



BICYCLE GUIDE

PLEASE DETACH AND RETURN BACK COVER IMMEDIATELY

IMPORTANT!

RALEIGH

**GUARANTEE AND CYCLE
PROTECTION REGISTER**

SAFETY FIRST

BEFORE YOUR FIRST RIDE, and at REGULAR INTERVALS, please check the following points with the help of this Guide:

	Page Number
1. Pedals are correctly tightened on cranks.	2
2. Handlebars are straight and grips and tapes are tightly secured. All stem and clamp bolts are tight, limit mark is not visible.	5
3. Saddle is at a comfortable height; all adjustment bolts are tight, limit mark is not visible.	4
4. Tyres are inflated to the correct pressure as shown on the tyre side wall. Tread is not worn, and there are no cuts in the casing.	16
5. Wheel quick release levers or bolts are securely tightened.	18
6. Rims and brake blocks are free of oil, grease, etc, and brakes operate efficiently with minimum lever movement.	19
7. Reflectors are clean and correctly positioned.	11
8. Cotterless cranks. Before riding and at periodic intervals check that cranks are fully tightened on axle.	16

WARNING: *Vibration can cause parts to work loose. Regularly check security of all nuts, bolts, screws and fasteners. Replace immediately any damaged, missing or badly worn parts. Never use garage airlines to inflate tyres as they may over-inflate or burst.*

In addition, check the following points and refer any servicing which is required to your Raleigh dealer:

- A) Wheels run true and spokes are tight.
- B) Wheels cannot be rocked on axle bearings.
- C) Chainwheel is tightly bolted, and cranks cannot be rocked on their bearings. Also ensure that cotterless cranks do not rock on the axle.
- D) Headset is correctly adjusted, and free of excessive movement.
- E) Chain is well lubricated, and links are not worn or stiff.
- F) Gears are correctly adjusted and shift easily into all ratios.
- G) Gear and brake cables are not rusty, frayed or kinked.

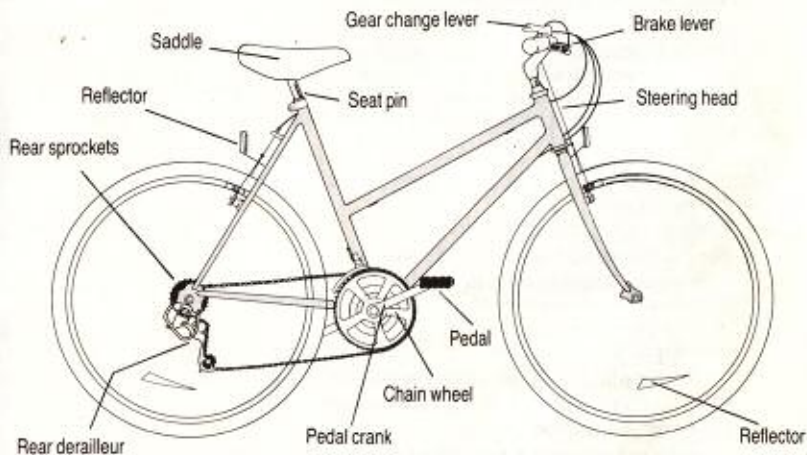
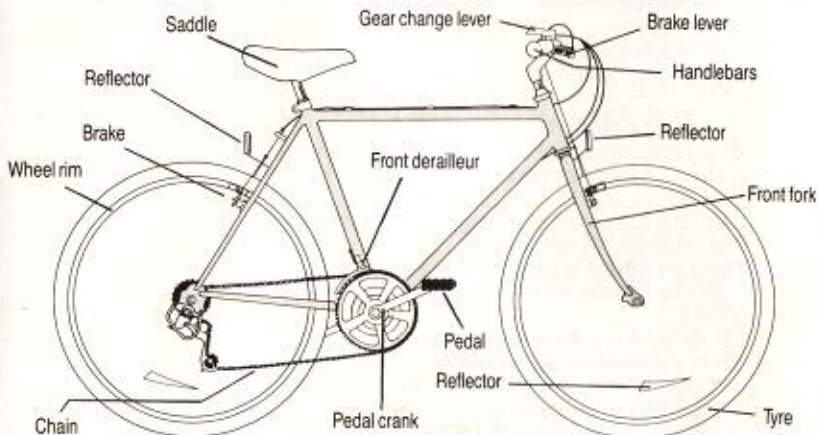
To keep your bicycle in top condition, we recommend you have it serviced at least once a year by an approved Raleigh dealer.

Please turn over

KNOW YOUR CYCLE

Read through the book with this page opened out. It will be a useful reference point.

Note: The right and left hand sides of the bicycle are as seen from the normal seated position.



Remember to tighten all nuts and bolts after every adjustment to the recommended tightening torques as given on page 24.

PART No. 2392632/00

CONTENTS

INTRODUCTION

Serviceing	1
Gold/Silver Label	1
Frame Number	1
Post Coding	2
Know your Cycle	IFC
Safety First	IFC

BEFORE RIDING

Pedal Attachment	2
Toe Clips	3
Saddle Adjustment	3
Handlebar Adjustment	4
Assembly of Cantilever Brakes	6
Bags and Carriers	7

SECURITY

Lock It!	10
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RIDING ADVICE

Before Riding	10
Riding in Bad Weather	11
Riding in the Dark	11
After Your First Few Rides	11

USING YOUR CYCLE

Brakes	12
Gears	12
Hub Gears	12
Derailleurs Gears	13

MAINTENANCE

Regular Servicing	14
Regular Cleaning	14
Storage	14
Lubrication	15
Chain Adjustment	15
Cotterless Crank Adjustment	16
Tyres	16
Wheel Removal and Replacement	17
Brake Adjustment	19
Caliper Brake Adjustment	20
Cantilever Brake Adjustment	21
Gear Adjustment	22

RECOMMENDED TORQUE FIGURES

BICYCLE SERVICE RECORD	25
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GUARANTEE	26
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CYCLE PROTECTION REGISTER	BC
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INTRODUCTION

Raleigh's reputation for quality and safety is based on the meticulous scrutiny of our own quality control laboratories. So you can be sure that, if properly looked after, your cycle will give you years of trouble free riding. This booklet is not intended as an exhaustive maintenance manual; however, if you follow the advice given, it will help you to get the most from your Raleigh bicycle.

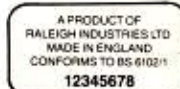
SERVICING

An important part of this advice is the need for regular maintenance, both to make your cycling as enjoyable as possible and to ensure the safety of yourself and others.

Your Raleigh is built to British Standard 6102 or 5665 for general transport and leisure use; it is not designed for stunt riding, jumping or wheelies. Any alterations to the bicycle or lack of proper servicing may invalidate the Guarantee. It is recommended that servicing is carried out by an approved Raleigh dealer and that you have your bicycle serviced at least once a year, depending on usage. Record all service information on page 25. While basic adjustments can be made at home, our nationwide network of dealers have the tools, genuine spare parts and the experience to help you. It is recommended that parents ensure that their child's bicycle is properly serviced and maintained. A list of over 100 key service dealers is included in this handbook.

GOLD/SILVER LABEL NUMBER

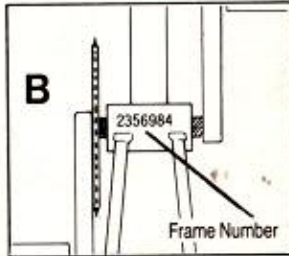
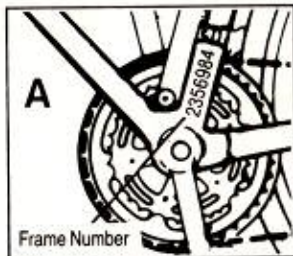
If you have any problem with your bicycle, please quote the 8 digit number printed on the gold or silver label transfer on the seat tube adjacent to the bottom bracket. This will enable us to identify exactly when the cycle was built, and thus help us to resolve your problem more quickly.



FRAME NUMBER

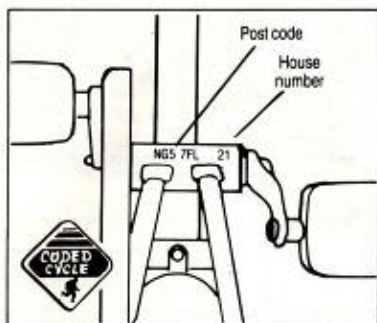
If your bicycle is stolen, you have virtually no chance of recovering it if you cannot give the Police your individual frame number. For this reason, we recommend you fill out the cycle protection register at the back of this booklet and return it to us immediately. Keep a record of the number yourself in the space provided on page 26.

Your bicycle will have a 7 digit number stamped at the bottom of the seat tube (Diagram A) or a 7 digit number stamped on the underside of the bottom bracket (Diagram B).



POST CODING

As an added precaution, we strongly recommend that your cycle is post coded. Most Raleigh dealers offer this service and will stamp your own exclusive code on the bottom bracket of the cycle. Coded cycles discourage thieves, and allow the Police to trace the genuine owners. Ask at your Raleigh dealer or local Police station for details.



BEFORE RIDING

In order to make your bicycle as comfortable and as easy to ride as possible, it will be necessary to make a few basic adjustments before your bicycle is ready to ride. Please follow these instructions carefully.

WARNING: Make sure all nuts and bolts are tight after every adjustment.

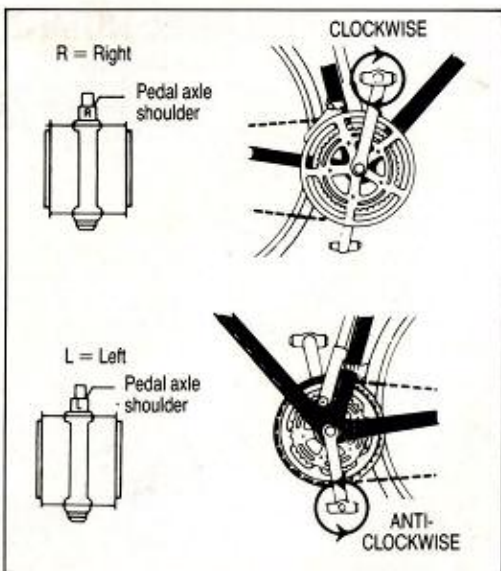
PEDAL ATTACHMENT

Because the left and right hand pedals have different threads, you must ensure they are fitted onto the correct cranks. Fit pedals by hand to make sure they are not cross threaded, and then tighten firmly.

Make sure the pedal axle shoulder is right up against the crank.

Insert the right hand pedal (marked R) into the right hand crank (ie the chainwheel side) and tighten the pedal axle *clockwise* with a spanner.

