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CAM TIMING CHART

Austin Healey 4 Cylinder 100/4 Profiles

Profile	DWR 1	DWR 4	DWR 2
Power Band rpm	1000-5000	1000-5500	1500-6000
Inlet opens BTDC	24°	33°	50°
Inlet closes ABDC	64°	65°	70°
Exhaust opens BBDC	59°	65°	75°
Exhaust closes ATDC	29°	33°	45°
Inlet Duration	268°	278°	300°
Exhaust Duration	268°	278°	300°
Inlet timing @ full lift ATDC	110°	106°	100°
Cam lift @ Checking height	0.252" 6.40mm	0.280" 7.11mm	0.315" 8.01mm
Valve lift with std. rockers	0.358" 9.09"	0.401" 10.18mm	0.440" 11.17mm
Valve clearance - Cold	0.015" 0.38mm	0.015" 0.38mm	0.015" 0.38mm
Valve pockets required	NO	CHECK	CHECK
Checking height for above	0.016" 0.406mm	0.014" 0.356mm	0.0125" 0.318mm

Inlet Duration @ 0.050"	228°	228°	245°
Exhaust Duration @ 0.050"	228°	228°	245°

DWR 1 profile will fit without any valve pocket reliefs. This profile is similar to the original 100M cam and so works well in any standard or mildly tuned car.

DWR 2 profile is high lift with 300 degrees duration (may require valve pockets). This profile is very similar to the original "works" profile and ideal for rally or race cars.

DWR 4 is our 100S specification profile. (May require valve pockets). Perfect for fast road/rally 100M or 100S engines requiring increased power with a very smooth power delivery

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