

**Bottom End**

**CRANKSHAFTS & BEARINGS**

Crank Regrind	114.00
Big end Bearings, Avail 0.3mm	88.34
Main Bearing Std, Avail in 0.3mm	78.13
T16 Main bearings, std /0.3/0.5/0.8 for 2000/2100/2200cc	91.32
T16 Big End Bearings, Avail in 0.3mm / 0.5mm / 0.8mm	91.32
Thrust Bearings	16.79
1.9 /2.0 Knifed edged ,balanced crank, exchange	285.00
1.9 Mi16 Crank,fully reground, Non exchange	432.00

**GASKETS,SEALS & PUMPS**

Sump Set Gaskets	52.56
Liner seals, engine seals	9.18
Water pump	55.45
High pressure oil pump	118.18
Deck block. Cast Iron block only	64.80
pressure test block	48.60
timing belt tensioner kit (includes Hiflow comp belt)	109.08
oil Pump	96.12

**PISTON / PISTONS RINGS /LINERS**

83mm Pistons rings sets. Complete engine set	99.56
83mm Forged Pistons	550.00
83mm Budget liners + seals	181.44
83mm Liners + liner seals	397.44

**REBUILD COSTS**

Fitting of Head to Block + Setting Cam Timing	225.00
Rebiuld bottom end (short engine)	300.00
Rebuilding Complete engine assembly (short engine + fitting head)	500.00

**SECONDHAND PARTS**

Second hand Mi16 pistons, Each	60.00
Secondhand Conrods,Each	90.00
Mi16 Crank, Secondhand, FULLY GROUND	432.00
Mi16 Liners, ideal for reboring, each	25.00
Mi16 Alloy sump assembly	60.00
Mi16 cylinder head, reconditioned to St1 spec	550.00
Mi16 Alloy sump assembly	60.00
Mi16 exhaust manifold	120.00
Mi16 cam cover , powdercoated (chioce of colours)	130.00
Mi16 Cam gear pulleys , chioce 2/3/4 offset	50.00
Mi16 Cams (new std units) , each	40.00
Mi16 loom assembly + ecu + amp etc etc	250.00
Mi16 valve spring caps + cotters , each	7.50
Mi16 Head bolts spacers, each	8.00
Mi16 alloy sump ladder, each	20.00
Mi16 front crank cover , including new crank seal	40.00
Mi16 engine bolts, phone for your requirments	POA
Crank pulley assembly + cam belt gear NEW	70.00
Piston Oil injectors, engine set secondhand	70.00

**Cylinder head componets**

**GASKETS & FIXINGS**

Head Bolts	23.47
Head Set, ONLY 9 SET LEFT, include spark plug seals	115.06
Stem seal set	10.65
Front Cam seals, each	9.54
Rear Cam seals, each	15.34
Head gasket, Fibre	17.77
Head filter	9.34
Inlet manifold Gasket	8.34
Exhaust manifold gasket	24.34
timing belt	17.45
Rocker cover gasket	21.32

### **CYLINDER HEADS + VALVE GEAR**

Recon Head (stage 1), new guides, 3 angle valve seats ,Pessure test, skim , de-coke, skim,stem seals,cam seals, assemble	425.00
Budget st 1 head (skim,stem seals, re lapp valves, pressure test, assemble)	275.00
Mi16 head, bare casting . Non Exchange	375.00
Inlet valves (standard size 34.6mm) , each	12.60
Exhaust valves (standard size 29.6mm), each	14.02
Hydraulic Buckets	12.72
Valve spring Set	115.67
Cutting 3 Angle Valve seats , Each	6.00
Bronze valve guides , each	11.34
Setting valve spring installation heights	200.00
Cylinder head combustion chamber damaged. WE CAN Repair this, from	80.00
Rocker cover gasket sealant, The only sealant we have found to seal those leaky covers !	25.92
Pressure test head	45.00
Balancing combustion Chambers	65.00
timing belt tensioner kit (includes Hiflow comp belt)	109.08

### **Competition Bottom End Componets**

#### **LIGHTENED & BALANCED COMPONENTS**

Oil pressure gauge coupling (allows 205 Gti sender to fit cast block)	14.58
Alloy Flywheel	345.00
Ultra light Flywheel, 30% Lighter than standard Units, MASSIVE improvement in acceleration	88.00
Balanced Flywheel	36.00
Balanced Crank	36.00
Balanced clutch cover	36.00
Balanced Pistons,engine set	36.00
Balanced Rods, engine set	36.00

