RALEIGH COMPLETE

CYCLING

ROAD & FITNESS

NEW

AVANTI TEAM ROAD BIKES

FITNESS IT'S A WAY OF LIFE

The new SPORTS FITNESS bike range



NEW RALEIGH TEAM LAUNCHED

WIN!

A PAIR OF UVEX CROW PRO GLASSES & FP1 HELMET

uvex

PROTECTING PEOPLE

MADE IN GERMANY

Uvex fp 1 race

Lightweight 20 vent helmet designed for professional riders
Chosen by Mark Cavendish Team Columbia – High Road and Francaise des Jeux professional teams

IAS 3D
3 dimensional innovative micro adjustment system for width and height providing the perfect fitting helmet







1 - Double inmold technology
The makrolon outer and impact-absorbing inner shells are inseperably bonded together for a lightweight stable maximum safety helmet structure

2 - Uvex monomatic
Is a fine adjustment retention system that's easy to adjust on and off the bike

3 - Uvex roll-over-bar
Ultra lightweight roll bar integrated into the helmet providing high impact resistance and maximum security

RALEIGH Exclusive UK Distributor - www.raleigh.co.uk

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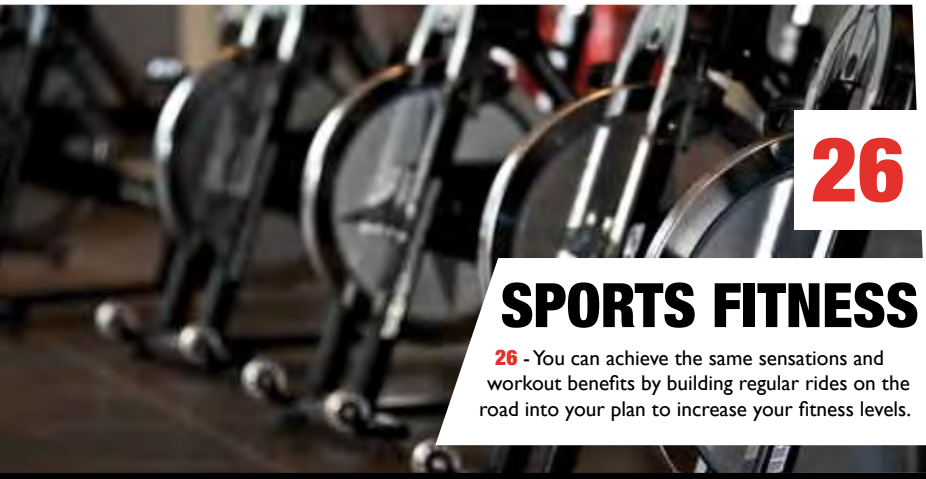
08 AVANTI TT

08 - The Avanti Team TT is the perfect blend of aerodynamics and equipment to make you go fast and achieve your own personal goals.



06 TEAM RALEIGH

06 - Team sponsorship is always high on our agenda at Raleigh, so for 2009 we have launched our very own Raleigh Avanti Racing team.



26 SPORTS FITNESS

26 - You can achieve the same sensations and workout benefits by building regular rides on the road into your plan to increase your fitness levels.



‘WINNING’ IS OUR HERITAGE

Throughout its history Raleigh has been committed to sponsorship of professional cycling at the highest level. Only ten years following the founding of the company, A. A. Zimmerman became Raleigh’s first world champion.

The Raleigh name throughout the world of cycle sport is legendary, since those early days the list of championships and victories has continued to grow, 1980 Tour de France winner, numerous Tour de France team victories, Classic winners, Olympic Champions, World Champions, National Champions, the list continues to grow to this day.



LAURENT FIGNON



TI RALEIGH CREDA


HUGH PORTER


MALCOLM ELLIOTT


JOOP ZOETEMELK



MARK BELL

Raleigh is synonymous with quality, our design and development owes much to the company's deep involvement in cycle sport the toughest most rigorous testing ground for any product.

