" 1.47mm 1.27mm
PT1603	COMPETITION	3000-7000	.426" 10.82mm	.426" 10.82mm	290°	37/73 73/37	240°	108° 108°	"	.110" .092" 2.79mm 2.33mm
PT1604	COMPETITION	3500-7500	.427" 10.84mm	.427" 10.84mm	316°	52/84 84/52	241°	106° 106°	"	.101" .101" 2.56mm 2.56mm

PEUGEOT 405 Mi16 16V up to 1992 Engine Code: XU9J4 For use with solid lifters

PT1605	COMPETITION	4000-8000	.438" 11.12mm	.428" 10.87mm	304°	46/78 78/46	258°	106° 106°	.010" 0.25mm	.141" .125" 3.58mm 3.17mm
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PORSCHE 356 1955-1965 4 cyl Air Cooled 1955-65

Valve lifts are quoted using a rocker ratio of Inlet 1.3:1 and Exhaust 1.13:1

POR254	SPORTS	2500-6000	.332" .332" 8.45mm 8.45mm	.428" .370" 10.88mm 9.40mm	300° 300°	44/76 76/44	254° 254°	106°	.004" .006" 0.1mm 0.15mm	.118" 3.00
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PORSCHE 912 4 cyl Air Cooled 1965-69

Valve lifts are quoted using a rocker ratio of Inlet 1.3:1 and Exhaust 1.13:1

POR262	COMPETITION	2500-6000	.352" .352" 8.95mm 8.95mm	.454" .392" 11.53mm 9.96mm	296° 296°	43/73 73/43	262° 262°	105°	.004" .006" 0.1mm 0.15mm	.150" 3.80mm
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PORSCHE 911 6 cyl Air Cooled 1963-98

Valve lifts are quoted using a rocker ratio of 1.5:1

GE40	COMPETITION	-	.316" .296" 8.03mm 7.52mm	.470" .440" 11.94mm 11.18mm	302° 282°	49/73 63/39	272° 252°	102° 102°	.004" 0.1mm	.171" NA 4.35mm N/A
GE60	COMPETITION	-	.330" .306" 8.37mm 7.77mm	.490" .455" 12.45mm 11.56mm	308° 282°	52/76 63/39	286° 259°	102° 102°	.004" 0.1mm	.196" NA 5.00mm N/A
GE80	COMPETITION	-	.336" .316" 8.53mm 8.03mm	.500" .470" 12.70mm 11.94mm	312° 294°	56/76 67/47	287° 267°	100° 100°	.004" 0.1mm	.242" NA 6.15mm N/A
RSR	COMPETITION	-	.312" .302" 7.92mm 7.68mm	.464" .450" 11.79mm 11.43mm	322° 308°	60/82 84/44	294° 276°	101° 101°	.004" 0.1mm	.244" 6.20mm

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
CF55	-	-	-	CB16 CB31	CA42	-	-	-	-	 COMETIC MLS Head Gasket C4225-051 84.0mm bore / thickness 0.051" CB16 – 405 / 306 16v 2.0 ltr. CB31 – 405 Mi16 16v 1.9 ltr.
CF55	-	-	-	CB16 CB31	CA42	-	-	-	-	
CF55	-	-	-	CB16 CB31	CA42	-	-	-	-	
CF43	VS34 Double	VRT12	VSK12P	CB16 CB31	CA42	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	
-	VS67 Double	-	-	-	-	BEB52-12 BEB53-12	FBPOR2802 FBPOR2801	HSPOR4206	-	 BEB52-12 – Conrod bolt M9 thread. BEB53-12 – Conrod bolt M10 thread. FBPOR2802 – 2.0ltr – 3.0ltr 1970-1977. FBPOR2801 – 3.0ltr – 3.8ltr 1978-1997.
-	VS67 Double	-	-	-	-	BEB52-12 BEB53-12	FBPOR2802 FBPOR2801	HSPOR4206	-	
-	VS67 Double	-	-	-	-	BEB52-12 BEB53-12	FBPOR2802 FBPOR2801	HSPOR4206	-	
-	VS67 Double	-	-	-	-	BEB52-12 BEB53-12	FBPOR2802 FBPOR2801	HSPOR4206	-	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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RENAULT CLIO 1.8 16V Engine Code F7B

RN1601 Kit available	SPORTS INJECTION	2000-6500	.396" .363" 10.05mm 9.24mm	.393" .363" 10.05mm 9.24mm	254°	17/57 57/17	222° 217°	110° 110°	Hydraulic	.046" .037" 1.16mm 0.94mm
RN1602	SPORTS 'R'	2000-6500	.404" 10.26mm	.404" 10.26mm	258°	21/57 57/21	224°	108° 108°	"	.067" .050" 1.70mm 1.27mm
RN1603	COMPETITION	3000-7500	.435" 11.04mm	.435" 11.04mm	278°	31/67 67/31	234°	106° 106°	"	.090" .090" 2.28mm 2.28mm

RENAULT CLIO 1.8 16V ENGINE CODE F7B for use with solid lifters

RN1605	COMPETITION	4000-8000	.438" 11.12mm	.428" 10.87mm	304°	46/78 78/46	258°	106° 106°	.010" 0.25mm	.141" .125" 3.58mm 3.17mm
RN1606	RACE	4500-8500	.470" 11.94mm	.460" 11.68mm	324°	58/86 86/58	281°	104° 104°	.010" 0.25mm	.187" .174" 4.75mm 4.42mm

RENAULT CLIO 2.0 16V Engine Code: F7R

RN2002 Kit available	SPORTS INJECTION	2000-6500	.405" .397" 10.28mm 10.08mm	.405" .397" 10.28mm 10.08mm	260°	20/60 60/20	224° 223°	110° 110°	Hydraulic	.058" .048" 1.47mm 1.22mm
RN2003	SPORTS 'R'	2000-6500	.435" .404" 11.04mm 10.26mm	.435" .404" 11.04mm 10.26mm	278° 258°	33/65 55/23	234° 224°	106° 106°	"	.090" .059" 2.28mm 1.50mm
RN2004	COMPETITION	3000-7500	.451" .435" 11.45mm 11.04mm	.451" .435" 11.45mm 11.04mm	286° 278°	38/68 64/34	237° 234°	105° 105°	"	.113" .094" 2.87mm 2.38mm

RENAULT CLIO 2.0 16V ENGINE CODE F7R for use with solid lifters

RN2005	COMPETITION	3000-8000	.472" .444" 11.98mm 11.27mm	.462" .434" 11.73mm 11.02mm	314° 296°	51/83 74/42	257° 254°	106° 106°	.010" 0.25mm	.140" .122" 3.55mm 3.10mm
RN2006	RACE	4500-8500	.472" 11.98mm	.462" 11.73mm	314°	53/81 81/53	257°	104° 104°	.010" 0.25mm	.151" .146" 3.83mm 3.70mm

RENAULT 5 TURBO

Valve lifts are quoted using a rocker ratio of 1.52:1.

RT150	SPORTS	2000-6500	.243" 6.17mm	.335" .333" 8.50mm 8.45mm	252°	14/58 58/14	229°	112°	.010" .012" 0.25mm 0.30mm	.066" N/A 1.67mm N/A
RT200	COMPETITION	3000-7000	.269" 6.83mm	.371" .369" 9.42mm 9.37mm	264°	20/64 64/20	231°	112°	.010" .012" 0.25mm 0.30mm	.066" N/A 1.67mm N/A
RT300	COMPETITION	3500-7500	.270" 6.83mm	.371" .369" 9.42mm 9.37mm	270°	29/61 61/29	240°	160°	.010" .012" 0.25mm 0.30mm	.105" N/A 2.67mm N/A

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	ARP Conrod bolt	ARP flywheel bolts	ARP Head stud	ARP Main stud	Additional components
CF53	-	-	-	CB20	CA65	BEB26-8	-	-	-	
CF53	-	-	-	CB20	CA65	BEB26-8	-	-	-	
CF53	-	-	-	CB20	CA65	BEB26-8	-	-	-	
CF44	VS34 Double	VRT03	VSK03P	CB20	CA65	BEB26-8	-	-	-	
CF44	VS34 Double	VRT03	VSK03P	CB20	CA65	BEB26-8	-	-	-	
CF53	-	-	-	CB21	CA65	BEB26-8	-	-	-	
CF53	-	-	-	CB21	CA65	BEB26-8	-	-	-	
CF53	-	-	-	CB21	CA65	BEB26-8	-	-	-	
CF44	VS34 Double	VRT03	VSK03P	CB21	CA65	BEB26-8	-	-	--	
CF44	VS34 Double	VRT03	VSK03P	CB21	CA65	BEB26-8	-	-	-	
-	-	-	-	-	-	-	-	-	--	
-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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ROVER 3.5 / 3.9 / 4.6 / 5.0 V8

Valve lifts are quoted using a rocker ratio of 1.6:1

H180 Kit available	SPORTS TORQUE 22bhp approx. increase. Suitable for automatics and off road.	1000-4500	.276" 7.01mm	.441" 11.20mm	262°	23/59 59/23	215°	108°	Hydraulic	.056" 1.42mm	N/A N/A
H200 Kit available	MILD ROAD 20bhp approx. increase. Suitable for automatics and off road	1000-4500	.269" .283" 6.83mm 7.18mm	.429" .453" 10.89mm 11.50mm	270° 282°	23/67 68/34	208° 218°	112°	"	.033" 0.83mm	N/A N/A
H218 Kit available	FAST ROAD 26bhp approx increase.	1500-5000	.280" .290" 7.11mm 7.36mm	.448" .464" 11.38mm 11.78mm	278° 284°	27/71 74/30	226° 234°	112°	"	.065" 1.65mm	N/A N/A
H214 Kit available	FAST ROAD 30bhp approx. increase	1500-5000	.290" .306" 7.36mm 7.77mm	.469" .490" 11.90mm 12.44mm	284° 298°	31/73 78/40	223° 232°	111°	"	.062" 1.57mm	N/A N/A
H224 Kit available	COMPETITION	2000-5500	.308" .322" 7.82mm 8.17mm	.492" .515" 12.49mm 13.08mm	304° 310°	41/83 86/44	233° 242°	111°	"	.085" 2.16mm	N/A N/A
H234	COMPETITION	2500-6000	.323" .334" 8.20mm 8.48mm	.516" .534" 13.10mm 13.56mm	310°	44/86 86/44	243° 252°	111°	"	.110" 2.79mm	N/A N/A

ROVER 4.0/4.6 GEMS type V8

Valve lifts are quoted using a rocker ratio of 1.6:1

H180G Kit available	SPORTS TORQUE 22bhp increase. Suitable for automatics and off road	1000-4500	.276" 7.01mm	.441" 11.20mm	262°	23/59 59/23	215°	108°	Hydraulic	.056" 1.42mm	N/A N/A
H200G Kit available	MILD ROAD 20bhp increase. Suitable for automatics and off road. .	1000-4500	.269" .283" 6.83mm 7.18mm	.429" .453" 10.89mm 11.50mm	270° 282°	23/67 68/34	208° 218°	112°	"	.033" 0.83mm	N/A N/A
H218G Kit available	FAST ROAD 26bhp approx. increase No valve spring mods but must be checked.	1500-5000	.280" .290" 7.11mm 7.36mm	.448" .464" 11.38mm 11.78mm	278° 284°	27/71 74/30	226° 234°	112°	"	.065" 1.65mm	N/A N/A

ROVER 3.5 / 3.9 / 4.6 / 5.0 V8 for use with solid lifters

Valve lifts are quoted using a rocker ratio of 1.6:1

M228	FAST ROAD	2500-6000	.304" .308" 7.72mm 7.82mm	.464" .470" 11.78mm 11.94mm	280° 290°	32/68 73/37	236° 238°	108°	.022" 0.55mm	.083" 2.10mm	N/A N/A
M238	COMPETITION	2750-7000	.317" 8.05mm	.485" 12.32mm	284° 290°	34/70 73/37	245° 247°	108°	.022" 0.55mm	.107" 2.71mm	N/A N/A
M248	COMPETITION	3500-8000	.330" 8.38mm	.506" 12.85mm	300°	43/77 79/41	255° 256°	107°	.022" 0.55mm	.138" 3.50mm	N/A N/A
M256	RACE	4000-8250	.338" .350" 8.58mm 8.89mm	.514" .534" 13.05mm 13.56mm	304° 310°	48/76 87/43	264° 273°	104°	.026" 0.66mm	.158" 4.01mm	N/A N/A

TVR

Valve lifts are quoted using a rocker ratio of 1.6:1

TVR51	4.0 LITRE ROVER V8 Replacement for OE TVR cam	N/A	.265" 6.75mm	.425" 10.80mm	272° 278°	24/68 71/27	222°	112°	Hydraulic	.060" 1.52mm	N/A N/A
TVR885	5.0 LITRE ROVER V8 Replacement for OE TVR cam	N/A	.286" .302" 7.27mm 7.69mm	.456" .484" 11.60mm 12.30mm	284° 300°	26/78 86/34	223° 232°	116°	"	.051" 1.30mm	N/A N/A

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
CF22	VS44 Single	-	-	-	S29	BEBRV60-16	-	HSRV45	MSRV54	<p>COMETIC MLS Head Gasket C4367-040 89mm bore / thickness 0.040"</p> <p>S54 – Duplex chain used in S29 power pulley kit. Note:- S29 is a roll chain kit to replace the OE type gears and chain. Cylinder head modifications required to fit the VS43.</p>
CF22	VS44 Single	-	-	-	S29	BEBRV60-16	-	HSRV45	MSRV54	
CF22	VS44 Single	-	-	-	S29	BEBRV60-16	-	HSRV45	MSRV54	
CF22	VS43 Double	ST47	VSK61	-	S29	BEBRV60-16	-	HSRV45	MSRV54	
CF22	VS43 Double	ST47	VSK61	-	S29	BEBRV60-16	-	HSRV45	MSRV54	
CF22	VS43 Double	ST47	VSK61	-	S29	BEBRV60-16	-	HSRV45	MSRV54	
CF22	VS44 Single	-	-	-	-	BEBRV60-16	-	HSRV45	MSRV54	<p>Note:- The 'G' prefix on the part number denotes it is for a GEMS type ignition.</p>
CF22	VS44 Single	-	-	-	-	BSBRV60-16	-	HSRV45	MSRV54	
CF22	VS44 Single	-	-	-	-	BEBRV60-16	-	HSRV45	MSRV54	
CF23	VS43 Double	ST47	VSK61	-	S29	BEBRV60-16	-	HSRV45	MSRV54	
CF23	VS43 Double	ST47	VSK61	-	S29	BEBRV60-16	-	HSRV45	MSRV54	
CF23	VS43 Double	ST47	VSK61	-	S29	BEBRV60-16	-	HSRV45	MSRV54	
CF23	VS43 Double	ST47	VSK61	-	S29	BEBRV60-16	-	HSRV45	MSRV54	
CF22	VS44 Single	-	-	-	S29	BEBRV60-16	-	HSRV45	MSRV54	
CF22	VS43 Double	ST47	VSK61	-	S29	BEBRV60-16	-	HSRV45	MSRV54	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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ROVER 'A' Series MINI & METRO

All cams are supplied for use with A+ / Metro oil pumps only. Valve lifts are quoted using a rocker ratio of 1.28:1

MD246 Kit available	HIGH TORQUE	1500-6500	.285" 7.23mm	.348" 8.85mm	252°	18/54 54/18	214°	108°	.016" 0.40mm	.055" 1.40mm	N/A N/A
MD256 Kit available	MILD ROAD Smooth idle characteristics in 1275cc	1000-6000	.263" 6.67mm	.320" 8.12mm	254°	21/53 53/21	221°	106°	.016" 0.40mm	.049" 1.24mm	N/A N/A
MD266 Kit available	FAST ROAD Smooth idle characteristics in 1275cc.	1000-6500	.263" .270" 6.67mm 6.85mm	.320" .330" 8.12mm 8.37mm	260° 270°	24/56 61/29	221° 236°	106°	.016" 0.40mm	.066" 1.67mm	N/A N/A
MD274 Kit available	SPORTS INJECTION Single point injection	1000-6000	.285" .281" 7.23mm 7.13mm	.348" .343" 8.85mm 8.71mm	248° 274°	12/56 69/25	213° 231°	112°	.016" 0.40mm	.023" 0.58mm	N/A N/A
MD276 Kit available	FAST ROAD/RALLY Slightly lumpy idle in 1275cc	1500-7000	.293" .315" 7.43mm 7.99mm	.360" .388" 9.14mm 9.84mm	270° 280°	29/61 66/34	236° 240°	106°	.016" 0.40mm	.085" 2.16mm	N/A N/A
MD286 Kit available	RALLY Slightly lumpy idle in 1275cc	2000-7500	.315" .324" 7.99mm 8.22mm	.388" .400" 9.84mm 10.15mm	280° 290°	34/66 71/39	240° 253°	106°	.016" 0.40mm	.086" 2.18mm	N/A N/A
MD296	RACE Lumpy idle characteristic in 1275cc.	3250-8000	.324" .340" 8.22mm 8.62mm	.400" .420" 10.15mm 10.67mm	290° 300°	39/71 76/44	253° 276°	106°	.016" 0.40mm	.110" 2.79mm	N/A N/A
MD310	RACE Rough idle characteristics in 1275cc.	4000-8500	.340" 8.62mm	.420" 10.67mm	310°	49/81 81/49	276°	106°	.016" 0.40mm	.145" 3.68mm	N/A N/A
MD315	RACE	4500-9000	.347" 8.81mm	.428" 10.87mm	314°	53/81 81/53	280°	104°	.016" 0.40mm	.181" 4.60mm	N/A N/A

Scatter Pattern Cams

274SP	HIGH TORQUE	1500-6500	.285" .281" 7.23mm 7.13mm	.348" .343" 8.85mm 8.71mm	248° 274°	16/52 71/29	213° 231°	108°	.016" 0.40mm	.035" 0.89mm	N/A N/A
286SP	RALLY	2000-7500	.315" .324" 7.99mm 8.22mm	.388" .400" 9.84mm 10.15mm	280° 290°	34/66 71/39	240° 253°	106°	.016" 0.40mm	.086" 2.18mm	N/A N/A
296SP	RACE	3250-8000	.324" .340" 8.22mm 8.62mm	.400" .420" 10.15mm 10.67mm	290° 300°	39/71 76/44	253° 276°	106°	.016" 0.40mm	.110" 2.79mm	N/A N/A
310SP	RACE	4000-8500	.340" 8.62mm	.420" 10.67mm	310°	49/81 81/49	276°	106°	.016" 0.40mm	.145" 3.68mm	N/A N/A

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
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CF95	VS2 Double	ST33	VSK62	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54
CF95	VS2 Double	ST33	VSK62	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54
CF95	VS2 Double	ST33	VSK62	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54
CF95	VS2 Double	ST33	VSK62	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54
CF95	VS2 Double	ST33	VSK62	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54
CF95	VS39 Double	ST73	VSK63	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54
CF95	VS64 Double	ST73	VSK65	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54
CF95	VS64 Double	ST73	VSK65	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54

COMETIC MLS Head Gasket
HO525SPA030S 72.5mm bore / thickness 0.030"
HO5255PA040S 72.5mm bore / thickness 0.040"
C4146-030 73mm bore / thickness 0.030"
C4146-040 73mm bore / thickness 0.040"
HO5255P3040S 73.5mm bore / thickness 0.040"
C4148-040 74mm bore / thickness 0.040"



BEB6001-8 - Conrod bolt 1275 Midget / Cooper 'S'.
BEB08-8 - Conrod bolt 850 / 1098cc 3/8" - 1.500" UHL.
BEB1-8 - Conrod bolt 1300cc 11/32".
FB900-4 - Flywheel bolt 850/1098cc.
FB900-6 - Flywheel bolt 1300cc.
HSA9 - Head stud kit for 9 stud type head.
HSA11 - Head stud kit for 11 stud type head.
HSA11B - Head stud kit for 11 stud type head plus front bolt.
MSA33 - Main stud kit 1098cc 2" mains and Cooper 'S'.
MSA54 - Main stud kit 1275 (don't use washers on Mini)
AMS1 - Stainless manifold stud kit.
THS1 - Stainless thermostat stud kit.