Conrods fully balanced fitted with Uprated conrods bolts , Conrod Beams fully polished. A MUST FOR HIGH REVING N/A ENGINES. Exchange 300.00

#### **CRANKSHAFTS**

1.9 /2.0 Knifed edged ,balanced crank, exchange	285.00
1.9 Mi16 Crank,fully reground, Non exchange	432.00
1.9 Mi16 Crank, Knife edged & fully balanced, Non exchange	620.00
2.0 Mi16 Crank,fully reground, Non exchange	270.00
2.0 Mi16 Crank, Knife edged & fully balanced, Non exchange	565.00

2100cc /2200cc Long stroke crank , Knife edged & fully balanced.	620.00
2300cc Ultra Long stroke crank , Knife edged & fully balanced.	648.00
crankshaft windage kit	118.80
<b>CONRODS</b>	
Conrods fully balanced fitted with Uprated conrods bolts , Conrod Beams fully polished. A MUST FOR HIGH REVING N/A ENGINES. Exchange	300.00
2200cc Conrods fully balanced fitted with Uprated conrods bolts , Conrod Beams fully polished. A MUST FOR HIGH REVING N/A ENGINES.	432.00
2000CC/2100CC/2200CC Forged Conrod kit, fully balanced & with ARP conrod bolts to suit turbo & supercharger application	505.00
2000CC/2100CC/2200CC Forged Conrod kit, fully balanced & with ARP conrod bolts to suit NON turbo & supercharger applications	505.00
2300CC Forged Conrod kit, fully balanced & with ARP conrod bolts to suit BOTH turbo & non turbo applications	780.00
ARP Conrod Bolts	89.10
<b>ENGINE BLOCKS</b>	
2000 cc engine block, rebored to 86mm	325.00
2200CC heavy duty block, gives 2200cc, rebored	430.00
2300CC Ultra heavy duty block, gives 2300cc, rebored	487.00
<b>STROKER KITS</b>	
<i>2000cc Stroker kit (Block +Crank + forged pistons+upper engine mount kit)</i>	1285.00
<i>2100cc Stroker kit (Block +Crank + forged pistons+upper engine mount kit)</i>	1425.00
<i>2200cc Stroker kit (Block +Crank + forged pistons+ Uprated rods+upper engine mount kit)</i>	1863.00
<i>2300cc Stroker kit (Block +Crank + forged pistons+Forged rods+front damper +upper engine mount kit)</i>	2565.00
2000cc/2100cc/2200cc upper engine mount kit	97.00
2300cc Front damper pulley + upper engine mount kit	210.65
<b>CLUTCH KITS</b>	
Valeo clutch kit	132.45
Helix 'Fast Road 'Clutch kits	365.00
Helix 'Paddle 'Clutch kits, ideal for turbo & surcharged engines	425.00
<b>OIL SYSTEM PARTS</b>	
Mocal oil cooler kit. (Sandwich plate, Hoses, Mocal Unit)	189.00
Dash Mounted Oil pressure gauge, White or Black Dial avail	58.00
Fan control switch + relay , simply wire to existing fan	105.00
Coolant temp sensor + gauge	85.00
Baffled sump Kit	140.00
uprated oil pump spring	14.00
<b>Competition Pistons &amp; Piston Ring Sets</b>	
<b>PISTONS</b>	
83/83.5/88mm Forged Low comp pistons (suit turbo/SC conversions)	550.00
83mm/86.5mm Forged Pistons	550.00
83mm High Comp Forged Pistons	560.00
85mm JE Pistons + 4 of 85mm liners + liner seals, Gives 1998cc	1600.00
88mm Forged Pistons, 2200 cc/ 2300cc	620.00

### Competition Cylinder Head Componets

## VALVE GUIDES

Hiflow guides + stem seals to suit St5 Maxi Torque Cams, 16 of	150.00
Hiflow, 6mm superflow guides (set)	161.00
Hiflow , 7mm Superflow Guides (set)	155.00