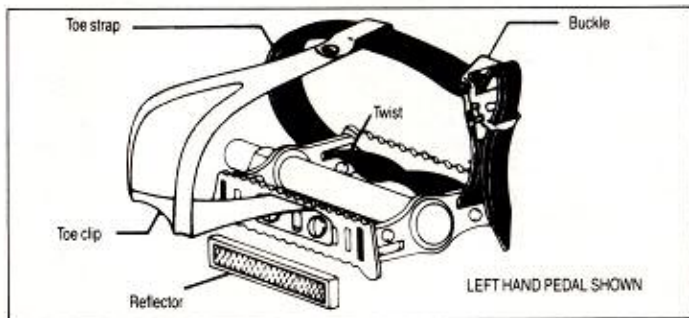
Insert the left hand pedal (marked L) into the left hand crank and tighten the pedal axle *anti-clockwise* with a spanner.



CAUTION: Always keep pedals tight.

TOE CLIPS

Toe clips greatly improve the efficiency of pedalling (advice on feasibility of fitment and size required can be obtained from your Raleigh dealer). If toe clips are supplied with your bicycle, they should be screwed tightly to the front plate of the pedal as illustrated). When fitting toe straps, ensure the strap has one full twist, as shown, to prevent slipping. To avoid discomfort, ensure the buckle rests on the top of the foot. Conventional pedal shown; for others refer to manufacturer's instructions supplied with your pedal.



Toe clips can be fitted as an optional extra on some reflector pedals by unclipping or unscrewing one of the reflectors with a screwdriver. Attach the clip to the outside of the front plate of the pedal, and refit the reflector using the washers, nuts and bolts provided. Front and rear pedal reflectors are a legal requirement.

SADDLE ADJUSTMENT

WARNING: Always make sure that the limit mark on the seat pin does not show above the top of the seat tube as this can cause excessive stress on components. Lift the concertina cover, if fitted, to check that the limit mark does not show. After any adjustments, ensure that all nuts, bolts and clamps secure the saddle so that it cannot be twisted out of position by hand.

The correct saddle height should allow for a slight bend of the knee when the ball of the foot is on the pedal at its lowest position. In other words, the leg should be fully extended when the HEEL is on the pedal at its lowest position.

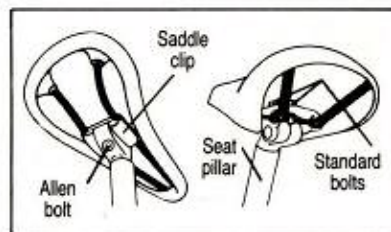
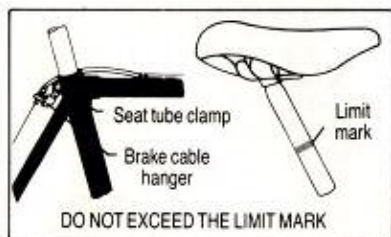
Height adjustment can be made by loosening the seat tube clamp, on models equipped with alloy seat pins



also slightly prise the seat tube clamp ears apart to prevent marking of the seat pin. Adjust the saddle to the correct height with the nose of the saddle pointing straight at the headtube. Tighten the clamp securely to the correct tightening torque given on page 24.

On some models, the seat tube clamp may be operated by a quick release lever. Pull the quick release lever away from the frame and adjust the saddle to the correct height with the nose of the saddle pointing straight at the headtube. With the quick release lever in a position 180 degrees to the fully closed position shown, tighten the clamp nut finger tight. Close the lever. If the saddle can still be twisted round, open the quick release lever and tighten the clamp nut further. Close the lever and repeat until the saddle is secure.

The angle of the saddle and its fore and aft position can be altered by loosening the Allen bolt or nuts securing the saddle clip.



WARNING: Make sure the saddle clip is always located on the parallel lengths of the saddle bars.

Tighten the clip securely to the correct tightening torque as give on Page 24.

HANDLEBAR ADJUSTMENTS

The correct handlebar position has been achieved when you are comfortable and when you can easily and safely operate the gear and brake levers.

Handlebar height and reach are adjusted by different methods, as shown below, which may vary according to which model you own.

WARNING: In all cases, make sure the limit mark on the handlebar stem is not visible above the headset after adjustment, and that the handlebars cannot be twisted out of alignment when the front wheel is held firmly between the knees.

HANDLEBAR REACH

The angle of the handlebars can be adjusted by loosening the handlebar clamp bolt as shown below. On Four-Bolt stems it is advisable to loosen each clamp bolt several turns before attempting to alter the handlebar position.

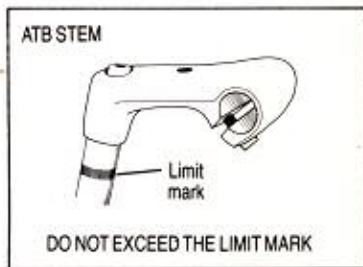
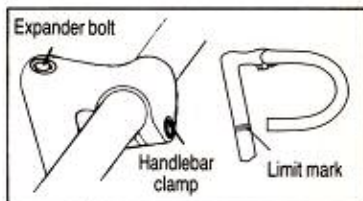
Securely tighten all clamp nuts and bolts after any adjustment. Correct tightening torques are given on Page 24.

WARNING: After any adjustment make sure that the handlebar cannot be twisted in the handlebar stem.

HANDLEBAR STEM HEIGHT

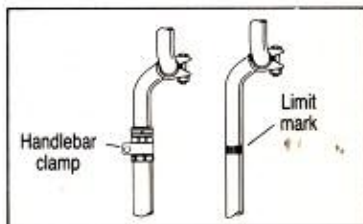
Loosen the expander bolt 2-3 turns with an Allen key. Free the expander bolt by gently tapping it. Adjust the handlebars to the correct height making sure they are 90 degrees to the front wheel.

Tighten all bolts securely to the correct tightening torque given on Page 24.



HANDLEBAR STEM CLAMP

Loosen the handlebar clamp nut. Adjust the handlebars to the correct height, making sure they are at 90 degrees to the front wheel. Tighten all nuts securely to the correct tightening torque given on Page 24.



CANTILEVER BRAKES

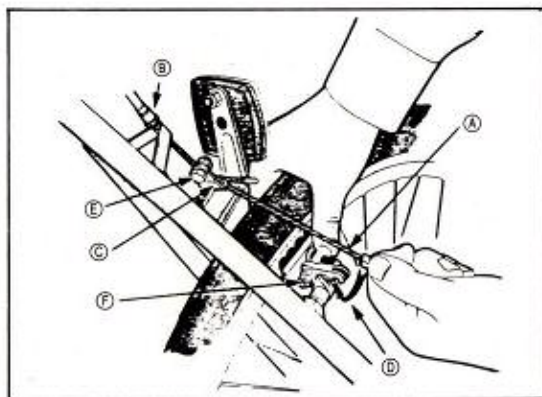
It is important to ensure that the cantilever brakes on your model are correctly assembled and adjusted to provide positive and effective braking. Please follow these instructions carefully, referring to the illustrations. If further adjustment is necessary, please refer to the Maintenance section starting on Page 14.

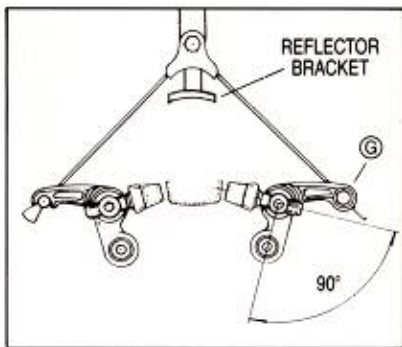
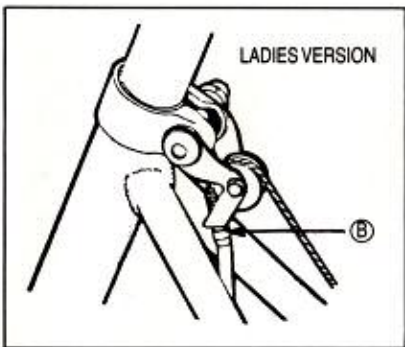
WARNING: *Make sure all nuts and bolts are tightened after every adjustment. Operate both brake levers before riding the bicycle to ensure that the cables are fully seated, the brake blocks are seated squarely onto the rim and that the brakes work efficiently.*

ASSEMBLY OF FRONT CANTILEVER BRAKES

NOTE: On selected Junior ATB models the front brake adjuster (B) fits into the front reflector bracket. On other ATB models the brake adjuster is incorporated into the brake levers.

1. Set the handlebar height to the desired position first; any subsequent changes may affect brake adjustment.
2. Check that the straddle wire (A) is in place.
3. Ensure that the brake cable is fully seated into the brake lever and into the cable adjuster (B).
4. Feed the straddle wire into the lip of the yoke (C), ensuring that the brake cable is not trapped behind it.
5. Press the brake blocks against the rim to reduce cable tension and fit the round end piece of the straddle wire to the cantilever brake arm (D).
6. Ensure that the yoke nuts (E) and cable clamp bolts (G) on the cantilever brake arm are FULLY tightened.





ASSEMBLY OF REAR CANTILEVER BRAKES

Follow steps 2, 3, 4, 5 and 6 above on page 6.

WARNING: Always ensure straddle wire on front and rear cantilever brakes is routed over the reflector bracket as shown. Do not remove these reflector brackets.

BAGS AND CARRIERS

If your bicycle is supplied with a bag or basket, ensure that it is fitted correctly.

WARNING: Do not carry any unstable loads, or hang bags from the handlebars. Do not allow luggage to obscure rear lights or reflectors.

FRONT BASKET

Ensure that both wire loops fit over the frame extension as shown and that the basket is pushed fully home.

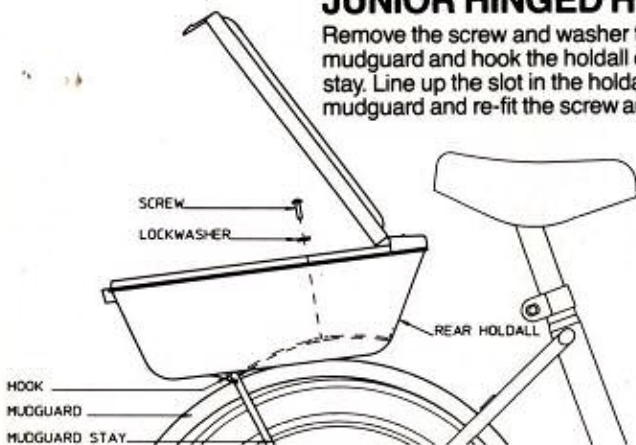


SOFT LEISURE BAGS

Assemble and fit to carrier using velcro or press studs.

JUNIOR HINGED HOLDALL

Remove the screw and washer from the top of the mudguard and hook the holdall onto the mudguard stay. Line up the slot in the holdall with the hole in the mudguard and re-fit the screw and washer.



WARNING: Do not sit on or in this holdall.

REAR CARRIERS

If you would like to fit a rear carrier to your bicycle, we recommend that you choose one designed by Raleigh. Both lightweight and heavy duty types of carrier can be obtained from your Raleigh dealer.

DOLLY CARRIER

The Dolly Carrier is designed to increase the play value of your child's cycle by allowing them to carry their favourite doll or teddy bear. For safety please ensure the toy is held in place by using the restraint strap.

