RALEIGH CYCLE Options
for women on the move

GET FIT... HAVE FUN!
- Value for money cycles for all ages.

WHICH BIKE TO CHOOSE?
your problem solved

OUR SHOPPING BIKES ARE SUPER SAFE...

Make cycling a family activity...
EVERYDAY CYCLING...

A short bike trip several times a week can easily be fitted into most lifestyles. Try doing the mid-week shopping on a bike. It will certainly be quicker than a car over short distances, with no parking problems. It’s easier to pedal the groceries home than carry heavy bags to the bus stop. Many people find cycling to work a convenient form of exercise—without having to set aside extra time. It is often quicker and cheaper than other forms of transport—and you’ll be surprised just how far you can go—because the cycle is one of the most efficient forms of energy transfer (much better than jogging). A dummy run to work on a Sunday is a good idea. Many local authorities are actively encouraging cycling and often provide special cycle ways along back streets and alley-ways. If you live in the country then it’s even easier to seek out quiet lanes and tracks. Many farm roads and forest paths are Public Bridleways which you may use by bicycle and really get away from it all. Cycling is one of the few pastimes which can be done as a family activity. There is nothing nicer than packing up a picnic lunch for the whole family and setting forth for a ride in the countryside.

CYCLING IS GOOD FOR YOU

The value of regular exercise to help weight control and promote fitness is now accepted but busy lifestyles often make it difficult to find the time to take up an extra activity. Cycling is ideal—it can easily be fitted into your life and as a means of transport can also save money. Brisk cycling consumes about 550 calories an hour and exercises all parts of the body, but especially the legs and hips. Even gentle riding will burn up more calories than walking for the same time, but because of the efficiency of a cycle you can travel further and see more—so cycling is not only good for you it’s an exciting and rewarding way to travel. Quick pedalling tones up the muscles.

As a non weight bearing activity—like swimming—cycling is just as suited to elderly people or the overweight—since it does not over load the joints or cause any other associated bone jarring injuries.

FRAMES AND STYLE

In this catalogue you will find the Raleigh range of Ladies cycles—the specification and design is built for most ladies who demand a cycle that is easy to mount and dismount, thus the Sportif and the Mixte frame have been designed.

In this catalogue Raleigh offer you the options of a whole range of cycles for all your needs. From short shopping trips and tours around the country to sporty road and off road riding. Raleigh have the experience that stems from a history of the highest standards in cycle sport.

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SIZE

With the correct frame size you should be able to sit on the saddle and just touch the ground on either side—but you must be able to reach the handlebars comfortably. It is sometimes worth considering a smaller frame with the saddle raised slightly in order to get a more comfortable reach.

<table>
<thead>
<tr>
<th>Frame size</th>
<th>Inside leg measurement</th>
<th>Frame size</th>
<th>Inside leg measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Solitaire</td>
<td>25-32 in</td>
<td>19&quot;</td>
<td>27-31 in</td>
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<tr>
<td>Shopper</td>
<td>25-32 in</td>
<td>20&quot;</td>
<td>28-32 in</td>
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<tr>
<td>Compact</td>
<td>25-32 in</td>
<td>21&quot;</td>
<td>29-33 in</td>
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<td>15&quot;</td>
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<td>30-34 in</td>
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<td>17&quot;</td>
<td>25-29 in</td>
<td>23&quot;</td>
<td>31-35 in</td>
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</tbody>
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The nominal frame size is the measurement from the top of the top tube (where the saddle fits into the frame) down to the centre of the bottom bracket axle (the axle which carries the pedal cranks)

It is important to try various styles and frame sizes to get the best for you, just as you would if you were buying clothes.

Your local Raleigh dealer will be pleased to help you with any problems that you may have.

HANDLEBARS

Different shapes of bars are the result of different riding positions needed for different types of riding. For instance the sporting type of ‘drop’ handlebars were developed for several riding positions—a low hand grip for speed on the flat and a high grip for climbing hills. However the flat bar, available in several varieties, is designed to give stability and steering control at slow speeds.

MATERIALS AND COMPONENTS

Bicycle prices increase as more lightweight alloy componentry is used — alloy is much lighter than steel but of course more expensive too. The ultimate in weight reduction is achieved when Reynolds 531 or 501 tubing is used to reduce the whole weight of the frame itself while improving strength and stability.

(see Raleighs’ Lightweight catalogue for the full Reynolds “tube story”).

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WHICH BIKE?

Raleigh offer the finest range of bicycles in the world. Bicycles for leisure, bicycles for sport, bicycles for practical transport or just for fun. How do you choose the right one for you? Don't be confused by references to 'gear ratios' and 'sprockets' and 'frame angles'—the following are useful hints on choosing the right bicycle for you.

GEARS

Gears are a way of easing the effort used to pedal and are very useful in hilly terrain. Two types of gears are available, firstly Sturmey Archer hub gears and secondly Derailleur gears. Hub gears are very simple and easy to use and are of relatively maintenance free. Derailleur gears are always chosen by racers and enthusiasts because far more gear ratios are available, for instance on most good racing/sports bikes 12 gears are provided to cope with all types of terrain.

