



Competition 3way (5300 series)

AST Suspension Competition sets 5300 Shock Absorbers For the best performance on the track AST Suspension designed the Competition 3way adjustable dampers (5300 series)

- » Rebound, Low & Hi Speed Compression Adjustable ("Triples"), with a remote reservoir
- » Remote reservoirs allow additional travel and heat dissipation
- » 44.5mm diameter shaft struts, Inverted
- » Aluminum cylinder, threaded body shocks, factory mounting style
- » New low friction seal on all AST dampers
- » Spherical lower "eye" shock mounts
- » Reservoir with hose or piggyback (piggyback examples: '08 STI & BMW E36 rears)
- » Spherical upper shock mount assemblies
- » Synthetic hydraulic fluid
- » Optional DLC Coated 44,5mm inverted shafts
- » Optional DDP piston (double digressive)

No Springs included in these sets

5300 serie dampers
Effective January , 2014

Alfa Romeo				
Alfa 155 V6				
Part #	Model	Year	Comments	
RAC-A2007S	155 V6	92 - 98	Steel strut front Aluminium rear	
Alfa 155 TS				
Part #	Model	Year	Comments	
RAC-A2008S	155 TS	92 - 98	Steel strut front Aluminium rear	
Alfa 147				
Part #	Model	Year	Comments	
RAC-A1201S	Alfa 147 All models	00 - 10	Steel strut front and rear	
Alfa 156				
Part #	Model	Year	Comments	
RAC-A1202S	Alfa 156	97 - 05	Steel strut front and rear	
Alfa GT				
Part #	Model	Year	Comments	
RAC-A1204S	Alfa GT	2004 - 2010	Steel strut front and rear	
AUDI				
Audi A3				
Part #	Model	Year	Comments	
RAC-A2104S	A3 All models	03 - >	Steel strut front and rear	

Audi TT				
Part #	Model	Year	Comments	
RAC-A2801S	TT RS Quattro	09 - >	Steel strut front Aluminium rear	
Audi R8				
Part #	Model	Year	Comments	
RAC-A4001S	R8	07 - >	Aluminium front and rear	
BMW				
BMW E30				
Part #	Model	Year	Comments	
RAC-B1501S	Bmw E30	83 - 94	OEM hubs needed, Steel strut front aluminium rear	
BMW E30				
Part #	Model	Year	Comments	
RAC-B1502S	Bmw E30 M3	86 - 91	OEM hubs needed, Steel strut front aluminium rear	
BMW E36				
Part #	Model	Year	Comments	
RAC-B1002S	E36 All models	91 - 99	Steel strut front Aluminium rear	
BMW E36 M3				
Part #	Model	Year	Comments	
RAC-B1005S	E36 M3	92 - 98	Steel strut front Aluminium rear	
BMW E46				
Part #	Model	Year	Comments	
RAC-B1101S	E46 All models	98 - 05	Steel strut front Aluminium rear	
BMW E46 M3 Coupe				
Part #	Model	Year	Comments	
RAC-B1103S	E46 M3	2003 - 2004	Steel strut front Aluminium rear	

BMW new 3 series				
Part #	Model	Year	Comments	
RAC-B1602S	E90	05 - >	Steel strut front and rear	
RAC-B1602S	E91	05 - >	Steel strut front and rear	
RAC-B1602S	E92	06 - >	Steel strut front and rear	
RAC-B1602S	E93	07 - >	Steel strut front and rear	
BMW E92M3				
Part #	Model	Year	Comments	
RAC-B1801S	E92 M3	07 - >	Steel strut front Aluminium rear	
BMW new 1 series				
Part #	Model	Year	Comments	
RAC-B1601S	2004 ->	04 - >	Steel strut front and rear	
BMW M1				
Part #	Model	Year	Comments	
RAC-B1701S	M1	79 - 81	Aluminium front and rear	
Mini				
Part #	Model	Year	Comments	
RAC-B1301S	R50	2001 - 2006	Steel strut front and rear	
Mini				
Part #	Model	Year	Comments	
RAC-B1401S	R56	07 - >	Steel strut front and rear	
Citröen				
Saxo				
Part #	Model	Year	Comments	
RAC-C2002S	Saxo		Steel strut front and rear	

