

Ford Duratec 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.

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.

2.0L/2.3L/2.4L/2.5L 4 Cylinder Duratec Competition Engines

OIL-EN-SO-5W40-XR-5L

This oil is able to offer protection and retain good viscosity even at high oil temperatures, this is critical as the Duratec has an Aluminium engine block and as such main bearing clearances will grow dramatically with temperature. We have carried out extensively testing on the dyno and on our own race and test cars, SORT have carried out formula changes to the oil during the testing period on the dyno and this is now our recommended engine oil manufacturer.

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, we have seen good results with SORT products and as such would always advise the use of the oil as listed in this information sheet, please do not ask our opinion on other oils which we have not tested or used.

Please be aware that Technical Support involving our Technicians is chargeable

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