CARRYING CAPACITY

At Raleigh we make sure that our shopping bikes are super-safe—this we do by having a frame fitted bracket on the front of the cycle so stability on corners is maintained and heavy loads are not a problem (see Shopper and Caprice Shopper). However if you really want the ultimate then look at our range of tourers with carrying racks front and back and lightweight touring componentry in the Raleigh Lightweight Catalogue.

LARGE WHEEL

The larger wheel type cycle is the most traditional and found to be the best for leisure cycling—whether long or short distance trips. The simple reason is that the frame design is more rigid for less weight and gives a smoother ride because of the larger wheels. Larger wheels also have less rolling resistance and take less effort to pedal.

SMALL WHEEL

This type of cycle is ideal for short distance shopping or commuting. Small wheel bicycles are convenient because they are compact and easy to store. Their lower centre of gravity makes them easy for learners and great for carrying heavy shopping. Smaller wheels also make them very nippy and ideal for quick, short trips.

THE RALEIGH 15 YEAR GUARANTEE

Every bicycle in this catalogue carries the Raleigh 15 year guarantee on frame and forks plus a 1 year guarantee on all other components. See the Raleigh Bicycle Guide for details.
SHOPPER
A bright new cycle for short trips and parking is easy with the integral alloy propstand. Saddle and handlebar height adjust to suit riders of all ages. And the detachable rear leisure bag in stylish grey and pink is perfect for books, clothes, shopping etc. The large capacity basket is attached to a frame mounted bracket that keeps the weight of shopping free from the handlebars, making for safe steering and stability when cornering. Shopper has a 3-speed hub gear and is finished in Warm White. Fits inside leg 25"-32".
COMPACT
A folding cycle, perfect where space is limited—in the boot, in a boat, even in a small flat. Just the runabout for car/cycle sightseeing, commuting, or simply getting you around. Ride it to school, take it on holiday—and remember this is a bike first, a folder second. With quick release saddle and handlebar adjusters. Compact can be used by all the family. With 3-speed Sturmey Archer hub gears and a useful propstand. In Ivory finish. Fits inside leg 25"-32".

SOLITAIRE
Stylish and practical. With rear carrier and detachable leisure bag in stylish grey and pink, large enough to hold daily shopping, a change of clothes, swimwear or whatever. The novice rider will particularly appreciate the low step-through frame. There’s also a propstand for easy parking, a comfortable padded ladies saddle, a steering stop for safety and of course, a Sturmey Archer 3-speed hub gear. In Light Metallic Blue, Solitaire is also available in single speed without bag. Fits inside leg 25"-32".
**CHILTERN LADY**
A value-for-money, no-nonsense commuter but styled in the way that only Raleigh can. This is a run-about that suits today's busy woman perfectly. Its low curved, step-through frame, full matching mudguards and chain protection and the finishing touch: a propstand for easy parking — so essential in town! Finished in Rich Orchid, Chiltern Lady comes complete with a 3-speed internal hub gear. Sizes 19¼", 21".

**CAPRICE SHOPPER**
Caprice is high fashion on wheels. Its designer graphics, Warm White finish and co-ordinated trim are likely to turn many a head. But never overlook the practical side of this model; the huge capacity vinyl-covered front basket that can be crammed full of quite heavy loads, without risk to the rider. That's thanks to the unique frame-mounted bracket that keeps the weight free of the handlebars — giving you safe and stable steering. What's more the new chromed rear carrier adds a further dimension to the Shopper. With 3-speed internal hub gear and propstand for easy parking. Sizes 19¼", 21¼".

**CAMEO 3**
With a name like this you can expect a measure of pure elegance. Its Deep Metallic Red finish is embellished with classic Gold highlights, and the accessories are attractively colour co-ordinated. Dynamo lighting is standard and there are mudguards over the rear wheel, deep, full mudguards, and a colour matched rear carrier with luggage strap. Sizes 19¼", 21¼".

**SLICKERS**

EXPLORER 5

Explorer sets a new style by combining the dramatic looks of an All Terrain bike and the functionality of a modern city bike. Wide All Terrain handlebars and a sleek black stem give the ideal riding position and steering control. While Sturmey Archer’s new Steelite hub brakes teamed with alloy ATB brake levers produce powerful stopping power in all weathers. Comfort comes through the cushioned anatomic saddle and wider tyres to cope with worn and uneven roads. An easy to operate alloy thumbshifter will flick through the five derailleur gears and lightweight mudguards add style to the dramatic Pearl Red and Black colour scheme.
Frame Size 20".
PANACHE
Everything that its name implies. Finished in a brilliant combination of Orchid and Warm White. Panache is a sporty value for money cycle, more fun than a commuter and faster than a town machine. We have not only fitted 5-speed gears, but also added full length lightweight mudguards, comfy padded handlebar tape, a chromed rear carrier and brake lever extensions. The latter allow braking while in the comfortable upright riding position. Ideal if this is your first experience of “drop” handlebars.
Sizes 19”, 21”, 23”. Finished in Orchid with White Flashing.

