

Bottom End

CRANKSHAFTS & BEARINGS

Crank Regrind	106.00
Big end Bearings, Avail 0.3mm	36.57
Main Bearing Std, Avail in 0.3mm	69.65
T16 Main bearings, std /0.3/0.5/0.8 for 2000/2100/2200cc	72.24
T16 Big End Bearings, Avail in 0.3mm / 0.5mm / 0.8mm	72.34
Thrust Bearings	15.55
2.0 Knifed edged ,balanced crank, exchange	264.00

GASKETS, SEALS & PUMPS

Sump Set Gaskets	48.56
Liner seals, engine seals	8.50
Water pump	51.34
High pressure oil pump	110.00
Deck block	50.00
pressure test block	42.00
timing belt tensioner kit (includes Hiflow comp belt)	101.00
oil Pump	89.00

PISTON / PISTONS RINGS /LINERS

86.6mm Forged Pistons	550.00
Piston rings	92.34

REBUILD COSTS

Fitting of Head to Block + Setting Cam Timing	100.00
Rebuilding Complete engine assembly	300.00

SECONDHAND PARTS

Second hand pistons, Each	40.00
Secondhand Conrods, Each	70.00
Mi16 Crank, Secondhand, FULLY GROUND	350.00
Mi16 Alloy sump assembly	85.00
Crank pulley assembly + cam belt gear NEW	70.00
Piston Oil injectors, engine set secondhand	70.00

Cylinder head componets

GASKETS & FIXINGS

Head Bolts	21.47
Head Set	92.03
Stem seal set	9.86
Front Cam seals, each	6.00
Rear Cam seals, each	7.38
Head gasket, Fibre	15.00
Head filter	6.25
Inlet manifold Gasket	7.24
Exhaust manifold gasket	19.72
timing belt	12.50
Rocker cover gasket	19.45

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	375.00
Budget st 1 head (skim,stem seals, re lapp valves, pressure test, assemble)	215.00
Mi16 head, bare casting . Non Exchange	350.00
T16 Cylinder Head, recon unit, Non exchange, ONLY 1 LEFT	550.00
Inlet valves (standard size 34.6mm) , each	10.79
Exhaust valves (standard size 29.6mm), each	12.23
Hydraulic Buckets	11.00
Valve spring Set	92.00
Cutting 3 Angle Valve seats , Each	6.50
Bronze valve guides , each	6.75
Setting valve spring installation heights	168.00
Cylinder head combustion chamber damaged. WE CAN Repair this, from	60.00
Rocker cover gasket sealant, The only sealant we have found to seal those leaky covers !	18.00
Pressure test head	42.00
Balancing combustion Chambers	45.00
timing belt tensioner kit (includes Hiflow comp belt)	96.34

SECONDHAND PARTS

Mi16 Spray Bar set,secondhand	60.00
Mi16 inlet cam, secondhand	50.00
Mi16 Exhaust cam, secondhand	50.00
Power steering pump, gearbox bracket, belt & pulley,secondhand	80.00
No 2 Inlet and exhaust cam pulley, secondhand	20.00
No 4 Inlet Cam pulley, secondhand	60.00
No 3 Inlet Cam Pulley, secondhand	50.00
NUMEROUS fixing bolts, cam/rocker cover, sump,main bearings,conrods etc etc etc. Phone for your requirments	POA

Competition Bottom End Componets

LIGHTENED & BALANCED COMPONENTS

Oil pressure gauge coupling (allows 205 Gti sender to fit cast block)	13.50
Alloy Flywheel	299.00
Ultra light Flywheel, 30% Lighter than standard Units,	88.00

MASSIVE improvement in acceleration

Balanced Flywheel	28.00
Balanced Crank	28.00
Balanced clutch cover	28.00
Balanced Pistons,engine set	28.00
Balanced Rods, engine set	28.00
Conrods fully balanced fitted with Uprated conrods bolts , Conrod Beams fully polished. A MUST FOR HIGH REVING N/A ENGINES. Exchange	280.00

CRANKSHAFTS

2.0 Knifed edged ,balanced crank, exchange	264.00
2.0 Mi16 Crank,fully reground, Non exchange	250.00
2.0 Mi16 Crank, Knife edged & fully balanced, Non exchange	525.00
2100cc /2200cc Long stroke crank , Knife edged & fully balanced.	575.00
2300cc Ultra Long stroke crank , Knife edged & fully balanced.	600.00
crankshaft windage kit	110.00

