



Turn GIRDLER M30

£229.99 Upgrade Bikes www.upgradebikes.co.uk

DURABILITY KINGS PRAXIS have joined up their BB and chainring offerings with these bomber cranks. The huge box-section arms can scuff ankles if you pedal duck-footed, but their massive stiffness is obvious as soon as you put foot to pedal. Add an oversize 30mm axle and they haven't flinched or flexed under even our most hardcore testers. Ground clearance/low BB fans will be glad of the short 165mm arm option, and

they're not as heavy as you'd expect. The spider is fixed and UK distributors Upgrade only offer a 32t version as a complete package (30-38t options sold separately), but the ultra tough, impressively secure cold-forged Praxis chainring won't need replacing any time soon. Praxis's BBs (£34.99-59.99) are equally durable, and available to fit all frames.

MBUK ★ ★ ★ ★ ★