

PART No.	APPLICATION See page 4 for key to Camshaft descriptions	POWER BAND	CAM LIFT INLET/EXHAUST	VALVE LIFT INLET/EXHAUST	DURATION INLET/EXHAUST	TIMING FIGURES	INLET TIMING @ FULL LIFT	V/CLEARANCE INLET/EXHAUST	VALVE LIFT INLET	@ TDC EXHAUST
FORD 1300 / 1600 X/FLOW ESCORT Mk1&2 FIESTA Mk1 Valve lifts quoted using a theoretical Rocker Ratio of 1.52:1 Durations quoted at .016" / .40mm checking height										
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	109°	.012" .018" 0.30mm 0.46mm	.066" 1.67mm	N/A -
BCF2 Kit Available	SPORTS 8bhp approx over GT Cam	2000-6500	.261" 6.62mm	.382" .378" 9.69mm 9.59mm	290°	37/73 73/37	108°	.014" .018" 0.36mm 0.46mm	.086" 2.18mm	N/A -
BCF3 Kit Available	SPORTS 'R' 10bhp approx over GT Cam. Maximum cam that will fit without piston mods	2500-7000	.282" 7.15mm	.412" 10.47mm	284°	34/70 70/34	108°	.016" .016" 0.41mm 0.415mm	.098" 2.48mm	N/A -

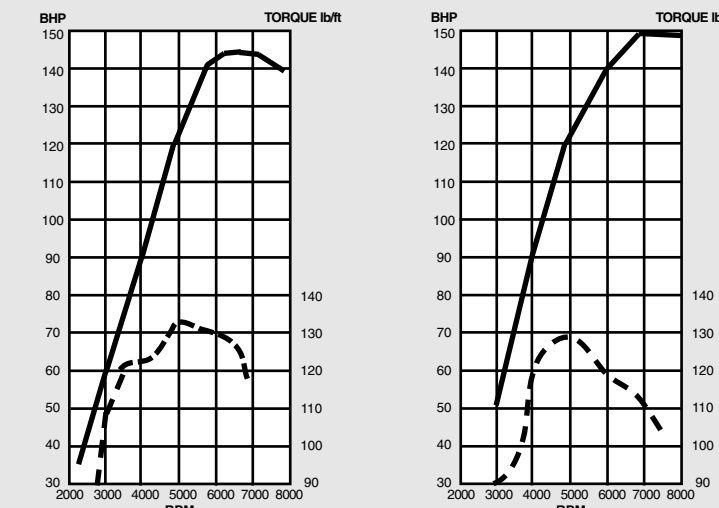
There is no substitute for this following range of Cams but additional machining will be required. Increase depth of valve cut-outs in piston crown by .100" / 2.54mm

224 Kit Available	SPORTS Autotest	1000-6500	.287" 7.28mm	.420" .418" 10.66mm 10.61mm	270°	32/58 67/23	103°	.016" .018" 0.41mm 0.46mm	.095" 2.41mm	N/A -
234 Kit Available	SUPERSPORTS 18bhp approx over GT Carb	2000-7200	.293" 7.43mm	.423" .421" 10.74mm 10.69mm	280°	37/63 73/27	103°	.022" .024" 0.56mm 0.61mm	.112" 2.84mm	N/A -
244 Kit Available	SUPERSPORTS 115bhp with GT Carb 145bhp with 2 x 40's	3000-8000	.309" 7.84mm	.447" .445" 11.35mm 11.30mm	290°	42/68 78/32	103°	.022" .024" 0.56mm 0.61mm	.138" 3.50mm	N/A -
254	HOT ROD/RACE	4000-8500	.324" 8.22mm	.470" .468" 11.93mm 11.88mm	300°	47/73 83/37	103°	.022" .024" 0.56mm 0.61mm	.169" 4.29mm	N/A -
262	HOT ROD/RACE For use when steel components are prohibited.	4500-8750	.332" 8.43mm	.480" 12.19mm	308°	51/77 87/41	103°	.022" .024" 0.56mm 0.61mm	.185" 4.70mm	N/A -
264	CLUBMANS/FULL RACE	5000-9000	.339" 8.60mm	.493" .491" 12.52mm 12.47mm	310°	52/78 88/42	103°	.022" .024" 0.56mm 0.61mm	.190" 4.82mm	N/A -
272	ULTIMATE RACE CAM	5000-9300	.347" 8.81mm	.505" 12.82mm	314°	54/80 90/44	103°	.022" .024" 0.56mm 0.61mm	.218" 5.55mm	N/A -