CONRODS

Conrods fully balanced fitted with Uprated conrods bolts , Conrod Beams fully polished. A MUST FOR HIGH REVING N/A ENGINES. Exchange	280.00
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2200cc Conrods fully balanced fitted with Uprated conrods bolts , Conrod Beams fully polished. A MUST FOR HIGH REVING N/A ENGINES.	400.00
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2000CC/2100CC/2200CC Forged Conrod kit, fully balanced & with ARP conrod bolts to suit turbo & supercharger application	780.00
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2000CC/2100CC/2200CC Forged Conrod kit, fully balanced & with ARP conrod bolts to suit NON turbo & supercharger applications	525.00
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2300CC Forged Conrod kit, fully balanced & with ARP conrod bolts to suit BOTH turbo & non turbo applications	780.00
ARP Conrod Bolts	82.50

ENGINE BLOCKS

2000 cc engine block, rebored to 86mm	300.00
2200CC heavy duty block, gives 2200cc, rebored	400.00
2300CC Ultra heavy duty block, gives 2300cc, rebored	450.00

STROKER KITS

2000cc Stroker kit (Block +Crank + forged pistons+upper engine mount kit)	1190.00
2100cc Stroker kit (Block +Crank + forged pistons+upper engine mount kit)	1320.00
2200cc Stroker kit (Block +Crank + forged pistons+ Uprated rods+upper engine mount kit)	1725.00
2300cc Stroker kit (Block +Crank + forged pistons+Forged rods+front damper +upper engine mount kit)	2375.00
2000cc/2100cc/2200cc upper engine mount kit	90.00
2300cc Front damper pulley + upper engine mount kit	195.00

CLUTCH KITS

Valeo clutch kit	105.67
Helix 'Fast Road 'Clutch kits	285.00
Helix 'Paddle 'Clutch kits, ideal for turbo & surcharged engines	354.00

OIL SYSTEM PARTS

Mocal oil cooler kit. (Sandwich plate, Hoses, Mocal Unit)	156.00
Dash Mounted Oil pressure gauge, White or Black Dial avail	54.00
Calipary gauge for coolant fan , manual temp adjust 85oc - 120oc	67.00
Main Bearing Cap stud kit. A must for big BHP engines.	160.00
Baffled sump Kit	85.00
uprated oil pump spring	13.25

Competition Pistons & Piston Ring Sets

PISTONS

86/86.5/88mm Forged Low comp pistons (suit turbo/SC conversions)	550.00
86mm/86.5mm Forged Pistons	550.00
86mm/86.5mm High comp Forged Pistons	600.00
88mm Forged Pistons, 2200 cc/ 2300cc	575.00

PISTON RINGS

Comp Piston ring set ,83/83.5/ 86/86.5/86.6/88mm bore	165.00
Setting comp rings	45.00

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)	149.80
Hiflow , 7mm Superflow Guides (set)	144.00

