

Main Pivot Bearing



Remove the old nut and bolt from inside old cone bearing. You will need a 5mm allen key and a 10mm box spanner.

Screw an old M10 bolt into the end of the old cone bearing that is tapped with a thread.



Tap the threaded cone out from the opposite side using a 6mm rod and a soft mallet. Ensure the frame is held firmly in a bike stand or something similar.

It should come out like this, you can then tap the opposite cone out from the side you have just removed the threaded cone.



Clean the cones in the frame out and fit the new conical bushes from the BETD kit

Press the old nylon bushes out of the chainstay yoke using a vice or a G-

Press the new needle bearings into the chainstays using a G-clamp or press. Ensure that the bearings are pressed into the chainstay yoke from the inside and that they are pressed in dead straight. The bearings should be pressed in so that they are level with the inner face of the chainstay yoke.



Main Pivot Bearing Continued....



Fit the two nylon washers (with the recesses facing outwards) to the inner surfaces of the chainstay yoke. Use a little grease to help them stick. Fit the chainstay to the main frame ensuring that the nylon washers remain concentric to the yoke and the needle bearings.

To fit the chainstay to the main frame you may need to thin the washers down a bit. They are supplied for a worst case situation where the frame has received a substantial amount of wear. Use some emery or a linisher.



Grease the needle bearings with good quality (and clean) bearing grease. Fit the two Stainless Steel shafts through the bearings into the conical bearing adaptors fitted to the main frame pivot.

Insert the 6mm bolt into the the bearing assembly and tighten the assembly using two 6mm allen keys.

Loosen and remove the shafts, and fit the O-rings into the housing behind the bearings.

Refit the shafts and tighten.



Upper Pivot Assembly (linkage)

Loosen the bolt clamping the upper pivot housing and drift out the old shaft using a suitable tool (we used a box spanner the was the right size).





Insert the new alloy spacer into the housing, centre it, and retighten the housing bolt.

Press the nylon bushes out of the linkage using a G-clamp, then press the needle bearings into the housings in the linkage until the bearings are flush with the inner face of the linkage. Ensure the bearings are pressed in dead square.



While the linkage is off the bike, remove the nylon bushes from the back of the linkage and press the sleeved bearing assemblies into the housings using a vice. It is essential for the correct operation of all these bearings that the bearings are fitted dead square.

Place the two nylon washers on the inner faces of the linkage (again these may require thinning down).

Fit the front of the linkage to the frame, ensuring the nylon washers remain concentric to the bearings. Insert the bolt and tighten the assembly.



Place the stepped washers (step facing in) on the M8 bolts supplied, on the INSIDE of the seatstays. Offer this up to the rear of the linkage and loosely push the bolts through the bearing assemblies.

Place the other stepped washers on the protruding bolt and fit the nyloc nuts to the bolts.

Place the 1mm washers (supplied) between the top of the seatstays and the linkage plate. Tighten the nyloc nuts until movement stops.

Loosen the nuts and remove the 1mm washers, then retighten the nuts. This sequence centralises the linkage plate.



A-Link Kit



Remove the nylon spacers from the bearing housing at the A-link end of the seat stays.

Press the supplied cartridge bearing into the A-link bearing housing using a vice or a G-clamp.

The bearings should end up flush with the outside surface of the housing.



Fit the seatstays to the chainstays and push in the sleeve nut from the inside faces and screw in the bolt from the outside. A 5mm allen key will tighten the bolt. Use a thin screw driver to get purchase on the slot in the back of the sleeve nut.



Stand back and admire your (now squeak free) creation.

Put the bike back together and get out on it!!!