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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
Checking height for above	0.016" 0.406mm	0.014" 0.356mm	0.0125" 0.318mm
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
Inlet Cam Lift @ TDC	0.057" 1.45mm	0.092" 2.33mm	0.136" 3.45mm

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