Cam Followers

It is of great importance to use high quality cam followers to get the best performance and reliability out of 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 Group. Always use cam lube when fitting new cam followers.

   a. Standard weight cam follower with oil drain hole. Weighs 44s grams. Order individually. AE5584
   b. Standard weight cam follower with oil drain hole. Weighs 44s grams. Order individually. AE5584
   c. Genuine AE cam follower (FederalMoogul). Weighs 44s grams. Order individually. AE5580

2. Performance developed - To combine consistent base edge chamfering and foot curvature, plus accurate tolerances to ensure push rod socket location in the follower base, to minimise float and jump normally associated with original cam followers which ultimately lost power. Suitable for all cam types and uses. Double heat treated and then finish ground.
   b. As above but taller to increase follower stability improving follower life. Order set. AE5580

Standard Production Valves

5. Inlet Valves for 1275cc. All valves sold individually.
   a. Single grooved valve. 35.6mm (1.448") inlet valve for 129940 casting AE5592
   b. Triple grooved valve. 35.6mm (1.448") inlet valve for 129940 casting AE5592
   c. Genuine AE valve with AEA31 valve spring AE5569
   6. Exhaust Valves for 1275cc. All valves sold individually.
   a. Single grooved valve. 29.2mm (1.149") exhaust valve for 129940 casting. CAM4601
   b. Triple grooved valve. 29.2mm (1.149") exhaust valve for 129940 casting. CAM4601

Rimflo Valves

We also stock a limited range of Rimflo valves for the 'A' series. These are produced in EN214N steel with chrome plated stems which enable them to be used with standard iron guides. All Rimflo valves start with the prefix C-RIM.

8. Rimflo Inlet Valves. All valves sold individually.
   a. Single grooved valve. 36.6mm (1.44") inlet valve for 129940 casting C-RIM55
   b. Triple grooved valve. 36.6mm (1.44") inlet valve for 129940 casting C-RIM55
   c. Genuine AE valve with AEA31 valve spring AE5569

9. Rimflo Exhaust Valves. All valves sold individually.
   a. Single grooved valve. 31.75mm (1.25") exhaust valve for 129940 casting C-RIM570
   b. Triple grooved valve. 31.75mm (1.25") exhaust valve for 129940 casting C-RIM570
   c. Genuine AE valve with AEA31 valve spring AE5569

Valve Guides/Seals

Although Silicon bronze valve guides were used for their extremely good wear values they were very hard and not user friendly when fitting. We have introduced the Manganese bronze guides which give good cutting properties and good wear characteristics and are original equipment on Porsche and Mercedes. Bronze alloy valve guides are required when using EN214N steel valves unless the valve stems are chrome plated. Guide material specifications may change as more modern materials are tested.

10. All 5 port heads. Manganese bronze guide are sold in sets of 8. C-AHJ4037
    11. Iron guides are bullet shaped for better flow characteristics. Type shown are 1291963 which accept ADU4905 seal. Order individually. ADU4905
    12. Top hat seals are always fitted on inlet valves and also on the exhaust valves on standard Rover unleaded heads.
        a. Standard replacement. Order individually. ADU4905
        b. New improved performance type. As fitted to twin point injection, made in original Dupont Viton. Order individually. LIO1160