Designed by David Vizard, this range will give the ultimate in performance due to the very special design of lobe centre angle and phasing.



CF95	VS2 Double	ST33	VSK62	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54
CF95	VS2 Double	ST33	VSK62	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54
CF95	VS39 Double	ST73	VSK63	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54
CF95	VS64 Double	ST73	VSK65	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54

S52 - Duplex chain.
TD52C - IWIS duplex chain.
SS8 - Valve spring seat.
VG01 - Bronze 9/32" guide - External diameter 0.471" - O.A.L 1.645"
OP1 - Pin drive oil pump.
OP2 - Star drive oil pump.
OP3 - 1300cc Metro oil pump.
OP13 - 1000cc Metro oil pump.
VS64 - Oteva 90 ultra high performance valve spring.



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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ROVER 'A' Series MINI & METRO

All cams are supplied for use with A+ / Metro oil pumps only. Valve lifts are quoted using a rocker ratio of 1:28:1

450 500	MILD ROAD and Turbo applications	1500-6000	.263" 6.67mm	.320" 8.12mm	252° 268°	16/56 59/29	221° 232°	110°	.016" 0.40mm	.039" 0.99mm	N/A N/A
948 567	MILD ROAD	2000-6500	.263" 6.67mm	.320" 8.12mm	252°	16/56 51/21	221°	110°	.016" 0.40mm	.036" 0.91mm	N/A N/A
550 600	FAST ROAD	2000-7000	.293" 7.43mm	.360" 9.14mm	278° 274°	33/65 63/31	239°	107°	.016" 0.40mm	.078" 1.98mm	N/A N/A
731 800	FAST ROAD	2500-7000	.263" 6.67mm	.320" 8.12mm	268°	24/64 59/29	234°	110°	.016" 0.40mm	.057" 1.45mm	N/A N/A
544 643	FAST ROAD-RALLY	2500-7500	.315" 7.99mm	.387" 9.82mm	274°	27/67 67/27	241°	110°	.016" 0.40mm	.073" 1.85mm	N/A N/A
649 530	RACE	3000-7500	.323" 8.19mm	.397" 10.07mm	287° 281°	43/64 61/40	252°	100°	.016" 0.40mm	.136" 3.45mm	N/A N/A
STR930	RACE	3000-7500	.327" 8.30mm	.402" 10.22mm	283° 290°	39/64 68/44	251° 252°	102°	.016" 0.40mm	.133" 3.39mm	N/A N/A
SPRINT 598	RACE	3000-7500	.326" .323" 8.27mm 8.19mm	.401" .397" 10.17mm 10.07mm	304° 282°	52/72 62/41	268° 251°	100°	.016" 0.40mm	.164" 4.16mm	N/A N/A
SUPER SPRINT 595	RACE	3000-7500	.323" 8.19mm	.397" 10.07mm	306°	53/73 73/53	268°	100°	.016" 0.40mm	.164" 4.16mm	N/A N/A
895	RACE	3000-7500	.323" 8.19mm	.397" 10.07mm	284° 307°	39/69 76/51	251° 268°	105°	.016" 0.40mm	.116" 3.00mm	N/A N/A
475	RACE	5000-9000	.371" 9.41mm	.457" 11.60mm	324°	62/82 82/62	277°	100°	.018" 0.46mm	.177" 4.50mm	N/A N/A

ROVER 'A' SERIES MINISTOX SERIES

MDMS1	BRISCA MINISTOX	3000-7500	.300" 7.62mm	.368" 9.35mm	254°	21/53 53/21	225°	106°	.016" 0.40mm	.060" 1.52mm	N/A N/A
MDMS2	SPEDEWORTH MINISTOX	3000-6500	.291" 7.4mm	.356" 9.05mm	254°	21/53 53/21	221°	106°	.016" 0.40mm	.052" 1.33mm	N/A N/A
MDMS3	MINISTOX	3000-7500	.305" .310" 7.75mm 7.87mm	.374" .380" 9.50mm 9.65mm	252° 254°	22/50 55/19	226° 229°	104°	.016" 0.40mm	.064" 1.63mm	N/A N/A

ROVER MG METRO TURBO

Valve lifts are quoted using a rocker ratio of 1.28:1

MD264T	SPORTS TURBO	1500-6500	.285" .287" 7.23mm 7.28mm	.348" .351" 8.85mm 8.92mm	252° 270°	18/54 63/27	214° 230°	108°	.016" 0.40mm	.055" 1.40mm	N/A N/A
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Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
CF95	VS2 Double	ST33	VSK62	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54	<p>COMETIC MLS Head Gasket HO525SPA030S 72.5mm bore / thickness 0.030" HO525SPA040S 72.5mm bore / thickness 0.040" C4146-030 73mm bore / thickness 0.030" C4146-040 73mm bore / thickness 0.040" HO525SP3040S 73.5mm bore / thickness 0.040" C4148-040 74mm bore / thickness 0.040"</p> <p></p> BEB6001-8 - Conrod bolt 1275 Midget / Cooper 'S' BEB08-8 - Conrod bolt 850/1098cc 3/8" - 1.500" UHL. BEB1-8 - Conrod bolt 1300cc 11/32". FB900-4 - Flywheel bolt 850/1098cc. FB900-6 - Flywheel bolt 1300cc. HSA9 - Head stud kit for 9 stud type head. HSA11 - Head stud kit for 11 stud type head. HSA11B - Head stud kit for 11 stud type head plus front bolt. MSA33 - Main stud kit 1098cc 2" mains and Cooper 'S'. MSA54 - Main stud kit 1275 (don't use washers on Mini) AMS1 - Stainless manifold stud kit. THS1 - Stainless thermostat stud kit. <p></p> S52 - Duplex chain. TD52C - IWIS duplex chain. SS8 - Valve spring seat. VG01 - Bronze 9/32" guide - External diameter 0.471" - O.A.L 1.645". OP1 - Pin drive oil pump. OP2 - Star drive oil pump. OP3 - 1300cc Metro oil pump. OP13 - 1000cc Metro oil pump.
CF95	VS2 Double	ST33	VSK62	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54	
CF95	VS2 Double	ST33	VSK62	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54	
CF95	VS2 Double	ST33	VSK62	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54	
CF95	VS2 Double	ST33	VSK62	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54	
CF95	VS39 Double	ST73	VSK63	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54	
CF95	VS39 Double	ST73	VSK63	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54	
CF95	VS39 Double	ST73	VSK63	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54	
CF95	VS39 Double	ST73	VSK63	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54	
CF95	VS39 Double	ST73	VSK63	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54	
CF95	VS39 Double	ST73	VSK63	-	S12	BEB6001-8 BEB08-8 BEB1-8	FB900-4 FB900-6	HSA11 HSA11-B HSA9	MSA33 MSA54	
-	VS49 Single	ST33	VSK78	-	-	-	-	-	-	
-	VS49 Single	ST33	VSK78	-	-	-	-	-	-	
-	VS49 Single	ST33	VSK78	-	-	-	-	-	-	
CF95	VS2 Double	ST33	VSK62	-	S12	BEB1-8	FB900-6	HSA11	MSA54	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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ROVER "B" Series MGB 1600/1800

Valve lifts are quoted using a rocker ratio of 1.42:1

NEW 710	MGBGT OEM Blue Printed	1500-5500	.265" 6.73mm	.364" 9.25mm	252°	20/52 55/17	224°	106°	.013" 0.33mm	N/A N/A
714 Kit available	MILD ROAD	1800-5800	.264" 6.70mm	.358" 9.08mm	270°	25/65 60/30	236°	110°	.016" 0.40mm	.065" N/A 1.65mm N/A
715 Kit available	FAST ROAD	2000-6000	.264" 6.70mm	.358" 9.08mm	286°	37/69 69/37	246°	106°	.016" 0.40mm	.087" N/A 2.20mm N/A
716 Kit available	RALLY	2500-6500	.277" 7.03mm	.375" 9.56mm	302°	46/76 76/46	262°	105°	.018" .020" 0.46mm 0.50mm	.127" N/A 3.22mm N/A

The following range of cams may require additional machining.

724 Kit available	HIGH TORQUE	1500-6250	.287" 7.29mm	.391" 9.93mm	270°	31/59 67/23	230°	104°	.016" .018" 0.41mm 0.46mm	.085" N/A 2.16mm N/A
717 Kit available	FAST ROAD	1800-6500	.293" 7.43mm	.394" 10.00mm	280°	37/65 73/27	243°	103°	.022" .024" 0.56mm 0.61mm	.110" N/A 2.79mm N/A
718	RALLY	2500-7000	.309" 7.84mm	.416" 10.57mm	290°	42/68 78/32	253°	103°	.022" .024" 0.56mm 0.61mm	.124" N/A 3.15mm N/A
719	RACE	3000-7500	.324" 8.22mm	.438" 11.13mm	300°	47/73 83/37	263°	103°	.022" .024" 0.56mm 0.61mm	.150" N/A 3.81mm N/A

Scatter Pattern Cams

Valve lifts are quoted using a rocker ratio of 1.42:1

717SP	FAST ROAD	1800-6500	.293" 7.43mm	.394" 10.00mm	280°	37/65 65/35	243°	103°	.022" .024" 0.56mm 0.61mm	.110" N/A 2.79mm N/A
718SP	RALLY	2500-7000	.309" 7.84mm	.412" 10.57mm	290°	42/68 70/40	253°	103°	.022" .024" 0.56mm 0.61mm	.124" N/A 3.15mm N/A
719SP	RACE	3500-7500	.324" 8.22mm	.438" 11.13mm	300°	47/73 75/45	263°	103°	.022" .024" 0.56mm 0.61mm	.150" N/A 3.81mm N/A
720SP	RACE	4000-7500	.323" .331" 8.22mm 8.43mm	.436" .446" 11.07mm 11.32mm	300° 308°	46/74 80/48	263° 270°	104°	.022" .024" 0.56mm 0.61mm	.145" N/A 3.68mm N/A
721SP	RACE	4000-8000	.331" .338" 8.43mm 8.60mm	.448" .455" 11.37mm 11.58mm	308° 310°	50/78 81/49	270° 274°	104°	.022" .024" 0.56mm 0.61mm	.171" N/A 4.34mm N/A

ROVER "K" Series 1.6 16V

RK1611 Kit available	SPORTS INJECTION 12bhp approx. increase	2000-6000	.383" 9.72mm	.383" 9.72mm	252°	16/56 56/16	217°	110° 110°	Hydraulic	.035" .040" 0.89mm 1.01mm
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ROVER "K" Series 1.8 16V Vi-MGF Non VVC

RK1811 Kit available	SPORTS INJECTION 22bhp approx. increase	2000-6000	.425" 10.79mm	.425" 10.79mm	258°	19/59 59/19	226°	110° 110°	Hydraulic	.057" .051" 1.45mm 1.30mm
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ROVER 220 TURBO 16V

ROV2201	SPORTS	2000-6000	.348" 8.80mm	.348" 8.80mm	252°	16/56 56/16	204°	110° 110°	Hydraulic	.018" .015" 0.46mm 0.38mm
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Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
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CF94 CF4	VS3 Double	ST48	VSK67	-	S19	BEB1-8 BEB12-8	FBB716-6	HSB42	MS5B54
CF94 CF4	VS3 Double	ST48	VSK67	-	S19	BEB1-8 BEB12-8	FBB716-6	HSB42	MS5B54
CF94 CF4	VS3 Double	ST48	VSK67	-	S19	BEB1-8 BEB12-8	FBB716-6	HSB42	MS5B54
CF94 CF4	VS3 Double	ST48	VSK67	-	S19	BEB1-8 BEB12-8	FBB716-6	HSB42	MS5B54

COMETIC MLS Head Gasket
C4147-040 83m bore / thickness 0.040".
H07494SP6040S 84mm bore / thickness 0.040".



BEB1-8 - Conrod bolt 11/32" post 1971
BEB12-8 - Conrod bolt 3/8" diagonal split rod pre 1971.
MS5B54- Mains stud kit for 5 main bearing crank
(use only to replace studs)



CF94 - Cam followers for post 1971.
CF4 - Cam followers for pre 1971.

CF94 CF4	VS3 Double	ST48	VSK67	-	S19	BEB1-8 BEB12-8	FBB716-6	HSB42	MS5B54
CF94 CF4	VS3 Double	ST48	VSK67	-	S19	BEB1-8 BEB12-8	FBB716-6	HSB42	MS5B54
CF94 CF4	VS27 Double	ST48	VSK68	-	S19	BEB1-8 BEB12-8	FBB716-6	HSB42	MS5B54
CF94 CF4	VS27 Double	ST48	VSK68	-	S19	BEB1-8 BEB12-8	FBB716-6	HSB42	MS5B54

Designed by David Vizard, this range will give the ultimate in performance.

CF94 CF4	VS3 Double	ST48	VSK67	-	S19	BEB1-8 BEB12-8	FBB716-6	HSB42	MS5B54
CF94 CF4	VS27 Double	ST48	VSK68	-	S19	BEB1-8 BEB12-8	FBB716-6	HSB42	MS5B54
CF94 CF4	VS27 Double	ST48	VSK68	-	S19	BEB1-8 BEB12-8	FBB716-6	HSB42	MS5B54
CF94 CF4	VS27 Double	ST48	VSK68	-	S19	BEB1-8 BEB12-8	FBB716-6	HSB42	MS5B54
CF94 CF4	VS27 Double	ST48	VSK68	-	S19	BEB1-8 BEB12-8	FBB716-6	HSB42	MS5B54

CF63	VS51 Single	ST69	VSK29	CB27	CA67	BEB37-8	FBKS03	HSRK4209	-
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CF63	VS51 Single	ST69	VSK29	CB27	CA67	BEB37-8	FBKS03	HSRK4209	-
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Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
SUBARU Impreza Turbo Version 4										
SUB01	SPORTS 'R'	2000-6000	.337" 8.55mm	.337" 8.55mm	262°	19/63 63/19	208°	112° 112°	Hydraulic	.018" .018" 0.45mm 0.45mm
SUBARU Impreza Turbo Version 4 For use with solid lifters										
SUB03	COMPETITION DH22 WRC ORIGINAL SPECIFICATION	2500-7000	.366" 9.29mm	.356" 9.04mm	260°	20/60 60/20	230°	110° 110°	.010" 0.25mm	.051" .046" 1.29mm 1.17mm
SUBARU Impreza Turbo Version 5 & 6 For use with solid lifters Direct acting.										
SUB04	COMPETITION	2500-7000	.407" 10.33mm	.397" 10.08mm	272°	26/66 66/26	230°	110° 110°	.010" 0.25mm	.049" .045" 1.24mm 1.14mm
SUZUKI HAYABUSA 1300 GEN1 PRE 2008										
SUZ24	COMPETITION	-	.365" .321" 9.27mm 8.15mm	.357" .313" 9.07mm 7.95mm	300° 286°	45/75 68/38	248° 234°	105° 105°	.008" .008" 0.20mm 0.20mm	.102" .065" 2.60mm 1.66mm
SUZUKI HAYABUSA 1340 GEN2 POST 2008										
SUZ38	COMPETITION	-	.382" .354" 9.70mm 9.00mm	.374" .346" 9.50mm 8.80mm	304° 298°	47/77 74/44	260° 248°	105° 105°	.008" .008" 0.20mm 0.20mm	.124" .095" 3.16mm 2.43mm
TALBOT SUNBEAM / AVENGER 1600 Valve lifts are quoted using a rocker ratio of 1.52:1										
AVFR4	HIGH TORQUE	1000-6000	.287" 7.29mm	.382" .378" 10.66mm 10.61mm	270°	31/59 67/23	230°	104°	.016" .018" 0.41mm 0.46mm	.090" N/A 2.28mm N/A
AVFR5	FAST ROAD	2500-7000	.293" 7.44mm	.423" .421" 10.74mm 10.69mm	280°	37/63 73/27	243°	103°	.022" .024" 0.56mm 0.61mm	.112" N/A 2.84mm N/A
AVRL1	RALLY	2750-7000	.309" 7.84mm	.447" .445" 11.35mm 11.30mm	290°	42/68 78/32	241°	103°	.017" .019" 0.43mm 0.48mm	.138" N/A 3.50mm N/A
TOYOTA 1200 / 1300 Starlet RWD 1978-1989 Valve lifts are quoted using a rocker ratio of 1.52:1										
T125	COMPETITION	2500-6500	.293" 7.43mm	.423" .421" 10.74mm 10.69mm	280°	37/63 73/27	243°	103°	.022" .024" 0.56mm 0.61mm	.112" N/A 2.84mm N/A
T126	RACE	3000-7000	.309" 7.84mm	.447" .445" 11.35mm 11.30mm	290°	42/68 78/32	253°	103°	.022" .024" 0.56mm 0.61mm	.138" N/A 3.50mm N/A
TOYOTA 16V D.O.H.C. 4AGE MR2 & COROLLA 1.6GT										
T1602	SPORTS	2000-7000	.313" 7.95mm	.303" 7.70mm	272°	26/66 66/26	222°	110° 110°	.010" 0.25mm	.034" .032" 0.86mm 0.81mm
T1603	COMPETITION Track day with throttle bodies	2000-7000	.330" 8.40mm	.320" 8.15mm	282°	33/69 69/33	234°	108° 108°	.010" 0.25mm	.065" .053" 1.65mm 1.35mm
T1614	RALLY	3000-7500	.429" .413" 10.90mm 10.50mm	.419" .403" 10.65mm 10.25mm	296° 290°	44/72 71/39	254° 249°	104° 106°	.010" 0.25mm	.123" .096" 3.13mm 2.45mm
T1616	RACE	3500-8000	.460" .429" 11.70mm 10.90mm	.450" .419" 11.45mm 10.65mm	298° 296°	45/73 74/42	265° 254°	104° 106°	.010" 0.25mm	.155" .110" 3.95mm 2.80mm