Place toy in seated position as shown, position strap and secure with 'touch and close' fastener. Important: Ensure toy is firmly held and cannot fall out.

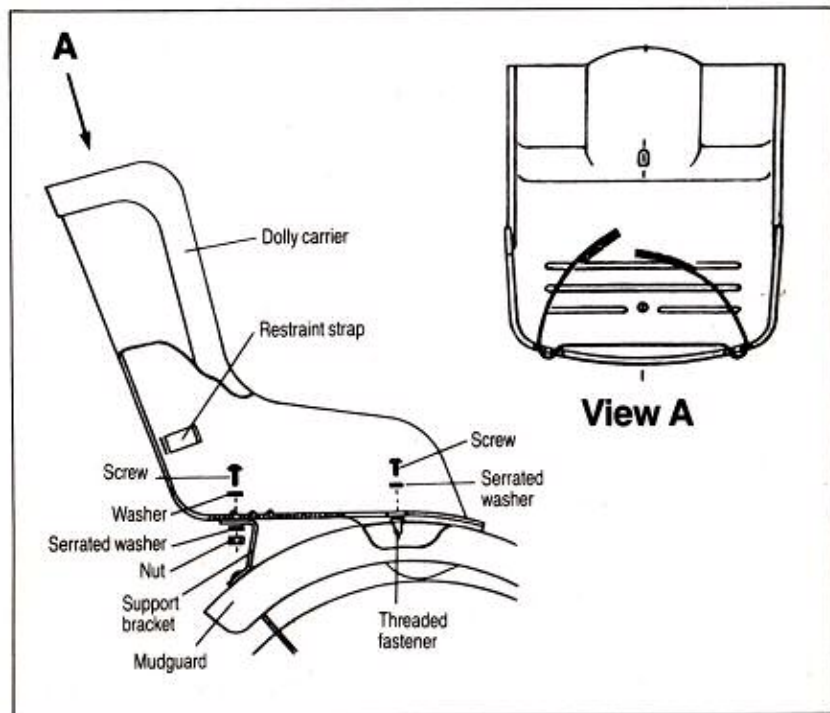
WARNING: The Dolly Carrier must on no account be used for carrying smaller children as passengers.



DOLLY CARRIER – Fitting Instructions

1. Thread restraining strap through the slots in the back of the Dolly Carrier moulding as shown in view A.
2. Align two ribs on underside of moulding with the support bracket mounted on rear of mudguard and secure as shown.

If in doubt consult your local Raleigh dealer.

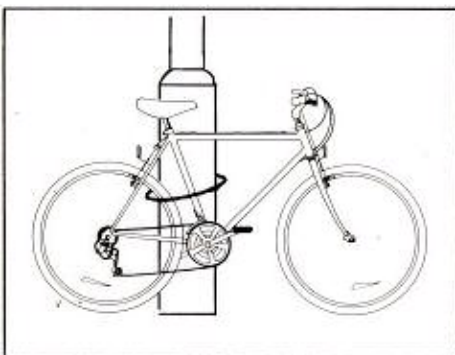


SECURITY

LOCK IT!

Thousands of bicycles are stolen each year, so if you want to keep your bicycle never leave it unlocked in a public place. Deter thieves by using a lock that resists bolt cutters, such as a hardened steel chain and padlock or shackle lock. Your Raleigh dealer will stock a comprehensive range of locks.

Always lock through the frame and rear wheel, and front wheel if possible, then secure to a post or other immovable object. Do not leave your bicycle in dark secluded areas where thieves have more time to work. Take easily removable items such as lights and inflator with you.



Also refer to:

1. Gold/silver label number
 2. Frame number
 3. Post coding
- on pages 1 and 2

RIDING ADVICE

WARNING: *There is a risk of injury to the rider and to others if all necessary repairs and adjustments are not made. Take every precaution to ensure safe riding.*

BEFORE RIDING

Carry out the checks listed on the front cover. If you have any problems refer them to your Raleigh dealer at once.

Make sure you are able to use your gears and brakes effectively and that you can handle your bicycle safely in traffic. To familiarise yourself with the many rules of the road obtain a current copy of the Highway Code, available from Post Offices and most good bookshops.

Parents are urged not to let their children onto busy roads until they are experienced cyclists. Raleigh recommend a training course such as Royal Society for the Prevention of Accidents (ROSPA) National Cycling Proficiency Scheme (for children of nine and above) or the in-school version 'Cycleway' for young children.

Indeed, all new or inexperienced cyclists are strongly recommended to take a training course in cycling. Details may be obtained from schools, council offices or Police stations.

RIDING IN BAD WEATHER

Always take extra care when the weather is wet, foggy, windy or icy. Wear warm waterproof clothing – in bright, reflective colours if possible. Ride slowly and brake early, as stopping distances can be doubled or tripled. Sudden braking could lead to skidding on hazards such as mud, gravel, snow etc.

Be aware of other road users; do not follow too closely behind other vehicles. Wind or fog may carry away the sound of approaching vehicles. Always concentrate, and keep a good grip on the handlebars.

RIDING IN THE DARK

Again, take extra care in the dark.

Make sure you can see and be seen – front and rear lights, a rear reflector and pedal reflectors are legal requirements. They should conform to BS 6102. Carry spare bulbs and batteries if needed. Light coloured and reflective clothing will help you to be seen – ask to see the range stocked by your Raleigh dealer.

Make all your signals in good time, so motorists are aware of your intentions.

AFTER YOUR FIRST FEW RIDES

As all the nuts and bolts on your bicycle bed-down, check all fastenings remain tight. Run through the checks listed on the front cover, and check the following points in particular:

- A) Brakes are properly adjusted.
- B) Seat tube clamp is tight and seat cannot be twisted round.
- C) Handlebar stem bolt and clamp bolts are tight and handlebars cannot be twisted round.
- D) Cotterless cranks are tight as instructed on page 16.
- E) Gears are correctly adjusted and shift easily into all ratios.
- F) If any height adjustments are made to the saddle and handlebars ensure that the limit mark is not visible. See pages 4 and 5.

USING YOUR CYCLE

BRAKES

Make sure your brakes are always kept in good order. The left hand lever applies the rear brake and the right hand lever applies the front brake. Use both brakes for stopping, applying the rear brake just before the front brake. Squeeze the levers gradually to apply the brakes.

WARNING: *Do not apply the front brake too hard, as you may be thrown off the bicycle.*

Operate both brakes carefully to avoid skidding, especially on wet or slippery surfaces such as gravel, wet leaves etc.

Take care when going downhill or in the wet as stopping distances can be doubled or tripled. Always check and adjust your brakes as soon as they seem to work less efficiently than normal and replace worn brake blocks where necessary.

GEARS

You should use your gears in order to maintain a comfortable pedalling rate. Aim to apply a constant pressure on the pedals with a steady rhythm, whether going uphill or downhill, with or against the wind. Try not to allow your pedalling rate to slow considerably before changing gear.

If your cycle is fitted with gears, they will either be 3-speed hub gears, or derailleur gears.

WARNING: *Always keep your eye on the road when changing gear. Do not take your hand off the handlebar to change gear unless it is safe to do so. Do not allow your bicycle to fall onto exposed derailleur gears.*

STURMEY ARCHER 3-SPEED HUB GEARS

A Sturmey Archer gear will prove reliable, convenient and easy to use and is lubricated for life.

How to change gear:

Note: It is not necessary to change gears in sequence.

When moving – Ease the pressure on the pedals and move the lever to the position required.

When stationary – Ease the pedals backwards slightly and move the lever to the position required.

3rd gear: 33% increase on direct drive.

2nd gear: (direct drive).

1st gear: 25% reduction on direct drive.

DERAILLEUR GEARS

There are two sorts of derailleur gears fitted to Raleigh bicycles: Friction Shift and Index Shift.

The gear levers will be thumbshifts (handlebar mounted) or downtube mounted or handlebar stem mounted levers.

WARNING: *Do not change non index derailleur gears when stationary as this may damage the mechanism and stretch the cables.*

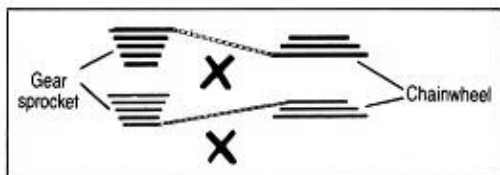
HOW TO CHANGE GEAR:

A) Friction Shift. The right hand lever shifts the rear derailleur, and the left hand lever shifts the front. Each gear position is selected by feel, rather than a positive click. Change gear only when pedalling forwards under light loads. Having changed gear, correct any chain clatter or grinding by a slight additional movement of the lever one way or the other. At first, this 'feel' may seem strange, but it will quickly become automatic.

WARNING: *Failure to adjust the gear properly will result in rapid chain, derailleur and sprocket wear.*

B) Index Shift. The right hand lever shifts the rear derailleur, and the left hand lever shifts the front derailleur. For each position selected on the rear derailleur, the lever will click into place and position the derailleur correctly on the sprocket without any chain clatter or grinding.

WARNING: *On cycles fitted with more than five gears avoid excessive use of crossover gears where the chain runs from smallest front to smallest rear or largest front to largest rear sprocket, as this will cause rapid chain and sprocket wear.*



MAINTENANCE

REGULAR SERVICING

As the bicycle is sometimes thought of as a simple piece of engineering, its maintenance is often neglected, or entrusted to a young child by parents without a second thought. However, to keep a bicycle properly maintained requires some time and skill. The effort will always be worthwhile, as a well maintained bicycle will last longer, be more reliable and be easier and safer to ride.

Bicycle maintenance often entails jobs that require specialised skills and equipment and for this reason Raleigh recommends that your bicycle is fully serviced by an approved Raleigh dealer at least once a year and as necessary. Record all service information in the space provided on page 25. All the points on the following pages should be covered. Your Raleigh dealer will be able to obtain replacement parts for any current Raleigh bicycle.

Carrying out your own maintenance can be very rewarding, as long as you have the right tools. However, if you want to undertake more than basic service maintenance we recommend that you buy a good illustrated bicycle maintenance guide. Your Local Authority may run evening classes in bicycle maintenance. If you are in doubt, always refer the problem to your Raleigh dealer.

REGULAR CLEANING

To keep your bicycle running smoothly keep all moving parts free from dirt. Use warm soapy water on alloy, chrome and enamel parts. Rinse with clean water and finish with a dry duster.

WARNING: *After each cleaning, lubricate moving parts as indicated on page 15. Ensure all soap is rinsed off brake blocks and wheel rims.*

Keep the chain, the rear sprockets and the derailleurs (if fitted) clean by wiping down regularly with a rag. You may find a small stiff paintbrush or toothbrush useful to remove stubborn grit and grime.

