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Conrods

Our rods are manufactured from certified 4340 steel, vacuum degassed to remove impurities, and multistage heat treated. Each forging is X-rayed, sonic tested, magna fluxed, shot panned to relieve stress, and all surfaces are 100% machined. For vehicles exceeding 500hp.



NEW 4340 Certified Forged Steel Rod

5/16 ARP cap screw bolts

Silicone Bronze bushings for floating pins

Precision alignment sleeves positively locate the rod cap, eliminating cap shift

Packaged in weight matched sets end to end +/- 1 gram

Designed for engines exceeding 500 horsepower

NOTE: Grinding may be required on some blocks to clear cap screws

Piston pin diameter 21mm for early model 4G63 engines

		LENGTH C/C	BE DIA	SE DIA	BOLT
MITSUBISHI					
CR01	4G63 EARLY	150	48	21	5/16
TOYOTA					
CR06	2JZ (SUPRA NEW)	142	55	22	3/8
CR07	7MGTE	152	55	22	3/8
CR08	1UZFE	146	55	22	3/8
CR05	4AGE	122	45	20	3/8
CR16	3SGTE	138	51	22	3/8
NISSAN					
CR02	RB25 / RB26 DET	121.5	51	21	3/8
CR15	SR20 DET	136.25	51	22	3/8
CR03	VQ35	144.1	55	22	3/8
VOLKSWAGEN					
CR14	16V (short block)	144	50.6	20	3/8
CR09	VR6	164	56.8	20	3/8
CR10	2E (long block)	159	50.6	21	5/16
BMW					
CR04	E36 325/328	135	48	22	3/8
SUZUKI					
CR11	HAYABUSA 1300R	119.5	41	20.2	3/8
CHEVROLET					
CR12	LS1 V8	154.89	56.49	24	7/16
CR13	LS1 V8 (low comp)	153.4	56.49	24	7/16
MAZDA					
CR17	2.0L FE (EGIOR 626)	150	54	22	7/16
CR18	2.0L FE (low comp)	148	54	22	7/16
OPEL					
CR19	C20LET (2.0L 8V or 16V)	143.1	52	21	3/8

FUEL PUMPS

Submerciabile Replacement Pumps:

Part No: **Pressure:** **Shut-Off Pressure:** **Flow:** **Volts:**
FP3613 **3BAR** **6 BAR** **150L/H** **12V**

Replacement for: Walbro ESS 382,
MAREL_1: MSS070-21, 77471, Fiat: 7747117-46473397

Application:

CHRYSLER: Cirrus, 4-148ci2, 4L DOHC SFIVIN X, 1996-97

DODGE: Caravan Forward, V6-181ci3,OL SOHC Maivin 3, 1995-'99



FP3613

FP386 **3BAR** **6BAR** **150L/H** **12V**

Interchange for: Airtex: E8229, HYUNDAI: 31111-22050, TOYOTA:
23221-46070

Application:

Tiburon: 4-2000cc 2.0L DOHC MFIVIN F, 1997-99

Carina: E-1992-97, Celica-1993-99, PA.SEO-1992-95

KIA: Sephia,4-1597cc 1.6L DOHC MFIVIN, 1995-97

HONDA: V-Tech



FP386

FP501 **3BAR** **6BAR** **140L/H** **12V**

Interchange for: VW: 1GD99051B, BEC 906 0B7C, VDO: E22 041 077Z

Application:

VW: Golf/Jetta A4 1.8 2.0 Vr6 2000-04

VW: Sharan 1.8 VR6 2000-04



FP501

FP503 **3BAR** **6BAR** **160L/H** **12V**

Interchange for: Nissan:17042-70FOD, 17042-96E00, 17042-96E10

TOYOTA: 23221-42130, 23221-50010, 23221-50020, 23221-74010

Application:

Nissan: Micra 1996-2002

Toyota: Corrola Sprinter 1985-89, Land Cruiser 1990-92

Subaru: Impreza 1993-2003



FP503

FP3815 **3BAR** **8BAR** **300L/H** **13.5V**

Interchange for: Bosch: 0580 314 076

Application:

BMW: 320i

PEUGOT: 106



FP3815

FUEL PUMPS & FUEL PRESSURE REGULATORS

Inline/External Replacement Pumps:

Part No: **Pressure:** **Shut-Off Pressure:** **Open Flow:** **Volts:**
FP507 **3BAR** **6 BAR** **150L/H** **12V**

Interchange for: Bosch 0580 254 910, AC DECO: Ep229, Pierburg: 7.21759.72.0

Application:

AUDI: 80 1.8 S-1.7L-1986-94, 80 1.8E-1.7L-1986-91
 MERCEDES: 190 W201 1800, 2000, 2300cc -1984-93,08
 FORD: Escort III-1.6-1982-90, Granada 2.8L-1982-1985