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	ARP Conrod bolt	ARP flywheel bolts	ARP Head stud	ARP Main stud	Additional components
-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	CS44	BEB70-8	-	HSSUZ4701	MSSUZ5401	
-	-	-	-	-	CS44	BEB70-8	-	HSSUZ4701	MSSUZ5401	
-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	
-	VS35 Single	-	-	-	S63	-	-	-	-	
-	VS35 Single	-	-	-	S63	-	-	-	-	
-	-	-	-	CB22	CA79	BEB27-8	FBT2802	HST4201	MST5403	<p>CF70 are lightweight Cam Followers with the shim underneath. For use in competition applications.</p>
CF70	-	-	-	CB22	CA79	BEB27-8	FBT2802	HST4201	MST5403	
CF70	VS63 Double	-	-	CB22	CA79	BEB27-8	FBT2802	HST4201	MST5403	
CF70	VS63 Double	-	-	CB22	CA79	BEB27-8	FBT2802	HST4201	MST5403	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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TRIUMPH 1200 / 1300 / 1500

Valve lifts are quoted using a rocker ratio of 1.52:1

TH12 Kit available	HIGH TORQUE	1500-6500	.287" 7.29mm	.420" .418" 10.66mm 10.61mm	270°	31/59 67/23	230°	104°	.016" .018" 0.41mm 0.46mm	.090" N/A 2.28mm N/A
TH2 Kit available	FAST ROAD	2500-6500	.261" 6.62mm	.382" .378" 9.69mm 9.59mm	295°	39/76 76/39	243° 239°	108°	.014" .018" 0.36mm 0.46mm	.086" N/A 2.18mm N/A
TH3 Kit available	RALLY	2500-6800	.282" 7.15mm	.412" 10.47mm	284°	34/70 70/34	240°	108°	.016" 0.41mm	.098" N/A 2.48mm N/A

The following range of cams may require additional machining

TH5 Kit available	FAST ROAD	2200-7000	.293" 7.44mm	.423" .421" 10.74mm 10.69mm	280°	37/63 73/27	243°	103°	.022" .024" 0.56mm 0.61mm	.112" N/A 2.84mm N/A
TH6	RALLY	3000-7500	.309" 7.84mm	.447" .445" 11.35mm 11.30mm	290°	42/68 78/32	253°	103°	.022" .024" 0.56mm 0.61mm	.138" N/A 3.50mm N/A
TH7	RACE	3750-8000	.324" 8.22mm	.470" .468" 11.93mm 11.88mm	300°	47/73 83/37	263°	103°	.022" .024" 0.56mm 0.61mm	.169" N/A 4.29mm N/A

TRIUMPH TR4 2.2

Valve lifts are quoted using a rocker ratio of 1.52:1

TR4-1	TR4A OEM Blue Printed	1500-6500	.265" 6.73mm	.392" 9.95mm	254°	17/57 57/17	215°	110°	.010" 0.25mm	N/A N/A
TR4-4	HIGH TORQUE Touring specification	1500-6500	.287" 7.29mm	.420" .418" 10.66mm 10.61mm	270°	31/59 67/23	230°	104°	.016" .018" 0.41mm 0.46mm	.090" N/A 2.28mm N/A
TR4-5	FAST ROAD	2200-7000	.293" 7.44mm	.423" .421" 10.74mm 10.69mm	280°	37/63 73/27	243°	103°	.022" .024" 0.56mm 0.61mm	.112" N/A 2.84mm N/A
TR4-6	RALLY	3000-7500	.309" 7.84mm	.447" .445" 11.35mm 11.30mm	290°	42/68 78/32	253°	103°	.022" .024" 0.56mm 0.61mm	.138" N/A 3.50mm N/A
TR4-7	RACE	3750-8000	.324" 8.22mm	.470" .468" 11.93mm 11.88mm	300°	47/73 83/37	263°	103°	.022" .024" 0.56mm 0.61mm	.169" N/A 4.29mm N/A

TRIUMPH 2000 / 2.5 6 cylinder

Valve lifts are quoted using a rocker ratio of 1.52:1

NEW 308778	2.5Pi / GT6 OEM Blue Printed	1500-5500	.232" 5.90mm	.343" 8.72mm	270°	25/65 65/25	221°	110°	.010" 0.25mm	N/A N/A
NEW 307689	TR5/6 OEM Blue Printed	2000-6000	.250" 6.35mm	.370" 9.40mm	280°	35/65 65/35	234°	105°	.010" 0.25mm	N/A N/A
TH12-6 Kit available	HIGH TORQUE	1500-6500	.287" 7.29mm	.420" .418" 10.66mm 10.61mm	270°	31/59 67/23	230°	104°	.016" .018" 0.41mm 0.46mm	.090" N/A 2.28mm N/A
TH2-6 Kit available	FAST ROAD	2500-6500	.261" 6.62mm	.382" .378" 9.69mm 9.59mm	295°	39/76 76/39	243° 239°	108°	.014" .018" 0.36mm 0.46mm	.086" N/A 2.18mm N/A
TH5-6	FAST ROAD	2200-7000	.293" 7.44mm	.423" .421" 10.74mm 10.69mm	280°	37/63 73/27	243°	103°	.022" .024" 0.56mm 0.61mm	.112" N/A 2.84mm N/A
TH6-6	RALLY	3000-7500	.309" 7.84mm	.447" .445" 11.35mm 11.30mm	290°	42/68 78/32	253°	103°	.022" .024" 0.56mm 0.61mm	.138" N/A 3.50mm N/A
TH7-6	RACE	3750-8000	.324" 8.22mm	.470" .468" 11.93mm 11.88mm	300°	47/73 83/37	263°	103°	.022" .024" 0.56mm 0.61mm	.169" N/A 4.29mm N/A

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
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CF24	VS15 Double	-	-	-	S72 S73	BEB15-8	FBT716-4	HST425-10	MST54
CF24	VS15 Double	-	-	-	S72 S73	BEB15-8	FBT716-4	HST425-10	MST54
CF24	VS15 Double	-	-	-	S72 S73	BEB15-8	FBT716-4	HST425-10	MST54



Note:-
S72 - Duplex kit with crank gear ID 1.000" for early 1300cc.
S73 - Duplex kit with crank gear ID 1.375" for late 1300/1500cc.

CF24	VS15 Double	-	-	-	S72 S73	BEB15-8	FBT716-4	HST425-10	MST54
CF24	VS15 Double	-	-	-	S72 S73	BEB15-8	FBT716-4	HST425-10	MST54
CF24	VS15 Double	-	-	-	S72 S73	BEB15-8	FBT716-4	HST425-10	MST54

-	-	-	-	-	S74	BEB20-8	-	HSTR4	-
-	VS52 Double	-	-	-	S74	BEB20-8	-	HSTR4	-
-	VS52 Double	-	-	-	S74	BEB20-8	-	HSTR4	-
-	VS52 Double	-	-	-	S74	BEB20-8	-	HSTR4	-
-	VS52 Double	-	-	-	S74	BEB20-8	-	HSTR4	-



Note:
Cylinder head modifications required to fit the VS52.

CF25	VS17 Double	-	-	-	S75	BEB15-12	-	HSGT6	-
CF25	VS17 Double	-	-	-	S75	BEB15-12	-	HSGT6	-
CF25	VS17 Double	-	-	-	S75	BEB15-12	-	HSGT6	-
CF25	VS17 Double	-	-	-	S75	BEB15-12	-	HSGT6	-
CF25	VS17 Double	-	-	-	S75	BEB15-12	-	HSGT6	-
CF25	VS17 Double	-	-	-	S75	BEB15-12	-	HSGT6	-
CF25	VS17 Double	-	-	-	S75	BEB15-12	-	HSGT6	-



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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TRIUMPH DOLOMITE SPRINT

DMS1	FAST ROAD	2000-6500	.378" 9.60mm	.364" .362" 9.24mm 9.19mm	284°	34/70 70/34	226°	108°	.014" .016" 0.36mm 0.41mm	.045" N/A 1.15mm N/A
STR91	COMPETITION	2500-7000	.388" 9.85mm	.378" .376" 9.55mm 9.55mm	302°	43/79 79/43	253°	108°	.010" .012" 0.25mm 0.30mm	.114" N/A 2.9mm N/A
STR139	COMPETITION	2750-7250	.428" 10.88mm	.418" .416" 10.63mm 10.58mm	310°	47/83 83/47	267°	108°	.010" .012" 0.25mm 0.30mm	.153" N/A 3.9mm N/A

VAUXHALL / OPEL 1.3 NOVA, CORSA

Valve lifts are quoted using a rocker ratio of 1.69:1

AST11 Kit available	SPORTS 8bhp approx. increase	1500-5500	.240" 6.09mm	.405" 10.30mm	262°	25/57 57/25	231°	106°	Hydraulic	N/A N/A
AST1 Kit available	SPORTS 10bhp approx increase	2000-6000	.246" 6.24mm	.415" 10.55mm	270°	29/61 61/29	231°	106°	"	N/A N/A
AST2 Kit available	SPORTS R Original Nova sport specification	3000-7000	.240" 6.09mm	.405" 10.30mm	290°	36/74 74/36	250°	109°	"	N/A N/A
AST3 Kit available	COMPETITION	2500-7000	.295" 7.49mm	.498" 12.66mm	280°	34/66 66/34	237°	106°	"	N/A N/A

VAUXHALL / OPEL 1.3 NOVA / CORSA For use with solid adjusters

Valve lifts are quoted using a rocker ratio of 1.69:1

AST17	COMPETITION High torque for loose surface use.	2800-7500	.274" 6.95mm	.446" 11.36mm	284°	37/67 77/27	258° 260°	105°	.010" 0.25mm	.120" N/A 3.05mm N/A
AST18	COMPETITION Tarmac rally.	3250-8000	.305" 7.75mm	.498" 12.66mm	304°	44/80 80/44	260°	108°	.010" 0.25mm	.145" N/A 3.68mm N/A
AST19	RACE	4000-8500	.294" 7.46mm	.479" 12.19mm	313°	48/85 85/48	274°	108°	.010" 0.25mm	.155" N/A 3.94mm N/A

VAUXHALL / OPEL 1.4 1.6 Post 89 NOVA, CORSA

Valve lifts are quoted using a rocker ratio of 1.69:1

NVO51 Kit available	SPORTS INJECTION 8bhp approx. increase	1500-5500	.256" 6.50mm	.432" 10.98mm	262°	17/65 65/17	218°	114°	Hydraulic	N/A N/A
NVO52 Kit available	SPORTS 'R' 10bhp approx increase. Recommended with adjustable fuel regulator.	1500-5500	.265" 6.73mm	.447" 11.37mm	262°	25/57 57/15	230°	106°	"	N/A N/A
NVO61 Kit available	SPORTS 'R' 12bhp approx increase. Recommended with adjustable fuel regulator	2000-6000	.272" 6.90mm	.459" 11.67mm	270°	30/60 60/30	230°	105°	"	N/A N/A
NVO62 Kit available	SPORTS INJECTION 10bhp approx. increase	1500-6000	.272" 6.90mm	.459" 11.67mm	270°	21/69 69/21	230°	114°	"	N/A N/A
NVO63 Kit available	COMPETITION Carburetors/throttle bodies	3000-7000	.275" 6.98mm	.464" 11.80mm	312°	52/80 80/52	277° 263°	104°	"	N/A N/A

VAUXHALL / OPEL 1.4 1.6 POST 89 NOVA/CORSA For use with solid adjusters

Valve lifts are quoted using a rocker ratio of 1.69:1

AST28	STOCK ROD	3250 - 8000	.281" 7.13mm	.464" 11.80mm	303°	45/78 78/45	270°	106°	.010" 0.25mm	.135" N/A 3.43mm N/A
AST29	COMPETITION Race short circuit	3500-8000	.285" 7.23mm	.471" 11.96mm	306°	49/77 77/49	272°	104°	.010" 0.25mm	.140" N/A 3.55mm N/A
NVO82	COMPETITION	3250-7750	.314" 7.97mm	.514" 13.05mm	308°	46/82 82/46	270°	108°	.010" 0.25mm	.145" N/A 3.68mm N/A

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
-	-	-	-	-	S43	-	-	-	-	
-	-	-	-	-	S43	-	-	-	-	
-	-	-	-	-	S43	-	-	-	-	
CF20	-	-	-	CB04	CA23	BEB23-8	FBV826-6	HSV2084	-	
CF20	VS31 Single	ST30	VSK70	CB04	CA23	BEB23-8	FBV826-6	HSV2084	-	
CF20	VS31 Single	ST30	VSK70	CB04	CA23	BEB23-8	FBV826-6	HSV2084	-	
CF20	VS30 Single	ST30	VSK69	CB04	CA23	BEB23-8	FBV826-6	HSV2084	-	
CF20	VS30 Single	ST30	VSK69	CB04	CA23	BEB23-8	FBV826-6	HSV2084	-	 S36 - Mechanical adjustable ball studs. S64 - Competition lash pads to fit ST30.
CF20	VS30 Single	ST30	VSK69	CB04	CA23	BEB23-8	FBV826-6	HSV2084	-	
CF20	VS30 Single	ST30	VSK69	CB04	CA23	BEB23-8	FBV826-6	HSV2084	-	
CF20	-	-	-	CB17 CB18	CA55	BEB24-8	FBV826-6	HSV2084	-	 CB17 - Corsa 1.4 - 1.6 ltr 8 valve up to 1991. CB18 - Corsa 1.4 - 1.6 ltr 8 valve post 1992.
CF20	-	-	-	CB17 CB18	CA55	BEB24-8	FBV826-6	HSV2084	-	
CF20	VS31 Single	ST30	VSK70	CB17 CB18	CA55	BEB24-8	FBV826-6	HSV2084	-	
CF20	VS31 Single	ST30	VSK70	CB17 CB18	CA55	BEB24-8	FBV826-6	HSV2084	-	
CF20	VS30 Single	ST30	VSK69	CB17 CB18	CA55	BEB24-8	FBV826-6	HSV2084	-	
CF20	-	-	-	CB17 CB18	CA55	BEB24-8	FBV826-6	HSV2084	-	 S36 - Mechanical adjustable ball studs. S64 - Competition lash pads to fit ST30.
CF20	-	-	-	CB17 CB18	CA55	BEB24-8	FBV826-6	HSV2084	-	
CF20	VS39 Double	ST30	VSK45P	CB17 CB18	CA55	BEB24-8	FBV826-6	HSV2084	-	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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VAUXHALL / OPEL 2.0 16V C20XE up to 1992 ASTRA, CAVALIER

AST1612 Kit available	SPORTS INJECTION 16bhp approx. increase	1500-6500	.397" 10.08mm	.397" 10.08mm	260°	20/60 60/20	223°	110° 110°	Hydraulic	.048" .048" 1.22mm 1.22mm
AST 1603	COMPETITION High torque - loose surface. Rally	3000-7500	.435" 11.04mm	.435" 11.04mm	278°	31/67 67/31	234°	108° 108°	"	.080" .080" 2.03mm 2.03mm
AST1608	COMPETITION Torque - BHP. Autograss Combination	3250-7750	.445" .435" 11.30mm 11.04mm	.445" .435" 11.30mm 11.04mm	290° 278°	37/73 67/31	248° 234°	108° 108°	"	.113" .080" 2.87mm 2.03mm
AST1613	COMPETITION Mid range - loose surface. Autograss Class 3	3500-8000	.445" 11.30mm	.445" 11.30mm	290°	37/73 69/41	248°	108° 108°	"	.113" .107" 2.87mm 2.71mm
AST1623	COMPETITION Tarmac. Rally	3750-8000	.450" .445" 11.43mm 11.30mm	.450" .445" 11.43mm 11.30mm	304° 290°	44/80 69/41	256° 248°	108° 108°	"	.135" .107" 3.43mm 2.71mm

VAUXHALL / OPEL 2.0 16V C20XE up to 1992 ASTRA, CAVALIER For use with solid lifters

AST1614	COMPETITION Autograss / Rally	3000-8000	.455" 11.55mm	.445" 11.30mm	304°	46/78 78/46	248°	106° 106°	.010" 0.25mm	.120" .112" 3.04mm 2.84mm
AST1625	COMPETITION National Hot Rod	4000-8000	.486" 12.35mm	.476" 12.10mm	296°	42/74 70/46	260°	106° 102°	.010" 0.25mm	.135" .150" 3.43mm 3.80mm
AST1626	COMPETITION Ultimate Rally	4000-8000	.510" .486" 12.95mm 12.35mm	.500" .476" 12.70mm 12.10mm	306° 296°	51/75 74/42	264° 260°	102° 106°	.010" 0.25mm	.175" .131" 4.45mm 3.33mm
AST1628	COMPETITION 2.3 / 2.5 Capacity	4000-8000	.482" .443" 12.25mm 11.25mm	.472" .433" 12.00mm 11.00mm	310° 296°	51/79 76/40	270° 266°	104° 108°	.010" 0.25mm	.181" .132" 4.60mm 3.35mm

VAUXHALL / OPEL 2.0 8 Valve ASTRA, CALIBRA

Valve Lifts are quoted using a rocker ratio of 1.69:1

AST52 Kit available	SPORTS INJECTION 12bhp approx. increase	1000-6000	.290" 7.36mm	.490" 12.44mm	262°	21/61 61/21	237°	110°	Hydraulic	N/A N/A
AST14 Kit available	SPORTS INJECTION 14bhp approx. increase. Adjustable Fuel Regulator recommended.	1000-6000	.295" 7.49mm	.498" 12.64mm	272°	26/66 66/26	237°	110°	"	N/A N/A
AST15 Kit available	SPORTS 'R' 20bhp approx increase. Adjustable Fuel Regulator recommended.	2000-6500	.295" 7.49mm	.498" 12.64mm	272°	31/61 61/31	237°	105°	"	N/A N/A
AST16 Kit available	COMPETITION Throttle bodies	3000 - 7000	.275" 6.99mm	.464" 11.80mm	312°	52/80 80/52	277° 263°	104°	"	N/A N/A

VAUXHALL / OPEL 2.0 8V ASTRA, CALIBRA For use with solid adjusters Valve Lifts are quoted using a rocker ratio of 1.69:1

AST30	COMPETITION Ultimate High Torque camshaft with throttle bodies	1000-7000	.290" 7.36mm	.473" 12.02mm	266°	20/60 60/20	236°	110°	.010" 0.25mm	.090" N/A 2.28mm N/A
AST31	COMPETITION Ultimate loose surface camshaft with throttle bodies	3000-8000	.309" .305" 7.84mm 7.74mm	.505" .498" 12.82mm 12.66mm	304° 292°	42/82 76/36	260°	110°	.010" 0.25mm	.145" N/A 3.68mm N/A