STORAGE

When your bicycle is not in regular use we suggest that it is stored upside down to protect the tyres, or hung from securely mounted padded hooks. Care must be taken to ensure the cycle is not damaged, eg cables pinched or paintwork scratched. If the bicycle is to be stored upright, protect the tyres by keeping them regularly inflated.

If storage is to be for some time, protect chrome parts by smearing them lightly with grease. Keep grease off plastic parts.

WARNING: *Wipe off all grease before use. Make sure that rims and brake blocks are totally free from grease.*

APRIL 1996

RALEIGH

SERVICE CENTRES

Regular servicing is an important part of bicycle maintenance.

If your bicycle needs service attention contact the Dealer from whom the bicycle was bought.

In case this is not possible, our network of Service Centres can offer full service facilities and in-stock replacements. Please note that if you have purchased your Raleigh bicycle from a Halfords store it should be serviced at that store or any other Halfords store within the U.K.

ENGLAND

County	Dealer	Tel. no.
Avon	Fred Baker Cycles, 292 Lodge Causeway	0117 965 5510
	Fred Baker Cycles, 144 Cheltenham Road, Bristol 6	0117 924 9610
	The Cycle Shop, 41 Alexandria Parade, Weston Super Mare, BS23 1QZ	01934 620795
	J. C. Here Ltd, 30 Moorland Road, Oldfield Park, Bath, BA2 3PW	01225 422674
	Fred Palmer, 11-13 Stokes Croft, Bristol, BS1 3PY	0117 924 9550
Bedfordshire	D. J. Levitt, 288 Dunstable Road, Luton, LU4 6JN	01582 27511
	Michaels Cycles, 54 Midland Road, Bedford, MK40 1QB	01234 352937
Berkshire	Cycology Cycles, 186 Loddon Bridge Road, Woodley RG5 4BS	01734 695776
Bucks	Bakers Stores, 21 Buckingham Street, Aylesbury, HP20 2LA	01296 82077
	Grafton Cycles, 14 Stratford Road, Wolverton MK12 5LJ	01908 313290
Cambs	Bristows Cycles, 46 Church Drive, Orton Waterville, Peterborough, PE2 5HE	01733 231755
	S. M. Bishop, Station Road, Histon, CB4 4LQ	01223 232449
	Grafham Water Cycling, Marlow Car Park, Grafham Water, Nr. Huntingdon, PE18 0BX	01480 512500
	March Cycles, 3 Nene Parade, March, PE15 8TD	01354 56150
Cheshire	Claude Crimes, 3 Delamere Street, Chester, CH1 4DS	01244 371341
	Deans Cycles & Toys, Lawton Street Post Office, Congleton, CW12 1RT	01260 273277
	John Geddes Cycles Ltd., 43 Widnes Road, Widnes, WA8 6AZ	0151 420 7797
	J. E. Williams, 17 Edleston Road, Crewe, CW2 7HJ	01270 255672
Woodsons Cycles, 85C Castle Street, Edgeley, Stockport, SK3 9AR	0161 480 8725	
Cleveland	Askeys, 141 The High Street, Redcar, TS10 3DQ	01642 486101
	Askeys, Moorside Garage, Northgate, Guisborough, TS14 6JU	01287 36038
	Bobbys Cycles, 96/98 Corporation Road, Middlesbrough, TS1 2RB	01642 244046

ENGLAND

<i>County</i>	<i>Dealer</i>	<i>Tel. no.</i>
Cumbria	J. E. Blackshaw Ltd., 2-6 The Mall, Barrow-in-Furness LA14 1HL	01229 820111
	Mark Taylor, 5/6 New Street, Whitehaven CA14 2AD	01946 692252
	K. Whitehead & Son, 104-106 Botchergate, Carlisle, CA1 1SN	01228 26890
	K. Whitehead & Son (Branch), 35 King Street, Penrith, CA11 7AY	01768 62910
Cornwall	Aldridge Cycles, 38 Cross Street, Camborne, TR14 8EX	01209 714970
	Barlow Cycles, Market House, St Austell, Cornwall PL25 5QB	01726 73117
	Clive Mitchell, 18 Pydar Street, Truro, Cornwall, TR1 2AY	01872 76930
Derbyshire	J. E. James (Chesterfield) Cycles, Brimington Road North, Chesterfield, S41 9AD	01246 453453
	Samway, 20-22 Ashbourne Road, Derby, DE3 3DR	01332 368849
	Samway, 9 King Street, Belper, DE56 1PW	01773 880181
	Tracey Maid Sports Complex, Regent Mills, Regent Street, Long Eaton NG10 1JX	0115 973 0719
Devon	Battery Cycle Works, 52-56 Embankment Road, Plymouth, PL4 9JF	01752 665553
	Cyclerama, 3 Summer Lane, Whipton, Exeter	01392 468746
	Paignton Cycles, 105 Winner Street, Paignton, TQ3 3BJ	01803 556511
	Richards Bikes, Wolborough Street, Newton Abbot, TQ12 1JR	01626 52942
C. Webber, 50 Bear Street, Barnstaple, EX32 7DB	01271 43277	
Dorset	Rays Cycles, New Road, Gillingham, SP8 4JH	01747 823195
	Les Scott, 483 Ringwood Road, Ferndown, BH22 9AG	01202 891728
	Willoughbys, 17B Barrack Road, Christchurch, B23 2AP	01202 486278
Durham	Heron Cycles, 29 Claypath, Durham City, DH1 1RH	0191 384 0319
	Consett Cycles, 62 Medomsley Road, Consett, DH85 4P	01207 581205
Essex	B & M Cycles, 13 High Street, Brentwood CM14 4RG	01277 214342
	W. E. Wass, 22-24 Long Wyre Street, Colchester, CO1 1LJ	01206 572781
Glouc	A Williams & Co., 82/86 Albion Street, Cheltenham	01242 512291
	Mitchells Cycles, 260 Barton Street, Gloucester GL1 4JJ	01452 411888
	Revolutions, 10 Market Place, Coleford, GL16 8AW	01594 833330
Greater Manchester	Doug Hartley, 100 Ashley Road, Hale, WA14 2UN	0161 928 1987
	Eddie McGrath Cycles, 31 Station Road, Urmston, M31 1JG	0161 748 2733
	Ken Fosters Cycle Logic, 374 Barlow Moor Road, Chorlton-cum-Hardy, M21 2AZ	0161 881 7160
	Ride n Drive, Shiffnall House, Shiffnall Street, Bolton, BL2 1BX	01204 31323
	Rowbothams, 470 Oldham Road, Failsworth, M35 0FH	0161 681 1671
Suntal Cycles, 45/49 Ripponden Road, Oldham, OL1 4EW	0161 624 7409	
Hampshire	Chandlers Ford Cycle, 23A Hursley Road, Chandlers Ford, SO5 2FS	01703 266212
	Connell Bros, 26a North Street, Havant, PO9 1PT	01705 451205
	H. E. Figgures, 124 High Street, Lymington, SO41 9AO	01590 672002
	Peter Hansford, Bridge Road, Parkgate, Southampton, SO3 7AG	01489 573249
	Peter Hansford Cycles, 9 Olivers Battery Road South, Winchester SO22 4JQ	01962 877555
	Bim Osborne, 80 Gregson Avenue, Fareham, PO13 0UR	01329 822402
	Peter Hargroves Cycles, 453 Millbrook Road, Southampton, SO1 0HX	01703 789160
	Peter Hargroves Cycles, 124 MacNaughten Street, Bitterne, SO2 4GH	01703 227179
	Portswood Cycles, 3 St. Denys Road, Portswood Junction, Southampton, SO2 1GN	01703 556470
Raleigh Cycle Centre, 22/24 Winchester Street, Basingstoke KT6 6AL	01256 465266	
Silvester Bros, 5 Cove Road, Farnborough, Hants, GU14 0EH	01252 543778	

ENGLAND

<i>County</i>	<i>Dealer</i>	<i>Tel. no</i>
Herefordshire	Revolutions, 48 Broad Street, Ross on Wye, HR9 7DY	01989 562639
Hertfordshire	C. J. Frost, 94 Walsworth Road, Hitchin, Herts, SG4 9SU	01462 434433
	Hatfield Cycle Centre, 12-13 The Parade, St. Albans Road East, Hatfield, AL10 0ET	01707 251340
	Highway Cycles, 35 Anwell End, Ware, SG12 9HP	01920 461448
Humberside	Len Cordon & Son, 4 Southcoats Lane, Hull, HU9 3AB	01482 74505
	Cliff Pratt, 84 Spring Bank, Hull, HU3 1AA	01482 228293
	S. W. Dine, 21 Waltham Road, Scartho, Grimsby, DN33 2LY	01472 877462
	J. Donoghue, 50 Pastures Road, Goole, DN14 6HD	01405 762331
	Rustys (Cycles) Ltd., 212/214 Ashby High Street, Scunthorpe, DN16 2JR	01724 844409
Isle of Man	Castletown Cycles, 6 Arborey Street, Castletown, IM9 1LJ	01624 823587
Kent	C. & S. Cycles, 173 High Street, Rainham, Nr. Gillingham, ME8 8AY	01634 365892
	O. T. Cycles, 291 Lowfield Street, Dartford, DA1 1LB	01322 225698
	Evernden Cycles, 47 Maidstone Road, Paddock Wood, Tonbridge, TN12 6DG	01892 832823
	F. W. Golding, 72 High Street, Milton Regis, Sittingbourne, ME10 2AN	01795 472623
	Renhams Cycle Centre, Grace Hill, Folkstone, CT20 1HJ	01303 241884
Lancashire	Burnley Cycle Centre, 34 Briercliffe Road, Burnley, BB10 1XH	01282 33981
	Broadgate Cycles, 2 Hawksbury Drive, Penwortham, Preston, PR1 9EJ	01772 746448
	Dyne-Start, 3 Scotland Road, Camforth, LA5 9JY	01524 732089
	Harry Middleton Cycles, 46/48 Moor Street, Ormskirk, PR6 0TX	01895 577240
	Sam Taylor, 11-17 Vicarage Lane, Marton, Blackpool, FY4 4EF	01253 763442
	Sutcliffe Cycles, 26 Riddleton Avenue, Preston, PR1 5RY	01772 796176
	Warland Cycles, 20/22 King Street, Blackburn, BB2 2DH	01254 524568
	Wigan Cycle Centre, 5/7/9 Norfolk Street, Newtown WN5 9BJ	01942 323696
Leicestershire	George Halls Cycle Centre, 12 Northampton Road, Market Harborough LE16 9HE	01858 465507
	Julies Cycle Shop, 216 Clarendon Park Road, Leicester, LE2 3AG	0116 270 7936
	Tracey Maid Ltd., 14 The Rushes, Loughborough LE11 0BE	01509 610557
	Two Wheelers, 176 Gipsy Lane, Leicester, LE4 6RG	0116 266 7972
Lincolnshire	Cycle Sport UK, 33 London Road, Grantham, NG31 6EX	01476 74268
	J. W. Gibbons, Winsover Road, Spalding, PE11 1HA	01775 722050
	James Cycle, 21 West Street, Aford, LN13 9DG	01507 463329
	Nevs Cycle Centre, 52 Southgate, Sleaford, NG34 7RR	01529 302810
	Nevs Cycles 8/10 Church Street, Boston, PE21 6NW	01205 361560
	On Yer Bike, 373/374 High Street, Lincoln,	01522 534766
	Terry Wright, 41 Bridge Street, Deeping St. James, LE2 8EN	01778 344051
London	E. Chamberlaine & Sons Ltd, 71/77 Kentish Town Road, NW1	0171 485 3983
	Days Cycles, 570 Lordship Lane, Wood Green, N22 5BY	0181 888 2686
	Toplis Eng. Ltd, 19 Ravenswoods Crescent, West Wickham, Kent	0181 777 1084
Merseyside	J. Carter & Son, Cross Lane, Newton Le Willows, WA12 9QE	01925 224300
	Longworths, 256 Wallasey Village, Wallasey, L45 3HB	0151 639 4225
	Oban Cycles, 109 Breck Road, Anfield, Liverpool L4 2QX	0151 263 6332
Middlesex	Hayes Cycle Centre, 13 Coldharbour Lane, Hayes, UB3 3EA	0181 573 2402
Norfolk	Engledows Cycle, Creake Road, Sculthorpe, Fakenham, NR21 9NG	01328 864785
	Gibbons Cycles, 120 London Road, Kings Lynn PE30 5ES	01553 769791
	Lesters, 1A Windsor Road, Norwich, NR6 5NP	01603 429575
	Norfolk Cycle Centre, 54 West End Street, Norwich, NR2 4NA	01603 626660
	Norfolk Cycle Centre, 15 Broad Row, Great Yarmouth, NR30 1HT	01493 331666

