



FITTING INSTRUCTIONS FOR  
Land Rover Discovery 4 SUV  
For Vehicles with Factory Tracks  
Released Oct '09

ANCHOR POINT EXTENDED Roof Rack  
PART NUMBER: **APEX/CAP100-2**  
FITTING TIME: EST. 20MINUTES



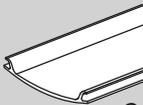
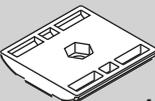
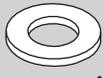
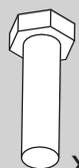
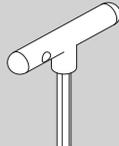
ROOF-RACK LOADING CAPACITY: **80kgs**

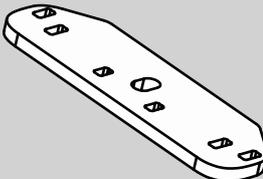
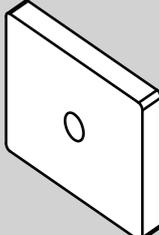
**ISSUE: A**

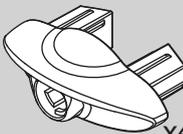
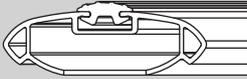
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**TOTAL NUMBER OF PAGES INCLUDING COVERSHEET: 5**

## 2. KIT DRAWING AND CONTENTS

FIT KIT COMPONENTS				
 x4	 x2	 x4	 x4	 x4
END SUPPORT (27-0752)	UNDER-COVER STRIP	SLUG NUT (27-0116)	FLAT WASHER (22-0186)	SPRING WASHER (22-0162)
 x4	 x4	 x4	 x1	
M8 HEX NUT (22-0139)	M8 x 20 HEX BOLT (22-0496)	M6 x 25 STAR BOLT (22-0349)	5MM RED HANDLE SECURITY KEY (22-0170)	

MOUNTS	
 x4	 x4
BASE PLATE (22-0837)	BRASS NUT (TRACK INSERT) (22-0763)

APEX		
 x4	 x4	 x2
SPORTS CROSS-BAR END CAP (27-0782)	ROLA LOCK & KEY (22-0600)	SPORTS (RE GLOBAL) CROSS-BAR (10-0020 1250B)

← + →  
OR

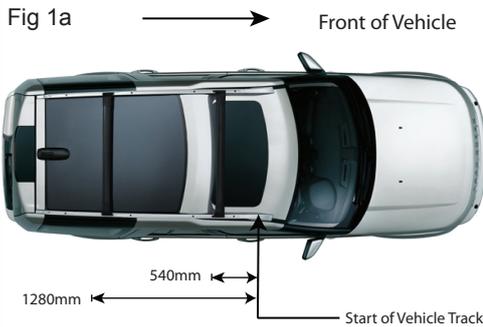
CAP	
 x4	 x2
CROSS-BAR END CAP (27-0345)	HEAVY DUTY CROSS-BAR (10-0011 - 1250mm)

## 3. TOOLS AND MATERIALS REQUIRED

				
<b>Cutting Knife</b> - Use to open Kits, and trim Buffer Strip to size.	<b>Measuring Rule</b> - Use to check dimensions and distances of cross-bars.	<b>Cleaning/protective Cloth</b> - Use to wipe down vehicle, and use to protect vehicle paint.	<b>Marking Pencil</b> - Use to mark buffer strip.	<b>13mm Spanner</b> - Use to assemble Cross Bars.

## 4. INSTALLATION STEPS

Prior to Assembly, check that your Roof Rack Box contains all the parts as listed above. Ensure the vehicle roof is clean and dry. Use Knife to cut through the packaging polybags.