FP601

FP601 **3BAR** **6BAR** **160L/H** **12V**

Interchange for: Bosch: 0580 464 038

Application:

PEUGOT: 405 1.8L, 1.9L, 2.0L-1992-97, 505 19.L 1992-94
 RENAULT: R191.7L 1992-93, R21 1993-95
 BMW: 318i E30
 OPEL: Monza 2.0L



FP507

Fuel Pressure Regulators:

FPR01
FPR02
FPR03
FPR04

Standard
Adjustable
Adjustable
Adjustable

Bosch Replacement
OE Type
Rising Rate
Universal

With Gauge

FPR04



FPR01



FPR02



FPR03



Rising rate adjustable idle pressure regulator:

When there is vacuum in the manifold, the diaphragm pulls the valve open against the spring by an amount proportional to the vacuum and thus subtracts from the fuel pressure. When there is positive boost pressure in the manifold, the diaphragm pushes the valve closed by an amount proportional to the boost pressure and thus adds to the fuel pressure.

Fuel Injector:

Part No: **Replacement No:** **Colour:** **CC/Min:**
INJ01 **0 208 150 771** **White** **160**

INJ01



Fuel Rails:

FR01 **Fuel rail extrusion 1m**
FR02 **Fuel rail extrusion 2m**
FR02 **VW 2.0L 16v**

FR01



FR03

COOLERS

Inter Coolers:

Light weight aluminium construction with vacuum brazed core, cast header tank. Bar and plate core.

<u>Part No:</u>	<u>Size:</u>
INT03	280x300x76 mm
INT02	450x300x76 mm
INT01	600x300x76 mm
INT12	700x300x100mm
INT04	550x140x65 mm
INT05	550x180x65 mm
INT06	550x230x65 mm



Oil Cooler:

Compact design with high steel core with better cooling than conventional coolers and larger air contact surface.

<u>Part No:</u>	<u>Size:</u>
OC01	9 Row
OC02	19 Row
OC03	30 Row
SA01	Sandwich Adaptor



Aluminum Bends:

<u>Part No:</u>	<u>Size:</u>	<u>Bend:</u>
AB01	50mm	45deg
AB02	50mm	90deg
AB03	50mm	180deg
AB04	63mm	45deg
AB05	63mm	90deg
AB06	63mm	180deg
AB07	76mm	45deg
AB08	76mm	90deg
AB09	76mm	180deg



Heavy Duty T-Bolt Clamps:

- TBC01
- TBC02
- TBC03
- TBC04

Heavy duty T-Bolt Stainless Steel Clamps with protective inner band with self-locking nuts.



SILICONE HOSES

Straight Hose:

<u>Part No:</u>	<u>Bore:</u>	<u>Length:</u>
SIL01	16mm	1000mm
SIL02	38mm	1000mm
SIL03	50mm	1000mm
SIL04	63mm	1000mm
SIL05	76mm	1000mm
SIL06	50mm	1000mm
SIL07	57mm	1000mm
SIL08	63mm	1000mm
SIL09	76mm	1000mm
SIL10	100mm	1000mm



Elbow 90deg:

SIL11	16mm	102mm
SIL12	38mm	102mm
SIL13	50mm	102mm
SIL14	63mm	125mm
SIL15	76mm	125mm
SIL16	50mm	125mm
SIL17	63mm	125mm
SIL18	76mm	125mm
SIL19	100mm	125mm



Elbow 45deg:

SIL20	16mm	
SIL21	38mm	
SIL22	50mm	
SIL23	63mm	
SIL24	76mm	



Reducer Elbow 90deg:

RE01	50-63mm	125mm
RE02	63-76mm	125mm

Straight Reducer Hose:

SR01	50-76mm	102mm
SR02	57-50mm	102mm
SR03	50-63mm	102mm
SR04	63-57mm	125mm
SR05	76-63mm	125mm
SR06	100-76mm	152mm



EFI, BRAKE DISC KITS, AIRFLOW METERS AND CONNECTORS

Calipers:

<u>Part No:</u>	<u>Type:</u>	<u>Max Disc Size:</u>	<u>Max Disc Thickness:</u>
CAL01	8 Piston	355mm	28mm
CAL02	8 Piston	420mm	32mm
CAL03	6 Piston	355mm	28mm
CAL04	4 Piston	330mm	25mm
CAL05	4 Piston	330mm	28mm



CAL01



CAL03

Brake Disc Kits:

BK01	BMW	E36
BK02	VW	GOLF 1
BK03	CHEVROLET	LUMINA



Electronics:

Fuel Management Systems:

MRT1	Fuel & Timing 4, 6, & 8 Cyl
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MRT1

Air Flow Meters:

Replacement Part No:

AFM01	Bosch	0 281 002 180
AFM02		0 280 217 003 / 90 351 567

HID Headlight Conversion Kits:

<u>Part No:</u>	<u>Application:</u>	
XH01	H1	6000K
XH02	H3	6000K
XH03	H4&2	6000K
XH04	H7	6000K
XH05	9004	6000K
XH06	9005	6000K
XH07	9006	6000K
XH08	9007	6000K



AFM01



XH03

Connectors:

PLU01	Injector Plug	2Pin
PLU02	TPS Plug	3Pin
PLU03	TP100 Plug	7Pin



PLU01



PLU02



PLU03

WASTE GATES & BLOW OFF VALVES

Waste Gates:

Part No:

WG001

WG002

WG003

WG004

WG005

WG006

WG007

WG008

AC001

Size:

35 mm

38 mm

40 mm

46 mm

50 mm

60 mm

Internal waste gate for T3

Internal waste gate for T3

Actuator for internal waste gate



WG008



WG007



AC001



WG002



WG003



WG005



WG006

Blow Off Valves:

BOV01

SMART Blow Off Valve

BOV02

Twin Chamber Blow Off Valve



BOV01

Twin Chamber Blow Off Valves:

A good blow off valve is an absolute necessity for high performance turbo systems. A well designed blow off valve prevents turbine damage by quickly relieving excess boost.

Pressure without sacrificing boost response. Conventional valves require between flow capacity and boost response. Valves with high flow capacity generally have poor boost response, while valves with high boost response are not able to handle high flow capacity. Our engineers have developed a solution to this problem by creating a twin chamber blow off valve. It is an adjustable, high response unit for use on a wide range of applications. Rather than relying on a vacuum chamber alone, the twin chamber blow off valve harnesses boost pressure in a second chamber to assist in opening the relief valve. This design allows the use of a unique flat-valve design, which provides excellent valve response under both low and high boost conditions without sacrificing flow capacity. Valve reaction is adjusted by tightening or loosening the spring tension screw on top of the unit. Blow off sound can be adjusted by turning the red collar at the base of the unit. With its innovative design and adjustment features, the twin chamber blow off valve is flexible enough for both street cars and racing cars.



BOV02

EXHAUST MANIFOLDS & TURBO'S

Fabricated Turbo Exhaust Manifold:

<u>Part No:</u>	<u>Model:</u>	<u>FWD/RWD:</u>	<u>Application:</u>
EM101	4A-GE	FWD	Toyota
EM102	4A-GE	RWD	1400 Nissan
EM103	VW	FWD	2.0L 16v
EM104	2LFE	RWD	1400 Nissan
EM105	MR2	FWD	ToyotaMk1 '89



Cast Turbo Exhaust Manifolds:

EM001	Honda B16	FWD	VTech
EM002	VR6 2.8L	FWD	VW VR6
EM003	VW 8Valve All	FWD	VW All



Lambda Sensor:

LA01	4Wire Lambda Sensor
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Universal Throttle bodies:

TB01	70mm	
TB02	85mm	LS1 Lumina



TURBO CHARGERS & TURBO CHARGER PARTS

Complete Turbo Chargers:

Part No: Model:

TC001	T3-1
TC002	T3/T4-1
TC003	T61
TC004	T66
TC005	T72



We stock the following GARRETT turbo replacement parts:

- **Bearing Housings** **T3, T2.5, T2.8**
- **Back Plates** **T3, T04B, T04E, T61, T72**
- **Compressor Housings** **T3, T04B, T04E, T72**
- **Compressor Wheels** **Many models available**
- **Turbine Wheels**
- **Heat Shields** **T3 & T4**
- **Turbo Repair Kits** **T3, T4, T2.5, GT15, /17/22**
- **Turbine Housings** **Many models available**
- **Oil Inlet Flanges**
- **Oil Drain Flange**
- **Turbine Discharge Flange**
- **Waste Gate Flange** **Many models available**
- **V-Clamps**