ENGLAND

<i>County</i>	<i>Dealer</i>	<i>Tel. no.</i>
	Pauls Cycles, Unit 6, Green Road, Yaxham Industrial Estate, Dereham, NR20 3TG	01362 696276
Northamptonshire	McGann Cycles, 71 Harborough Road, Kingsthorpe, NN2 7SH Newlec Cycles, 12 Horse Market, Dalkeith Place, Kettering, NN16 0DA Oakley Cycles, 118 Portland Road, Rushden, NN10 0UP	01604 715021 01536 412742 01933 413400
Northumberland	Ashington Cycle Centre, 46 Woodhorn Road, Ashington, NE63 9AE Ferguson Cycles, 16 Union Street, Blyth, NE24 2DX	01670 812852 01670 352218
Notts	G. L. F. Read, 105 Victoria Road, Netherfield, NG4 2PD On Your Bike, 181 Yorke Street, Mansfield Woodhouse, NG19 9NJ Sid Standard Cycles, 35 Chilwell Road, Beeston, NG9 1EH Staples Cycles, 8 Lombard Street, Newark, NG24 1XB	0115 961 4555 01623 421033 0115 925 6647 01636 702759
Oxfordshire	Broadribbs, 81 Sheep Street, Bicester, OX6 7JS Dentons Cycles, 294 Banbury Road, Oxford, OX2 7ED Dentons (Branch), 1 High Street, Witney, OX8 6LW Dentons, 133 The Broadway, Didcot, OX11 8RN Giles Cycles, 1 Alvescot Road, Carterton, OX18 3JL Trinder Bros, 2a-4 Broad Street, Banbury, OX16 8BN	01869 253170 01865 53859 01993 704979 01235 816566 01993 842396 01295 251270
Rutland	Rutland Water Cycling, Whitwell Car Park, Whitwell, Oakham, LE15 8BL	01780 460705
Shropshire	Las Edwards, 120 Trench Road, Trench, Telford, TF2 7DP Shrewsbury Cycles, 43 Ditherington Road, Shrewsbury, SY2 6DE	01952 605213 01743 232061
Somerset	The Bicycle Chain, 101A Taunton Road, Bridgewater, TA6 6AD R. Colman Cycles, 79 Station Road, Taunton, TA1 1PB Pedal Power, 1 Glover Walk, Yeovil, BA20 1LH	01278 423640 01823 275822 01935 33898
Staffordshire	Brian Rourke, 22 Waterloo Road, Burslem, Stoke on Trent, ST6 3ES A. P. Sanders, 11 High Street, Chasetown, WS7 8XE Sheffield Cycles, 156 Station Road, Burton on Trent, DE14 3QY Roy Swinnerton Ltd., 69 Victoria Road, Fenton, Stoke on Trent, ST4 2HG	01782 835368 01543 686102 01283 532155 01782 747782
Suffolk	Alford Bros, 119 Hamilton Road, Felixstowe, IP11 7BL Michael's Cycles, 2 Smallgate, Beccles, NR34 9AB Suffolk Cycle Centre, 211/213 London Road South, Lowestoft, NR35 0DS Suffolk Cycle Centre, Hamilton Road Bus Station, Sudbury, CO10 6UU Thomas Cycles, 621 Foxhall Road, Ipswich, IP3 8WD Thomas Cycles, 95 Risbygate, Bury St. Edmunds, IP33 3AA	01394 284719 01502 717413 01502 585968 01787 310940 01473 712751 01284 766496
Surrey	C. & N. Supplies, 32 Station Road, Redhill, Surrey, RH1 1PD Pearsons, 126 High Street, Sutton, SM1 1LU Surrey Cycles, 75 Station Road, Addlestone, KT15 2AR Raleigh Cycle Centre, 149 Hershams Road, Hershams, KT12 5NR Raleigh Cycle Centre, 19 The Broadway, Woodbridge Road, Guildford, GU1 1DY Raleigh Cycle Centre, 121-125 Ewell Road, Surbiton, KT6 6AL	01737 760857 0181 6422095 01932 820716 01932 221630 01483 504932 0181 390 7400
Sussex	Anthony Hole & Sons, 39 Cyprus Road, Burgess Hill, RH15 8DX Chris Pelling Ltd., 82 High Street, Hailsham, BN27 1AU C. & N. Supplies, 16 Broadfield Barton, Broadfield, Crawley, RH11 9BA Raleigh Cycle Centre, 24 Station Road, Bognor Regis, PO2 1GE Raleigh Cycle Centre, 6 Field Place Parade, The Strand, Goring by Sea, BN12 6BS	01444 233176 01323 840601 01293 543880 01243 820651 01903 241241

ENGLAND

<i>County</i>	<i>Dealer</i>	<i>Tel. no.</i>
	Raleigh Cycle Centre, 38/40 Kingstone Broadway, Shoreham by Sea, BN4 6TE	01273 596368
Tyne & Wear	Compac Services Ltd, 12 Salem Street, South Shields, NE33 4NW Raleigh Instore Cycle Dept, Joplings Ltd, John Street, Sunderland SR1 1DP (deliveries & collection point at rear of store)	0191 455 3579 0191 565 7601
	Tomms Cycles, 255 Shields Road, Byker, Newcastle on Tyne, NE6 1DG	0191 265 5918
Warwickshire	John Atkins, 140 Far Gosford Street, Coventry, CV1 5DY Broadribbs, 56 Bedford Street, Leamington Spa, CV32 5DY	01203 222997 01926 421428
West Midlands	Bearwood Cycles, 430 Bearwood Road, Smethwick, B66 4EY Tom Crowther Cycles, 165 Ulleries Road, Solihull, B92 8JP Geo. Dugmore Ltd., 249-261 Bilston Road, Wolverhampton, WV2 2JW The Bike Shop, 1 Wardle Street, Tamworth, B79 7QH	0121 429 2199 0121 743 6351 01902 452313 01827 62049
Wiltshire	Batchelors, 72 Market Place, Warminster, BA12 9AW Express Cycle Specialists, 97 Manchester Road, Swindon, SN1 4AJ C. T. Haines & Son, Stonehenge Cycle Co, Water Lane, Salisbury, SP7 7TE Palmers, 53a Castle Street, Trowbridge, BA14 8AU C. H. White & Son, 51 High Street, Malmesbury, SN16 9AG	01985 213221 01793 534907 01722 334915 01225 777117 01666 822330
Worcestershire	Star Cycles, Sandwell House, Farrier Street, Worcester, WR1 3BH	01905 25064
Yorkshire	Allens, 23 Barnsley Road, Wombwell, Barnsley, SD73 8HT Bob Allport, 47 Cleveland Street, Doncaster, DN1 3DS Bob Allport & Sons, 15 The Springs, Wakefield, WF1 1DE Barnsley Cycle Centre, 16 Doncaster Road, Barnsley, S70 1TH Donoghue Cycles, 8 The Crescent, Selby, YO8 0PD Ellis Briggs, 18 Otley Road, Shipley, BD17 7SE Familyway, Bradley Street, Castleford, WF10 1HR J. Foster Cycles, Thames Street, Rotherham, S60 1LU J Foster, 150 Doncaster Road, Thrybergh, Rotherham, S65 4BE Harrogate Cycle Centre, 55 Knaresborough Road, Harrogate, HG2 7LT J. E. James (Cycles), 347-361 Bramhall Lane, Sheffield, S2 4RN Kutter & Shannon, 169 Boroughbridge Road, York, YO2 6AN Rainbow Cycles, 201 Lockwood Road, Huddersfield, HD1 3TS Len Raine, 25 Victoria Road, Scarborough, YO11 1SB Russells (York) Ltd., 16 Toft Green, York, YO1 2JT Scurrys Cycle Centre, 26 Wold Street, Norton, Malton, YO17 9AA Sheffield Cycle Centre, 832 Barnsley Road, Lane Top, Sheffield, S5 0QG Watson Cairns, Lower Briggate, Leeds, LS1 6NG Wibsey Cycles, 18 Fair Road, Wibsey, Bradford, BD6 1QN Woodrup Cycles, 345-7 Kirkstall Road, Leeds, LS4 2HD	01226 756281 01302 360268 01924 201591 01226 287770 01757 706037 01274 583221 01977 554426 01709 371576 01709 850337 01423 885196 0114 255 0557 01904 791610 01484 512825 01723 365751 01904 622744 01653 697303 0114 257 0650 0113 245 8081 01274 676037 0113 263 6212

SCOTLAND

	Aberdeen Cycle Centre, 188 King Street, Aberdeen, AB2 3BH	01224 644542
	Aero Bikes, 3 Jamaica Street, Greenock, PA15 1XU	01475 888900
	The Bicycle Shop, 189 Commercial Street, Kircaldy, KY1 2NS	01592 260654
	Billy Bilsland Cycles, 176 Saltmarket, Glasgow, G1 5LA	0141 552 0841
	Carrick Cycles, 87 Main Street, Ayr, KA8 8BU	01292 269822

