

CAM FOLLOWERS



It is of great importance to use high quality cam followers to get the best performance and reliability from your cam. Use of poor quality followers will lead to definite failure of the cam. The cam followers supplied by Mini Spares are of the highest quality, manufactured by an OE supplier to Rover. It is also extremely important to use new cam followers any time a cam is changed. Never reuse lifters with a new or different camshaft!

2A13

Standard weight cam follower.
Weighs 46.1 grams.

AEG584

Standard weight cam follower with oil drain hole. Weighs 46.5 grams.

C-AEG579

Lightened cam follower with oil hole. Weighs 40 grams.

C-AEG580

"Isky style", chilled-iron hardened cam follower, has oil drain hole. Weighs 55.0 grams.



CAM-DRIVE SYSTEMS



Fitting of an updated cam drive system is essential when building a performance oriented engine. Timing scatter induced by the standard set up can reach up to 15° once the single row chain has stretched, which it does after only a few miles. This scatter not only affects the cam timing, but also the ignition, the distributor being driven by the camshaft. Power loss suffered by this phenomenon is substantial. Replacing the standard single row (simplex) system with a dual row (duplex) system greatly reduces the problem, use of a tooth belt system all but eliminates it. The belt-drive system vastly reduces valve train noise and also helps damp out some of the odd harmonics generated by the 3 main bearing 'A' series engine. It is also extremely important to time any cam in to its required setting to obtain maximum performance, especially performance cams. The 'dot to dot' method can, because of manufacturing tolerances, be out by as much as 15° or more. Anything over 2° out, and power suffers - more noticeably in small bore engines. In race engines you probably lose 1 hp for every degree the cam timing is out, more if over 6°.

C-AJJ3325

Ultrahigh non adjustable steel duplex gear and chain set.

C-AJJ3327

Ultra light steel duplex timing chain set, dowel adjustable

C-AJJ3323

Budget standard cast duplex gear and chain set. Road use only.



C-AJJ3328Race

Belt-Drive adjustable timing gear set. Dowel type, where interrelated holes are located by a dowel to give exact timing. Fixed increments of 1 degree. Plastic case.

C-AJJ3328

Belt-Drive adjustable timing gear set. As above but with Aluminum case.

Engine04

Replacement belt for above.

ENGINE05

Replacement small oil seal for above.

ENGINE06

Replacement large oil seal for above.



To aid accurate timing when using non adjustable timing gear systems, there is a range of proper CNC machined off-set cam keys available. These come in 1° increments up to 9°. One tooth round on the gear represents 13° of cam timing, so if you are more than 9° out move the cam gear one tooth in the required direction and use the keys the other way round as they are dual directional. They are available individually.

WKN / (DEGREE)

Offset cam key - Change the number to order the required key. (i.e.: for 3°, WKN3 SET).

ISKY 01

Degree wheel for timing camshaft