## HEAD GASKETS

1905cc , 83mm Competition Head Gasket, Avail 1.2/1.4/ 1.6mm thickness. Std is 1.4mm	93.45
---	-------

1905cc 83mm Competition Head Gasket, 1.8mm thick, Std is 1.4mm	145.00
--	--------

2000cc conversion , 85mm Competition Head Gasket, Avail 1.2/1.4/1.6mm thickness. Std is 1.4mm	93.45
---	-------

2000cc conversion , 85mm Competition Head Gasket, 1.8mm Thick. Std is 1.4mm	145.00
---	--------

2100cc conversion , 87mm Competition Head Gasket, Avail 1.2/1.4/1.6mm thickness. Std is 1.4mm	93.45
---	-------

2100cc conversion , 87mm Competition Head Gasket, 1.8mm thickness. Std is 1.4mm	145.00
---	--------

2200cc/2300cc conversion 88mm Competition Head Gasket, Avail 1.2/1.4/1.6mm thickness. Std is 1.4mm	93.45
--	-------

2200cc /2300cc conversion ,88mm Competition Head Gasket, 1.8mm thickness. Std is 1.4mm	145.00
--	--------

## CAM GEARS

Piper Vernier Pulley Set	205.00
--------------------------	--------

## FOLLOWERS & TAPPET

Hiflow Comp Valve spring kit	145.00
------------------------------	--------

Solid lifter kit, Set of lifters /tappet shims and reshimmed solid lifters , each	700.00
---	--------

Tappet shims for solid lifer kit , 2,3,4,5mm Available. Each	17.24
--	-------

<b>New'</b> Head stud Kit, ideal for Supercharged conversion	7.00
	225.00

## Polished & Ported Heads

### PERFORMANCE HEADS FOR FAST ROAD WORK

Recon St 3 Head (Standard valves) , NEW valves guides , 3 Angle valve seats. Exchange	872.44
---	--------

Budget st3 Head (Standard valves) , Exchange	499.00
--	--------

### PERFORMANCE HEADS FOR COMPETITION APPLICATIONS

Recon St4 Head ( Fitted with 30.7mm Exhaust valves ) , NEW valves guides , 3 Angle valve seats, exchange	1019.00
--	---------

Budget St4 Head (30.7mm Ex valves )	832.60
-------------------------------------	--------

### PERFORMANCE HEADS FOR RACE & FORCED INDUCTION APPLICATIONS

Recon St5 Head (Fitted with 35.2mm inlet & 30.7mm exhaust valves), NEW valves guides , 3 Angle valve seats, exchange	1227.32
--	---------

Recon St6 Head (Fitted with 35.5mm inlet & 30.7mm exhaust valves), NEW forged 1 piece valves, new valve guides , 3 Angle valve seats, exchange	1624.44
--	---------

## Performance Camshafts

KENT Fast Road cams, reprofiled	215.00
---------------------------------	--------

KENT Cams , various specs	600.00
---------------------------	--------

CAT cams , various specs	530.00
--------------------------	--------

## Competition Vavles

Oversize <b>Superflow Forged One Piece</b> 35.5mm inlet valves,7mm stem, each	47.00
---	-------

Oversize <b>Superflow Forged One Piece</b> 31.5mm exhaust valves, 7mm stem, each	47.00
--	-------

Oversize <b>Superflow Forged One Piece</b> 35.5mm inlet valves, 6mm Stem , each	47.00
---	-------

Oversize <b>Superflow Forged One Piece</b> 35.5mm inlet valves, 6mm Stem , each	47.00
Oversize 30.7mm Exhaust valves, 6mm stem , each	13.86
35.2mm Inlet valves, stainless, 7mm stem, each	26.00
30.5mm exhaust valves, 7mm stem each	26.00
34.6mm Inlet valves, stainless, 7mm stem, each	26.00
29.6mm exhaust valves, stainless, 7mm stem, each	26.00

### **INDUCTION / THROTTLE BODIES AND MANAGEMENT**

#### **ECU,s + PRE MADE LOOMS**

Pre made Loom kit for Emerald K6, WIRED TO YOUR CAR. FULLY labeled with comprehensive Fitting instruction, wired for Closed looped Lambda & coolant fan control 350.00

Closed looped Air to Fuel ratio meter, enables K6 to fully itself. With, in-car gauge 175.00