VAUXHALL / OPEL 2.0 16V C20LET ASTRA, CAVALIER

LET1612	SPORTS TURBO	1500-6500	.400" .400" 10.15mm 10.15mm	.400" .400" 10.15mm 10.15mm	248° 248°	14/54 54/14	217° 217°	110° 110°	Hydraulic	.030" .038" 0.75mm 0.96mm
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Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
CF54	-	-	-	CB11	CA64	BEB18-8	FBV985-8	HSV4301	MSV5401	<p>COMETIC MLS Head Gasket C4216-051 88mm bore / thickness 0.051" C4216-070 88mm bore / thickness 0.070"</p> <p></p> <p>CA66 - low noise belt power pulley. VS34 - Oteva 75 high performance valve spring. VS62 - Oteva 90 ultra high performance valve spring. Note:- Valve spring kits include retainers, springs and platforms where applicable.</p> <p></p> <p>CA64SE – Classic Modern Pulley - see page 69 CA66SE – Classic Modern Pulley - see page 69</p>
CF54	VS55 Single	ST55	VSK25P	CB11	CA64	BEB18-8	FBV985-8	HSV4301	MSV5401	
CF54	VS55 Single	ST55	VSK25P	CB11	CA64	BEB18-8	FBV985-8	HSV4301	MSV5401	
CF54	VS55 Single	ST55	VSK25P	CB11	CA64	BEB18-8	FBV985-8	HSV4301	MSV5401	
CF54	VS34 Double	ST55	VSK41P	CB11	CA64	BEB18-8	FBV985-8	HSV4301	MSV5401	
CF41	VS34 Double	ST55	VSK41P	CB11	CA64	BEB18-8	FBV985-8	HSV4301	MSV5401	
CF41	VS62 Double	VRT01	VSK71P	CB11	CA64	BEB18-8	FBV985-8	HSV4301	MSV5401	
CF41	VS62 Double	VRT01	VSK71P	CB11	CA64	BEB18-8	FBV985-8	HSV4301	MSV5401	
CF41	VS62 Double	VRT01	VSK71P	CB11	CA64	BEB18-8	FBV985-8	HSV4301	MSV5401	
CF20	-	-	-	CB05	CA30	BEB18-8	FBV985-6	-	-	
CF20	VS37 Single	-	-	CB05	CA30	BEB18-8	FBV985-6	-	-	
CF20	VS37 Single	-	-	CB05	CA30	BEB18-8	FBV985-6	-	-	
CF20	VS37 Single	-	-	CB05	CA30	BEB18-8	FBV985-6	-	-	
CF20	VS38 Double	VR15	VSK43P	CB05	CA30	BEB18-8	FBV985-6	-	-	<p></p> <p>S36 - Mechanical adjustable ball studs. S64 - Competition lash pads to fit VR15.</p>
CF20	VS38 Double	VR15	VSK43P	CB05	CA30	BEB18-8	FBV985-6	-	-	
CF54	VS34 Double	ST55	VSK41P	-	CA66	BEB18-8	FBV985-8	HSV4301	MSV5401	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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VAUXHALL / OPEL 1.4 1.6 16V X16XE ASTRA, CORSA

COR1601 Kit available	SPORTS INJECTION Suitable for 1.4 10bhp approx. increase	2000-6500	.335" 8.50mm	.335" 8.50mm	244°	12/52 52/12	197°	110° 110°	Hydraulic	.007" .012" 0.18mm 0.30mm
COR1602 Kit available	SPORTS INJECTION Suitable for 1.6 12bhp approx. increase	2000-6500	.372" 9.45mm	.372" 9.45mm	256°	18/58 58/18	213°	110° 110°	"	.028" .028" 0.71mm 0.71mm
COR1612	SPORTS 'R' Modified Injection	2500-7000	.397" 10.08mm	.397" 10.08mm	260°	20/60 60/20	223°	110° 110°	"	.048" .048" 1.22mm 1.22mm
COR1603	COMPETITION	3000-7500	.435" 11.04mm	.435" 11.04mm	278°	31/67 67/31	234°	108° 108°	"	.080" .080" 2.03mm 2.03mm

VAUXHALL/OPEL 1.4 1.6 16V X16XE ASTRA, CORSA For use with solid lifters

COR1615	COMPETITION Rally	3500-8000	.453" 11.50mm	.443" 11.25mm	296°	42/74 74/42	243°	106° 106°	.010" 0.25mm	.100" .084" 2.54mm 2.13mm
COR1616	COMPETITION Tarmac Rally	4000-8500	.453" 11.50mm	.443" 11.25mm	300°	46/74 74/46	262°	104° 104°	.010" 0.25mm	.145" .145" 3.68mm 3.68mm

VAUXHALL/OPEL 2.0 16V X20XE ASTRA, VECTRA

EC2001 Kit available	SPORTS INJECTION 12bhp approx. increase	2000-6500	.400" 10.16mm	.400" 10.16mm	256°	18/58 58/18	217°	110° 110°	Hydraulic	.033" .036" 0.84mm 0.91mm
EC2002	COMPETITION	3000-7500	.435" 11.04mm	.435" 11.04mm	278°	31/67 67/31	234°	108° 108°	"	.080" .080" 2.03mm 2.03mm

VAUXHALL/OPEL 2.0 16V X20XE ASTRA, VECTRA For use with solid lifters

EC2005	COMPETITION	4000-8000	.444" 11.27mm	.434" 11.02mm	296°	42/74 74/42	254°	106° 106°	.010" 0.25mm	.126" .122" 3.20mm 3.10mm
EC2006	RACE	4500-8500	.472" 11.98mm	.462" 11.73mm	314°	53/87 87/53	257°	104° 104°	.010" 0.25mm	.151" .146" 3.83mm 3.70mm

VAUXHALL/OPEL 2.0 VXR Z20LEH ASTRA 2005-11

VXR2001	SPORTS TURBO	1500-6500	.407" .400" 10.35mm 10.15mm	.407" .400" 10.35mm 10.15mm	254° 248°	17/57 54/14	220° 217°	110° 110°	Hydraulic	.046" .038" 1.18mm 0.96mm
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VAUXHALL / OPEL 1600/1900/2000 RWD CIH ENGINE For use with solid lifters

Valve Lifts are quoted using a rocker ratio of 1.52:1

OP214 Kit available	SPORTS 8bhp approx. increase	2000-6500	.293" 7.43mm	.429" 10.89mm	278°	33/65 65/33	239°	107°	.016" 0.41mm	.096" N/A 2.44mm N/A
OP234	COMPETITION	2000-6000	.293" 7.43mm	.429" 10.89mm	280°	37/63 73/27	243°	103°	.016" 0.41mm	.112" N/A 2.84mm N/A

The following range of cams may require additional machining

OP244	COMPETITION Rally	2500-7000	.309" 7.84mm	.447" .445" 11.35mm 11.30mm	290°	42/68 78/32	253°	103°	.022" .024" 0.56mm 0.61mm	.138" N/A 3.50mm N/A
OP254	COMPETITION Tarmac Rally	3000-7500	.324" 8.22mm	.470" .468" 11.93mm 11.88mm	300°	47/73 83/37	263°	103°	.022" .024" 0.56mm 0.61mm	.169" N/A 4.29mm N/A
OP264	RACE	4000-8000	.339" 8.60mm	.493" .491" 12.52mm 12.47mm	310°	52/78 88/42	270°	103°	.022" .024" 0.56mm 0.61mm	.190" N/A 4.82mm N/A

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
CF54	-	-	-	CB19	-	BEB24-8	FBV826-6	HSCOR16V	-	 Cometic MLS Head Gasket C4257-051 82mm bore / thickness 0.051" Note:- CA74 - Competition use where the OE ECU is not used. VS34 - Oteva 75 high performance valve spring. VS62 - Oteva 90 ultra high performance valve spring. Note:- Valve spring kits include retainers, springs and platforms where applicable – CA74SE – Classic Modern Pulley - see page 69
CF54	-	-	-	CB19	-	BEB24-8	FBV826-6	HSCOR16V	-	
CF54	VS55 Single	ST45	VSK27P	CB19	-	BEB24-8	FBV826-6	HSCOR16V	-	
CF54	VS55 Single	ST45	VSK27P	CB19	-	BEB24-8	FBV826-6	HSCOR16V	-	
CF41	VS34 Double	VRT08	VSK08P	CB19	CA74	BEB24-8	FBV826-6	HSCOR16V	-	
CF41	VS62 Double	VRT08	VSK72P	CB19	CA74	BEB24-8	FBV826-6	HSCOR16V	-	
CF54	-	-	-	-	-	-	-	HSV4701	-	 Note:- CA71 - Competition use where the OE ECU is not used.
CF54	VS55 Single	ST45	VSK38P	-	CA71	BEB18-8	-	HSV4701	-	
CF41	VS34 Double	VRT21	VSK21P	-	CA71	BEB18-8	-	HSV4701	-	
CF41	VS34 Double	VRT21	VSK21P	-	CA71	BEB18-8	-	HSV4701	-	
CF54	VS34 Double	ST45	VSK42P	-	-	BEB18-8	-	HSV4701	-	
CF21	VS26 Single	VR7	VSK73P	-	S14	-	-	-	-	Cometic MLS Head Gasket C4512-051 97mm bore / thickness 0.051".
CF21	VS26 Single	VR7	VSK73P	-	S14	-	-	-	-	
CF21	VS26 Single	VR7	VSK73P	-	S14	-	-	-	-	
CF21	VS26 Single	VR7	VSK73P	-	S14	-	-	-	-	
CF21	VS26 Single	VR7	VSK73P	-	S14	-	-	-	-	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
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VAUXHALL / OPEL MANTA 400 16v DOHC For use with solid lifters

OP4001	COMPETITION Phase 1	-	.415" 10.54mm	.407" 10.33mm	282°	35/67 67/35	244°	106°	.008" 0.20mm	.110" .095" 2.79mm 2.41mm
OP4002	COMPETITION Phase 2	-	.408" .380" 10.36mm 9.65mm	.398" .370" 10.10mm 9.40mm	306° 295°	47/79 73/42	260° 250°	106° 105°	.010" 0.25mm	.130" .113" 3.30mm 2.87mm
OP4003	COMPETITION Phase 3	-	.431" 10.94mm	.421" 10.69mm	316°	56/80 80/56	268°	102°	.010" 0.25mm	.168" .163" 4.26mm 4.14mm

VOLVO B18/20 1961-81

Valve Lifts are quoted using a rocker ratio of 1.52:1

VL2	RALLY	2500-6500	.309" 7.84mm	.447" .445" 11.35mm 11.30mm	290°	42/68 78/32	253°	103°	.022" .024" 0.56mm 0.61mm	.138" N/A 3.50mm N/A
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VOLVO SOHC B21 / B23 1976-85

VL7	COMPETITION	2500-7000	.480" 12.20mm	.470" 11.95mm	284°	38/66 68/36	257°	104°	.010" 0.25mm	.147" .136" 3.75mm 3.45mm
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VW GOLF / SCIROCCO 1.6/1.8 Pre '86 For use with solid lifters

GS1	SPORTS Carburation models. No piston modification	2000-6000	.405" 10.82mm	.393" 9.98mm	280°	30/70 70/30	247°	110°	.012" 0.30mm	.083" N/A 2.10mm N/A
GS15	SPORTS INJECTION Smooth idle 10bhp approx increase	1500-6500	.443" 11.25mm	.433" 11.00mm	262°	21/61 61/21	234°	110°	.010" 0.25mm	.063" N/A 1.60mm N/A
GS2	SPORTS INJECTION No piston modification 14bhp approx. increase	2000-6500	.431" 10.94mm	.419" .417" 10.64mm 10.59mm	290°	35/75 75/35	240°	110°	.012" .014" 0.30mm 0.35mm	.074" N/A 1.88mm N/A
GS25	SPORTS 'R' Carburation and injection. No piston modification	2250-6750	.426" 10.82mm	.416" 10.56mm	294°	42/72 72/42	240°	105°	.010" 0.25mm	.081" N/A 2.05mm N/A
GS3	COMPETITION Valve spring clearance to be checked	2500-7000	.470" 11.93mm	.458" .456" 11.63mm 11.58mm	300°	48/72 80/40	272°	102°	.012" .014" 0.30mm 0.35mm	.187" N/A 4.75mm N/A
GS6	RACE	4000-8500	.480" 12.19mm	.470" .468" 11.93mm 11.88mm	316°	57/79 83/53	284°	101°	.010" .012" 0.25mm 0.30mm	.231" N/A 5.86mm N/A

VW GOLF / SCIROCCO 1.6/1.8 Post '86

GS1H Kit available	SPORTS INJECTION 10bhp approx. increase. No piston modification	1500-6000	.440" 11.17mm	.440" 11.17mm	266°	21/65 65/21	228°	112°	Hydraulic	.054" N/A 1.37mm N/A
GS2H Kit available	SPORTS 'R' 14bhp approx. increase. No piston modification	2000-6500	.446" 11.32mm	.446" 11.32mm	270°	25/65 65/25	228°	110°	"	.061" N/A 1.55mm N/A
GS3H	COMPETITION Throttle bodies	2500-7000	.454" 11.53mm	.454" 11.53mm	285°	33/72 72/33	234°	110°	"	.078" N/A 1.98mm N/A

VW GOLF / CORRADO / BEETLE 2.0 LITRE

GS22H Kit available	SPORTS INJECTION 10bhp approx. increase	1500-6000	.440" 11.17mm	.440" 11.17mm	260°	18/62 62/18	230°	112°	Hydraulic	.054" N/A 1.37mm N/A
GS23H	SPORTS 'R' Throttle bodies	2500-7000	.454" 11.53mm	.454" 11.53mm	285°	33/72 72/33	234°	110°	"	.078" N/A 1.98mm N/A

VW GOLF G60 1.8 Litre

GS4H Kit available	SPORTS 14bhp approx. increase No piston modification	1500-6000	.440" 11.17mm	.440" 11.17mm	266°	21/65 65/21	228°	112°	Hydraulic	.054" N/A 1.37mm N/A
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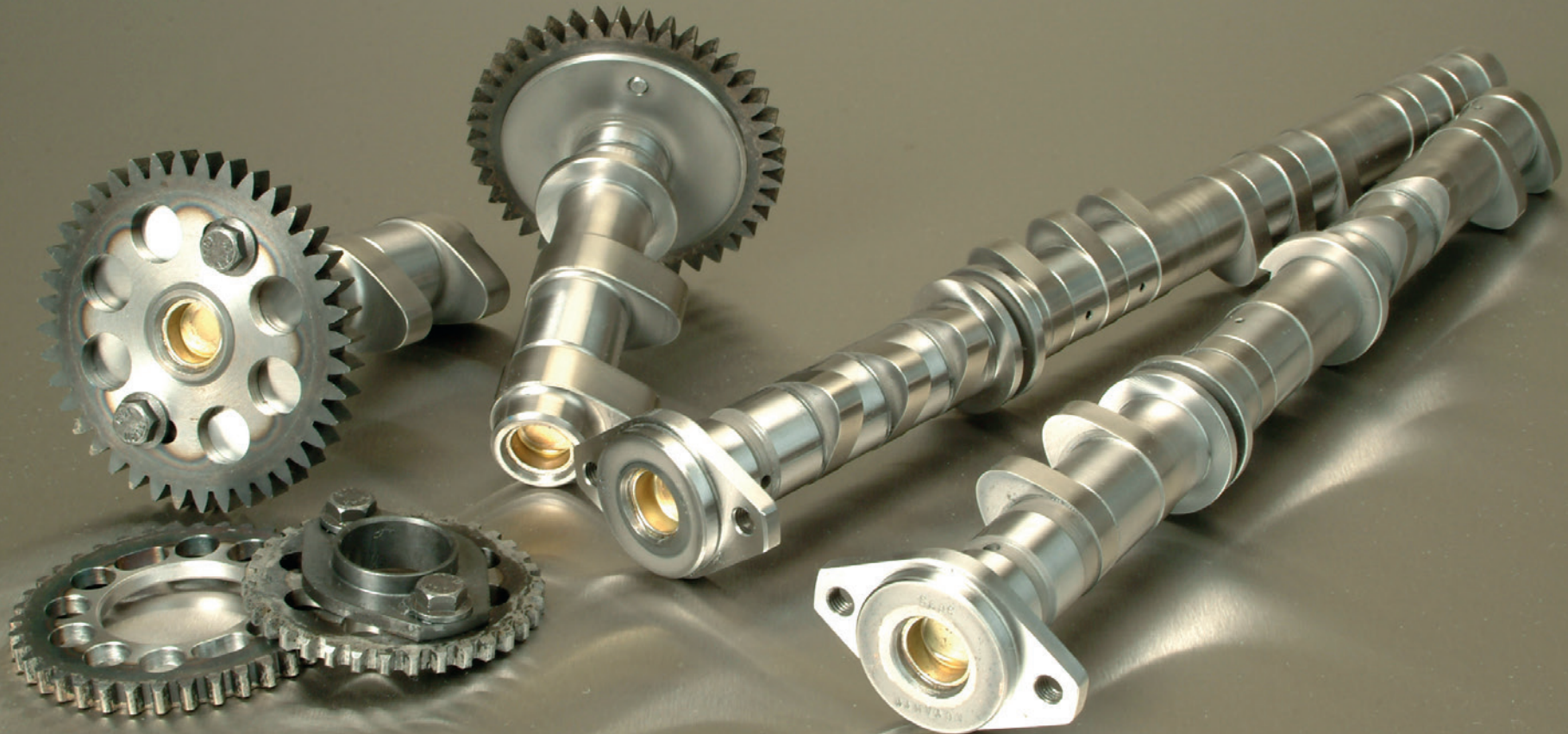
Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	ARP Conrod bolt	ARP flywheel bolts	ARP Head stud	ARP Main stud	Additional components
-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	C4287-045 B18 86mm bore / thickness 0.045" C4289-045 B20 92mm bore / thickness 0.045"
-	-	-	-	-	-	-	-	-	-	C4499-045 97mm bore / thickness 0.045"
-	-	-	-	CB06	CA32	BEB34-8 BEB35-8	-	HSVW4703	MSVW5402	COMETIC MLS Head Gasket C4247-051 83mm bore / thickness 0.051" ARP BEB34-8 - Conrod bolt 8mm late type rod. BEB35-8 - Conrod bolt 9mm late type rod.
-	-	-	-	CB06	CA32	BEB34-8 BEB35-8	-	HSVW4703	MSVW5402	
-	-	-	-	CB06	CA32	BEB34-8 BEB35-8	-	HSVW4703	MSVW5402	
-	-	-	-	CB06	CA32	BEB34-8 BEB35-8	-	HSVW4703	MSVW5402	
CF71	VS39 Double	VRT22	VSK22P	CB06	CA32	BEB34-8 BEB35-8	-	HSVW4703	MSVW5402	
CF71	VS39 Double	VRT22	VSK22P	CB06	CA32	BEB34-8 BEB35-8	-	HSVW4703	MSVW5402	
CF38	-	-	-	CB06	CA32	BEB34-8 BEB35-8	-	HSVW4703	MSVW5402	
CF38	-	-	-	CB06	CA32	BEB34-8 BEB35-8	-	HSVW4703	MSVW5402	
CF38	-	-	-	CB06	CA32	BEB34-8 BEB35-8	-	HSVW4703	MSVW5402	
CF38	-	-	-	CB25	CA32	-	-	HSVW4703	MSVW5402	
CF38	-	-	-	CB25	CA32	-	-	HSVW4703	MSVW5402	
CF38	-	-	-	CB06	CA32	-	-	HSVW4703	MSVW5402	



