

GM Vauxhall/OPEL XE Engine Oil Recommendation

The information within this data sheet is built from our experience, this is intended as a guide but the customer must be aware that there may be scenarios where an alternative is more suitable, we cannot foresee all eventualities and applications.

We suggest you talk to your engine builder for oil recommendations.

See separate sheet for new engines which require "running in", this sheet is intended for engines which are ready to be run on fully synthetic oil.

4 Cylinder GM Vauxhall/OPEL XE Competition Engines

The oil should be able to offer protection your engine even at high oil temperatures. The engine block on a XE is made of cast iron so has virtually no expansion with heat, but as oil temperate rises the viscosity of the oil will reduce.

Recommended oil grades:

5W40 - Sprint & Hillclimb

10W50 - Rally & Race

10W60 - Race & Rally applications where you are in the higher temperature ranges. Extreme use applications.

Advised oil temperature range

(Always monitor Oil temperature it is dangerous not to)

Min 60C

Max 125C

Optimal Oil temp 80C to 100C

Advised oil pressure range

Set PRV to achieve 65-85psi when oil is at running temperature and engine revs are between 3500rpm and Max revs.

Idle pressure is a result of Oil viscosity and temperature, expect between 25-35psi and NOT adjustable with PRV.

Remember that as the oil temperature rises the oil pressure will drop. In order to get an indication of the condition of the bearings in your engine, always monitor and compare oil pressures at the same temperature. If you notice a drop in oil pressure compared to what was seen previously, then the engine needs inspection. DO NOT adjust the pressure relief valve setting; you are only hiding a problem and the engine will fail!


Please note:

It is very costly and time consuming to test various oil manufacturers products, please do not ask our opinion on other oils which we have not used.

Free technical support is available on our website. If you require personalised technical support training, this is available at a chargeable rate.

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