Emerald ECU, K6 , Ideal for Turbo /Supercharger conversions 595.00

#### **THROTTLE BODIES**

**NEW Product:** Hiflow 42mm Throttle body kit (Emerald M3D ECU+TB Loom +Manifold+TPS+Air Temp+Fuel Rail+ injectors + K3 Loom Kit+ Pipecross Panel filter kit + Trumpets + backing plate+throttle cable kit + inlet manifold gasket) Base map on CD + FULL fitting instruction **EVERTHING YOU NEED , NO HIDDEN EXTRA'S** 1925.00

Hiflow 42mm Throttle body kits (Emerald K3 ECU+TB's+Manifold+Fuel Rail + TPS + injectors +TB loom) Base map on CD 1425.00

#### **ELECTRICAL SENSORS & INJECTORS**

3 bar Map sensor 90.00

Air Temp 35.00

TDC SENSOR 42.50

Coolant temp sensor 34.00

Throttle position sensor 48.60

Rev counter adaptor (make rev counter work when using aftermarket ECU) 45.00

High flow injectors, various flow rates available, set of 4 from 180.00

#### **INDUCTION SYSTEM + MANIFOLDS**

Pipercross Backing plate+ filter element for HFH Throttle bodies 160.00

Cone induction filter, Various neck Diameters available 32.00

Inlet manifold for throttle bodies or 40 /45 Carbs 255.00

FSE boost Valve 96.00

### **TURBO / SUPERCHARGED COMPONENTS**

#### **Turbo + Turbo Parts**

Tubular Turbo Exhaust Manifold ,stainless 995.00

T28 Turbo , fully recon'd , exchange 675.00

Turbo oil feed & drain pipework 75.00

Dump Valve 78.00

Boost Gauge 38.50

Oil Pressure gauge 56.00

#### **Supercharger + Parts**

Supercharged kit (Eaton charger ,Mounting Plate, Induction pipework, Belt , belt tensioner kit, modified inlet manifold) 1500.00

Supercharger kit: Comprises of support plate + charger belt tension assembly+ alternator bracket +Eaton charger + Forged rods + Low comp Forged Pistons+ Dump valve+boost gauge + comp head gasket+ pressure pipework+induction adaptor to charger. 3200.00

Hiflow 42mm Throttle bodies mounted in custom plenum chamber (Emerald ECU 6K + TB Loom + Manifold+TPS+Air Temp+ MAP Sensor + Fuel Rail+ injectors + K6 Loom Kit+ throttle cable kit + inlet manifold gasket) Base map on CD + FULL fitting instruction + TECH Back up	2600.00
---	---------

### SUSPENSION & BRAKE COMPONENTS

6 Pot brake kit. (discs, comp Pads, braided hoses), fit std Alloys	820.00
Comp Front wishbone bushes	45.00
Comp Rear beam bush kit, 205/309 GTI	60.00
Track control arms , 205/309 GTI	7.20
Drop link bars , each 205/ 309 GTI	13.45
Front Complete Lower arm, each, 205/309 GTI	58.00
Lowering rear beam	160.00
Rear Beam rebuild	355.00
Fitting front springs	90.00
Supply & Fit rear beam solid bush kit	250.00

### Engine Conversions

Fitting Mi16 engine into Donar Car	375.00
Removal of old engine	270.00
Wiring Mi16 loom into Donar Car .	350.00
Rewiring Mi16 loom into your old existing loom, MAIL ORDER, just send us your looms and we will do the rest	375.00
Modify Exhaust system to suit downpipe	70.00
Supply & fit 6 Pot brake kit .	1090.00

4.5 litres Flushing oil , 2 of oil filter, 4.5 litres oil, Anti Freeze, 2 litres Gear box oil + new drive shafts seals + fitting	108.00
--	--------

<b>NEW Products !</b> Push Button Start Kits, wiring + relay + diagram	50.00
Fitting push button start kit.	54.00
Supply & fit Mocal oil cooler kits .	280.00
Throttle cable kit	25.50
Fitting & installation of Throttle body kit & wire Emerald.	700.00