Citroën XSARA				
Part #	Model	Year	Comments	
RAC-C2006S	XSARA	97 - 06	Steel strut front Aluminium rear	
Ford				
Escort MKI/II				
Part #	Model	Year	Comments	
RAC-F2202S	MKI/II	69 - 85	OEM hubs needed, Steel strut fron aluminium rear	
Focus II				
Part #	Model	Year	Comments	
RAC-F1101S	Focus MK2	2004 -2010	Steel strut front and rear	
Ford Fiesta				
Part #	Model	Year	Comments	
RAC-F1006S	St	2002 - 2008	Steel strut front Aluminium rear	
Ford Fiesta Zetec NEW!!				
Part #	Model	Year	Comments	
RAC-F4001S	Zetec	2012	Steel strut front Aluminium rear	
Focus III				
Part #	Model	Year	Comments	
RAC-F2011S	Focus MK3 RS	10 ->	Steel strut front and rear	
Ginetta				
Ginetta G50				
Part #	Model	Year	Comments	
RAC-G1001S	G50	08->	Aluminium front and rear	

Honda				
Honda Civic (EE)				
Part #	Model	Year	Comments	
RAC-H1001S	Honda Civic EE	89 - 91	Steel strut front and rear	
Honda Civic (ED)				
Part #	Model	Year	Comments	
RAC-H1001S	Honda Civic ED	88 - 91	Steel strut front and rear	
Honda Civic (EG)				
Part #	Model	Year	Comments	
RAC-H1003S	Honda Civic EG	91 - 95	Steel strut front and rear	
Honda Civic (EH)				
Part #	Model	Year	Comments	
RAC-H1003S	1.6 16V Vtec (EH9)	91 - 95	Steel strut front and rear	
Honda Civic Type-R (EP3)				
Part #	Model	Year	Comments	
RAC-H1401S	Type R ep3		Steel strut front Aluminium rear	
Honda Integra (DC2)				
Part #	Model	Year	Comments	
RAC-H1501S	DC2 Type R		Steel strut front and rear	
Honda Integra (DC5)				
Part #	Model	Year	Comments	
RAC-H1502S	DC5 Type R		Steel strut front Aluminium rear	
Honda Civic Type-R				
Part #	Model	Year	Comments	
RAC-H1601S	FD2		Steel strut front and rear	

Honda S2000				
Part #	Model	Year	Comments	
RAC-H1301S	S2000	99 - 09	Aluminium strut front and rear	
Lada				
Lada				
Part #	Model	Year	Comments	
RAC-L2002S	110		Steel struts front and rear	
Lotus				
Lotus Elise				
Part #	Model	Year	Comments	
RAC-L1101S	Elise S1	97 - 01	Aluminium strut front and rear	
RAC-L1102S	Elise S2	01 - >	Aluminium strut front and rear	
RAC-L1103S	Elise S2 Exige	01 - >	Aluminium strut front and rear	
Mazda				
Mazda MX5				
Part #	Model	Year	Comments	
RAC-M1206S	NA/NB	89 - 05	Aluminium strut front and rear	
Mazda MX5				
Part #	Model	Year	Comments	
RAC-M1203S	NC	05 - >	Aluminium strut front and rear	

Mitsubishi				
Mitsubishi Lancer EVO				
Part #	Model	Year	Comments	
RAC-M3001S	Lancer EVO IV		Steel strut front and rear	
RAC-M3002S	Lancer EVO V		Steel strut front and rear	
RAC-M3003S	Lancer EVO VI		Steel strut front and rear	
RAC-M3004S	Lancer EVO VII		Steel strut front and rear	
RAC-M3005S	Lancer EVO VIII		Steel strut front and rear	
RAC-M3006S	Lancer EVO IX		Steel strut front and rear	
RAC-M3007S	Lancer EVO X		Steel strut front and rear	
Nissan				
Nissan GT-R				
Part #	Model	Year	Comments	
RAC-N2008S	R35	08 - >	Aluminium strut front and rear	
Peugeot				
106				
Part #	Model	Year	Comments	
RAC-P1501S	106		Steel strut front and rear	
Peugeot 205 I (741A/C)				
Part #	Model	Year	Comments	
RAC-P1001S	205	83 - 87	Steel strut front and rear	
Peugeot 206 (2A/C)				
Part #	Model	Year	Comments	
RAC-P1503S	206 RC		Steel strut front and aluminium rear	