HEAD GASKETS

2000cc conversion , 85mm Competition Head Gasket, Avail 1.2/1.4/1.6mm thickness. Std is 1.4mm	117.94
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	117.94		
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	117.94		
2200cc /2300cc conversion ,88mm Competition Head Gasket, 1.8mm thickness. Std is 1.4mm	145.00		
CAM GEARS			
Piper Vernier Pulley Set	195.00		
Hiflow Alloy Vernier Pulley Set	175.00		
FOLLOWERS & TAPPET			
Hiflow Comp Valve spring kit	91.00		
Solid lifter kit, Set of lifters /tappet shims and reshimmed solid lifters , each	660.00		
Tappet shims for solid lifer kit , 2,3,4,5mm Available. Each	6.00		
New' Head stud Kit, ideal for Supercharged conversion	192.00		
Polished & Ported Heads			
PERFORMANCE HEADS FOR FAST ROAD WORK			
Budget st2 Head (Standard valves) , Exchange	350.00		
Recon St 3 Head (Standard valves) , NEW valves guides , 3 Angle valve seats. Exchange	580.00		
Budget st3 Head (Standard valves) , Exchange	425.00		
PERFORMANCE HEADS FOR COMPETITION APPLICATIONS			
Recon St4 Head (Fitted with 30.7mm Exhaust valves) , NEW valves guides , 3 Angle valve seats, exchange. 18% increase in flow	960.00		
Budget St4 Head (30.7mm Ex valves) , 18% increase in flow	880.00		
Maxi Torque Head kit (St4 head+ Hiflow 282 duration Exh cam + HFH Vernier pulleys+ HFH Ex manifold)	1230.00		
High Torque Cast Manifold to suit St4 head. 20% increase in flow	240.75		
PERFORMANCE HEADS FOR RACE & FORCED INDUCTION APPLICATIONS			
Recon St5 Head (Fitted with 35.5mm inlet & 30.7mm exhaust valves), NEW valves guides , 3 Angle valve seats, exchange	1450.00		
Performance Camshafts			
pair Fast Road 270 duration cams, reprofiled	235.00		
New Hiflow Stage 4 High torque exhaust cam, 282 duration, to suit big valve head	140.00		
Newman Fast Road Cams 285/300/320 Blanks	360.00		
Hiflow Stage 5 Maxi Torque Cams ,11.5mm Lift . Ultimate for Hydraulics	360.00		
Competition Vavles			
Oversize Superflow Forged One Piece 35.5mm inlet valves,7mm stem, each	45.00		
Oversize Superflow Forged One Piece 31.5mm exhaust valves, 7mm stem, each	45.00		
Oversize Superflow Forged One Piece 35.5mm inlet valves, 6mm Stem , each	45.00		
Oversize Superflow Forged One Piece 35.5mm inlet valves, 6mm Stem , each	45.00		
Oversize 30.7mm Exhaust vavles, 6mm stem , each	13.86		
34.6mm Inlet valves, stainless, 7mm stem, each	32.00		
29.6mm exhaust valves, stainless, 7mm stem, each	32.00		
INDUCTION / THROTTLE BODIES AND MANAGEMENT			
ECU,s + PRE MADE LOOMS			
Pre made Loom kit for Emmerald K3, 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 K3 to fully itself. With in car gauge	175.00		
Emmerald ECU, K3 , Ideal for Turbo /Supercharger conversions	585.00		
THROTTLE BODIES			
NEW Product ! TWN 45/48/50/55mm throttle body kits + Emerald k3 + TB loom , TPS, Air Temp, Fuel Rail, Throttle cable, Inlet Manifold, Trumpets + throttle cable kit	1650.00		
NEW Product: Hiflow 42mm Throttle body kit (Emmerald 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	1925.00		
EVERTHING YOU NEED , NO HIDDEN EXTRA'S			
Hiflow 42mm Throttle body kits (Emmerald K3 ECU+TB's+Manifold+Fuel Rail + TPS + injectors +TB loom) Base map on CD	1425.00		
ELECTRICAIL SENSORS & INJECTORS			
3 bar Map sensor	85.00		
Air Temp	35.00		
TDC SENSOR	42.50		
Coolant temp sensor	24.00		
Throttle position sensor	45.00		
Rev counter adaptor (make rev counter work when using aftermarket ECU)	35.00		
High flow injectors, various flow rates available	180.00		
INDUCTION SYSTEM + MANIFOLDS			
Pipercross Backing plate+ filter element for TWN Throttle bodies	125.00		
Pipercross Backing plate+ filter element for HFH Throttle bodies	160.00		
BMC Panel Filter	49.44		
Cone induction filter, Various neck Diameters available	32.00		
Inlet manifold for throttle bodies or 40 /45 Carbs	235.00		
FSE boost Valve	96.00		
TWIN 45 Delorto DHLA's CARB KIT (carbs , manifold, filters,linkage)	975.00		
Distributor Adaptor (Mi16 carb conversions)	120.00		
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 (Emmerald ECU 3K + TB Loom + Manifold+TPS+Air Temp+ MAP Sensor + Fuel Rail+ injectors + K3 Loom Kit+ throttle cable kit + inlet manifold gasket)			
Base map on CD + FULL fitting instruction + TECH Back up	2600.00		
Head stud kit, ideal for Supercharged & Turbo applications	192.00		
SUSPENSION & BRAKE COMPONENTS			
6 Pot brake kit. (discs, comp Pads, braided hoses), fit std Alloys	758.00		
Comp Front wishbone bushes	40.00		
Comp Rear beam bush kit, 205/309 GTI	55.00		
Track control arms , 205/309 GTI	5.92		
Drop link bars , each 205/ 309 GTI	13.45		
Front Complete Lower arm, each, 205/309 GTI	45.00		
Lowering rear beam	80.00		
Rear Beam rebuild	310.00		
Low Mileage rear Disc beams , From	150.00		
Fitting front springs	70.00		
Supply & Fit rear beam soild bush kit	250.00		
Engine Conversions			
Fitting Mi16 engine into Donar Car	350.00		
Removal of old engine	250.00		
Wiring Mi16 loom into Donar Car .	400.00		
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	60.00		
Supply & fit 6 Pot brake kit .	999.00		
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	100.00		
NEW Products ! Push Button Start Kits, wiring + relay + diagram	45.00		
Fitting push button start kit.	50.00		
Supply heat wrap & wrapping standard manifolds	80.00		
Supply & fit Mocal oil cooler kits .	260.00		
Throttle cable kit	17.50		
Fitting & installation of Throttle body kit & wire Emerald.	650.00		
Fitting & installation of Carb kits + DRIVE IN DRIVE OUT.	550.00		
Fitting gas flowed head, includes all fluids, does not include head gasket	550.00		
Fitting performace cams & setting valve timing	400.00		
Remove & refit new timing kit belt. (Includes timing belt kit)	295.00		
Supply & Fit lower engine mount & gearbox mount	210.00		
OILS & Fuilds			
Redline watter wetter, reduces engine & oil temps by upto 10oc . A must for highly tuned Na/ Forced induction engines	14.00		
10-40w Redline Engine oil, double drain intervals, JET aircraft quality oil, 3-5bhp increase , 4.8litres	55.00		
Redline Gearoil, Improves gearshifts , extends life of gearboxes due to excellent lubrication qualities. 2-4bhp increase. 2litres	29.54		
SHORT ENGINE KITS			
1998cc Short Engine Kit. Block bored and honed to 86mm,Block decked & pressure tested, Water pump, oil pump, timing belt kit, main bearing, big ends, crank reground, sump gasket set, piston rings, engine mount kit, engine assembled. block painted . IDEAL FOR THOSE ON A BUDGET.	1300.00		
1998cc Short Engine Kit. Block bored and honed to 86mm,Block decked & pressure tested, Forged OEM std pattern 86mm Pistons, Water pump, High pressure oil pump,	1860.00		