Fitting gas flowed head, includes all fluids, does not include head gasket	594.00
Fitting performance cams & setting valve timing	430.00
Remove & refit new timing kit belt. (Includes timing belt kit)	318.00
Supply & Fit lower engine mount & gearbox mount	226.00
Modify rad housing	85.00
Cut & re-angle exhaust manifold	70.00
Fuel pipework + clips	21.80

### OILs & Fuilsds

Redline watter wetter, reduces engine & oil temps by upto 10oc . A must for highly tuned Na/ Forced induction engines	15.12
10-40w Redline Engine oil, double drain intervals, JET aircraft quailty oil, 3-5bhp increase , 4.8litres	59.00
Redline Gearoil, Improves gearshifts , extends life of gearboxes due to excellent lubricantion qualities. 2-4bhp increase. 2litres	31.90

### SHORT ENGINE KITS

<b>1905cc Budget Short Engine Kit.</b> Piston rings,Liners,water pump,oil pump, timing belt kit,reground crank,Big end bearings, Main bearings, sump set,engine comes fully assembled and painted. Exchange	1400.00
---	---------

<b>1905cc Short Engine kit</b> 83mm Forged Pistons,Liners,water pump,High Pressure oil pump, timing belt kit,reground crank,T16 Big End bearings,Main bearings, sump set, engine comes fully assembled and painted. Exchange	1940.00
<b>2024cc Short Engine kit</b> 86.5mm Oversize Forged Pistons,Rebored block,crank reground, water pump, oil pump, timing belt kit , Main bearings, Big End bearings,sump set, block decked,and pressure tested, Upper engine mount, kit,engine comes fully assembled and painted.	2100.00
<b>2100cc Short Engine kit</b> 86.5mm Oversize Forged Pistons,Rebored block, long stroke reground crank, water pump, high pressure oil pump, timing belt kit , Main bearings, T16 Big End bearings,sump set, block decked,and pressure tested, upper engine mount kit ,engine comes fully assembled and painted.	2430.00
<b>2200cc Short Engine kit</b> 88mm Oversize Forged Pistons,Heavy Duty block,water pump, High pressure oil pump, timing belt kit,long stroke balanced crank,T16 Main Bearings , T16 Big End bearings,sump set, block decked,and head pressure tested, upper engine mount kit, engine comes fully assembled and painted.	2670.00
<b>2300cc Short Engine.</b> 88mm Oversize Forged Pistons,Heavy Duty Rebored block,water pump, High pressure oil pump, timing belt kit, Ultra long stroke balanced crank,T16 Main Bearings , T16 Big End bearings, Forged conrods , ARP conrod bolts, sump set, block decked,and head pressure tested, Engine mount kit and front crank pulley kit, engine comes fully assembled and painted.	3672.00
<b>Complete Engines Fully Assembled</b>	
<b>165bhp: 1905cc Engine:</b> Piston Rings, Liners, Reground crank, Big end bearings, Main bearings, Oil Pump,Water Pump, Sump gasket, Timing belt kit, St1 budget head, Fibre Head gasket, Head bolts,Head fitted & valve timing set. Fully assembled	1755.00
<b>170bhp 1905cc Engine:</b> Piston rings, Liners, Reground crank, T16 Big End bearings, High pressure Oil Pump, Reground crank,water pump,Timing belt kit, budget Stage 3 head, max torque exhaust cam, Alloy vernier Pulleys, Comp head gasket ,ARP Conrod bolts, Baffle sump kit. Block & head pressure Tested, head fitted & valve timing set. engine comes fully assembled and painted	2700.00
<b>175bhp 1905cc Engine:</b> Piston rings, Liners, Reground crank, T16 Big End bearings, High pressure Oil Pump, Reground crank,water pump,Timing belt kit, Stage 3 head, 285 cams, HFH vernier Pulleys, Comp head gasket ,ARP Conrod bolts, Lightened & balanced flywheel, pistons, rods, crank, flywheel, Windage kit, Baffle sump kit. Block & head pressure Tested, engine comes fully assembled and painted	3340.00
<b>200bhp 1905cc Engine:</b> High Comp Forged Pistons, Liners, Reground crank, T16 Big End bearings, High Pressure Oil Pump, Reground crank,water pump,Timing belt kit, Stage 4 head, 285 cams, HFH vernier Pulleys, Comp head gasket ,ARP Conrod bolts, Lightened & balanced flywheel, pistons, rods, crank, flywheel, Windage kit, Baffle sump kit, TWN Throttle body kit + Emerald K3 ECU. Block & head pressure tested , engines comes fully assembled and painted	6800.00