Part No	Application	Power Band	Cam lift IN/EX	Valve lift IN/EX	Duration	Valve timing	Duration @ 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX
VW GOLF VR6										
VR602	SPORTS INJECTION	2000-6500	.431" 10.94mm	.431" 10.94mm	264°	22/62 62/22	229°	110°	Hydraulic	.065" N/A 1.65mm N/A
VW GOLF 16V 1.8 / 2.0 ABF Engines										
GF1602R Kit available	SPORTS INJECTION 17bhp approx. increase	2000-6500	.431" .404" 10.94mm 10.26mm	.431" .404" 10.94mm 10.26mm	264° 258°	22/62 59/19	224° 229°	110° 110°	Hydraulic	.055" .055" 1.40mm 1.40mm
GF 1603	SPORTS 'R'	3000-7500	.435" 11.04mm	.435" 11.04mm	278°	31/67 67/31	234°	108° 108°	"	.080" .080" 2.03mm 2.03mm
GF1604	COMPETITION	3500-8000	.445" 11.30mm	.445" 11.30mm	296°	42/74 74/42	248°	106° 106°	"	.124" .117" 3.15mm 2.97mm
VW GOLF 16V 1.8/2.0 ABF Engines For use with solid lifters										
GF1605	COMPETITION	4000-8000	.455" 11.55mm	.445" 11.30mm	304°	46/78 78/46	248°	106° 106°	.010" 0.25mm	.120" .112" 3.05mm 2.84mm
GF1606	RACE	4500-8500	.472" 11.98mm	.462" 11.73mm	314°	53/81 81/53	257°	104° 104°	.010" 0.25mm	.151" .146" 3.83mm 3.70mm
VW GOLF 1.8 D.O.H.C. 5 Valve GTi										
GF5V1	SPORTS	1000-6000	.358" .409" 9.10mm 10.40mm	.358" .409" 9.10mm 10.40mm	268° 260°	22/66 64/16	223° 218°	112° 114°	Hydraulic	.040" .022" 1.01mm 0.55mm
GF5V2	SPORTS 'R' Throttle bodies	2500-7000	.380" .445" 9.65mm 11.30mm	.380" .445" 9.65mm 11.30mm	293° 295°	38/75 76/39	250° 248°	108° 108°	"	.108" .108" 2.74mm 2.74mm
VW GOLF 1.8 D.O.H.C. 5 Valve GTi For use with solid lifters										
GF5V4	COMPETITION	3000-7500	.384" .444" 9.75mm 11.27mm	.374" .434" 9.50mm 11.02mm	308° 297°	48/80 75/42	252° 254°	106° 106°	.010" 0.25mm	.106" .122" 2.69mm 3.10mm
VW GOLF 1.8T D.O.H.C. 5 Valve GTi TURBO										
GF5VT3	SPORTS	1000-6000	.341" .401" 8.68mm 10.21mm	.341" .401" 8.68mm 10.21mm	250°	11/59 59/11	208°	114° 114°	Hydraulic	.015" .014" 0.38mm 0.35mm

Cam follower	Valve spring	Valve cap	Valve spring kit	Cam belt	Power pulley	Conrod bolt	flywheel bolts	Head stud	Main stud	Additional components
CF67	-	-	-	-	-	BEB39-12	-	HSVW4705	-	COMETIC MLS Head Gasket C4247-051 83mm bore / thickness 0.051" C4246-051 85mm bore / thickness 0.051" VRT14 - Titanium retainer for triple groove collets. VRT27 - Titanium retainer for single groove collets. CA68 - External belt power pulley. S69 - Internal chain adjustable gears. CB23 - 2.0 ltr 16 valve cam belt. CB24 - 1.8 ltr 16 valve cam belt. VSK14P - valve spring kit for triple groove collets. VSK37P - valve spring kit for single groove collets.
CF62	-	-	-	CB23 CB24	CA68 S69	BEB34-8	-	HSVW4702	-	
CF62	VS34 Double	VRT14 VRT27	VSK14P VSK37P	CB23 CB24	CA68 S69	BEB34-8	-	HSVW4702	-	
CF62	VS34 Double	VRT14 VRT27	VSK14P VSK37P	CB23 CB24	CA68 S69	BEB34-8	-	HSVW4702	-	
CF42	VS34 Double	VRT14 VRT27	VSK14P VSK37P	CB23 CB24	CA68 S69	BEB34-8	-	HSVW4702	-	
CF42	VS34 Double	VRT14 VRT27	VSK14P VSK37P	CB23 CB24	CA68 S69	BEB34-8	-	HSVW4702	-	
-	-	-	-	CB29	-	-	-	-	-	COMETIC MLS Head Gasket C4541-051 83.5mm bore / thickness 0.051"
-	-	-	-	CB29	-	-	-	-	-	
-	-	-	-	CB29	-	-	-	-	-	
-	-	-	-	CB29	-	-	-	-	-	

Motorcycle Performance Camshafts





Part No	Application	Cam lift Inlet	Cam lift Exhaust	Duration Inlet at 1.0mm	Duration Exhaust at 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX	Cam sprocket
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APRILIA RSV

APR03	RACE	12.00mm	11.40mm	282	272	110 110	0.20mm 0.20mm	4.09mm 3.53mm	-
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APRILIA RSV4

APR04	RACE	11.00mm	8.88mm	257	249	107 110	0.20mm 0.20mm	3.00mm 2.35mm	-
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HONDA SUPERSPORT

HON 33	CBR600RR7 SUPERSPORT	8.50mm	7.40mm	256	242	106 108	0.20mm 0.25mm	2.74mm 1.58mm	CS01
HON 30	CBR600RR3 SUPERSPORT	8.50mm	7.40mm	260	242	105 105	0.20mm 0.25mm	2.94mm 1.80mm	CS01
HON 25	CBR600RR3 SUPERSPORT	8.50mm	7.40mm	252	240	106 108	0.20mm 0.25mm	2.87mm 1.51mm	CS01
HON 20	CBR600FSX 1999 SUPERSPORT	8.63mm	7.41mm	252	240	104 104	0.20mm 0.25mm	2.80mm 1.93mm	CS01
HON 11	CBR600 POST FM SUPERSPORT	8.18mm	7.39mm	242	240	103 104	0.15mm 0.20mm	2.52mm 2.00mm	CS01
HON 12	CBR600 POST FM SUPERSPORT	8.25mm	7.41mm	250	240	104 104	0.15mm 0.20mm	2.87mm 2.00mm	CS01
HON 14	CBR600 POST FM RACE	8.99mm	8.22mm	247	242	104 103	0.15mm 0.20mm	2.88mm 2.30mm	CS01

HONDA SUPERBIKE

NEW	HON 46	CBR1000RRSP RACE	9.50mm	8.66mm	258	256	106 110	0.20mm 0.30mm	2.95mm 2.10mm	CS06
NEW	HON 47	CBR1000RRSP RACE	10.00mm	8.95mm	258	255	106 110	0.20mm 0.30mm	3.05mm 2.35mm	CS06
NEW	HON 48	CBR1000RRSP2 RACE	10.00mm	9.15mm	258	254	106 110	0.20mm 0.30mm	3.05mm 2.15mm	CS06
NEW	HON 49	CBR1000RRSP2 RACE Billet only	10.80mm	9.44mm	258	256	106 110	0.20mm 0.30mm	3.30mm 2.15mm	CS06
	HON 42	CBR1000RR 11-15 RACE Billet only	10.50mm	9.50mm	260	252	105 110	0.20mm 0.30mm	3.30mm 2.10mm	CS06
	HON 41	CBR1000RR11 RACE	10.15mm	9.30mm	262	258	109 108	0.20mm 0.30mm	3.06mm 2.48mm	CS06
	HON 40	CBR1000RR8 RACE	10.20mm	8.95mm	262	255	105 110	0.20mm 0.30mm	3.20mm 2.40mm	CS06
	HON 36	CBR1000RR8 RACE	9.44mm	8.66mm	256	256	106 109	0.20mm 0.30mm	2.80mm 2.20mm	CS06
	HON 45	CBR1000RR6 RACE	9.36mm	8.74mm	258	255	107 105	0.20mm 0.30mm	2.86mm 2.55mm	CS01
	HON 29	CBR1000RR4 RACE	9.06mm	8.74mm	258	258	105 105	0.20mm 0.20mm	2.90mm 2.70mm	CS01
	HON 28	CBR1000RR4 RACE	9.14mm	8.60mm	252	246	105 107	0.20mm 0.20mm	2.64mm 2.19mm	CS01



Part No	Application	Cam lift Inlet	Cam lift Exhaust	Duration Inlet at 1.0mm	Duration Exhaust at 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX	Cam sprocket
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HONDA OFF ROAD

HON 37	CRF150 MOTOCROSS	8.46mm	-	250	-	105	0.20mm	2.65mm	-
HON 38	CRF250 2007-15 MOTOCROSS	9.00mm	-	248	-	110	0.20mm	2.10mm	CS22
HON 43	CRF250 2007-15 SUPERMOTO	9.00mm	-	254	-	106	0.20mm	2.60mm	CS22
HON 44	CRF450 2007-15 MOTOCROSS	10.00mm	-	248	-	108	0.20mm	2.33mm	CS22
HON 32	CRF450 2007-15 SUPERMOTO	10.25mm	-	260	-	105	0.20mm	3.25mm	CS22

HONDA STREET COMPETITION

HON 4	XBR500 STREET	6.50mm	6.50mm	249	249	109	0.13mm 0.18mm	-	-
HON 5	XBR500 RACE	7.41mm	7.41mm	260	260	107	0.13mm 0.18mm	-	-
HON 15	CBR900 FIREBLADE STREET	8.30mm	8.17mm	250	242	104 104	0.15mm 0.20mm	2.87mm 2.20mm	CS03
HON 26	CBR900RR2 RACE 954CC	9.04mm	8.81mm	248	251	105 108	0.20mm 0.25mm	2.49mm 2.00mm	CS03
HON 22	CBR900 RRY injection model	9.14mm	8.94mm	254	248	102 104	0.15mm 0.20mm	3.25mm 2.53mm	CS04
HON 21	VTR10000 SP1 RACE	11.12mm	11.12mm	263	263	106 104	0.20mm 0.30mm	3.73mm 3.22mm	-
HON 18	CBR1100 BLACKBIRD RACE	9.27mm	8.58mm	248	242	104 104	0.15mm 0.20mm	2.76mm 2.20mm	CS05

Part No	Application	Cam lift Inlet	Cam lift Exhaust	Duration Inlet at 1.0mm	Duration Exhaust at 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX	Cam sprocket
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KAWASAKI SUPERSPORT

KAW 37	ZX6RR 2009-2015	8.55mm	7.14mm	252	235	107 110	0.15mm 0.20mm	2.40mm 1.42mm	-
KAW 33	ZX6RR 2009-2015	8.55mm	7.17mm	252	230	107 110	0.15mm 0.20mm	2.40mm 1.15mm	-
KAW 29	ZX6RR 2008 SUPERSPORT	8.30mm	7.45mm	246	234	105 106	0.20mm 0.25mm	2.30mm 1.55mm	-
KAW 24	ZX6RR 2003 SUPERSPORT	8.15mm	7.16mm	250	232	105 105	0.20mm 0.20mm	2.35mm 1.52mm	-
KAW 21	ZX6R SUPERSPORT	9.19mm	8.45mm	252	246	103 106	0.20mm 0.20mm	2.83mm 2.25mm	-
KAW 11	ZX6R SUPERSPORT	9.19mm	8.45mm	255	249	102 105	0.20mm 0.20mm	2.91mm 2.34mm	-
KAW 12	ZX6R RACE	9.75mm	8.45mm	249	249	102 105	0.20mm 0.20mm	3.15mm 2.34mm	-
KAW 2	ZZR600 RACE	8.99mm	8.43mm	255	237	105 105	0.15mm 0.15mm	2.88mm 2.88mm	-

KAWASAKI SUPERBIKE

KAW 35	ZX10R 2011-15 RACE	11.20mm	9.40mm	262	258	110 110	0.20mm 0.20mm	2.95mm 2.40mm	-
KAW 38	ZX10R 2011-15 RACE	10.50mm	9.50mm	258	255	105 112	0.20mm 0.20mm	3.38mm 2.19mm	-
KAW 30	ZX10R 2008 RACE	9.70mm	8.46mm	260	250	105 105	0.20mm 0.20mm	3.15mm 2.55mm	-
KAW 32	ZX10R 2008 RACE	10.2mm	8.80mm	262	254	105 108	0.20mm 0.20mm	3.20mm 2.65mm	-
KAW 25	ZX10-R 2005 RACE	8.94mm	8.67mm	254	250	105 105	0.20mm 0.20mm	2.83mm 2.30mm	-
KAW 27	ZX10-R 2005 RACE	9.70mm	8.70mm	260	252	104 106	0.20mm 0.20mm	3.27mm 2.44mm	-

KAWASAKI SUPERTWIN

KAW 39	ER6 RACE Billet only	9.60mm	9.00mm	252	240	105 105	0.20mm 0.25mm	2.80mm 2.05mm	-
KAW 34	ER6 RACE	9.00mm	8.40mm	240	236	105 107	0.20mm 0.25mm	2.10mm 1.45mm	-
KAW 43	Z650 2017 RACE	8.65mm	8.25mm	242	230	106 110	0.20mm 0.25mm	2.10mm 1.09mm	-
KAW 44	Z650 2017 RACE Billet only	9.60mm	9.00mm	252	240	106 110	0.20mm 0.25mm	2.70mm 1.55mm	-

KAWASAKI OFF ROAD

KAW 31	KX250F 2009-1010 MOTOCROSS	9.15mm	8.55mm	248	242	103 104	0.20mm 0.20mm	2.80mm 2.10mm	-
KAW 40	KX250F 2011-2015 MOTOCROSS	9.70mm	8.5mm	250	242	104 104	0.20mm 0.20mm	3.90mm 2.10mm	-
KAW 41	KX450F 2009-2015 MOTOCROSS	10.1mm	9.2mm	252	242	104 104	0.20mm 0.20mm	2.77mm 2.18mm	-
KAW 42	KX450F 2009-2015 SUPERMOTO	10.6mm	9.2mm	258	248	104 108	0.20mm 0.20mm	3.49mm 2.32mm	-

KAWASAKI STREET COMPETITION

KAW 15	ZXR400 RACE	5.76mm	5.35mm	244	244	105 105	0.15mm 0.20mm	-	CS20
KAW 18	ZX7RR RACE	9.55mm	8.58mm	250	242	105 105	0.20mm 0.25mm	2.82mm 2.06mm	-
KAW 3	ZXR750K	7.01mm	6.78mm	263	258	105 105	0.18mm 0.25mm	-	-
KAW 20	ZX9R RACE C MODEL	9.75mm	8.96mm	250	238	105 105	0.20mm 0.25mm	2.84mm 1.90mm	-
KAW 22	ZX9RF RACE	9.75mm	9.04mm	250	248	105 105	0.20mm 0.25mm	2.84mm 2.15mm	-

NEW
NEW



Part No	Application	Cam lift Inlet	Cam lift Exhaust	Duration Inlet at 1.0mm	Duration Exhaust at 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX	Cam sprocket
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KAWASAKI STREET COMPETITION

KAW 8	GPZ900 STREET	6.65mm	6.65mm	244	244	104 104	0.15mm 0.20mm	-	-
KAW 10	Z900 STREET 1973-1982	8.99mm	8.99mm	255	255	110 110	0.13mm 0.18mm	2.40mm 2.40mm	-
KAW 16	Z900 COMPETITION 1973-1982	9.88mm	9.88mm	260	260	110 110	0.15mm 0.20mm	2.65mm 2.60mm	-
KAW 17	Z900 RACE 1973-1982	10.56mm	10.56mm	266	266	110 110	0.15mm 0.20mm	3.00mm 2.90mm	-
KAW 4	ZZR1100 RACE	7.29mm	7.11mm	260	243	105 105	0.15mm 0.20mm	-	-
KAW 23	ZX12R RACE	10.08mm	9.62mm	260	258	108 108	0.20mm 0.25mm	3.07mm 2.70mm	-
KAW 28	ZX12R STREET	9.70mm	9.15mm	260	254	108 108	0.20mm 0.25mm	2.85mm 2.15mm	-

SUZUKI SUPERSPORT

SUZ 49	GSXR600 L1-L5 SUPERSPORT	7.80mm	7.80mm	250	240	108 110	0.20mm 0.20mm	2.42mm 1.60mm	CS41
SUZ 48	GSXR600 L1-L5 SUPERSPORT	7.80mm	7.80mm	240	240	108 110	0.20mm 0.20mm	1.80mm 1.60mm	CS41
SUZ 44	GSXR600K8 SUPERSPORT	8.18mm	8.00mm	264	240	102 108	0.20mm 0.20mm	3.15mm 1.70mm	CS41
SUZ 41	GSXR600K6 SUPERSPORT	8.50mm	8.00mm	252	232	105 107	0.20mm 0.20mm	2.70mm 1.57mm	CS41
SUZ 33	GSXR600K4 SUPERSPORT	8.50mm	7.23mm	262	250	105 110	0.20mm 0.20mm	3.05mm 1.87mm	CS41
SUZ 34	GSXR600K4 SUPERSPORT	8.50mm	7.23mm	262	238	105 105	0.20mm 0.20mm	3.05mm 1.87mm	CS41
SUZ 26	GSXR600K1 SUPERSPORT	8.50mm	7.23mm	252	237	105 105	0.20mm 0.20mm	2.69mm 1.66mm	CS41
SUZ 27	GSXR600K1 SUPERSPORT	8.50mm	7.23mm	252	250	105 112	0.20mm 0.20mm	2.69mm 1.71mm	CS41

SUZUKI SUPERBIKE

NEW	SUZ55	GSXR1000L7 RACE Billet only	8.43mm	7.68mm	258	248	VVT 111	0.14mm 0.20mm	-	CS47
NEW	SUZ56	GSXR1000L7 RACE Billet only	8.69mm	7.29mm	252	260	VVT 111	0.14mm 0.20mm	-	CS47
NEW	SUZ57	GSXR1000L7 NON VVT Turbo use Billet only	8.43mm	7.68mm	258	248	110 112	0.14mm 0.20mm	-	CS47
	SUZ51	GSXR1000L5 RACE	10.40mm	9.70mm	260	250	109 109	0.20mm 0.25mm	3.20mm 2.35mm	CS43
	SUZ50	GSXR1000K9-L4 RACE	11.00mm	9.30mm	264	254	108 110	0.20mm 0.25mm	3.25mm 2.15mm	CS43
	SUZ 45	GSXR1000K8 RACE	9.70mm	8.95mm	260	254	103 105	0.20mm 0.25mm	3.35mm 2.90mm	CS43
	SUZ 40	GSXR1000K5 RACE	10.18mm	8.81mm	261	256	105 105	0.20mm 0.20mm	3.20mm 2.78mm	CS43
	SUZ 37	GSXR1000K5 RACE	10.18mm	8.60mm	260	244	105 105	0.20mm 0.20mm	3.20mm 2.10mm	CS43
	SUZ 31	GSXR1000K3 RACE	10.23mm	8.45mm	258	236	105 105	0.25mm 0.25mm	3.20mm 1.61mm	CS43
	SUZ 29	GSXR1000K1 RACE	9.60mm	8.60mm	258	243	105 105	0.25mm 0.25mm	3.20mm 2.07mm	CS43
	SUZ 28	GSXR1000K1 RACE	9.72mm	8.43mm	254	236	105 105	0.25mm 0.25mm	2.85mm 1.63mm	CS43