timing belt kit, main bearing, crank reground, engine mount kit, T16 Big ends, block pressure tested engine assembled. block painted. **IDEAL FOR THOSE COMPETING IN UPTO 2000CC CLASSES**

2024cc Short Engine kit 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. 1830.00

2100cc Short Engine kit 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. 2159.00

2200cc Short Engine kit 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. 2280.00

2300cc Short Engine. 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. 3260.00

Complete Engines Fully Assembled

1998cc Engine Engine Kit. Block bored and honed to 86mm,Block decked & pressure tested, crank reground, Water pump, oil pump, timing belt kit, main bearing, engine mount kit, big ends, 86mm steel head gasket, piston rings, st1 head , head bolts, block and head pressure tested engine assembled. block painted. **IDEAL FOR THOSE ON A BUDGET OR COMPETING IN UPTO 2000CC CLASSES** 1750.00

1998cc Engine Engine Kit. Block bored and honed to 86mm,Block decked & pressure tested, Crank reground, Forged OEM std pattern 86mm Pistons, Water pump, High pressure oil pump, timing belt kit, main bearing, engine mount kit, T16 big ends, 86mm steel head gasket, piston rings, st1 head , head bolts, block and head pressure tested engine assembled. block painted. **IDEAL FOR THOSE COMPETING IN UPTO 2000CC CLASSES** 2300.00

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 2590.00

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. 2820.00

2200cc Engine: 88mm Oversize Forged Pistons, Uprated 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. 3890.00

+230bhp 2200cc Engine: 88mm oversize Forged Pistons, Uprated 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 , TWN throttle body kit , Emerald K3 ECU, block decked, block and head pressure tested, engine comes fully assembled and painted, 6000.00

+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 3K ECU, baffle sump kit, block decked, block and head pressure tested, high flow injectors, engine comes fully assembled and painted, 6800.00

+340bhp 2300cc Supercharged Engine: Uprated 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 10600.00

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 3K ECU, upper engine mount kit, baffle sump kit, block decked, block and head pressure tested, high flow injectors, engine comes fully assembled and painted,

COMPETITION HEAD KITS

165 bhp head kit (St2 budget head/ Fibre head gasket/comp Belt/ Head bolts/FSE boost valve) 482.47

175 bhp head kit (St3 budget head/Pair Reprofiled Fast Road 270 cams/ Fibre head gasket/comp Belt/ Head bolts/FSE boost valve/Head pressure tested) 830.00

190 bhp head kit (St3 head/ Pair Fast Road 285 cam / Comp head gasket/comp Belt/ Head bolts/FSE boost valve / Alloy Vernier pulleys / head pressure tested) 1249.00

205 bhp head kit (St4 head/ Fast Road 285 cam / TWN 45mm Throttle kit , Emerald K3 Ecu, Comp head gasket/comp Belt/ Head bolts/ Vernier pulleys) 3950.00

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 & Delivery.
Overseas & Trade enquiries welcome**