ADDITIONAL PROFILES

A2 Kit Available	SPORTS	3000-7000	.243" 6.17mm	.349" .347" 8.86mm 8.81mm	286°	35/71 71/35	108°	.020" .022" 0.51mm 0.56mm	.077" 1.95mm	N/A -
A3	RACE	4000-8000	.269" 6.83mm	.388" .386" 9.85mm 9.80mm	310°	47/83 83/47	108°	.020" .022" 0.51mm 0.56mm	.113" 2.87mm	N/A -
A6	RACE	5000-9000	.278" 7.06mm	.404" .402" 10.36mm 10.21mm	304°	46/78 78/46	106°	.018" .020" 0.46mm 0.51mm	.133" 3.38mm	N/A -
A8	RACE	5500-9000	.284" 7.20mm	.413" .411" 10.49mm 10.43mm	312°	56/76 76/56	100°	.018" .020" 0.46mm 0.51mm	.176" 4.47mm	N/A -
A8+	RACE	5000-9000	.327" 8.30mm	.479" .477" 12.16mm 12.11mm	312°	56/76 76/56	100°	.018" .020" 0.46mm 0.51mm	.195" 4.95mm	N/A -
658	RACE	5000-9000	.274" 6.95mm	.396" 10.05mm	320°	60/80 80/60	100°	.020" .020" 0.51mm 0.51mm	.186" 4.73mm	N/A -
747	RACE	4500-8500	.290" 7.36mm	.422" .420" 10.71mm 10.66mm	295°	49/66 66/49	98°	.018" .020" 0.46mm 0.51mm	.180" 4.58mm	N/A -
260	RACE	4000-8000	.316" 8.02mm	.462" .460" 11.73mm 11.68mm	308°	50/78 78/50	104°	.018" .020" 0.46mm 0.51mm	.177" 4.50mm	N/A -
3FY	SPORTS	2500-7000	.264" 6.70mm	.389" .387" 9.88mm 9.82mm	276°	30/66 66/30	108°	.012" .014" 0.30mm 0.36mm	.085" 2.16mm	N/A -
IFR4	RACE	4500-8500	.284" 7.20mm	.413" .411" 10.48mm 10.43mm	310°	51/79 79/51	104°	.018" .020" 0.46mm 0.51mm	.160" 4.06mm	N/A -

CAM FOLLOWER	VALVE SPRING	VALVE SPRING RETAINER	POWER PULLEY	CONROD BOLT	FLYWHEEL BOLT	HEADSTUD KIT	MAINSTUD KIT	OPTIONS AND COMMENTS
CF7 CF6	VS5 Single	ST17	S13 S27	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	CF7 711M Wide Stem Follower CF6 109E Narrow Stem Follower CF30 711M Wide Stem Competition Follower S13 Duplex Power Pulley S27 Simplex Power Pulley ST17 Steel Valve Spring Retainer VR8 Alloy Valve Spring Retainer for VS7- - 5/16 Valve Stem VRT05 Titanium Valve Spring Retainer for -VS39 - 9/32 Valve Stem VRT07 Titanium Valve Spring Retainer for -VS39 - 5/16 Valve Stem BEB08-8 Conrod Bolts for Steel Rods 3/8 x 1.5ARP BEB09-8 Conrod Bolts for 1.3L/1.6L Rods 3/8 x 1.75ARP
CF7 CF6	VS5 Single	ST17	S13 S27	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF7 CF6	VS5 Single	ST17	S13 S27	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF7 CF6	VS7 Double	ST17 VR8	S13 S27	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF7 CF6	VS7 Double	ST17 VR8	S13 S27	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF7 CF6	VS7 Double	ST17 VR8	S13	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF7 CF6	VS39 Double	VRT05 VRT07	S13	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF7 CF6	VS39 Double	VRT05 VRT07	S13	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF30	VS39 Double	VRT05 VRT07	S13	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF30	VS39 Double	VRT05 VRT07	S13	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF6 CF7	VS5 Single	ST17	S13 S27	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF6 CF7	VS7 Double	ST17 VR8	S13	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF6 CF7	VS39 Double	VRT05 VRT07	S13	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF6 CF7	VS39 Double	VRT05 VRT07	S13	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF6 CF7	VS39 Double	VRT05 VRT07	S13	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF6 CF7	VS39 Double	VRT05 VRT07	S13	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF6 CF7	VS39 Double	VRT05 VRT07	S13	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF6 CF7	VS39 Double	VRT05 VRT07	S13	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF6 CF7	VS5 Single	ST17	S13 S27	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	
CF6 CF7	VS39 Double	VRT05 VRT07	S13	BEB08-8 BEB09-8	FB900-6	HSF48	MSF375	



Engine: Ford X/Flow 1830cc Camshaft: 234
 Engine: Ford X/Flow 1700cc Camshaft: 244
 The 234 and 244 cams are probably the most successful cams for the Ford X/Flow engine. These Performance Kits will give your X/Flow a new lease of life. See pages 5-6 for contents.

Performance Ford X/Flow Oil Pumps page 77.