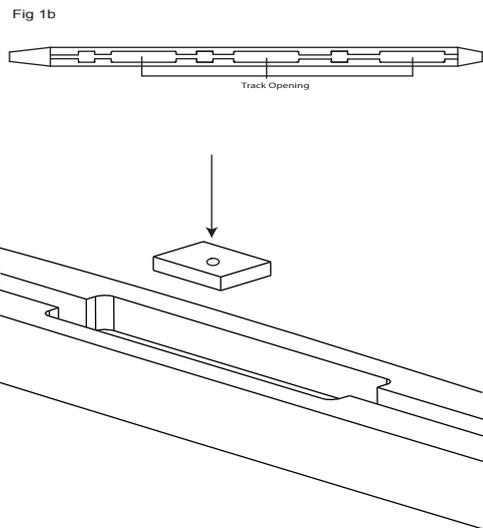


### STEP 1

Featured on the Land Rover Discovery are factory tracks that will be used to mount the roof racks to the vehicle.

First familiarise yourself with the positions of these anchor points as this is where the roof racks will be mounted. This is seen in Figure 1a.

Measurements are taken from the start of the tracks. These are located 540mm and 1280mm from the start of the track. As seen in Fig 1a.

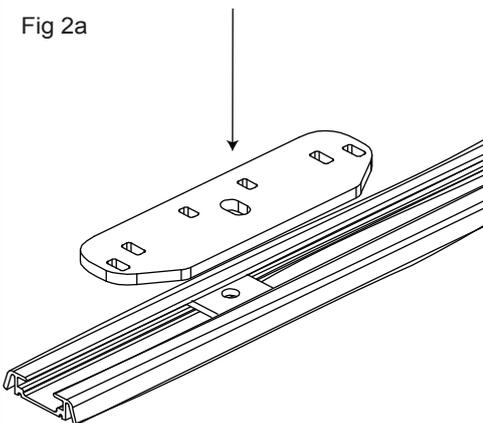


### STEP 2

Locate the mounting points on the track seen in Figure 1a. Then place the brass nut track insert into the track as seen in Figure 1b.

⚠ NOTE: Take care when inserting brass nut insert to prevent damage to factory track.

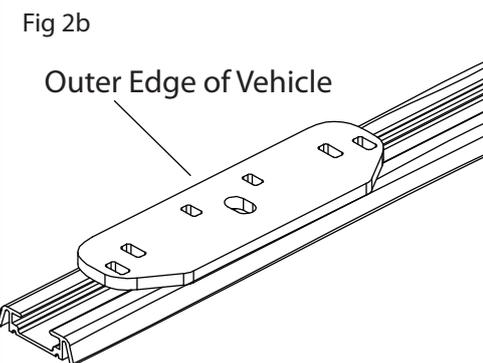
⚠ NOTE: There are larger holes in the track to insert the nut. Simply locate one of them and slide the track insert to the correct position.



### STEP 2

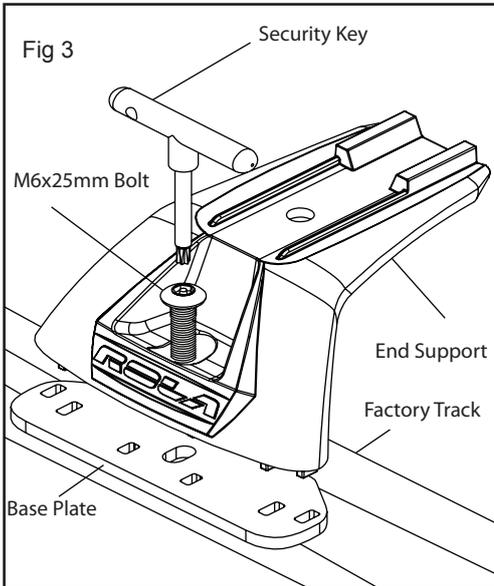
Select a mounting point from STEP 1 and with one of the supplied Base Plates, place them over the top of the track, lining the centre hole of both the base plate and track insert as per Fig. 2a.

⚠ Ensure the base plate and track insert is oriented correctly as mounting hardware will follow through both the plate and track insert. (Fig. 2a).



⚠ Ensure that the base plate oriented correctly with the longer side facing to the outer edge of the vehicle. As seen in Fig. 2b.

