Two smooth uniform spheres A and B of equal radii have masses m and $2m$ respectively. The two spheres are moving on a smooth horizontal surface when they collide with speeds u and $\frac{1}{2}u$ respectively. Immediately before the collision, A's direction of motion is along the line of centres, and B's direction of motion makes an angle θ with the line of centres (see diagram).

As a result of the collision, the direction of motion of A is reversed and its speed is reduced to $\frac{1}{4}u$. The direction of motion of B again makes an angle θ with the line of centres, but on the opposite side of the line of centres. The speed of B is unchanged.

Find the value of the coefficient of restitution between the spheres. [4]