SCOTLAND

County	Dealer	Tel. no.
	The Cycle Shop, 33 High Glencairn Street, Kilmarnock, KA1 4AE	01563 38938
	Cycling World, 458/464 George Street, Aberdeen, AB2 3XH	01224 632994
	Alex Dan Cycle Centre, 67 Kenneth Street, Stornaway, Isle of Lewis, PA87	01851 704025
	R. & M. Dorrictott, Market Square, Inverberrie, Angus, DD10 0RN	01561 361208
	D. Graham, 9-15 Combie Street, Oban, Argyllshire, PA3 4HN	01631 562069
	Grierson & Graham, 10 Academy Street, Dumfries, DE1 1DF	01387 259483
	Gala Cycles, 58 High Street, Galashiels	01896 57587
	Hawick Cycle Centre, 45 North Bridge Street, Hawick, Roxburghshire, TD9 9PX	01450 372385
	Irvine Cycles, 29 Eglinton Street, Irvine, KA12 8AX	01294 272712
	Jackson Cycle Centre, 18 High Street, Carnoustie, Angus, DD7 6AQ	01241 853493
	A. Junner & Co. Ltd, 51 South Street, Elgin, Morayshire, IV30 1JZ	01343 542492
	MacDonald, 26 Morrison Street, Edinburgh, EH3 8BJ	0131 229 8473
	C. J. Malley, 57/61 Grahams Road, Falkirk, FK2 7DJ	01324 621961
	Nicholson's Cycling Centre, 2 Forfar Road, Dundee, DD4 7AR	01382 461212
	T. & M. J. Paterson, Tankerness Lane, Kirkwall, Orkney, KW15 1AQ	01856 873097
	E. A. Peterson, 39 High Street, Musselburgh, EH21 7AD	01316 652530
	M. G. B. Ralton, 6 Avon Street, Hamilton, Lanarkshire, ML3 7HU	01698 284926
	J. M. Richard, 44 George Street, Perth, RH1 5JL	01738 626860
	Robertson Sports, 1/5 Kirk Street, Peterhead, AB42 6RT	01779 472584
	Thornton Cycles, 23 Castle Street, Inverness, IV2 3DU	01463 243084
	Tortoise, 193 Clarkeston Road, Cathcart, Glasgow, G44 4ER	01416 372439
	Tortoise, 1417 Dumbarton Road, Scotstoun, Glasgow, G11	0141 958 1055
	Tortoise, 3 Collier Street, Johnstone, Nr. Paisley, PA5 8AR	01505 335551
	J. & I. Whyte, 8-10 High Street, Inverurie, AB51 9XQ	01467 621449
	Stewart Wilson, 49 Barnton Street, Stirling, FK8 1HF	01786 465292

WALES

Reg Braddick & Sons Ltd., 59-61 The Broadway, Cardiff, CF2 1XJ	01222 490137
Bierspool Cycles, 36 London Road, Pembroke Dock, SA72 6DT	01646 681039
Cardiff Cycle Centre, 44 Crwys Road, Cathays, Cardiff, CF2 4NN	01222 222974
Davies & Davies, Quay Street, Cardigan, SA43 1HU	01239 614684
Griffiths & Co, 9 Ship Street, Brecon, Powys, LD3 9AF	01874 622651
Hughes Cycles, 20 Bodfer Street, Rhyl, LL18 1AU	01745 342012
Les Jones, 8-10 China Street, Llanidloes, Powys	01886 412864
Rody Rees, 56 Bridge Street, Lampeter, Dyfed, SA48 7AB	01570 422327
Swansea Cycle Centre, 7, 8, 9 The Kingsway, Swansea, SA1 5JN	01792 655440
K. K. Cycles, 141 High Street, Portmadog, Gwynedd, LL49 9HD	01766 512310

IRELAND

Raleigh Ireland Ltd., Kylemore Road, Dublin 10	3531626133
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LUBRICATION

Keep your bicycle in good condition by oiling and greasing it regularly. As the greasing of bearings requires disassembly and the use of special tools, we recommend that you leave this job to your Raleigh dealer. Have bearings greased once a year with Raleigh 369 lithium grease.

Pay particular attention to the following parts, not all of which will be on your particular bicycle. Oil every six months and after cleaning, with a high quality mineral lubricant such as Sturmey Archer cycle oil or Raleigh Tri-Flon dry lubricant.

NOTE:

Avoid vegetable based oils.

Avoid over-lubrication as this will collect dirt and grit.

WARNING: Keep all oil off the wheel rims, brake blocks and tyres.

Chain – Rotate the chain and lightly oil along its complete length. Wipe off surplus oil with a cloth.

Freewheel – Apply one or two drops of oil to the mechanism.

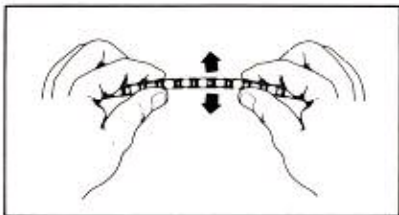
Front and rear derailleur – Lightly oil the derailleur pivot bolts.

Caliper and cantilever brakes – Lightly oil the brake pivot points.

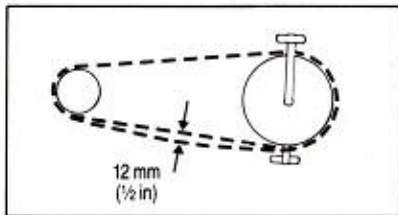
DO NOT OIL SHIFT LEVERS.

CHAIN ADJUSTMENT

Keep your chain well lubricated. Ask your Raleigh dealer to remove it occasionally and clean it in solvent.



If your chain does not run smoothly, it may be due to a stiff link. Identify the stiff link and flex the chain back and forth to loosen the link.



Keep the chain tensioned correctly to give approximately 12mm (1/2 inch) of play in the middle. (Non-derailleur models only).

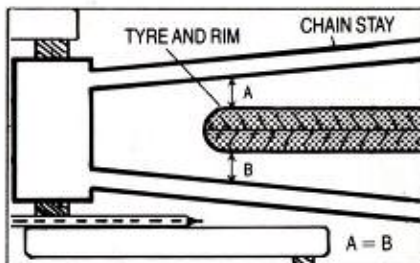
If the chain is worn out or incorrectly tensioned, as above, it could slip off or break.

The rear derailleur automatically tensions the chain; for non-derailleur cycles tension the chain as follows:

1. Change to 3rd gear, if fitted, turn the cycle upside down and loosen the axle nuts slightly.

2. Pull the wheel back in the frame until the chain is correctly tensioned. Check

that the wheel is centred in the frame, ie the wheel rim is equidistant from the chainstays. On three-speed models, re-set the gear adjustment. Tighten the axle nuts to the recommended tightening torque given on page 24.



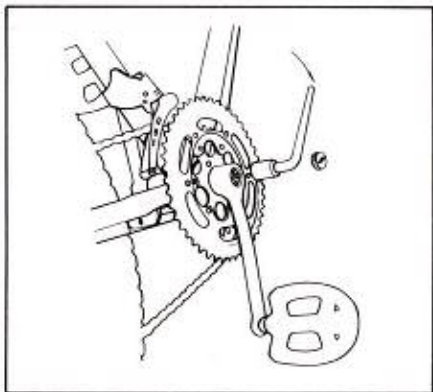
COTTERLESS CRANKS

If the chainwheel and cranks of your bicycle are of the cotterless type as shown below, to ensure trouble free operation it is important that the axle nuts are tightened as securely as possible. It is strongly recommended that tightness of cranks be checked after the first two weeks of use and at six-monthly intervals thereafter.

WARNING: Failure to do so may cause permanent damage to the precision made components.

To carry out adjustment, first remove the dust cap, then using a 14mm socket tighten to a torque of 47.5Nm (420 lb/f in).

If in doubt, refer to your Raleigh dealer.



TYRES

WARNING: Do not use garage airlines to inflate tyres, as they may over inflate or burst.

It may be necessary to inflate the tyres before the bicycle is ready to ride. Recommended pressures are moulded onto the wall of the tyre.

The tyres on your bicycle are fitted with either car type valves or Presta (high pressure) valves. Make sure your pump and pressure gauge are fitted with the right connector.

WARNING: Riding a bicycle with under inflated tyres may damage the wheels, tyres and tubes and impair the handling.

REPLACING TYRES

Tyres should be checked regularly for tread wear and cuts in the casing. Take the bicycle to your Raleigh dealer to have worn or defective tyres and inner tubes replaced. Make sure rim, tyre and tube sizes are compatible.

If you do replace a tyre, it needs to be fitted properly. Unless a tyre sits squarely on the rim, there is a danger that it may blow off in use. Partially inflate the tyre and spin the wheel to check for any high or low spots. If these occur, squeeze along the tyre until it runs evenly all the way round. This is particularly important if the bike is fitted with solid plastic wheels. With the tyre seated correctly, inflate to the recommended pressure.

WHEEL REMOVAL AND REPLACEMENT

FRONT WHEEL REMOVAL

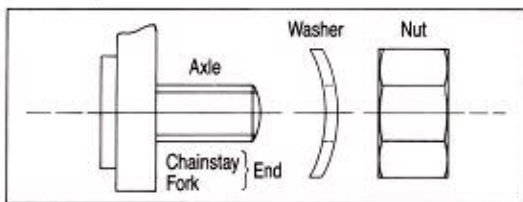
Open the brake quick release mechanism, if fitted, or slacken the cable adjuster. Open the wheel quick release mechanism, if fitted, or loosen the axle nuts. Gently ease the wheel from the forks.

FRONT WHEEL REPLACEMENT

Ensure the quick release mechanism is open and on the left hand side of the bicycle. Ease the forks apart slightly and fit the wheel into the frame. Make sure that the wheel is centred in the frame, ie the rim is equidistant from each fork blade and that the axle is located against the end of the fork slots. The front and rear wheels of some bicycles are fitted with special locking washers. Always ensure that the curved washer is assembled as shown in the diagram.

Close the quick release lever as detailed on the next page, or tighten the axle nuts to the recommended torque given on page 24, making sure the washers are outside the fork ends.

WARNING: Remember to close the brake quick release lever, or re-set the cable adjuster.



REAR WHEEL REMOVAL

For derailleur equipped bicycles, shift the chain onto the smallest rear and largest front sprockets.

Open the brake quick release mechanism, if fitted, or slacken the cable adjuster. Open the wheel quick release lever, if fitted, or loosen the axle nuts. On ATB models, remove the derailleur protector if fitted. Hold the rear derailleur to prevent it from springing forwards, and ease the wheel forward out of the chainstay ends.

REAR WHEEL REPLACEMENT

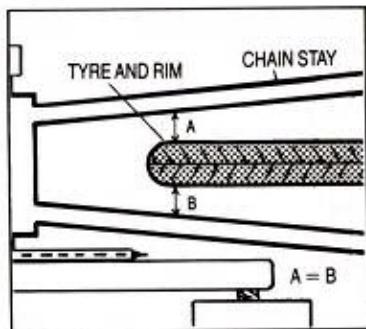
Check that the wheel adjusters, if fitted, will align the wheel correctly as shown when the wheel axle is pushed fully home against them.