PRIMA 15/20
At last girls can join the boys! A precisely engineered junior frame with drop handlebars — scaled down to give easy riding for girls from 8 years. Lightweight mudguards and alloy brakes, 5-speed wide ratio gears with easy reach curved white gear lever.
PRIMA — the first “racer” for girls, first for looks and value.
Colour: Frosted Pink.
Size: 15”.

PRIMA
Larger frame versions of the Prima 15/20. Part of the range newly re-designed by Raleigh to give an even better relationship between the bicycle and the riding comfort required by women cyclists. The Frosted Pink Sportif frame, 5-speed gears and brake lever extensions makes the Prima a high fashion bike with a keen value appeal.
Sizes: 17”, 20”, 22”.

TOPAZ
A sporty, top-value cycle finished in Deep Metallic Blue with a dramatic White Flash. More fun than a commuter and faster than a town machine. The stylish Sportif frame design provides sporty elegance. We’ve not only fitted 5-speed gears, but added full length lightweight mudguards. The extended brake levers let you brake easily from a comfortable upright riding position.
Sizes 17”, 20”, 22”.

SLEEK
SHAPES

EBONY

Perfect harmony — the classic look of Black together with the sophisticated elegance of the Raleigh Ladies Mixte frame. Exotic graphics and the same practical component selection as the Panache give Ebony the looks and feel of a great bike.

Colour Finish: Gloss Black. Frame Sizes: 16", 21", 22"
ROMANA
Sporting style at a realistic price. Finished in eye-catching Pearl White. You’ll find the curved white stem-fitted gear lever easily accessible, and the five low ratio gears seem to flatten the hills. With an elegant chrome carrier and a large capacity holdall with detachable shoulder strap, and handy propstand. Sizes 19”, 21”, 23”.

IMPULSE
A true sportsbike with 10-speed derailleur gear and crammed with alloy components. The Light Metallic Blue finish, White co-ordinating trim and designer graphics gives this bike the sleek looks of a thoroughbred. The lightweight extension levers, cushioned handlebar tape, and padded saddle will give a superb ride. While the leather covered ¼-toe clips give all the benefits of “helping you feel in the pedals” without the worry of full toe straps. Sizes 20”, 22”.
ZENITH 10
A lightweight tourer or commuter with added value. Reynolds 501 Butted main tubes produce a light, strong touring frame that is the ideal basis for Zenith’s alloy componentry. This well-equipped combination makes the Zenith an attractive proposition in comparison to many expensive lightweight cycles. With leather covered half toe clips, alloy carrier, detachable chainrings, Shimano light action 10-speed gear and alloy pedals. Colour: Metallic Grey with White frame decoration. Frame Sizes: 20”, 22”.

RHAPSODY
First you’re struck by the superb paint finish, subtly highlighted with distinguished componentry. Shimano Positron 5-speed gear with handlebar-mounted pre-select lever, the luxurious soft handlebar grips, the suede look saddle, colour co-ordinated lightweight mudguards, wrap-around chainguard and carrier. The finish: Metallic grey with sophisticated pink graphics. Sizes: 19”, 21”, 23”. 
ACCESSORIES

Each Raleigh bicycle is carefully created to give you many miles of pleasure. Raleigh ensure you have opportunity to fine tune it to your individual needs by providing a comprehensive range of options and extras. These include bags, panniers, carriers, weather-proof clothing, security and reflective accessories.

- ALA 134 36” Heavy Duty Chainlink with Laminated Padlock
- ALA 308 36” De-Luxe 4-digit combination lock
- ALA 312 Deluxe Hardened Steel Shackle Lock, Round Keys including Frame Holder (Unsuitable for Mixte type frames) with Quick Release Clip
- ALA 198 25” Automatic Cable Lock
- ARB 140 Safety Tabard — Yellow with reflective strip (one size)
- ACB 294 Travel Bag — a rear carrier fitting
- ACB 295 Handlebar Bag (Navy)
- ACB 293 Double Pannier (Navy)
- ALA 198 25” Automatic Cable Lock

AWB 161 Team White Water Bottle with Alloy Cage and Fittings
RMM 483 Black Water Bottle with Red Alloy Cage and Fittings
AWB 160 Raleigh Water Bottle with Alloy Cage and Fittings
ART 314 Tyres and Tube Repair Kit
RMJ 164, 5,6 No.2, No.3, No.4 Frame Fit Pump
RTU Series Touch-Up Enamel

Visit your local Raleigh Dealer to see a full display of exciting parts and accessories. He will give you the “expert” advice you need.

This catalogue is one of a set of 5 available free from your Raleigh dealer.

All the bicycles shown in this catalogue are available from your RAILEIGH DEALER –

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