SUZUKI OFF ROAD

	SUZ 46	RMZ250 2007 - 2012 MOTOCROSS	9.39mm	8.97mm	248	254	105 102	0.20mm 0.20mm	2.45mm 2.95mm	-
	SUZ 52	RMZ250 2013 - 2015 MOTOCROSS	9.70mm	9.30mm	250	254	104 106	0.20mm 0.20mm	2.60mm 2.60mm	-
	SUZ 53	RMZ450 2013 - 2014 MOTOCROSS	10.00mm	9.40mm	255	246	105 105	0.20mm 0.20mm	3.15mm 2.70mm	-
	SUZ 54	RMZ450 2015 SUPERMOTO	10.60mm	10.00mm	258	255	105 105	0.20mm 0.20mm	3.38mm 2.93mm	-

Part No	Application	Cam lift Inlet	Cam lift Exhaust	Duration Inlet at 1.0mm	Duration Exhaust at 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX	Cam sprocket
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SUZUKI TRACK CAR

SUZ 38	HAYABUSA 1340 GEN 2 POST 2008 RACE	9.70mm	9.00mm	260	248	105 105	0.20mm 0.20mm	3.16mm 2.43mm	CS44
SUZ 24	HAYABUSA 1300 GEN 1 PRE 2008 RACE	9.27mm	8.15mm	248	234	105 105	0.20mm 0.20mm	2.60mm 1.66mm	CS44

SUZUKI STREET COMPETITION

SUZ 18	GSF600 BANDIT STREET	5.84mm	5.84mm	244	244	110 110	0.15mm 0.15mm	-	-
SUZ 43	SV 650 INJECTION RACE	9.30mm	8.00mm	246	234	105 106	0.20mm 0.25mm	2.60mm 1.40mm	-
SUZ 22	SV650-CARB RACE	8.43mm	6.73mm	236	214	108 106	0.20mm 0.20mm	1.73mm 0.95mm	-
SUZ 42	GSXR750K1-L15 RACE	9.72mm	8.43mm	254	236	105 105	0.25mm 0.25mm	2.85mm 1.63mm	CS43
SUZ 4	GS750-GS1000 STREET	8.99mm	8.99mm	255	255	110 110	0.13mm 0.18mm	2.40mm 2.40mm	-
SUZ 16	GS750-GS1000 RACE	9.88mm	9.88mm	260	260	110 110	0.15mm 0.20mm	2.65mm 2.60mm	-
SUZ 5	GSX750-1000 STREET	5.54mm	5.54mm	249	249	108 108	0.15mm 0.18mm	-	-
SUZ 17	GSX750-GSX1100 RACE	6.02mm	6.02mm	256	256	108 108	0.15mm 0.18mm	-	-
SUZ 6	GSXR750 STREET	5.84mm	5.84mm	244	244	110 110	0.15mm 0.15mm	-	-
SUZ 1	GSXR750-GSXR1100 RACE	6.50mm	6.50mm	249	249	109 109	0.15mm 0.15mm	-	-
SUZ 7	GSXR1100 STREET	6.10mm	6.10mm	245	245	110 110	0.15mm 0.15mm	-	-
SUZ 19	TL 1000R STREET	11.00mm	9.75mm	257	250	110 110	0.20mm 0.20mm	2.88mm 2.23mm	-
SUZ 20	TL 1000S STREET	10.36mm	9.75mm	256	250	110 110	0.20mm 0.20mm	2.68mm 2.23mm	-
SUZ 21	TL 1000R/TL1000S RACE	11.00mm	10.18mm	257	258	108 108	0.20mm 0.20mm	3.13mm 2.75mm	-
SUZ 25	GSXR1100 WP RACE	9.75mm	9.75mm	250	250	108 108	0.20mm 0.25mm	2.53mm 2.40mm	-
SUZ 12	GSF1200 BANDIT STREET	6.10mm	6.10mm	245	245	110 110	0.15mm 0.15mm	-	-
SUZ 30	GSXR1400 STREET	7.77mm	6.75mm	237	236	105 105	0.20mm 0.20mm	2.10mm 1.77mm	-

TRIUMPH SUPERSPORT

NEW	TR 11	675 2011 SUPERSPORT	9.25mm	8.50mm	270	254	108 108	0.20mm 0.20mm	3.10mm 2.40mm	-
NEW	TR 13	675 2013 SUPERSPORT	9.40mm	8.70mm	262	258	108 108	0.20mm 0.20mm	2.95mm 2.50mm	-



Part No	Application	Cam lift Inlet	Cam lift Exhaust	Duration Inlet at 1.0mm	Duration Exhaust at 1.0mm	Full lift IN/EX	Valve clearance IN/EX	Lift at tdc IN/EX	Cam sprocket
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YAMAHA SUPERSPORT

YAM 28	YZF R6 2007 SUPERSPORT	8.80mm	8.00mm	260	248	110 110	0.20mm 0.30mm	2.40mm 1.73mm	CS62
YAM 36	YZF R6 2007 SUPERSPORT	8.80mm	8.00mm	258	240	107 105	0.20mm 0.30mm	2.45mm 1.75mm	CS62
YAM 26	YZF R6 2006 SUPERSPORT	8.82mm	8.00mm	256	238	105 110	0.20mm 0.30mm	2.55mm 1.37mm	CS62
YAM 18	YZF R6 2003 SUPERSPORT	8.40mm	7.50mm	262	246	105 110	0.20mm 0.20mm	3.15mm 1.76mm	CS60
YAM 21	YZF R6 2003 SUPERSPORT	8.40mm	7.50mm	256	246	105 108	0.20mm 0.20mm	2.83mm 1.93mm	CS60
YAM 14	YZF R6 SUPERSPORT	8.12mm	7.59mm	250	242	104 104	0.20mm 0.25mm	2.63mm 2.05mm	CS60
YAM 15	YZF R6 SUPERSPORT	8.12mm	7.59mm	260	250	103 112	0.20mm 0.20mm	3.20mm 1.74mm	CS60
YAM 2	FZR 600 SUPERSPORT	7.80mm	7.54mm	241	241	105 105	0.20mm 0.25mm	2.10mm 2.00mm	-

YAMAHA SUPERBIKE

NEW	YAM 41	YZF R1 2015 RACE Billet only	7.60mm	7.05mm	258	250	110 108	0.14mm 0.22mm	-	
NEW	YAM 42	YZF R1 2015 RACE Billet only	7.82mm	7.29mm	262	254	112 110	0.14mm 0.22mm	-	
	YAM 31	R1 2009 RACE	10.20mm	8.80mm	262	254	112 106	0.20mm 0.30mm	2.50mm 2.65mm	-
	YAM 32	R1 2009 RACE	10.40mm	9.10mm	262	254	112 106	0.20mm 0.30mm	2.75mm 2.65mm	-
	YAM 27	R1 2007 RACE	10.35mm	8.99mm	260	254	108 105	0.20mm 0.20mm	3.15mm 2.50mm	-
	YAM 24	R1-2004 RACE	8.70mm	8.45mm	262	254	105 105	0.20mm 0.20mm	3.20mm 2.72mm	-
	YAM 22	R1-2004 RACE	8.83mm	8.45mm	256	256	105 105	0.20mm 0.20mm	2.70mm 2.65mm	-
	YAM 11	YZF R1 RACE	8.07mm	8.63mm	252	252	104 104	0.20mm 0.25mm	2.58mm 2.75mm	CS61

YAMAHA OFF ROAD

YAM 39	YZF 250 4 VALVE MOTOCROSS	9.65mm	8.95mm	260	246	105 105	0.15mm 0.20mm	3.35mm 2.30mm	-
YAM 20	YZF 250 5 VALVE MOTOCROSS	8.48mm	8.48mm	250	250	105 105	0.15mm 0.15mm	2.57mm 2.40mm	-
YAM 40	YZF 450 4 VALVE MOTOCROSS	10.40mm	9.35mm	264	258	105 105	0.15mm 0.20mm	3.65mm 2.90mm	-
YAM 34	YZF 450 5 VALVE MOTOCROSS	9.10mm	8.25mm	255	246	108 103	0.15mm 0.20mm	2.70mm 2.60mm	-

YAMAHA STREET COMPETITION

YAM 1	FZR 400 RACE	7.80mm	7.54mm	239	239	105 105	0.20mm 0.25mm	2.10mm 2.00mm	-
YAM 5	SRX6 600 RACE	7.97mm	7.97mm	259	259	108	0.13mm 0.18mm	-	-
YAM 6	XT 600 ENDURO	7.34mm	7.34mm	259	259	109	0.13mm 0.18mm	-	-
YAM 12	XTZ660 5 VALVE RACE	7.18mm	7.18mm	262	262	108	0.13mm 0.18mm	-	-
YAM 4	FZR 1000 RACE	8.48mm	8.48mm	259	259	105 105	0.13mm 0.15mm	2.57mm 2.40mm	-
YAM 9	TDM850 ENDURO	8.43mm	8.43mm	240	240	105 109	0.15mm 0.15mm	2.05mm 1.65mm	-
YAM 7	FJ1200 STREET	8.43mm	8.43mm	237	237	105 105	0.15mm 0.20mm	2.05mm 2.00mm	-

Performance Components





Competition cam belts

Model	Dimensions	Part No
CITROEN		
1.4 AX /1.6 SAXO with AC cam belt.	101 x 17.0	CB14
1.4 AX /1.6 SAXO without AC cam belt.	108 x 17.0	CB15
1.6 SAXO VTS 16V TU5J4	134 x 25.4	CB16
1.6 C2 16V TU5JP4	134 x 25.4	CB16
FIAT		
UNO TURBO - PUNTO GT	138 x 15.0	CB12
FORD		
COSWORTH YB 1986-1993	144 x 25.4	CB09
CVH 1.6 1984-1992	97 x 19.8	CB02
FOCUS 1.6/1.8/2.0	129 x 25.4	CB28
PINTO 1977-1990	122 x 19.0	CB03
PUMA 1.7	117 x 22.0	CB32
ZETEC 1.6/1.8/2.0	131 x 25.4	CB10
ZETEC S 1.25/1.4/1.6 SIGMA	117 x 22.0	CB32
PEUGEOT		
106 16V TU5J4	134 x 25.4	CB16
205 1.3 RALLYE	104 x 17.0	CB26
205 1.6/1.9 XU5-9 post 1992	114 x 17.0	CB08
205 1.6/1.9 XU5-9 pre 1992	113 x 17.0	CB07
205/106 1.4/1.6 with AC cam belt.	101 x 17.0	CB14
205/106 1.4/1.6 without AC cam belt.	108 x 17.0	CB15
206 16V TU5JP4	134 x 25.4	CB16
206 Gti 2.0 16V EW10J4	253 x 25.4	CB30
306/405 2.0 16V XU10J4	134 x 25.4	CB16
405 Mi16 1.9 16V XU9J4	133 x 25.4	CB31

Model	Dimensions	Part No
RENAULT		
CLIO 1.8 16V F7B post 1991	148 x 25.4	CB20
CLIO 2.0 16V F7R	148 x 23.0	CB21
CLIO 2.0 16V 172 F4R	128 x 27.0	CB33
ROVER		
"K" SERIES 1.4/1.6/1.8 16V pre 1989	143 x 23.0	CB27
TOYOTA		
4AGE 1.6 16V	113 x 19.0	CB22
VAUXHALL		
1.3 8V NOVA1980-1993	104 x 15.0	CB04
1.4/1.6 16V ASTRA/CORSA X16XE	169 x 20.0	CB19
1.4/1.6 CORSA/NOVA post 1991	111 x 17.0	CB18
1.4/1.6 CORSA/NOVA pre 1991	104 x 17.0	CB17
2.0 16V ASTRA/CALIBRA C20XE pre 1992	141 x 24.0	CB11
2.0 8V 20SEH/C20NE ASTRA post 1988	111 x 20.0	CB05
VW		
1.6/1.8 8V	121 x 18.0	CB06
1.8 16V	147 x 25.4	CB24
1.8 Gti 20V / 1.8 Turbo 20V	150 x 23.0	CB29
2.0 16V	151 x 25.4	CB23
2.0 8V	124 x 18.0	CB25

Classic Modern adjustable cam pulleys

Hard anodised black, these adjustable cam timing pulleys compliment the period look and style of any classic engine bay.

CNC manufactured for superb accuracy and reliability these new pulleys marry modern materials and design with infinite adjustability whilst retaining a classic appearance.



Model	Part No
COSWORTH	
BDA-BDG	CA84SE
FORD	
COSWORTH YB	CA28SE
CVH	CA18SE
FOCUS 1.6/1.8/2.0	CA59SE
PINTO	CA11SE
ZETEC 1.6/1.8/2.0	CA59SE
LOTUS	
912 16V ROUND TOOTH	CA93SE
VAUXHALL	
ASTRA/CALIBRA 2.0 16V C20XE ROUND TOOTH	CA64SE
ASTRA/CALIBRA 2.0 16V LOW NOISE TYPE BELT	CA66SE
ASTRA/CORSA 1.4/1.6 16V X16XE COMPETITION USE ONLY	CA74SE



Power Pulleys

Model	Part No
BMW	
M20 6 CYL	CA39
COSWORTH	
BDA-BDG	CA84
FIAT	
TWIN CAM 1.6/1.8/2.0 8V	CA41
TWIN CAM 2.0 16V	CA83
UNO 1.1/1.3	CA40
UNO-TIPO-PUNTO 1.4/1.6	CA77
FORD	
COSWORTH YB	CA28
COSWORTH YB HEAVY DUTY	CA28H
CVH STEEL	S18
CVH ALLOY	CA18
FOCUS 1.6/1.8/2.0	CA59
PINTO STEEL	S11
PINTO ALLOY	CA11
RS2000 16V	S65
X/FLOW DUPLEX ROLL CHAIN KIT (Not suitable for Fiesta)	S13A
X/FLOW SIMPLEX (Not suitable for Fiesta)	S27A
ZETEC 1.6/1.8/2.0	CA59
ZETEC S 1.25/1.4/1.6 SIGMA	CA96

Model	Part No
LANCIA	
INTEGRALE 2.0 16V	CA83
LOTUS	
907 16V SQUARE TOOTH	CA80
912 16V ROUND TOOTH	CA93
ELISE 16V	CA67
TWIN CAM 8V	S45A
MAZDA	
MX5 1.6/1.816V	CA73
PEUGEOT	
106-205-206-306 1.3/1.4/1.6 8V (42 TOOTH)	CA31
106-206 1.6 16V TU5JP/TU5JP4	CA72
205-306-309-405 1.6/1.9/2.0 8V (42 TOOTH)	CA31
206 Gti 2.0 16V EW10J4 COMPETITION USE ONLY	CA87
306 GTi6 XU10J4RS	CA78
306 S16 /405 Mi16 XU10J4 / XU9J4	CA42
RENAULT	
CLEO 16V F7B F7R	CA65
ROVER	
"A" SERIES DUPLEX ROLL CHAIN KIT	S12
"B" SERIES DUPLEX ROLL CHAIN KIT	S19
"K"SERIES (Not suitable for VVC)	CA67
V8 DUPLEX ROLL CHAIN KIT	S29
SUZUKI	
SWIFT 1.6 16V	CA81

Power Pulleys

Model	Part No
TOYOTA	
1200/1300	S63
4AGE 1.6 16V	CA79
TRIUMPH	
DOLOMITE SPRINT	S43
SPITFIRE 1300 (With 1.000" ID crank gear) ROLL CHAIN KIT	S72
SPITFIRE 1300/1500 (With 1.375" ID crank gear) ROLL CHAIN KIT	S73
TR2/3/4 ROLL CHAIN KIT	S74
TR6/GT6 CAM GEAR	S44
TR6/GT6 ROLL CHAIN KIT	S75
VAUXHALL	
ASTRA/CALIBRA 1.6/1.8/2.0 8V	CA30
ASTRA/CALIBRA 1.6/1.8/2.0 8V POST 1993	CA82
ASTRA/CALIBRA 2.0 16V C20XE ROUND TOOTH	CA64
ASTRA/CALIBRA 2.0 16V LOW NOISE TYPE BELT	CA66
ASTRA/CORSA 1.4/1.6 16V X16XE COMPETITION USE ONLY	CA74
ASTRA/VECTRA 1.8/2.0/2.2 16V X20XE COMETITION USE ONLY	CA71
HS CHEVETTE 16V	CA95
MANTA RWD 1.6/1.9/2.0 CIH HEAD	S14
NOVA /CORSA 1.4/1.6 ROUND TOOTH	CA55
NOVA 1.3 SQUARE TOOTH	CA23

Model	Part No
VW	
GOLF 1.6/1.8 8V	CA32
GOLF 1.8/2.0 16V EXTERNAL BELT PULLEY	CA68
GOLF 1.8/2.0 16V INTERNAL CAM GEARS	S69
POLO G40	CA97





Competition steel followers and shims

Model	Part No.	O.D	Length	Stem Length
ALFA				
1.8/2.0 8V	CF68	34.97mm	26.2mm	3.4mm
COSWORTH				
BDA 1.200	CF101	30.45mm	23.1mm	19.8mm
BDA 1.250	CF100	31.72mm	23.1mm	3.5mm
BDA 1.200	CF105	30.45mm	22.9mm	3.8mm
BDT 1.250	CF104	31.72mm	23.1mm	19.8mm
FORD				
COSWORTH YB	CF46	34.97mm	26.2mm	14.6mm
COSWORTH YB	CF47	34.97mm	28.8mm	17.2mm
COSWORTH YB	CF48	34.97mm	26.2mm	4.4mm
DURATEC	CF98A	30.97mm	27.5mm	3.025mm
DURATEC	CF98B	30.97mm	27.5mm	3.075mm
DURATEC	CF98C	30.97mm	27.5mm	3.122mm
DURATEC	CF98D	30.97mm	27.5mm	3.162mm
DURATEC	CF98E	30.97mm	27.5mm	3.202mm
DURATEC	CF98F	30.97mm	27.5mm	3.242mm
DURATEC	CF98G	30.97mm	27.5mm	3.282mm
DURATEC	CF98H	30.97mm	27.5mm	3.322mm
DURATEC	CF98J	30.97mm	27.5mm	3.362mm

Model	Part No.	O.D	Length	Stem Length
FORD				
DURATEC	CF98K	30.97mm	27.5mm	3.402mm
DURATEC	CF98L	30.97mm	27.5mm	3.442mm
DURATEC	CF98M	30.97mm	27.5mm	3.482mm
DURATEC	CF98N	30.97mm	27.5mm	3.522mm
DURATEC	CF98P	30.97mm	27.5mm	3.562mm
DURATEC	CF98R	30.97mm	27.5mm	3.602mm
DURATEC	CF98S	30.97mm	27.5mm	3.650mm
DURATEC	CF98T	30.97mm	27.5mm	3.700mm
DURATEC	CF108	30.97mm	28.0mm	2.5mm
FOCUS	CF66	29.97mm	24.2mm	12.5mm
ZETEC	CF57	28.35mm	26.0mm	15.0mm
ZETEC S SIGMA	CF102	27.97mm	22.0mm	2.2mm
JAGUAR				
3.4/3.8/4.2 6 CYL	CF103	34..89mm	24.0mm	5.8mm
LOTUS				
TWIN CAM 8V	CF40	34..89mm	24.0mm	5.8mm
907 16V	CF97	34..89mm	24.0mm	5.8mm