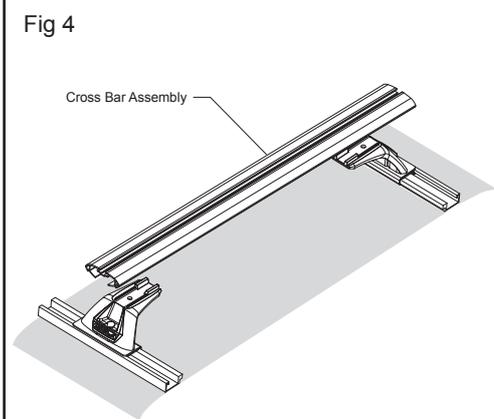
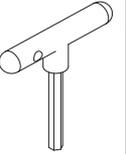
Repeat for all remaining mounting points.



### STEP 3

Place an end support onto the base plate from STEP 2, and loosely secure it down with a 25mm bolt by inserting the bolt into the anchor hole, and turning approximately 2-3 turns with the security key (Refer to Fig. 3). Do not tighten yet. Repeat for the opposite side.

Use this tool

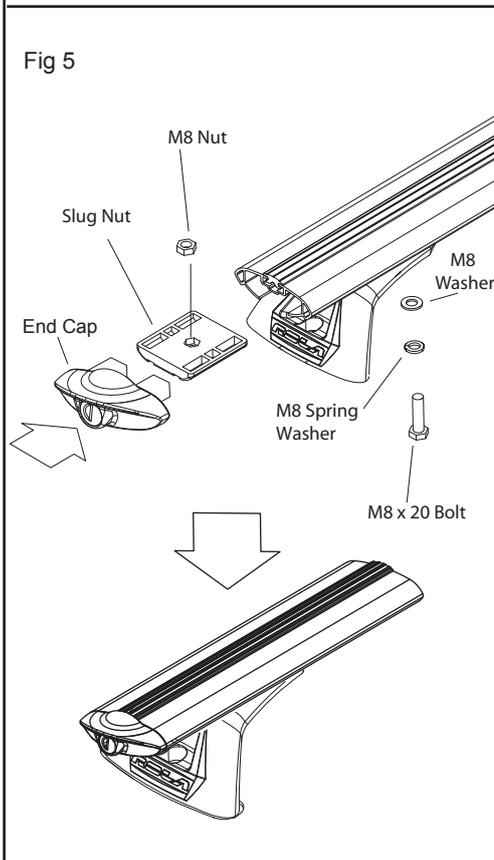


### STEP 4

Place the crossbar onto the end supports ensuring that the end supports are located into the cutouts on the underside of the crossbar. (Fig. 4)

Check that the cross bar has equally distanced overhang on either side from the end support.

After confirming the correct overhang secure the end support to the vehicle tracks using the security key as seen in Figure 3.



### STEP 5

Insert the M8 nut into the cavity on the Commercial Slug. (Fig. 5)

Insert the Commercial Slug into the cross tube, and align it so that the M8 nut in the Commercial Slug and the hole at the bottom of the end support line up.

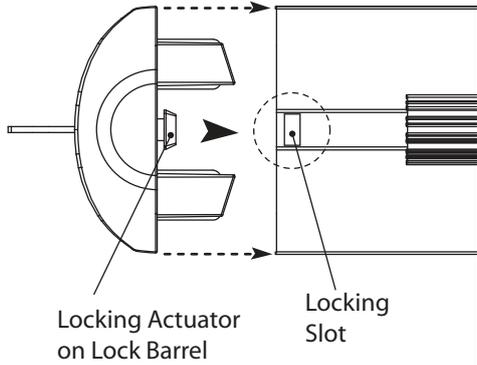
Secure the cross bar to the end support by screwing the M8x20mm bolt through the hole in the end support and up into the nut that is located in the cavity of the Commercial Slug nut.

Using a 13mm Spanner, fully tighten the 20mm bolt on the underside of the end support.

