

Cable routing – Seat post



1) Remove Fork and headset assembly.

2) Remove BB CUPS with a Hope 30mm BB tool.

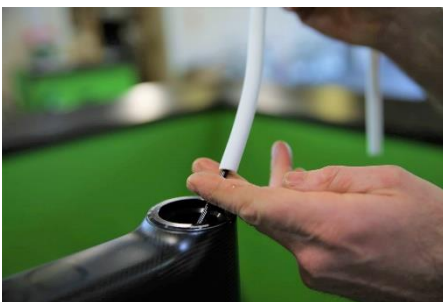
3) Insert cable into the seat tube and push until it appears at the BB.



4) Using your fingers, guide the cable round the BB and feed it up the down tube.

5) Feed the cable until it appears out of the head tube top cup.

6) Lubricate the foam tube (that should have been removed with the old cables). Chain lube is ideal for this.



7) Slide the foam tube onto the cable and push until it fully disappears inside the frame.

8) Push the cable back into the frame and then feed it through the drive side hole.

9) Slide the single hole, larger size rubber grommet onto the cable and wiggle it into place. The groove on the grommet should sit inside the frame.

Cable routing – Gear and brake cable – FOLLOW STEPS 1 & 2 ABOVE TO BEGIN WITH



Start by inserting both small grommets into the frame holes nearest the BB.



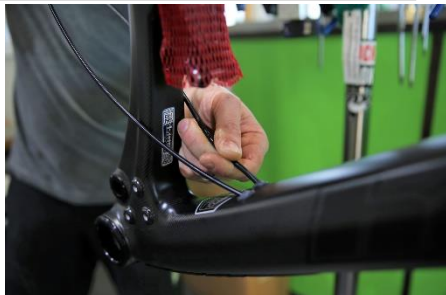
Feed the gear cable into the drive side hole and push until it reaches the headtube. If the cable catches inside the down tube, give it a wiggle and twist.



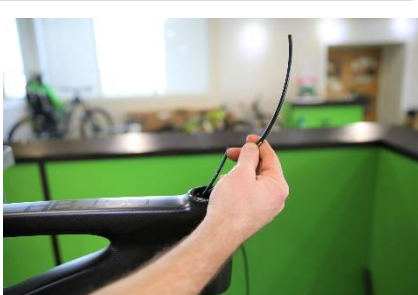
Help the cable through the top headset cup.



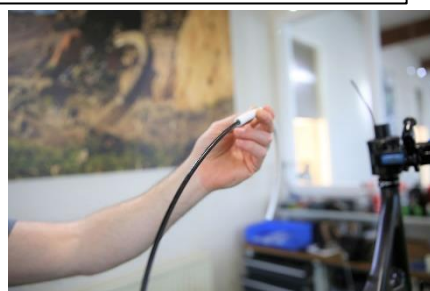
Lubricate the foam tube and slide onto the cable until it disappears into the frame.



Insert the rear brake hose into the grommet on the non-drive side and push



Help the hose through the head tube



Lubricate the foam tube and slide onto the cable until it disappears into the frame



Guide both the gear cable through the drive side hole
(For Non UK brake configuration, feed the brake cable through the non-drive side hole)



Slide the grommet with 2 holes onto both gear and brake cables and slide down.



Push the grommet into the hole, allowing the groove to sit flush into the frame.

Fitting the rear wheel



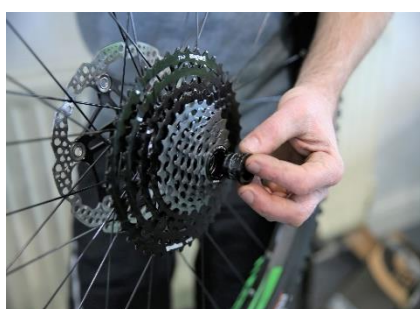
To remove the rear wheel, you will require an 8mm allen key



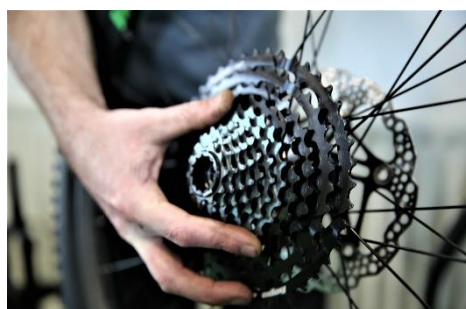
Insert the 8mm allen key into the axle and turn counter-clockwise. Pull the axle out.



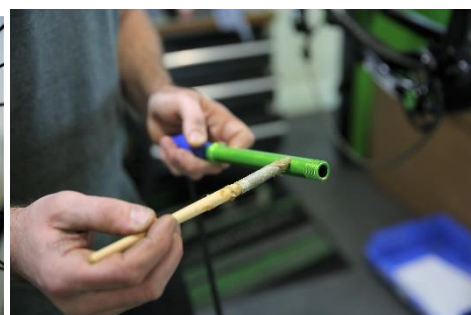
Take care to hold the wheel as the axle is extracted.



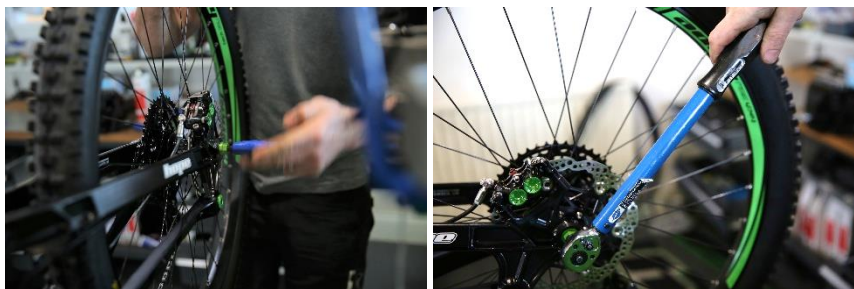
Note. The hub drive-side spacer is located inside the cassette. It is held in place with a rubber o-ring and can be easily pulled out.



Note. Due to the unique design of the hub, the cassette appears to be loose, but this is normal. The cassette and freehub is held in place with a circlip



Putting the wheel back in the frame – Lubricate the axle with grease before assembly



Using the 8mm allen key, insert it through the frame and hub. Apply a bit of pressure and wiggle if necessary, until the axle locates in the hanger

Using an 8mm allen key, turn the axle clockwise until it bites. Use a torque wrench to set the axle to the correct setting – 30-35Nm



**DESIGNED, TESTED AND MANUFACTURED
IN BARNOLDSWICK, UK**

**RIDDEN AND RACED ALL OVER THE
WORLD**