Ensure that the quick release mechanism is open. Take up all the tension in the derailleur spring by holding the derailleur fully back.

Place the top part of the chain on the small rear sprocket and ease the wheel into the frame. Make sure that the wheel is centred in the frame, ie the rim is equidistant from the chainstays, and that the axle is located securely in the chainstay ends (against the wheel adjusters if fitted).

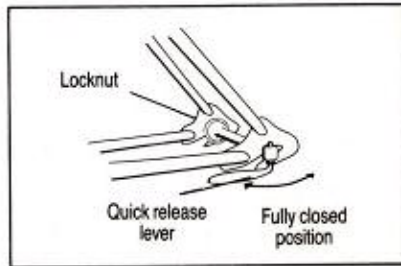
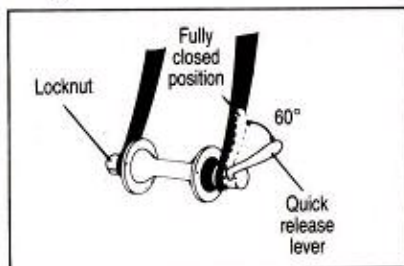
Replace the derailleur protector, if fitted. Close the quick release lever as detailed below, or tighten the axle nuts to the recommended torque given on page 24, making sure the curved washers are fitted as shown previously on front wheel replacement.

WARNING: Remember to close the brake quick release lever, or re-set the cable adjuster.



CORRECT SETTING OF THE WHEEL QUICK RELEASE LEVERS

When closed, the front lever should be folded parallel to the left fork. The rear lever should be folded parallel to the left chainstay, ie approximately horizontal and facing forward.



With the wheel correctly centred in the frame, half close the quick release lever so that it is at approximately 60 degrees to the frame. The inside curve should be towards the spokes as shown.

Tighten the locknut finger tight. Fully close the lever; considerable resistance should be felt in returning the lever to its fully closed position.

WARNING: *Make sure you cannot rotate the lever in either direction. If you can, re-set the quick release mechanism by tightening the locknut further.*

BRAKE ADJUSTMENT

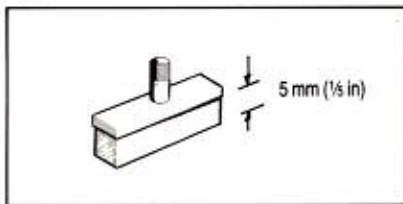
Your Raleigh bicycle will be fitted with one of two types of brake; caliper or cantilever. It is very important to check your brakes regularly for proper adjustment and excess wear. Details of how to adjust your brakes are given on the following pages.

WARNING: *Always keep your brakes properly adjusted. Check them regularly.*

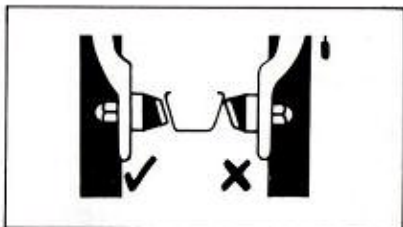
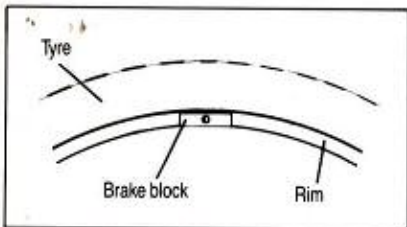
BRAKE CHECKLIST

Check that:

1. Both brakes operate smoothly and effectively with minimum movement of the levers. However, they should not be adjusted so closely that the brakes touch the rim without pressure on the brake lever.
2. Brake blocks are not excessively worn. If your bicycle is fitted with Raleigh Raincheck leather faced blocks, they should be replaced as soon as the rubber starts to show through. Standard rubber blocks should be replaced before the rubber has worn down to within 5mm ($\frac{1}{8}$ inch) of the metal shoe.
3. Both brakes are fully applied before the brake levers touch the handlebar.
4. Wheel rims and brake blocks are kept clean and free of all oil, grease, etc.
5. All bolts securing brakes and levers to cycle are tight, as are bolts securing brake blocks.
6. Brake shoes hit the rim squarely, not the tyre, when brakes are applied.
7. Cables are not rusty, bent or kinked and have no broken or frayed strands.



BRAKE BLOCK REPLACEMENT AND ADJUSTMENT



If your blocks are worn down or if they are not lined up with the wheel rim as shown above, replace and/or adjust as follows:

Open the quick release lever, if fitted, or slacken the cable adjuster. Undo the brake block nut using a spanner and replace the blocks if necessary. Always replace brake blocks in pairs. It is imperative that new blocks are fitted the right way round, as shown.

WARNING: Remember to close the quick release mechanism or reset the cable adjuster.

Apply the brakes and position the blocks so that they hit the rim squarely as shown. With the brakes still applied to hold the blocks in place, tighten the nuts securely with a spanner.

CALIPER BRAKE ADJUSTMENT

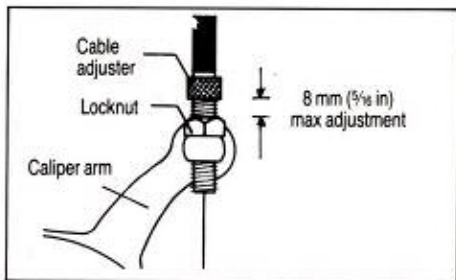
Having checked and adjusted the position of the brake blocks as shown above, the brake blocks should be as close as possible to the rim. However they should not be adjusted so closely that the brake blocks touch the rim without pressure on the lever.

Minor adjustment of the brakes can be made using the cable adjuster as shown below:

1. Loosen the locknut.
2. Screw out the cable adjuster until the blocks just clear the rim. You may find it easier to turn the adjuster while holding the blocks against the rim to reduce cable tension.

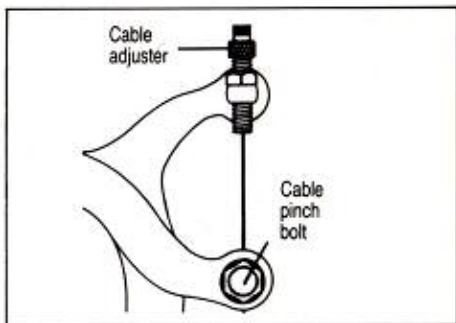
WARNING: Do not screw out the adjuster more than 8mm.

3. Tighten the locknut firmly against the caliper arm.



If the cable adjuster is screwed all the way out and the blocks are still not close enough to the rim, take up the slack in the cable length as follows:

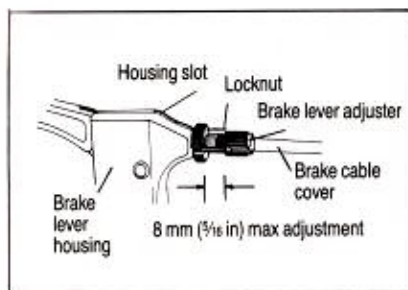
1. Loosen the locknut and screw the cable adjuster half way in, as shown.
 2. Hold the brake blocks against the rim with a third hand tool or bind with string to reduce cable tension.
 3. Undo the cable pinch bolt and pull the cable through with a pair of pliers. If the wire is frayed, replace it. Make sure the cable is fully seated in the lever and the adjuster. Tighten the pinch bolt firmly and remove third hand tool.
 4. Apply the brakes full on; if the cable pulls through the pinch bolt, repeat steps 2, 3 and 4 but increase the tightness of the pinch bolt.
 5. Fine adjustments can now be made by using the cable adjuster, as above.
- If your brakes still do not work efficiently, refer the problem to your Raleigh dealer.



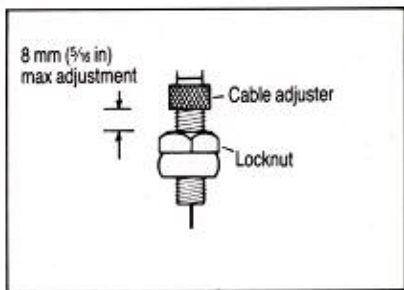
CANTILEVER BRAKE ADJUSTMENT

Having checked and adjusted the position of the brake blocks as explained on page 20, the brake blocks should be as close as possible to the rim. However, they should not be adjusted so closely that the brake blocks touch the rim without pressure on the lever.

Minor adjustment of the brakes can be made by using the cable adjuster as shown below:



Cable adjuster integral with brake levers. On some levers the cable adjuster will be found underneath the rubber cover.



Cable adjuster situated at front bracket or rear arch/hanger (gents' models) or rear cable pulley (ladies' models).

1. Loosen the locknut.
2. Screw out the adjuster until the brake blocks just clear the rim. You may find it easier to turn the cable adjuster while holding the brake blocks against the rim to reduce cable tension.

WARNING: Do not screw out the adjuster more than 8mm.

3. Tighten the locknut firmly against the lever housing.

If the cable adjuster is screwed more than 8mm out and the blocks are still not close enough to the rim, take up the slack in the straddle cable length as follows:

1. Loosen the locknut and screw the cable adjuster half way in, as shown.
2. Hold the brake blocks against the rim with a third hand tool or bind with string to reduce cable tension.
3. Undo the cable clamp bolt and pull the cable through with a pair of pliers. If the wire is frayed, replace it. Make sure the cable is fully seated in the lever and adjuster or swan neck stem. Tighten the pinch bolt firmly and remove the third hand tool. Apply the brakes fully and ensure there is no movement of the cable through the pinch bolt.
4. Fine adjustments can now be made by using the cable adjuster, as above.

If one brake block is closer to the rim than the other, make sure the yoke is centralized on the straddle wire.

If your brakes still do not work efficiently, refer the problem to your Raleigh dealer.

GEAR ADJUSTMENT

If equipped with gears, your bicycle will have either a Sturmey Archer 3-speed hub gear or a derailleur gear. Owing to the damage that incorrect adjustment can cause, we recommend that all gear adjustments are carried out by your Raleigh dealer.

A general guide is given below for adjustments to conventional friction shift derailleurs.

The front and rear derailleurs have adjusting screws which restrict the travel of the derailleur unit.

The high gear adjusting screw (H) prevents the chain overriding the small rear sprocket (rear derailleur) or the large chainwheel (front derailleur, if fitted).

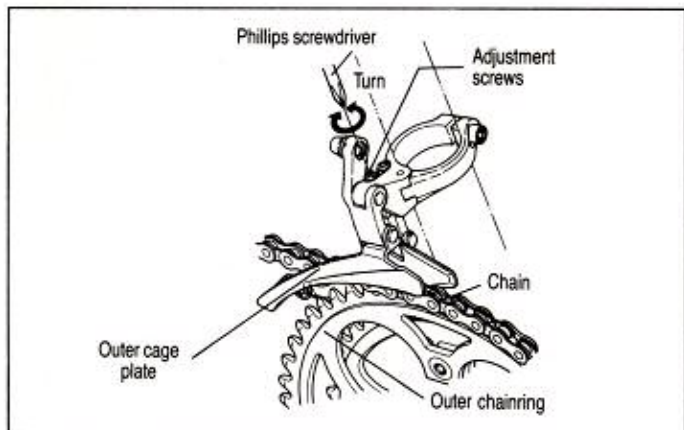
The low gear adjusting screw (L) prevents the chain overriding the large rear sprocket (rear derailleur) or the small chainwheel (front derailleur, if fitted).