This knowledge and experience has been used to bring you, innovation, state of the art design, highest quality materials, components and proven manufacturing methods to our new bike range.

Main picture - REG HARRIS



TI RALEIGH CAMPAGNOLO


GERRIE KNETEMANN


RALEIGH PANASONIC



JOOP ZOETEMELK

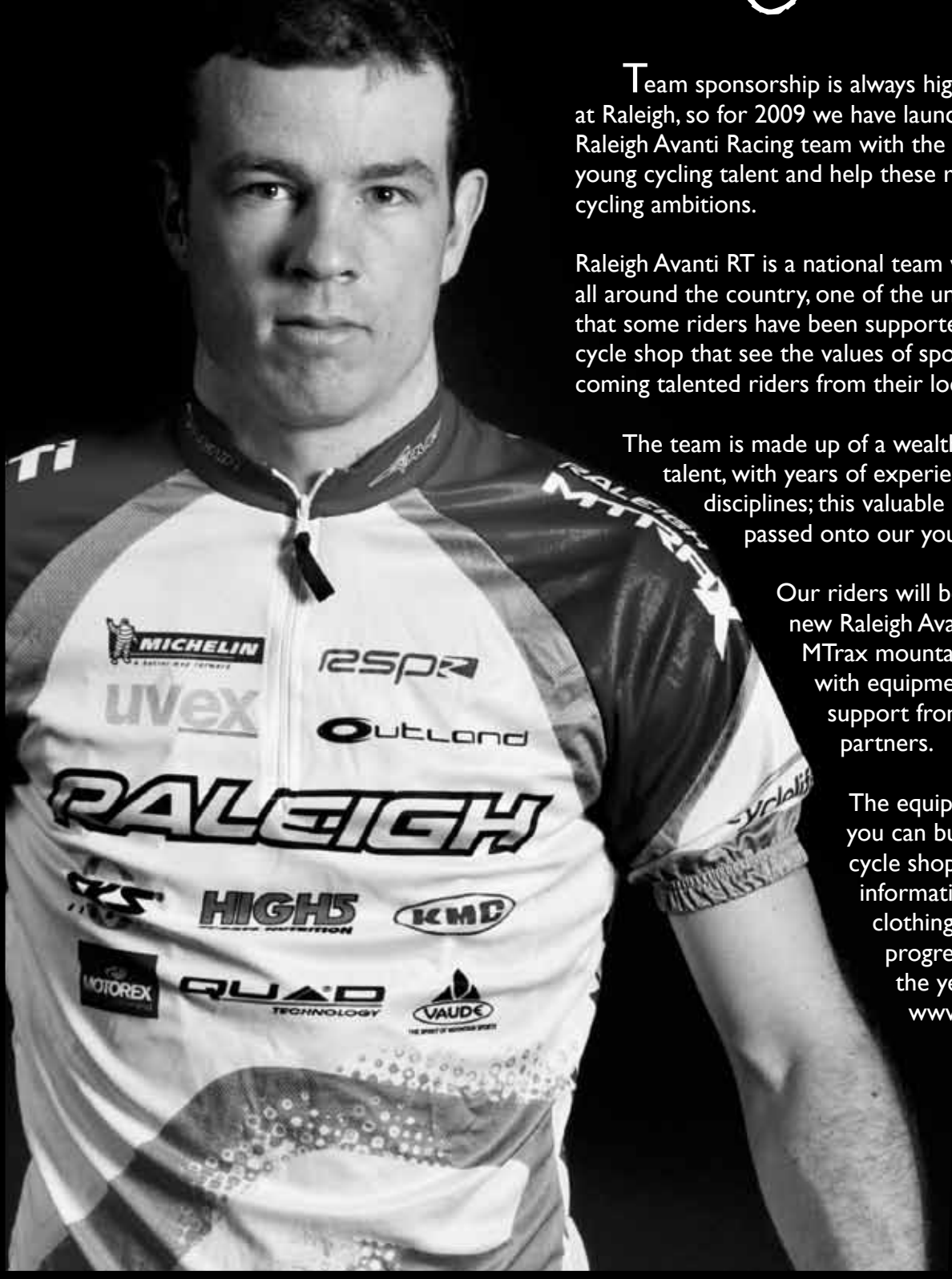


TEAM RALEIGH



NICOLE COOKE

RALEIGH AVANTI racing team



Team sponsorship is always high on our agenda at Raleigh, so for 2009 we have launched our very own Raleigh Avanti Racing team with the aim to nurture young cycling talent and help these riders achieve their cycling ambitions.

Raleigh Avanti RT is a national team with riders based all around the country, one of the unique features is that some riders have been supported by their local cycle shop that see the values of sponsoring up and coming talented riders from their local area.

The team is made up of a wealth of cycling talent, with years of experience in all cycling disciplines; this valuable knowledge will be passed onto our younger riders.

Our riders will be riding on the new Raleigh Avanti road and MTrax mountain bikes along with equipment and nutritional support from our accessory partners.

The equipment is the same you can buy in your local cycle shop for further information on the team's clothing, equipment and progress throughout the year go to www.raleigh.co.uk



IAN WRIGHT
Yoxal, Staffordshire

Discipline:
Mountain Bike & Cyclo Cross

Current Mountain Bike and Cyclo Cross National Champion Veteran 50+ and National Series winner at both disciplines.



GEOFF GIDDINGS:
Ilkeston, Derbyshire

Discipline:
Road, Mountain Bike & Cyclo Cross

Three times winner National Cyclo Cross Trophy Series Veteran 40+, and Midland Veteran Cyclo Cross Championship. Ex National RTTC Team Time Trial Champion



PHIL WILKINS
Nottingham

Discipline:
Road

Ex UK road professional and current LVRC Veteran Criterium Champion and Percy Stallard road series winner