Porsche				
Porsche 928				
Part #	Model	Year	Comments	
RIV-P2006S	928	77 - 82	Steel strut front and aluminium rear	
Porsche 944				
Part #	Model	Year	Comments	
RAC-P2007S	2.5	85 - 87	Steel strut front Aluminium rear	
Porsche 911 (993)				
Part #	Model	Year	Comments	
RAC-P2008S	3.6 Carrera	93 - 95	Steel strut front Aluminium rear	
Porsche 911 Targa (993)				
Part #	Model	Year	Comments	
RAC-P2010S	3.6 Carrera	95 - 97	Steel strut front Aluminium rear	
Porsche 911 (964)				
Part #	Model	Year	Comments	
RAC-P2009S	3.3 Turbo	90 - 93	Steel strut front and rear	
Porsche Boxter (986)				
Part #	Model	Year	Comments	
RAC-P2201S	Boxster	96 - 99	Steel strut front and rear	
Porsche 911 (996)				
Part #	Model	Year	Comments	
RIV-P2202S	996	97 - 01	Steel strut front and aluminium rear	
Porsche 996 GT2				
Part #	Model	Year	Comments	
RAC-P2202S	3.4 Carrera	97 - 01	Steel strut front Aluminium rear	

Porsche 911 (997) Coupe				
Part #	Model	Year	Comments	
RAC-P2204S	3.6 Carrera	04 - >	Steel strut front Aluminium rear	
Porsche 911 (997) GT3 RSR Cup				
Part #	Model	Year	Comments	
RAC-P2205S	4.0		Steel strut front Aluminium rear, incl. quick disconnects	
Renault				
Renault Clio				
Part #	Model	Year	Comments	
RAC-R2002S	172	1999 - 2004	Steel strut front Aluminium rear	
RAC-R2001S	182	2004 - 2009	Steel strut front Aluminium rear	
RAC-R1001S	197	2009 - 2013	Steel strut front Aluminium rear	
Renault Megane				
Part #	Model	Year	Comments	
RAC-R2004S	Megane II RS	2004 -	Steel strut front Aluminium rear	
RAC-R2006S	Megane III RS	2010 -	Steel strut front Aluminium rear	
Subaru				
Subaru impreza (GC)				
Part #	Model	Year	Comments	
RAC-S6202S	Impreza GC	92 - 00	Steel strut front and rear	
Subaru impreza (GG, GD)				
Part #	Model	Year	Comments	
RAC-S6203S	Impreza GD Type 2	2001 - 2004	Steel strut front and rear	
Subaru impreza (GG, GD) vanaf 2003				
Part #	Model	Year	Comments	
RAC-S6205S	Impreza GD Type 2	2003 - 2005	Steel strut front and rear	

Subaru impreza 2005				
Part #	Model	Year	Comments	
RAC-S6206S	2.0R	2005 - 2008	Wheel PDC 5 x 100mm, Steel struts front and rear	
Subaru Impreza				
Part #	Model	Year	Comments	
RAC-S6209S	WRX	08 - >	Wheel PDC 5 x 100mm, Steel struts front aluminium rear	
RAC-S6210S	Sti	08 - >	Wheel PDC 5 x 114,3mm, Steel struts front aluminium rear	
Subaru BRZ				
Part #	Model	Year	Comments	
RAC-S6401S	2.0	12 ->	Steel struts front aluminium rear	
Toyota				
Toyota Scion FR-S				
Part #	Model	Year	Comments	
RAC-T2401S	2.0	12 ->	Steel struts front aluminium rear	
Volkswagen				
Volkswagen Golf II (19E)				
Part #	Model	Year	Comments	
RAC-V1302S	Golf II/III Jetta Vento	83 - 99	Steel strut front and rear	
Volkswagen Golf IV				
Part #	Model	Year	Comments	
RAC-V1501S	Golf IV All models	99 - 03	Steel strut front Aluminium rear	
Volkswagen Golf V (1k1)				
Part #	Model	Year	Comments	
RAC-V1003S	Golf V All models	2003 - 2010	Steel strut front Aluminium rear	

Volkswagen Golf VI				
Part #	Model	Year	Comments	
RAC-V1901S	Golf VI	08 ->	Steel strut front Aluminium rear	
Volkswagen Scirocco III				
Part #	Model	Year	Comments	
RAC-V1902S	Scirocco III	06 ->	Steel strut front Aluminium rear	
Volkswagen Golf VII				
Part #	Model	Year	Comments	
RAC-V1903S	Golf VII	13->	Steel strut front Aluminium rear	
Volvo				
Volvo				
Part #	Model	Year	Comments	
RAC-V8001S	C30		Steel strut front and rear	
Volvo				
Part #	Model	Year	Comments	
RAC-V8002S	V50		Steel strut front and rear	

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