**210bhp 1998cc Alloy Engine:** 85mm High Comp Forged Pistons, 85mm Liners, Reground crank, T16 Big End bearings, High Pressure Oil Pump, Reground crank, water pump, Timing belt kit, Stage 4 head, 285 cams, HFH vernier Pulleys, 85mm Comp head gasket, ARP Conrod bolts, Lightened & balanced flywheel, pistons, rods, crank, flywheel, Windage kit, Baffle sump kit, TWN Throttle body kit + Emerald K3 ECU. Block & head pressure tested, engine comes fully assembled and painted

7450.00

**2100cc Engine:** 86.5mm Oversize Forged Pistons, T16 bearings, 2000cc cast block, High pressure oil pump, Long stroke reground crank, water pump, timing belt kit, budget st1 head, headbolts, competition 88mm head gasket, upper engine mount kit, block decked, block and head pressure tested, engine comes fully assembled and painted

3020.00

**2200cc Engine:** 88mm Oversize Forged Pistons, Heavy duty block, T16 bearings, High pressure oil pump, long stroke knife edged crank, ARP conrod bolts, water pump, timing belt kit, budget st1 head, headbolts, 88mm Competition head gasket, upper engine mount kit, block decked, block and head pressure tested, engine comes fully assembled and painted.

3175.00

**2200cc Engine:** 88mm Oversize Forged Pistons, Up-rated block, Long stroke knife edged crank, T16 bearings set, high pressure oil pump, reground crank, lightened & balanced pistons / rods / crank / flywheel / clutch cover / ARP conrod bolts, water pump, timing belt kit, budget st3 head, 285 Ultimate Fast Road Cams, Alloy vernier pulleys, 88mm competition head gasket, baffle sump kit, headbolts, block decked, block and head pressure tested, engine comes fully assembled and painted.

4420.00

**+230bhp 2200cc Engine:** 88mm oversize Forged Pistons, Up-rated block, T16 bearings set, high pressure oil pump, reground crank, water pump, timing belt kit, budget st3 head, 285 ultimate fast road cams, Alloy vernier pulleys, 88mm competition head gasket, L/B pistons / rods / crank / flywheel, clutch cover, ARP conrod bolts, headbolts, baffle sump kit, Jenvey throttle body kit, Emerald K6 ECU, block decked, block and head pressure tested, engine comes fully assembled and painted

6750.00

**+280bhp 2024cc Supercharged Engine:** 86.5mm Forged Pistons, Forged conrods, T16 bearings, High Pressure oil pump, knife edged reground crank, water pump, timing belt kit, budget st3 head, Fast Road Supercharged Cams, Alloy vernier pulleys, 88mm competition head gasket, Lightened and balanced pistons, rods, crank, flywheel, ARP conrod bolts, Head stud kit, upper engine mount kit, HFH Supercharger kit, Emerald K6 ECU, baffle sump kit, block decked, block and head pressure tested, high flow injectors, engine comes fully assembled and painted,

7560.00

**+340bhp 2300cc Supercharged Engine:** Upgraded block, 88mm Forged Pistons, Forged conrods, Knife edged Ultra Long stroke crank, T16 bearings, High Pressure oil pump, water pump, timing belt kit, budget st5 Big valve Maxi head, Pair Fast Road Supercharged Cams, 88mm competition head gasket, Lightend and balanced pistons, rods, crank. flywheel, ARP conrod bolts, Head stud kit, 38mm HFH Throttle body Kit with custom built plenum chamber, HFH Supercharger kit, Emerald K6 ECU, upper engine mount kit, baffle sump kit, block decked, block and head pressure tested, high flow injectors, engine comes fully assembled and painted,

**11880.00**

We can build an engine to any spec and budget, the above is just a small selection of what we can offer

We also have a selection of pre built and low mileage engines. These can be found in the For Sale Section.

In addition, we can offer an 'Engine Dyno Session'  
(Bench testing/Engine setup)

All prices exclude VAT @ 20% & Delivery.  
Overseas & Trade enquiries welcome

Last Updated Jan 2012