Tighten all M8 bolts to 6-7 Nm  
Tighten all M6 bolts to 6-7 Nm

Repeat Step 6-7 for remaining crossbar.  
Refer to fitting instruction 424 for insertion of the under-cover strip.

Fig 8

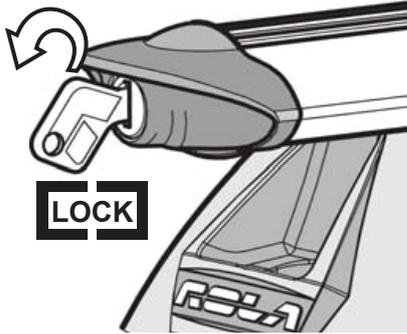


### STEP 8

Pull back the buffer strip to allow access to the end of the cross-bar.  
 Insert Endcap into the Cross-bar by locating the two 'feet' of the Endcap into the void inside the cross-bar. (Fig 8)

Push through until End-cap edge comes to rest against the edge of the cross-bar. This is important as the Locking Actuator inside the Endcap has to locate within the Locking slot on the end of the cross-bar.

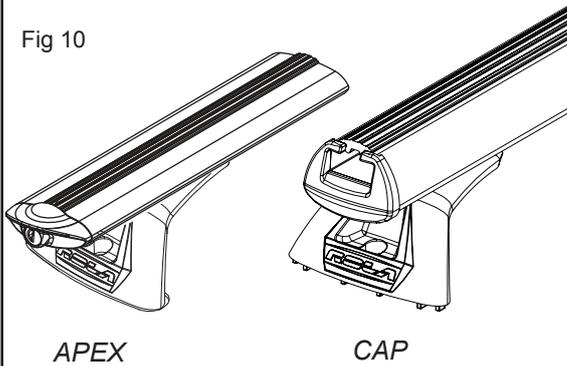
Fig 9



### STEP 9

Pull back the buffer strip to allow access to the end of the cross-bar.

Fig 10



### STEP 10

You are now ready to mount your accessories, eg. Bike Carrier, Kayak carrier, etc. utilising the "Global Channel" if applicable. (Fig. 9).

Place the accessory onto the buffer strip in the location where it will be mounted in relation to your cross-bars. Using a marking and measuring tool, ie. pencil/tape measure - make your mark onto the rubber buffer strips.

Next, completely remove the buffer strip from its channel within the cross-bars and cut out the portion using heavy duty scissors/shears.

NOTE: DO NOT dispose of this rubber strip but store it in a secure place to be re-mounted once the accessory has been removed from the rack. This will help reduce wind noise during travel.



## USAGE INSTRUCTIONS

It is essential for the proper assembly, operation and use of the Roof-rack that the instructions and safety precautions supplied are strictly observed. The Maximum permissible load for your Roof Bar is the lower of the maximum load capacity specified in your vehicle operation manual, or specified as applying to the Roof-rack. Do not exceed the maximum specified Load capacity.

Maximum Permissible Load = Weight of the Roof-rack + Weight of Accessories + Weight of Load(Cargo).

When fitting the Roof-rack and transporting a load, ensure the vehicle's functions are not impaired (eg. sunroof, aerials, windscreen wipers, mirrors). Rear doors on Hatch - and wagon-type vehicles should be inspected for adequate clearance for full opening operation of the boot/tailgate.

Stop and check all screw connections, bolts and retaining straps after a short distance of travel. Repeat these checks at regular intervals.

## WARNINGS

Remember that the fitting of a Roof-rack and the transport of a load increases the overall height of the carrying vehicle.

Where the roof-rack is to be used in off-road conditions, a safety weight reduction of 1.5 should be observed from the total carrying capacity (eg. 60kg becomes 40kg).

Sequent will not be liable to the purchaser of any other person for any consequential, direct or indirect loss, damage or costs incurred or suffered by the purchaser or any other person including but not limited to damage to persons or property, loss of turnover, loss of profits, loss of business or goodwill arising from or in relation to the assembly and use of the Roof-rack, or the non-observance of the fitting and care instructions.