



Monster stiff arms, big axle cranks with
legendarily long-lived BB and chainrings

additional chainguide. Hope have been smart enough to laser etch the anodizing away across the inevitable ankle scuff zone so they already look ankle polished when new but will still look the same after months of filthy pedalling.

While the cold forged basis of the arms makes them significantly stronger than a purely machined crank, bigger riders will still be able to get them bouncing and flexing compared to the stiffest hollow forged crank arms.

At 723g with the single ring spider and 32T ring they're slightly heavier and significantly more expensive than Shimano XT (£149.98, 669g) or SRAM GX (£155, 671g) and X1 (£225, 682g) opposition. While the price is understandable given the workmanship and hours put into each crank, it puts them firmly in the cosmetic indulgence rather than performance boosting category. If that's what you're after though their silk smooth bearings, ultra secure fixing and scuff shrugging design mean they'll probably stay spinning and definitely stay looking sweeter for much longer than most other alloy or carbon options. www.hopetech.com

Turn Girder M30

£229

Praxis are relatively unknown in the UK but they've got a superb global reputation for their ultra long lived, cold forged and machined chainrings and pioneering 'self installing' threaded sleeve press-fit bottom bracket solutions. Now, with their new Turn brand, they've bridged the gap between bearings and rings with these unashamedly, almost brutally workmanlike looking, Girder cranks. Like Hope, the oversized alloy axle is compatible with standard diameter bottom bracket shells, not just BB30/PF30 tubes. The 30mm to 28mm stepdown on the offside means they only fit Praxis M30 BBs. There's a full range of frame fits available though and they're much cheaper (PF and threaded BBs are £59.99, BB86/92 is £34.99) than Hope. From experience they're equally epic in their glassy smooth spinning lifespan and we certainly haven't had any grind or wobble issues with Turn/Praxis on MTB or notoriously crank-battering cross bike long termers. You'll need an M30 tool (£24.99) to fit the BB but once fitted, crank installation (and extraction) is blissfully simple thanks to the captured 10mm hex bolt, so you won't be stranded without specialist tools.

Chain retention has been excellent even going mental on a rowdy short travel bike without a supplementary chainguide. Negligible wear so far suggests that Praxis's longevity reputation is also richly deserved. While you can get Praxis rings separately in 30-38 tooth sizes, Upgrade only offer a complete 32-tooth set-up in three (165, 170, 175mm) arm lengths and there's no direct mount chainring option.

www.upgradebikes.co.uk