MICHAEL CUMINGS
Stoke On Trent, Staffordshire

Discipline - Road

Son of ex UK road professional Dave Cumings, 18 year old first category rider in his first senior year and training partner to Mark Lovatt



PAUL FOSTON
Nottingham

Discipline – Road & Track

First year Junior and currently on the British Cycling Talent Team development program and coached by Jenny Gretton



ANDREW STUART
Newthorpe, Nottingham

Discipline
Road, Mountain Bike & Duathlon

First category rider, prolific winner on road and mountain bike in the East Midlands

ANDREW SHAW - Gillingham, Dorset
Discipline - Mountain Bike & Cyclo Cross
Three times winner of Southern Veterans Cyclo Cross Championships and prolific winner in the Southern & South West Divisions. Owner of Cyclelife Gillingham

JOHN MORSE - Camborne, Cornwall
Supported by Cycle Centre, Penzance

MICHAEL DEVLIN - Aviemore, Scotland
Owner of Cyclelife Aviemore

STEVEN GUYMER - Hull, Humberside
Discipline – Road
Elite category rider, and prolific winner of races in the East Yorkshire division, ambition to become a full time bike rider and place highly in Premier Calendar races

Supported by Cyclelife Hull
(Cliff Pratt Cycles)

ROB SCOTT - Plymouth, Devon
Discipline – Road & Time Trials
Supported by Cyclelife Plymouth

DAVID WEIR - Loughborough, Leicestershire
Second category rider and supported by Billy Bilsland Cycles

SIMON DAVIS, TOM BROWN
Warmley, Bristol
Supported by Webbs of Warmley

PAUL HARRIS - Mansfield, Nottinghamshire
Owner of Sherwood Pines Cycles

GARY GUNTRIP - Banbury, Oxon
Owner of Banbury Cycles

DAVID LARVE - Wirral
Supported by Graham Weigh Cycles

ADRIAN BAKER - Weymouth, Dorset
Supported by Cyclelife Weymouth

RALEIGH MTRAX cyclelife.com
VAUDE THE SPIRIT OF MOUNTAIN SPORTS uvex SKS GERMANY QUAD TECHNOLOGY MICHELIN espa MOTOREX Oil of Switzerland Outland fi'zi:k KMC HIGH5 SPORTS NUTRITION