Competition steel followers and shims

Model	Part No.	O.D	Length	Stem Length
NISSAN				
MICRA 1.0 16V K11	CF109	29.97mm	24.2mm	4.5mm
MGA TC				
TWIN CAM 8V	CF5	38.08mm	38.1mm	6.6mm
OPEL				
MANTA 400	CF8	36.97mm	28.1mm	6.0mm
PEUGEOT				
106-206 16V	CF93	28.35mm	26.0mm	15.0mm
205 1.6/1.9 8V	CF37	37.97mm	33.0mm	4.4mm
306-405 16V	CF43	31.97mm	28.1mm	14.8mm
PORSCHE				
908/916/917	CF107	32.97mm	20.3mm	3.0mm
RENAULT				
CLIO 1.8/2.0 16V	CF44	32.97mm	26.0mm	14.0mm
ROVER				
"K" SERIES	CF45	32.97mm	26.0mm	14.0mm
SUZUKI				
SWIFT 16V	CF106	30.97mm	26.0mm	15.0mm
TOYOTA				
4AGE 16V	CF70	27.97mm	22.0mm	2.2mm
VAUXHALL				
1.6/2.0 16V	CF41	31.97mm	28.1mm	14.8mm
VW				
1.6/1.8/2.0 8V	CF71	34.97mm	26.2mm	3.4mm
1.8/2.0 16V	CF42	34.97mm	26.2mm	14.6mm

VALVE CLEARANCE SETTING SHIMS			
Part No.	I.D	Location	Thickness
S67-5.50	5.5mm	3.3mm	5.0mm
S67-6.00	6.0mm	2.5mm	5.0mm
S67-7.00	7.0mm	2.5mm	5.0mm
S67-9/32	9/32"	2.5mm	5.0mm
S67-8.00	8.0mm	2.5mm	5.0mm
S67-5/16	5/16"	2.5mm	5.0mm





Cam followers

Model	Part No
ALFA ROMEO	
1.8/2.0 8V TWIN CAM	CF68
AUDI	
80 HYDRAULIC	CF38
BMW	
M20 6 CYL ROCKERS	CF60
M40 HYDRAULIC POST 1988 ROCKERS	CF59
COSWORTH	
BDA 1.250" INLET WITHOUT STEM	CF100
BDA 1.200" EXHAUST WITH STEM	CF101
BDA 1.200" EXHAUST WITHOUT STEM	CF105
BDT 1.250" INLET BUCKET WITH STEM	CF104
FORD	
COSWORTH YB HYDRAULIC	CF51
COSWORTH YB LONG STEM VALVE MECHANICAL	CF48
COSWORTH YB STD VALVE STD BASE CIRCLE MECHANICAL	CF46
COSWORTH YB STD VALVE REPROFILED CAMS MECHANICAL	CF47
CVH HYDRAULIC	CF28
CVH MECHANICAL	CF11

Model	Part No
FORD	
DURATEC 2.0/2.3/2.5 SIZED FOLLOWER	CF98
DURATEC 2.0/2.3/2.5 WITH SHIM LOCATOR	CF108
FOCUS BLACK TOP MECHANICAL	CF66
PINTO SPECIAL PAD	CF12
PINTO STANDARD PAD	CF36
RS2000 16V HYDRAULIC	CF69
V6 ESSEX 3.0	CF9
V6 ESSEX 3.0 GP1	CF58
V6 TAUNUS 2.3/2.8/2.9 MECHANICAL	CF10
X/FLOW 109E NARROW STEM	CF76
X/FLOW 711M WIDE STEM	CF77
ZETEC 'S' SIGMA MECHANICAL	CF102
ZETEC SILVER TOP HYDRAULIC	CF52
ZETEC SILVER TOP MECHANICAL	CF57
LOTUS	
TWIN CAM 8V	CF40
907 16V	CF97
JAGUAR	
3.4/3.8/4.2 JAGUAR 6 CYL	CF103
MGA TC	
TWIN CAM 8V	CF5
NISSAN	
MICRA 1.0 16V K11	CF109

Cam followers

Model	Part No
OPEL	
MANTA 400	CF8
1.6/1.9/2.0 MANTA CIH 8V MECHANICAL	CF21
PEUGEOT	
106-206 16V HYDRAULIC	CF65
106-206 16V MECHANICAL	CF93
205 1.6/1.9 8V MECHANICAL	CF37
306 GTi6 16V HYDRAULIC	CF64
306-405 16V HYDRAULIC	CF55
306-405 16V MECHANICAL	CF43
RENAULT	
CLIO 16V HYDRAULIC	CF53
CLIO 16V MECHANICAL	CF44
ROVER	
"A" SERIES CROSS DRILLED	CF95
"B" SERIES EARLY TYPE PRE 1971	CF4
"B" SERIES LATE TYPE	CF94
"K" SERIES HYDRAULIC	CF63
"K" SERIES MECHANICAL	CF45
V8 HYDRAULIC	CF22
V8 MECHANICAL	CF23

Model	Part No
SUZUKI	
SWIFT 16V	CF106
TOYOTA	
4AGE 16V	CF70
TRIUMPH	
SPITFIRE 1300/1500	CF24
TR6/GT6	CF25
VAUXHALL	
1.3/1.4/1.6/2.0 FWD 8V ROCKERS	CF20
1.6/2.0 16V HYDRAULIC	CF54
1.6/2.0 16V MECHANICAL	CF41
VW	
1.6/1.8/2.0 8V GOLF HYDRAULIC	CF38
1.6/1.8/2.0 8V GOLF MECHANICAL	CF71
1.8/2.0 16V GOLF HYDRAULIC	CF62
1.8/2.0 16V GOLF MECHANICAL	CF42
2.8/2.9 GOLF VR6 HYDRAULIC	CF67



Valve spring kits and contents

Model	Part No	RETAINER	SPRING	PLATFORM
FORD				
COSWORTH YB 16V	VSK02P	VRT02	VS34	VLP8K
COSWORTH YB 16V	VSK32P	ST10	VS34	VLP8K
COSWORTH YB 16V	VSK55P	VRT02	VS62	VLP8K
DURATEC 2.0/2.3/2.5	VSK24P	VRT26	VS59	VLP12K
DURATEC 2.0/2.3/2.5	VSK26P	ST26	VS59	VLP12K
FOCUS ST170	VSK77P	ST45	VS34	VLP36K
PINTO	VSK51	ST5	VS9	
PINTO	VSK52	ST5	VS41	
PINTO	VSK53	ST5	VS42	
PINTO	VSK54	ST5	VS61	
X/FLOW 5/16 VALVE STEM	VSK48	ST17	VS7	
X/FLOW 5/16 VALVE STEM	VSK07	VRT07	VS39	
X/FLOW 5/16 VALVE STEM	VSK36	ST17	VS39	
X/FLOW 5/16 VALVE STEM	VSK50	VRT07	VS64	
X/FLOW 5/16 VALVE STEM	VSK47	ST17	VS5	
X/FLOW 9/32 VALVE STEM	VSK05	VRT05	VS39	
X/FLOW 9/32 VALVE STEM	VSK35	ST33	VS39	
X/FLOW 9/32 VALVE STEM	VSK49	VRT05	VS64	
ZETEC S 16V SIGMA	VSK58	ST70	VS63	
ZETEC SINGLE GOOVE VALVE	VSK74	ST71	VS46	
ZETEC SINGLE GOOVE VALVE	VSK56	ST71	VS51	
ZETEC TRIPLE GOOVE VALVE	VSK75	ST72	VS46	
ZETEC TRIPLE GOOVE VALVE	VSK57	ST72	VS51	
NISSAN				
MICRA 1.0 16V K11	VSK80	ST74	VS69	

Model	Part No	RETAINER	SPRING	PLATFORM
PEUGEOT				
106 16V TU5J4	VSK33	ST25	VS51	
106 8V 7mm VALVE STEM TU3P-5P	VSK40P	VRT43	VS39	VLP21K
205 8V 8mm VALVE STEM TU3-5	VSK23	VRT23	VS54	
206RC GTi EW10J4S	VSK76	VRT44	VS68	
306GTi6 XU10J4RS	VSK15P	VRT15	VS34	VLP9K
306GTi6 XU10J4RS	VSK60P	VRT15	VS62	VLP9K
405Mi 16V XU9J4	VSK12P	VRT12	VS34	VLP6K
405Mi 16V XU9J4	VSK59P	VRT12	VS62	VLP6K
RENAULT				
1.8/2.0 16V F7B/F7R	VSK03P	VRT03	VS34	VLP8K
ROVER				
"A" SERIES	VSK62	ST33	VS2	
"A" SERIES	VSK63	ST73	VS39	
"A" SERIES	VSK65	ST73	VS64	
"A" SERIES	VSK78	ST33	VS49	
"B" SERIES	VSK67	ST48	VS3	
"B" SERIES	VSK68	ST48	VS27	
"K" SERIES	VSK29	ST69	VS51	
V8	VSK61	ST47	VS43	

Valve spring kits and contents

Model	Part No	RETAINER	SPRING	PLATFORM
VAUXHALL				
1.3/1.4/1.6 8V NOVA-CORSA	VSK70	VS31	ST30	
1.3/1.4/1.6 8V NOVA-CORSA	VSK69	VS30	ST30	
1.3/1.4/1.6 8V NOVA-CORSA	VSK45P	VS39	ST30	VLP1K-VLP3K
1.6 1.9 2.0 RWD CIH ENGINE	VSK73	VS26	VR7	VLP4K
1.6 16V X16XE	VSK08P	VS34	VRT08	VLP2K
1.6 16V X16XE	VSK72P	VS62	VRT08	VLP2K
1.6 16V X16XE	VSK27P	VS55	ST45	VLP2K
1.6 16V X16XE	VSK42P	VS34	ST45	VLP2K
2.0 16V C20XE	VSK01P	VS34	VRT01	VLP9K
2.0 16V C20XE	VSK71P	VS62	VRT01	VLP9K
2.0 16V C20XE	VSK25P	VS55	ST55	VLP9K
2.0 16V C20XE	VSK41P	VS34	ST55	VLP9K
2.0 16V X20XE	VSK21P	VS34	VRT21	VLP2K
2.0 16V X20XE	VSK38P	VS55	VRT21	VLP2K
2.0 8V 20SEH	VSK43P	VS1	VR15	VLP1K-VLP3K
VW				
1.8/2.0 8V	VSK22P	VS39	VRT22	VLP10K
1.8/2.0 16V TRIPLE GROOVE	VSK14P	VS34	VRT14	VLP8K
1.8/2.0 16V SINGLE GROOVE	VSK37P	VS34	VRT27	VLP8K





Valve springs

Part No	Type	Installed Height mm	Installed pressure		Minimum Height mm	Maximum pressure		Coil Bind mm	I.D mm	O.D mm	Maximum Lift mm
			N	lbs		N	lbs				
VS1	DOUBLE	34.0	311	70	20.0	1068	240	19.0	15.5	28.1	14.0
VS2	DOUBLE	36.0	329	74	20.0	890	200	19.0	16.0	29.2	16.0
VS3	DOUBLE	38.0	534	120	26.0	1156	260	25.0	18.8	34.0	12.0
VS5	SINGLE	32.0	356	80	20.0	912	205	19.0	21.0	28.5	12.0
VS7	DOUBLE	34.0	289	65	21.0	979	220	20.0	16.5	28.8	13.0
VS9	SINGLE	36.5	258	58	23.0	845	190	22.0	23.8	32.4	13.5
VS12	SINGLE	38.8	285	64	23.5	1001	225	22.5	23.0	31.4	15.3
VS15	DOUBLE	34.0	289	65	21.0	979	220	20.0	16.5	28.8	13.0
VS17	DOUBLE	34.0	289	65	21.0	979	220	20.0	16.5	28.8	13.0
VS22	SINGLE	37.0	463	104	26.0	979	220	25.0	23.6	32.5	11.0
VS25	SINGLE	40.0	289	65	23.0	1201	270	22.0	25.4	34.0	17.0
VS26	SINGLE	40.0	289	65	23.0	1201	270	22.0	25.4	34.0	17.0
VS27	DOUBLE	40.0	445	100	26.0	1156	260	25.0	18.8	34.0	14.0
VS30	SINGLE	32.0	302	68	20.0	778	175	19.0	20.7	28.1	13.0
VS31	SINGLE	32.0	278	85	21.0	836	188	20.0	21.3	28.8	11.0
VS34	DOUBLE	34.0	400	90	21.0	1112	250	20.0	16.0	28.8	13.0
VS35	SINGLE	38.0	356	80	25.0	912	205	24.0	23.0	31.1	13.0
VS37	SINGLE	38.0	285	64	25.0	881	198	24.0	21.3	29.1	13.0
VS38	DOUBLE	34.0	311	70	20.0	1068	240	19.0	15.5	28.1	14.0
VS39	DOUBLE	34.0	400	90	21.0	1112	250	20.0	16.0	28.8	13.0
VS41	SINGLE	38.0	311	70	23.5	1001	225	22.5	23.0	31.4	14.5

Valve springs

Part No	Type	Installed Height mm	Installed pressure		Minimum Height mm	Maximum pressure		Coil Bind mm	I.D mm	O.D mm	Maximum Lift mm
			N	lbs		N	lbs				
VS42	DOUBLE	37.0	311	70	21.0	996	224	20.0	17.3	30.5	16.0
VS43	DOUBLE	38.0	267	60	21.0	996	224	20.0	17.3	30.5	17.0
VS44	SINGLE	40.0	329	74	25.0	912	205	24.0	23.0	31.3	15.0
VS45	DOUBLE	34.0	400	90	21.0	1112	250	20.0	16.0	28.8	13.0
VS46	SINGLE	37.0	214	48	26.0	649	146	25.0	17.6	24.9	11.0
VS48	SINGLE	37.0	378	85	23.5	1001	225	22.5	23.0	31.4	13.5
VS49	SINGLE	36.0	356	80	24.0	623	140	23.0	21.6	29.0	12.0
VS51	SINGLE	37.0	311	70	24.0	845	190	23.0	18.2	25.6	13.0
VS52	DOUBLE	37.0	445	100	21.5	1023	230	20.5	17.4	30.5	15.5
VS54	DOUBLE	38.0	623	140	25.5	1317	296	24.5	17.3	31.1	12.5
VS55	SINGLE	34.0	311	70	21.0	823	185	20.0	21.3	28.8	13.0
VS59	DOUBLE	37.0	285	64	23.0	934	210	22.0	14.7	27.0	14.0
VS60	SINGLE	38.0	249	56	24.0	836	188	22.0	CONICAL		14.0
VS61	SINGLE	38.0	427	96	23.5	1023	230	22.5	23.0	31.1	14.5
VS62	DOUBLE	35.0	427	96	21.5	1272	286	20.5	16.0	28.8	12.5
VS63	SINGLE	37.0	356	80	23.5	890	200	22.5	16.0	22.8	13.5
VS64	DOUBLE	34.0	489	110	21.5	1272	286	20.5	16.0	28.8	12.5
VS65	DOUBLE	34.0	400	90	21.0	1112	250	20.0	16.0	28.8	13.0
VS66	DOUBLE	37.0	311	70	21.0	996	224	20.0	17.3	30.5	16.0
VS67	DOUBLE	36.0	400	90	21.7	1334	300	20.7	17.3	31.8	14.3
VS68	DOUBLE	35.0	333	75	22.5	1023	230	21.5	13.8	25.6	12.5
VS69	SINGLE	32.5	289	65	21.0	845	190	20.0	18.3	25.6	11.5



COMETIC MLS HEAD GASKETS

Model	Part No	Bore	Thickness
BMW			
MINI 99-06	C4308-027	78.5mm	.027"
M10	C4292-060	86mm	.060"
M20	C4393-070	81mm	.070"
M20	C4394-070	85mm	.070"
M30	C4478-070	95mm	.070"
M42-M44	C4349-060	86mm	.060"
S14 M3	C4294-051	93.4mm	.051"
COSWORTH			
BDA	C4102-040	82mm	.040"
BDA	C4103-040	83mm	.040"
BDA	C4140-040	84mm	.040"
BDA	C4140-051	84mm	.051"
BDA	C4140-060	84mm	.060"
BDA	C4133-040	85mm	.040"
BDA	C4142-040	86mm	.040"
BDA	C4143-040	87mm	.040"
BDG	C4494-040	91mm	.040"
BDG	C4494-051	91mm	.051"
FVA-FVC	C4138-040	87mm	.040"
FVA-FVC	C4135-040	88mm	.040"
FORD			
COSWORTH YB	C4350-051	92.5mm	.051"
COSWORTH YB	C4350-070	92.5mm	.070"
COSWORTH YB	C4350-080	92.5mm	.080"
COSWORTH YB	H1267SP1051S	94.5mm	.051"
COSWORTH YB	H2704051S	97mm	.051"
CVH	C5756-051	83mm	.051"
DURATEC	H2389030S	90mm	.030"
FOCUS 2.0 16V	C4279-027	87mm	.027"

Model	Part No	Bore	Thickness
FORD			
ECOBOOST 2.0L	H2264SPGO54S	85mm	.054"
ESSEX V6 3.0L	C4971-040	95.5mm	.040"
PINTO	C4350-040	92.5mm	.040"
PINTO	H1267SP6040S	93.5mm	.040"
PINTO	H1267SP6051S	93.5mm	.051"
PINTO	H1267SP1040S	94.5mm	.040"
PINTO	H1267SP1051S	94.5mm	.051"
PINTO	H1267SPL040S	96mm	.040"
X-FLOW	C4102-040	82mm	.040"
X-FLOW	C4103-040	83mm	.040"
X-FLOW	C4140-051	84mm	.051"
X-FLOW	C4140-060	84mm	.060"
X-FLOW	C4140-040	84mm	.040"
X-FLOW	C4133-040	85mm	.040"
X-FLOW	C4142-040	86mm	.040"
X-FLOW	C4143-040	87mm	.040"
ZETEC 2.0 16V	C4280-040	87mm	.040"
LANCIA			
INTEGRALE 2.0 16V	C4124-051	85mm	.051"
LOTUS			
TWIN CAM 8V	C4102-040	82mm	.040"
TWIN CAM 8V	C4103-040	83mm	.040"
TWIN CAM 8V	C4140-040	84mm	.040"
TWIN CAM 8V	C4133-040	85mm	.040"
TWIN CAM 8V	C4142-040	86mm	.040"
TWIN CAM 8V	C4143-040	87mm	.040"
TWIN CAM 8V NON EMBOSED	H0464SP5040XP	84mm	.040"

