



How to Power Tune Ford Sohc: 4-Cylinder 'Pinto' & Cosworth Dohc Engines for Road & Track (Speedpro)

Des Hammill

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This text gives practical advice on how to power tune a high-performance version of Ford's 4-cylinder 1600, 1800 and 200 cc Pinto engine which has been used in Ford's most popular cars (Escort, Capri, Cortina, Sierra) over many years. Whether the reader wants a fast road car or to go racing, Des Hammill explains, without using technical jargon, how to build a reliable high power engine using as many stock parts as possible and without wasting money on parts and modifications that don't work. The text also covers Cosworth versions of Pinto engines and fitting Cosworth heads to normal blocks. It does not cover 1300, E-Max 1600 or American built 2300.

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