RALEIGH
PERFORMANCE DIVISION
RALEIGH
TEAM
CARBON AERO
COSMIC ELITE
MAVIC



AVANTI TT

It's all about time, striving to record a personal best, finding that performance edge from within yourself or your equipment to beat the opposition by second's even minutes. The Avanti Team TT is the perfect blend of aerodynamics and equipment to make you go fast and achieve your own personal goals. We have specifically developed the aero tube profiles of the 12k carbon frame and fork to improve air flow around the bike and reduce the frontal area to a minimum, the curved seat stays are designed to further reduce drag when at top speed. By shortening the wheel base and sitting the rear wheel just millimeters behind the seat tube we have also improved the responsiveness and ride characteristics, an injection of speed sees the bike respond effortlessly. Sram Red groupset and aero bar setup from the FSA lineup complete this awesome package.

- Avanti custom designed TT 12K weave carbon frame
- Avanti custom designed direct response full TT carbon fork
- Full Sram Red groupset with bar end shifters and 53/39t chainset
- Sram Red brakeset and aero levers
- Mavic Cosmic Elite wheelset with Continental Ultra Race folding tyres
- FSA aero stem, bar and tri-bar setup
- Fizik Arione TRI 2 saddle with Avanti carbon aero seatpost

Sizes: 52cm(ATT52WH), 55cm(ATT55WH), 58cm(ATT58WH)









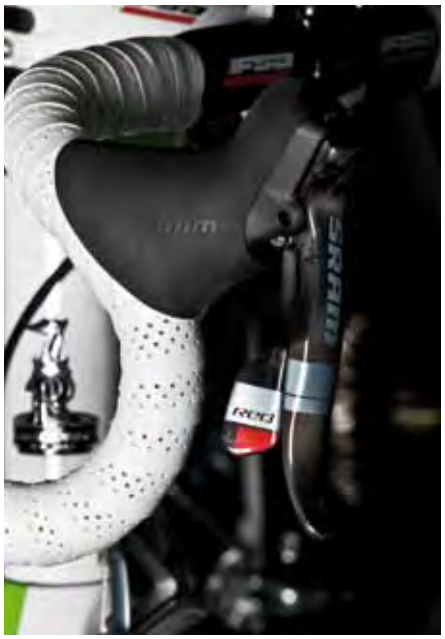
Avanti Team

A Pro Team demands top level equipment and the 'Avanti Team' is no exception. We have drawn on our vast experience from decades of tough continental racing to deliver you our custom designed Avanti 12k weave frame and direct response fork. Matching this with Sram's ultra lightweight Red groupset with their double tap shifters ensures this machine delivers you the fastest and most responsive ride you will ever experience.

- Avanti custom designed 12K weave carbon frame
- Avanti custom designed direct response full carbon fork
- Full Sram Red groupset with 53/39t chainset
- Sram Red brakeset
- Mavic Ksyrium Equipe wheelset with Continental Ultra Race folding tyres
- FSA oversize 115C white stem and RD200N bars
- Fizik Arione saddle with FSA SL220 white alloy seatpost
- Upgrades over Avanti Carbon Race: Sram Red groupset, FSA 115A white stem and SL-220 seatpost, Mavic Ksyrium Equipe wheelset, Fizik Arione saddle

Sizes: 52cm(ACT52WH), 54cm(ACT54WH), 56cm(ACT56WH), 58cm(ACT58WH), 60cm(ACT60WH)










RALEIGH
PERFORMANCE DIVISION
RALEIGH



Avanti Comp

A popular carbon road bike for the rider who relishes the challenge of road riding and testing their fitness. If you are looking for the performance a carbon frame delivers but who cant go the expense of a top level groupset then the Carbon Comp is the model for you. The specification of this bike has been tailored for your needs, using the same carbon 'Team' frame and fork, Shimano's mid range 105 groupset, Xero wheels and Continental tyres completed with Prologo and FSA finishing kit this will deliver a performance above your expectations.