COMETIC MLS HEAD GASKETS

Model	Part No	Bore	Thickness
JAGUAR			
3.4L	C4303-040	85mm	.040"
3.8L	C4306-040	89mm	.040"
3.8L	C4306-051	89mm	.051"
4.2L	C4127-040	93.7mm	.040"
MAZDA			
MX5 1.6 16V	C4122-040	80mm	.040"
MX5 1.8 16V	C4560-040	83mm	.040"
MITSUBISHI			
EVO4-EVO8 4G63	C4156-051	86mm	.051"
NISSAN			
GTiR	C4543-040	87.5mm	.040"
SR20	C4130-040	88.5mm	.040"
OPEL MANTA			
CIH 2.0 8V	C4512-051	97mm	.051"
PEUGEOT			
106 16V TU5JP	C4493-060	79mm	.060"
205 1.6/1.9 8V XU5-9	C4225-051	84mm	.051"
405 Mi16 16V XU9J4	C4225-051	84mm	.051"
ROVER			
"A" SERIES	C4146-030	73mm	.030"
"A" SERIES	H0525SPA030S	72.5mm	.030"
"A" SERIES	H0525SPA040S	72.5mm	.040"
"A" SERIES	C4146-040	73mm	.040"
"A" SERIES	H0525SP3040S	73.5mm	.040"
"A" SERIES	C4148-040	74mm	.040"
"B" SERIES	C4147-040	83mm	.040"
"B" SERIES	H0794SP6040S	84mm	.040"
V8	C4367-040	89mm	.040"

Model	Part No	Bore	Thickness
SUBARU			
IMPREZA	C4264-040	100mm	.040"
EJ 20	C4261-045	93mm	.045"
EJ 25	C4263-051	98mm	.051"
TOYOTA			
4AGE 1.6 16V	C4170-040	81mm	.040"
3SGE 2.0 16V	C4314-040	87mm	.040"
VAUXHALL			
X20XE ECOTEC	C5768-040	87mm	.040"
C20XE	C4216-051	88mm	.051"
C20XE	C4216-060	88mm	.060"
C20XE	C4216-070	88mm	.070"
X16XE ECOTEC	C4257-051	82mm	.051"
VW			
1.8LTR 8V/16V	C4247-051	83mm	.051"
2.0LTR 8V/16V	C4246-051	85mm	.051"
2.0LTR 20V	C4541-051	83.5mm	.051"
VOLVO			
B23	C4499-045	97mm	.045"
B18A/B/D	C4287-045	86mm	.045"
B20A	C4289-045	92mm	.045"



Conrod Bolts

Model	Part No	LBS/FT with ARP ULTRA LUBE
ALFA		
GTV 2.0 8V	BEB49-8	45
BMW		
MINI ONE-COOPER R50 R53	BEB47-8	25
MINI N12 N14	BEB80-8	19
MINI F56 4 CYL	BEB73-8	36
MINI F56 3 CYL	BEB74-6	36
E30 M10 1500-2002 4 CYL	BEB68-8	50
E30 M3 S14	BEB66-8	70
E36-E46 M52 328i	BEB65-12	36
F82 M4 S55	BEB75-12	36
F80 M3 S55	BEB76-12	36
FORD		
COSWORTH YB	BEB19-8	45
CVH 1.6	BEB22-8	25
CVH 1.9	BEB48-8	28
DURATEC 2.0/2.3/2.5	BEB46-8	45
FOCUS 2.0	BEB36-8	25
FOCUS ST170	BEB62-8	36
PINTO 2.0	BEB60-8	40
V6 ESSEX 3.0	BEB51-12	50
V6 TAUNUS 2.8/2.9	BEB16-12	35
X/FLOW 1.3/1.6	BEB09-8	55
ZETEC 1.6/1.8/2.0	BEB17-8	25

Model	Part No	LBS/FT with ARP ULTRA LUBE
HONDA		
ACURA 1.2/1.6 M8	BEB41-8	26
ACURA 1.8 M9	BEB44-8	50
ACURA K20A	BEB55-8	50
JAGUAR		
3.4/3.8/4.2 6 CYL	BEB29-12	50
LANCIA		
INTEGRALE 2.0 16V	BEB77-8	70
LOTUS		
TWIN CAM 1.6 8V	BEB09-8	55
MAZDA		
MX5 1.6/1.8 16V M9	BEB69-8	38
MITSUBISHI		
EVO4-9 4G63 M8	BEB31-8	26
NISSAN		
2.0 SR20DE/DET	BEB32-8	45
PEUGEOT		
205 XU5-9 / 405Mi16 XU9J4	BEB25-8	45
PORSCHE		
911/930/933 M9	BEB52-12	40
911 M10	BEB53-12	50
RENAULT		
1.8/2.0 F7B/F4R 16V M9	BEB26-8	42



Conrod Bolts

Model	Part No	LBS/FT with ARP ULTRA LUBE
ROVER		
"A" SERIES 850/1098cc	BEB08-8	55
"A" SERIES 1300cc A+	BEB1-8	35
"A" SERIES 1275 MIDGET AND COOPER "S"	BEB6001-8	55
"B" SERIES LATE 18V MGB	BEB1-8	35
"B" SERIES EARLY DIAGONAL SPLIT ROD	BEB12-8	45
"K" SERIES	BEB37-8	30
V8 3.5	BEERV60-16	45
SUBARU		
EJ20 DOHC 2.0 TURBO	BEB78-8	42
EJ25 DOHC 2.5 TURBO	BEB79-8	42
SUZUKI		
GSX1300 HAYABUSA	BEB70-8	45
TOYOTA		
4AGE 1.6 16V	BEB27-8	40
2ZZGE 1.8 16V	BEB71-8	65
3SGTE 2.0 16V	BEB50-8	50
2JZ SUPRA	BEB54-12	65
TRIUMPH		
SPITFIRE 1300/1500cc	BEB15-8	45
TR2/3/4	BEB20-8	75
TR6/GT6	BEB15-12	45

Model	Part No	LBS/FT with ARP ULTRA LUBE
VAUXHALL		
2.0 16V C20XE	BEB18-8	32
1.3 8mm x 1.0	BEB23-8	25
1.4/1.6 8mm x 1.25	BEB24-8	24
1.4/1.6/1.8 9mm x 1.25	BEB56-8	32
VW		
1.6/1.8/2.0 LATE 8mm	BEB34-8	35
1.6/1.8/2.0 EARLY 9mm	BEB35-8	40
2.8/2.9 VR6	BEB39-12	40
FSI/TSFI 16V	BEB72-8	30

COMPETITION STEEL RODS		
5/16" ARP2000 1.500 UHL	BEB28-8	30
5/16" Custom age 625+ 1.500 UHL	BEB61-8	32
3/8" ARP2000 1.500 UHL	BEB08-8	55
3/8" Custom age 625+ 1.500 UHL	BEB67-8	60
3/8" ARP2000 1.600 UHL	BEB57-8	55
3/8" Custom age 625+ 1.600 UHL	BEB64-8	60



Head Stud Kits

Model	Part No	LBS/FT with ARP ULTRA LUBE
BMW		
MINI ONE COOPER R50 R53	HSBMW4301	65
MINI N12 N14 N16 N18	HSBMW4304	75/35
E30 M10 1500-2002 4 CYL	HSBMW4601	90
E30 M3 S14	HSBMW4605	95
E30 M20 6 CYL	HSBMW4305	70
M30 535 635 735	HSBMW4602	90
COSWORTH		
BDA	HSC48	80
FORD		
COSWORTH YB	HSCSW53	90
CVH 1.6	HSCVH16	60
DUARTEC 2.0/2.3/2.5	HSFD04	60
DURATEC V6	HSFD4701	60
ECO-BOOST 1.6L	HSFECB4302	-
ECO-BOOST 2.0L	HSFECB4301	-
ESSEX V6 3.0	HSF38	110
FOCUS 2.5 B5254 5 CYL	HSFD4703	105
PINTO	HSP4201	90
PRE X-FLOW	HSF375	80
SIGMA 1.6 VCTi	HSFSV65	60
X-FLOW 1.3/1.6	HSFX48	80
ZETEC 1.6/1.8/2.0	HSFX02	60
HONDA		
ACURA K20A	HSN4701	80
V-TEC 1.6	HSVT01	80

Model	Part No	LBS/FT with ARP ULTRA LUBE
LANCIA		
INTEGRALE 2.0 16V	HSLAN4701	60
LOTUS		
TWIN CAM 8V	HSL68	80
ELISE - EXIGE 1.8 2ZZ-GE VVTL-i	HST4302	70
CARLTON 3.6L	HSL48	90
MAZDA		
MX5 1.6/1.8	HSMAZ4701	65
MISUBISHI		
EVO 4 - 9 4G63 M11	HSMT4203	80
NISSAN		
SR20 M11	HSNS4701	85
GTiR M12	HSNS4303	100
SKYLINE GTR	HSNS4207	105
PEUGEOT		
106 TU5J4 / 206 TU5JP4 16V	HSPT106	60
PORSCHE		
911/930 2.0L - 3.8L AIR COOLED ENGINE	HSPOR4206	38
RENAULT		
2.0 16V F4R	HSRN4301	105
ROVER		
"A" SERIES 11 STUD	HSA11	45/28
"A" SERIES 11 STUD with front bolt	HSA11-B	45/28
"A" SERIES 11 STUD with shaved head	HSA11-S	45/28
"A" SERIES 9 STUD	HSA9	45/28
"B" SERIES	HSB42	45/28
"K" SERIES	HSRK4209	50
MGC	HSMGC2	80
V8	HSRV45	80



Head Stud Kits

Model	Part No	LBS/FT with ARP ULTRA LUBE
SUBARU		
EJ20 EJ25	HSSU01	90
SUZUKI		
HAYABUSA	HSSUZ4701	60
TOYOTA		
4AGE 1.6 16V	HST4201	60
3SGTE 2.0 16V	HST4204	60
2JZ SUPRA	HST4205	80
1.8 2ZZ-GE VVTL- i	HST4203	70
TRIUMPH		
SPITFIRE 1300/1500cc	HST425-10	45
TR2/3/4	HSTR4	110
TR6/GT6	HSGT6	80
VAUXHALL		
1.3/1.4/1.6 8V	HSV2084	60
1.4/1.6 16V X16XE	HSCOR16V	55
2.0 16V C20XE	HSV4301	80
2.0 16V X20XE	HSV4701	80

Model	Part No	LBS/FT with ARP ULTRA LUBE
VOLVO		
T5 2.5 B5254 5 CYL	HSVOL4301	105
VW		
1.6/1.8/2.0 8V	HSVW4703	80
1.6 AIR COOLED	HSVW4201	80
1.8/2.0 16V	HSVW4702	80
1.8 20V Turbo M10 bolt kit + installation tool	HSVW3902	80
1.8 20V Turbo M10 + installation tool	HSVW4104	80
1.8 20V Turbo M11 + installation tool	HSVW4102	95
2.0 FSI Turbo	HSVW4302	80
2.8/2.9 VR6	HSVW4705	80



Flywheel - Crank - Cam Bolts

Model	Part No	LBS/FT
BMW		
MINI N12 N14 N16 N18	FBBMW1012801	50
E30 M3 S14 STD FLYWHEEL	FBBMW2012801	105
E30 M3 S14 DUAL FLYWHEEL	FBBMW2012802	105
COSWORTH		
BDA	FB900-6	40
FORD		
COSWORTH YB	FB1150-9	70
DURATEC 2.0/2.3/2.5	FBFD02	85
PINTO	FB1150-6	70
X-FLOW 1.3/1.6	FB900-6	40
ZETEC 1.6/1.8/2.0	FBFZ01	70
ZETEC 'S' 1.25/1.4/1.6	FBFZ02	70
LOTUS		
TWIN CAM 8V	FB900-6	40
MINI		
EVO4-9 4G63	FBSMZ2803	95
PORSCHE		
2.0/3.0 AIR COOLED 1970-77	FBPOR2802	95
3.0/3.8 AIR COOLED 1978-97	FBPOR2801	70
ROVER		
'A' SERIES 948/1098cc inline engine only	FB900-4	40
'A' SERIES 1300cc inline engine only	FB900-6	40
'B' SERIES	FBB716-6	65
'K' SERIES 16V	FBKS03	58

Model	Part No	LBS/FT
TOYOTA		
4AGE 1.6 16V	FBT2802	70
3SGTE 2.0 16V	FBT2801	90
2ZZGE1.8 16V	FBT1032802	70
TRIUMPH		
SPITFIRE 1300/1500cc	FBT716-4	65
VAUXHALL		
1.4/1.6	FBV826-6	40
2.0 8V 20SEH C20NE	FBV985-6	63
2.0 16V C20XE	FBV985-8	63

CRANK BOLT		
FORD		
DURATEC 2.0/2.3/2.5	CBFD01	145
CAM BOLTS		
FORD		
ZETEC 1.6/1.8/2.0	CBFZ1002	50
DURATEC 2.0/2.3/2.5	CBDUR1001	50



Main Stud Kits

Model	Part No	LBS/FT with ARP ULTRA LUBE
BMW		
MINI N12 N14 N16 N18	MSBMW5401	50/12
E30 M10 1502-2002 4 CYL	MSBMW5001	60
E30 M3 S14	MSBMW5001	60
COSWORTH		
BDA	MSF375	80
FORD		
DURATEC 2.0/2.3/2.5	MSFD03	60
ESSEX V6 3.0	MSF40	80
ECO-BOOST 2.0L	MSFECB5407	
FOCUS 2.5 B5254 5 CYL	MSFD5801	65/25/15
PINTO	MSF54	90
SIGMA 1.6 VCTi	MSFSV45	60
TAUNUS 2.8 V6	MSF64	90
TAUNUS 2.9 V6	MSF64117	90
X-FLOW 1.3/1.6	MSF375	80
ZETEC BLACK TOP	MSF5404	80
ZETEC SILVER TOP	MSFZ04	80
LANCIA		
INTEGRALE 2.0 16V	MSLAN5401	
LOTUS		
TWIN CAM 8V	MSF375	80
MAZDA		
MX5 1.6/1.8	MSMAZ5401	60
MITSUBISHI		
EVO 4 - 9 4G63 M10	MSMT5402	60
RENAULT		
2.0 16V F4R	MSRN5401	60

Model	Part No	LBS/FT with ARP ULTRA LUBE
ROVER		
"A" SERIES 1098cc & COOPER 'S'	MSA33	80
"A" SERIES 1275cc	MSA54	80
"B" SERIES 5 Brg	MS5B54	110
V8	MSRV54	110
SUZUKI		
HAYABUSA	MSSUZ5401	20 OEM LOAD
TOYOTA		
4AGE 1.6 16V	MST5403	60
2ZZGE 1.8 16V	MST5407	60
3SGTE 2.0 16V	MST5405	60
TRIUMPH		
SPITFIRE 1300/1500cc	MST54	80
VAUXHALL		
2.0 16V C20XE	MSV5401	60
VW		
1.6/1.8/2.0 8V	MSVW5402	60
2.0 FSI Turbo	MSVW5408	70
VOLVO		
T5 2.5 B5254 5 CYL Post 2000	MSVOL5801	65/25/15
T5 2.5 B5254 5 CYL Pre 1999	MSVOL5802	65/25/15

ARP Crank Case Kits

PORSCHE		
911-930 Turbo case stud kit		504-9501
911-930 3.0L & 3.3L Crankcase through bolt kit		204-5405
911-930 3.6L & 3.8L Crankcase through bolt kit		204-5406
911-930 2.0L & 2.7L Crankcase through bolt kit		204-5407
SUBURU		
2.0L FA20 4 cyl main bolt kit		260-5001
2.0L 2.2L 2.5L EJ20/EJ25 case bolt kit		260-5401



Accessories

Part No

MANIFOLD KIT

ROVER

AMS1 "A" SERIES

THERMOSTAT HOUSE KIT

ROVER

THS1 "A" SERIES

THREAD SEALER

100-9904 1.69 FL OZ TUBE

ULTRA ASSEMBLY LUBE

100-9908 0.5 FL OZ SACHET

100-9910 10 FL OZ BOTTLE

STRETCH GAUGE

100-9941 CONROD BOLT STRETCH GAUGE

IMPERIAL WASHERS

200-8593 5/16 ID 0.550" OD

200-8506 3/8 ID 0.675" OD

200-8511 7/16 ID 0.750" OD

200-8510 7/16 ID 0.812" OD

200-8514 1/2 ID 0.875" OD

Part No

METRIC WASHERS

200-8641 8mm ID 14.6mm OD

200-8519 10mm ID 19.0mm OD

200-8500 12mm ID 22.0mm OD

IMPERIAL 12 POINT NUTS

300-8301 5/16 12 POINT

300-8302 3/8 12 POINT

300-8303 7/16 12 POINT

300-8306 1/2 12 POINT

METRIC 12 POINT NUTS

300-8310 M8 X 1.25mm

300-8344 M10 X 1.25mm

300-8345 M10 X 1.5mm



Essentials

Part No

S26 CAMSHAFT TIMING DISC

BL100 CAMLUBE 100ml BOTTLE

Part No

BL250 CAMLUBE 250ml BOTTLE

KC DECAL KENT CAMS DECAL PACK

INDEX

	Page No
AUTOMOTIVE PERFORMANCE CAMSHAFT KITS	
PERFORMANCE AUTOMOTIVE CAMSHAFT KITS	4-5
AUTOMOTIVE PERFORMANCE CAMSHAFTS	
ALFA ROMEO	6-7
AUSTIN HEALEY	6-7
BMW	6-7
COSWORTH	8-9
FIAT	8-9
FORD	10-25
HONDA	24-25
JAGUAR.....	24-25
LOTUS.....	26-29
MAZDA.....	28-29
NISSAN	28-29
PEUGEOT.....	28-34
PORSCHE.....	34-35
RENAULT.....	36-37
ROVER	38-45
SUBARU.....	46-47
SUZUKI	46-47
TALBOT.....	46-47
TOYOTA	46-47
TRIUMPH.....	48-49
VAUXHALL.....	50-57
VOLKSWAGEN.....	56-59
MOTORCYCLE PERFORMANCE CAMSHAFTS	
APRILIA.....	61
HONDA	61-62
KAWASAKI.....	63-64
SUZUKI	64-65
TRIUMPH.....	65
YAMAHA.....	66

	Page No
KENT CAMS ESSENTIALS	
CAM BELTS	68
POWER PULLEYS.....	69-71
COMPETITION STEEL FOLLOWERS AND SHIMS.....	72-73
CAM FOLLOWERS.....	74-75
VALVE SPRING KITS AND CONTENTS	76-77
VALVE SPRING TECHNICAL DATA.....	78-79
ASSEMBLY LUBE	88
DECALS	88
COMETIC	
MULTI LAYER STEEL HEAD GASKETS	80-81
ARP FASTENERS	
CONROD BOLTS	82-83
HEAD STUD KITS.....	84-85
FLYWHEEL BOLTS	86
CRANK BOLTS	86
CAM BOLTS	86
MAIN STUD KITS.....	87
CRANK CASE KITS	87
MANIFOLD KITS.....	88
THERMOSTAT KITS	88
ASSEMBLY LUBE	88
STRETCH GAUGE.....	88
IMPERIAL WASHERS.....	88
METRIC WASHERS.....	88
IMPERIAL 12 POINT NUTS	88
METRIC 12 POINT NUTS.....	88



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