INJECTOR CHART

Engine

Wheels

Bosch Part No:	cc/min	kw	per cyl	4cyl kw	4cyl hp	6cyl kw	6cyl hp	kw per cyl	4cyl kw	4cyl hp	6cyl kw	6cyl hp
	80	11.94	47.76	64.10	71.84	98.14	9.18	36.74	49.90	55.11	73.96	
	100	14.93	59.70	80.12	89.55	120.18	11.48	45.92	61.63	68.89	92.45	
	120	17.91	71.64	96.14	107.46	144.21	13.78	55.11	73.96	82.68	110.93	
	140	20.90	83.58	112.17	125.37	168.25	16.07	64.29	86.28	96.44	129.42	
	160	23.88	95.52	128.19	143.28	192.29	18.37	73.45	98.61	110.22	147.91	
0 280 150 415	180	26.87	107.46	144.21	161.19	216.32	20.67	82.66	110.93	124.00	166.40	
	200	29.85	119.40	160.24	179.10	240.36	22.96	91.85	123.26	137.77	184.89	
	230	34.33	137.31	184.27	205.97	276.41	26.41	105.63	141.75	158.44	212.62	
0 282 150 002	260	38.81	155.22	208.31	232.84	312.47	29.85	119.40	160.24	179.10	240.36	
0 280 150 701	270	40.30	161.19	216.32	241.79	324.48	31.00	124.00	166.40	185.99	249.60	
0 280 150 953	280	41.79	167.16	224.33	250.75	336.50	32.15	128.59	172.56	192.88	258.85	
	300	44.78	179.10	240.36	268.66	360.54	34.44	137.77	184.89	206.66	277.34	
	320	47.76	191.04	256.38	286.57	384.57	36.74	146.96	197.22	220.44	295.83	
	340	50.75	202.99	272.41	304.48	408.61	39.04	156.14	209.54	234.21	314.31	
	360	53.73	214.93	288.43	322.39	432.64	41.33	165.33	221.87	247.99	332.80	
0.280.150.003	380	56.72	226.87	304.45	340.30	456.68	43.63	174.51	234.20	261.77	351.29	
0.280.155.009	400	59.70	238.81	320.48	358.21	480.72	45.92	183.70	246.52	275.55	369.78	
	420	62.69	250.75	336.50	376.12	504.75	48.22	192.88	258.85	289.32	388.27	
0.280.410.144	434	64.78	259.10	347.72	388.66	521.58	49.83	199.31	267.48	298.97	401.21	
	460	68.66	274.63	368.55	411.94	552.82	52.81	211.25	283.50	316.88	425.25	
0.280.150.041	480	71.64	286.57	384.57	429.85	576.86	55.11	220.44	295.83	330.65	443.74	
0.280.150.403	503	75.07	300.30	403.00	450.45	604.50	57.75	231.00	310.00	346.50	465.00	
	520	77.61	310.45	416.62	465.67	624.93	59.70	238.81	320.48	358.21	480.72	
	540	80.60	322.39	432.64	483.58	648.97	62.00	247.99	332.80	371.99	499.21	
	560	83.58	334.33	448.67	501.49	673.00	64.29	257.18	345.13	385.76	517.69	
	580	86.57	346.27	464.69	519.40	697.04	66.59	266.36	357.46	399.54	536.18	
	600	89.55	358.21	480.72	537.31	721.07	68.89	275.55	369.78	413.32	554.67	
	620	92.54	370.15	496.74	555.22	745.11	71.18	284.73	382.11	427.10	573.16	
	640	95.52	382.09	512.76	573.13	769.15	73.48	293.92	394.43	440.87	591.65	
	660	98.51	394.03	528.79	591.04	793.18	75.77	303.10	406.76	454.65	610.14	
	680	101.49	405.97	544.81	608.96	817.22	78.07	312.28	419.09	468.43	628.63	
	700	104.48	417.91	560.84	626.87	841.25	80.37	321.47	431.41	482.20	647.12	
	720	107.46	429.85	576.86	644.78	865.29	82.66	330.65	443.74	495.98	665.61	
	740	110.45	441.79	592.88	662.69	889.33	84.96	339.84	456.06	509.76	684.10	
	760	113.43	453.73	608.91	680.60	913.36	87.26	349.02	468.39	523.54	702.59	
	780	116.42	465.67	624.93	698.51	937.40	89.55	358.21	480.72	537.31	721.07	
	800	119.40	477.61	640.96	716.42	961.43	91.85	367.39	493.04	551.09	739.56	
	820	122.39	489.55	656.98	734.33	985.47	94.14	376.58	505.37	564.87	758.05	
	840	125.37	501.49	673.00	752.24	1009.50	96.44	385.76	517.69	578.65	776.54	
	860	128.36	513.43	689.03	770.15	1033.54	98.74	394.95	530.02	592.42	795.03	
	880	131.34	525.37	705.05	788.06	1057.58	101.03	404.13	542.35	606.20	813.52	
	900	134.33	537.31	721.07	805.97	1081.61	103.33	413.32	554.67	619.98	832.01	
	920	137.31	549.25	737.10	823.88	1105.65	105.63	422.50	567.00	633.75	850.50	
	940	140.30	561.19	753.12	841.79	1129.68	107.92	431.69	579.32	647.53	868.99	
	960	143.28	573.13	769.15	859.70	1153.72	110.22	440.87	591.65	661.31	887.48	
	980	146.27	585.07	785.17	877.61	1177.76	112.51	450.06	603.98	675.09	905.97	
	1000	149.25	597.01	801.19	895.52	1201.79	114.81	459.24	616.30	688.86	924.45	

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R10.00

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