- Avanti custom designed 12K weave carbon frame
- Avanti custom designed direct response carbon fork
- Full Shimano 105 groupset, 53/39t chainset
- Shimano 105 brakeset
- Xero CXR-330 wheelset with Continental Ultra Race folding tyres
- FSA oversize 150XT stem and RD200N bars
- Prologo Nago Gel saddle with FSA SL280 carbon alloy seatpost
- Upgrade over Avanti U6 Pro: Avanti custom designed 12K weave carbon frame, Prologo Nago Gel saddle, FSA SL280 carbon alloy seatpost

Sizes: 52cm(ACC52BK), 54cm(ACC54BK), 56cm(ACC56BK), 58cm(ACC58BK), 60cm(ACC60BK)

Avanti Race

The Avanti Race is a top pedigree road bike ideally suited to the seasoned racer or new sportif rider. To provide you with outstanding performance for your new season ahead, we have taken the same Pro level Avanti carbon frame and fork as on the 'Team' and then matched with Shimano's popular Ultegra SL groupset. This bike has the potential to deliver you exceptional results

- Avanti custom designed 12K weave carbon frame
- Avanti custom designed direct response full carbon fork
- Full Shimano Ultegra SL groupset, 53/39t chainset
- Shimano Ultegra SL brakeset
- Shimano RS20 wheelset with Continental Ultra Race folding tyres
- FSA oversize 115A stem and RD200N bars
- Prologo Nago Gel saddle with FSA SL280 carbon alloy seatpost
- Upgrade over Avanti Carbon Comp: Shimano Ultegra SL groupset, FSA 115A Stem and SL280 carbon alloy seatpost, Shimano RS20 wheelset

Sizes: 52cm(ACR52BK), 54cm(ACR54BK), 56cm(ACR56BK), 58cm(ACR58BK), 60cm(ACR60BK)





PRO3

The Michelin Pro3 Race goes even further than the legendary Pro³:

- up to 27% more grip thanks to new dual-compound technology originally developed for MotoGP racing
- lowest rolling resistance of any comparable tyre*
- exceptional durability
- also available: Pro3 Grip and Pro3 Light

*Source: Michelin Research and Testing Centre.
Rolling-resistance tests were conducted using tyres with 23mm cross-section and of comparable market positioning to the Pro3 range, using a UTAC-certified testing apparatus. Test conditions: 50 daN force, 8 bars pressure, using a 13/622 C wheel.

MICHELIN
A better way forward



Avanti U6 Pro

Sportive, race, or summer blasts the Avanti U6 Pro can do it all.

Built around our Airlite U6 semi compact triple butted alloy frame, with ICT carbon seat and chainstays matched to our direct response carbon fork make an impressive performance bike.

- Airlite U6 semi compact triple butted frame with ICT carbon rear section
- Avanti direct response carbon fork
- Full Shimano 105 groupset with STI shifters
- Lightweight Xero XSR3 wheels with Continental Ultra race tyres
- FSA oversize 150XT stem and RD200 bars
- Outland El Rey saddle and FSA seatpost
- Upgrades over Avanti U6 Comp – Full Shimano105 groupset, Xero XSR3 wheels

Sizes: 52cm (APR52RD), 54cm (APR54RD), 56cm (APR56RD), 58cm (APR58RD), 60cm (APR60RD)

RALEIGH PERFORMANCE DIVISION



Avanti U6 Comp

A blend of quality and performance, featuring the same frame and forks from the U6 Pro but matched with Shimano's Tiagra groupset