FRONT DERAILLEUR

Turn the cranks forward slowly and shift the chain onto the large chainwheel by pulling the left shift lever back, and on to the smallest rear sprocket by pushing the right lever forward.

Using the left shift lever, position the derailleur cage so that the inside of the outer cage plate just clears the chain. Then gently turn the outer limit adjusting screw clockwise until you see the cage begin to move inward. If the shift lever cannot move the cage out far enough to shift the chain on to the outer chainring, turn the adjusting screw counterclockwise until the cage is in the correct position (see below).

Shift the derailleur. If it overshifts on either the inner or outer chainring, turn the appropriate adjusting screw clockwise. If it undershifts, turn the appropriate screw counterclockwise. Try the derailleur in all possible gear combinations. If the chain rubs against the cage in any position and you cannot reposition the cage with the shift lever, turn the appropriate adjusting screw counterclockwise.

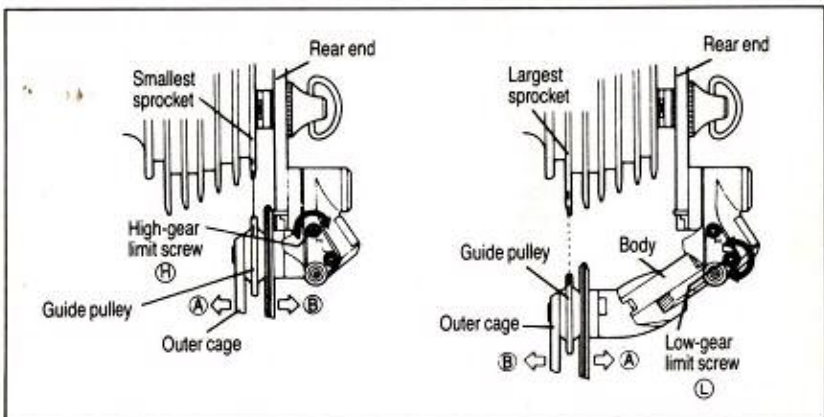


REAR DERAILLEUR (REFER TO DIAGRAM ON PAGE 24)

Adjusting the high-gear limit screw (H). Adjust the high-gear limit screw (H) so that, as viewed from the rear, the guide pulley is directly beneath the smallest sprocket. Turning the screw in the 'A' direction (clockwise) moves the guide pulley towards the largest sprocket; in the 'B' direction (counterclockwise), towards the smallest sprocket.

Adjusting the low-gear limit screw (L). Push the body towards the largest sprocket. Then, adjust the low-gear limit screw (L) so that, as viewed from the rear, the guide pulley is directly beneath the largest sprocket. Turning the screw in the 'A' direction (clockwise) moves the guide pulley towards the smallest sprocket; in the 'B' direction (counterclockwise), towards the largest sprocket.

WARNING: Never adjust the rear derailleur so that it can shift into the rear wheel.



RECOMMENDED TORQUE FIGURES

	lbf-ins	Nm
Front wheel nut $\frac{5}{16}$ "	195–200	22–22.5
Front/rear wheel nut $\frac{3}{8}$ ", $1\frac{1}{32}$ " or 10mm	220–225	24.8–25.4
Seat bolt $\frac{5}{16}$ " diameter (Braze frame)	220–225	24.8–25.4
Seat bolt – recessed type (Braze frame)	100–105	11.3–11.7
Handlebar expander bolt	140–145	15.9–16.4
Handlebar/seat clamp bolt (Welded frame)	100–120	11.3–13.5
Handlebar to stem bolt (including 4 bolt)	150–155	17–17.5
Saddle clip to seat pin	150–155	17–17.5
Saddle clamp – allen bolt type	80–85	9–9.6
Cotterless crank main axle bolt nut	420	47.5

BICYCLE SERVICE RECORD

Model Name: _____ Date Purchased: _____ Gold or Silver Label No.: _____

WORK DONE	DATE	COMMENTS	DEALER	SIGNATURE

RALEIGH

**Comprehensive
Guarantee up to**

15 years

Raleigh branded bicycles are guaranteed against manufacturing or material defects from the date of original purchase, for a period of:

- 15 years on the frame and non-suspension forks
(including a unique anti-corrosion warranty)
- 2 years on suspension forks manufactured by Raleigh
- 1 year on proprietary suspension forks
- 1 year on all other components

Provided the bicycle has been properly cared for, maintained and used, and has not been fitted with parts other than a Raleigh approved spare part. The guarantee does not cover normal wear and tear, alteration, accident, misuse, neglect, improper maintenance, or commercial use (eg hiring).

Raleigh MTB and BMX bicycles are guaranteed for normal off-road riding. Activities such as "wheelies", stunt riding or jumping constitute misuse and will invalidate this guarantee.

Under these terms, Raleigh will bear the cost of replacement parts. Additionally, labour charges incurred within one year of the date of original sale will be borne by Raleigh, provided proof of purchase is available and the claim has been processed by an approved Raleigh Service Dealer. This guarantee does not affect your statutory rights. In the event of a guarantee claim, consult your local Raleigh Service Dealer, taking the entire machine with you.

A GUARANTEE OF CONFIDENCE

Raleigh Industries Limited, Nottingham, England

**IMPORTANT! RECORD THESE DETAILS TO HELP
RECOVER YOUR CYCLE IF IT IS STOLEN.**

FRAME NO.

--	--	--	--	--	--	--	--

MODEL NAME:

NO. OF GEARS:

FRAME SIZE:

COLOUR:

POST CODED YES/NO

SPECIAL FEATURES

PLEASE KEEP GUARANTEE IN A SAFE PLACE

Consumerlink

RALEIGH

PLACE
STAMP
HERE

(Please do not send products or correspondence to this address)

RALEIGH
c/o Consumerlink
PO Box 362
London
SW11 3UD

ACD 03

D CYCLE SECURITY SECTION

21 Please write your unique 7 or 9 digit cycle frame number here (See handbook for location)



If your frame number is unclear, please ask your local Raleigh dealer or Police to stamp your postcode on to your cycle frame - and make sure you have told us your postcode in question 1. Please write clearly and accurately to help us store and retrieve, if necessary, in the event of theft or loss, all your details.

18 To help us understand your leisure interests, please indicate the activities and interests which you or your spouse enjoy on a REGULAR basis:

- | | | |
|--|---|---|
| 01 <input type="checkbox"/> Bicycle touring/cycling | 21 <input type="checkbox"/> Do-it-yourself | 41 <input type="checkbox"/> Foreign travel |
| 02 <input type="checkbox"/> Golf | 22 <input type="checkbox"/> Doing the poofs | 42 <input type="checkbox"/> Charities/voluntary work |
| 03 <input type="checkbox"/> Jogging/physical fitness | 23 <input type="checkbox"/> Going to the pub | 43 <input type="checkbox"/> National Trust |
| 04 <input type="checkbox"/> Snow skiing | 24 <input type="checkbox"/> Health foods | 44 <input type="checkbox"/> Wildlife/environmental concerns |
| 05 <input type="checkbox"/> Squash | 25 <input type="checkbox"/> Stimming | 45 <input type="checkbox"/> Com/stamp collecting |
| 06 <input type="checkbox"/> Tennis | 26 <input type="checkbox"/> Fashion clothing | 46 <input type="checkbox"/> Collectibles/collections |
| 07 <input type="checkbox"/> Bowls | 27 <input type="checkbox"/> Model making | 47 <input type="checkbox"/> Going to bingo |
| 08 <input type="checkbox"/> Hiking/walking | 28 <input type="checkbox"/> Photography | 48 <input type="checkbox"/> Shopping by catalogue |
| 09 <input type="checkbox"/> Fishing | 29 <input type="checkbox"/> Science fiction | 49 <input type="checkbox"/> Stocks and shares |
| 10 <input type="checkbox"/> Hunting/shooting | 30 <input type="checkbox"/> Sewing/needlework/knitting | 50 <input type="checkbox"/> Unit trusts/investment programmes |
| 11 <input type="checkbox"/> Motor/power boating | 31 <input type="checkbox"/> Stereo, records and tapes | 51 <input type="checkbox"/> Cards, board games |
| 12 <input type="checkbox"/> Sailing | 32 <input type="checkbox"/> Book reading | 52 <input type="checkbox"/> Further education |
| 13 <input type="checkbox"/> Crossword puzzles | 33 <input type="checkbox"/> Current affairs | 53 <input type="checkbox"/> Home computer games |
| 14 <input type="checkbox"/> Eating out | 34 <input type="checkbox"/> Fine antiques | 54 <input type="checkbox"/> Personal computing |
| 15 <input type="checkbox"/> Gardening | 35 <input type="checkbox"/> Gourmet cooking/line foods | 55 <input type="checkbox"/> Science/new technology |
| 16 <input type="checkbox"/> Grandchildren | 36 <input type="checkbox"/> Wines | 56 <input type="checkbox"/> Watching video films |
| 17 <input type="checkbox"/> Household pets | 37 <input type="checkbox"/> Theatre, cultural/sports events | 57 <input type="checkbox"/> Watching sports on TV |
| 18 <input type="checkbox"/> Motoring | 38 <input type="checkbox"/> Religious activities | 58 <input type="checkbox"/> Cigarette smoking |
| 19 <input type="checkbox"/> Motorcycles | 39 <input type="checkbox"/> Caravaning/caravan camping | 59 <input type="checkbox"/> Pipe/cigar smoking |
| 20 <input type="checkbox"/> Car maintenance | 40 <input type="checkbox"/> Package holidays | |

19 From the list above, please indicate the numbers representing the three favourite activities for:

You: Your spouse:

20 Do you have a car? 1 Yes 2 No Is it: 3 Yours? or 4 A company car?

Make of car Model of car (e.g. Austin Rover, Vauxhall, Ford) (e.g. Metro, Cavalier, Escort)

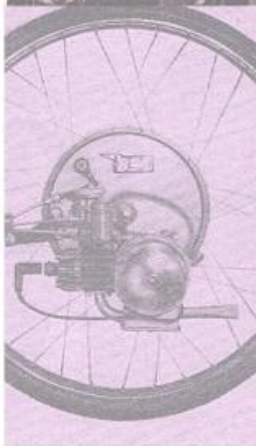
Year or letter of registration

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Thank you for completing this questionnaire. We promise to take great care of the information you have provided. As mentioned before, Consumerlink offers you the chance to receive information from other respected organisations, about products and services that relate to your answers in part C. If you would prefer NOT to receive these details please tick here

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