- Airlite U6 semi compact triple butted frame with ICT carbon rear section
- Avanti direct response carbon fork
- Full Shimano Tiagra groupset with STI shifters
- Lightweight Xero CXR-330 wheels with Continental Ultra race tyres
- FSA oversize 190LX stem and RD300 bars
- Outland race saddle and alloy seatpost

Sizes: 52cm (ACO52BK), 54cm (ACO54BK), 56cm (ACO56BK), 58cm (ACO58BK), 60cm (ACO60BK)

uvex

PROTECTING PEOPLE

MADE IN GERMANY

uvex DÉGRADÉ

uvex LITE MIRROR

crow pro POLAVISION

Sunglasses designed for professionals, optimum eye protection and perfect comfort.
100% UVA, UVB, and UVC protection. Black frame with three lenses







1 - Polavision
uvex POLAVISION® technology provides an anti-glare, reflection-free, eye-friendly vision to protect your eyes.

2 - Makrolon®
High tech lens material from Bayer, impact resistant, shatterproof and scratch resistant.

3 - Uvex Degrade
Colour gradient lens tinted at the top, clear at the bottom, ensures reliable glare protection and clear vision.

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>PRO kit:

For all those pro cycling ventures look no further than this selection of accessories



UVEX crow pro white

The Crow Pro model is the ultimate eyewear for the professional, complete with 3 lenses, hard case and micro fibre pouch. The high performance Makrolon lenses are absolutely optically correct, and offer 100% protection from UVA / UVB / UVC / IR rays. The package is completed with lens venting and both anti scratch and anti fog coatings.





SKS puro pump carbon

Weight saving measures don't have to stop at just your bikes components. SKS know this and so have produced a range of lightweight hand pumps aimed at the keen Road and XC rider! The Puro range is a great example of an all-round pump, with integrated valve connection, pressure gauge and stylish looks, this carbon version weighs just 79 grams! Not as lightweight as its smaller brother the "SUB-40" but more practical for everyday use or training sessions!

Michelin pro 3 tyre

Raising the Bar

The new standard of performance in the pro peloton. The Michelin Pro3 Race incorporates technologies originally developed for MotoGP racing: 20%* more grip in the centre of the tread, and 27%* more grip on the shoulders, combined with exceptionally low rolling resistance, high density puncture protection and a weight of just 200 grams.

(*Compared to Michelin Pro2 range)



UVEX FP1 helmet

FP1 is used by both Francaise Des Jeux & Columbia professional road teams. The FP1 comes with the patented IAS 3D adjustment system, this unique system ensures maximum comfort. The retention force is adjusted by an indexed wheel for horizontal retention and the mechanism is adjustable vertically through 20mm via 7 indexed notches. The monomatic closure system provides the final level of adjustment via the chin buckle. The strategically designed 20 vents provide maximum cooling and through flow of air, ideal for those long days in the saddle.

UVEX FP2 helmet

The FP2 has been independently tested by Joe Beer for its drag reduction against the FP1, the percentage gained is 4% which equates to 1600 extra metres travelled in 1 hour of riding at 25mph. The FP2 comes complete with the detachable 'Laser gold' visor, and is fully UCI approved.



SIMPLY VERSATILE
ROAD - TRAIL - RACE

Cross bikes have always been designed as thoroughbred ready to race machines, but the modern interpretation of a cross bike is a machine that's simple and versatile and can be ridden to work, home on the trails and raced at the weekends.



AirX Ross

The AirLite X is the perfect all-rounder the U6 alloy frame and carbon fork are light and responsive with bottle cage mounts and discreet mudguard eyelets you can equip it as a ride to work or winter training bike, then strip it bare at the weekends and turn out for the local cross league race

- Airlite U6 alloy butted cross frame with bottle and mudguard mounts
- Carbon - alloy cross fork with mudguard mounts
- Shimano Tiagra gearset with STI shifters, FSA chainset 46/36t, Shimano 12/25t cassette
- Tektro CR520 cantilevers
- Shimano Tiagra hubs, Sun MZ14 alloy v-section rims, stainless spokes, with Maxxis Raze cross tyres
- Lightweight alloy ergo bar and 4 bolt stem
- Outland race saddle and alloy seatpost

Sizes 54cm (AX54GY), 56cm (AX56GY), 58cm (AX58GY)











RALEIGH AIRLITE®

Our engineers have developed AIRLITE aluminium frame technology, we take the best grades of aluminium and manufacture custom tube profiles to ensure each bike is lightweight strong and responsive and gives you the 'Ride of your Life'



AIRLite 400

Using our lightweight AIRLite U6 alloy frame, the 400 is kitted out with Shimano Tiagra gears, a lightweight carbon fork and a durable wheel package which makes this the perfect bike

- AIRLite U6 alloy semi-compact double-butted frame with mudguard compatibility
- Carbon road fork with mudguard compatibility
- Shimano Tiagra 18 speed gearset with FSA compact chainset
- Tektro R365 brakeset
- Lightweight Rigida Flyer alloy rims with CNC braking surface running on alloy quick release hubs and Kenda 23c road tyres
- Outland oversize alloy A-headset stem with drop bar
- Outland Race saddle and Outland cork grip tape
- Upgrades over AIRLite 300: Carbon Fork, Shimano Tiagra gears, Outland Race saddle

Sizes: 54cm (AIR454BK), 56cm (AIR456BK), 58cm (AIR458BK)



AIRLite 300

The AIRLite 300 uses a lightweight double-butted AIRLite U6 frameset for UK road riding. The bike is finished with Shimano components suitable for all round sporting and commuting use.

- AIRLite U6 alloy semi-compact double-butted frame with mudguard compatibility
- Alloy road fork with mudguard compatibility
- Shimano Sora 18 speed gearset with STI shifters and FSA compact chainset
- Tektro R365 brakeset
- Lightweight Rigida Flyer alloy rims with CNC braking surface running on alloy quick release hubs and Kenda 23c road tyres
- Oversize alloy A-headset stem with drop bar
- Avenir Sport saddle and comfortable cork grip tape
- Upgrades over AIRLite 200: AIRLite U6 Double butted

Sizes: 54cm (AIR354RD), 56cm (AIR356RD), 58cm (AIR358RD)

AIRLite 200

Sharing the same frame as our AIRLite100, the 200 is built with an affordable spec ideally suited to summer blasts, winter riding and commuting. Ideal for the recreational rider looking for high-speed excitement.

- AIRLite alloy semi-compact road frame with mudguard compatibility
- Steel road fork with mudguard compatibility
- Shimano 2200 16 speed gearset with STI shifters
- Tektro 316 brakeset
- Lightweight Rigida alloy rims with CNC braking surface running on alloy quick release hubs and Kenda 23c road tyres
- Oversize alloy A-headset stem with drop bar
- Avenir Sport saddle and comfortable cork grip tape
- Upgrades Over Airlite 100: 16 Speed Shimano 2200 gearset with STI levers

Sizes: 54cm (AIR254BL), 56cm (AIR256BL), 58cm (AIR258BL)





AIRLite 100

Our entry level road bike has been developed to give riders on a budget a taste of the open road. Featuring our AIRLite alloy frame that's carrier and mudguard compatible, 14 speed Shimano gears and a durable alloy wheelset.

- AIRLite alloy semi-compact road frame with mudguard compatibility
- Steel road fork with mudguard compatibility
- Shimano 14 speed gearset with downtube shifters
- Tektro 316 brakeset with R2000A levers
- Lightweight Rigida Nova alloy rims with CNC braking surface running on alloy quick release hubs and Kenda 23c road tyres
- Oversize alloy A-headset stem and drop bar
- Avenir Sport saddle and comfortable cork grip tape

Sizes: 56cm (AIR156WH), 58cm (AIR158WH)

> ESSENTIAL Kit



Outland El Rey Saddle

El Rey, Spanish for the King! This lightweight saddle is intended to find its way onto both road and XC racer's bikes alike. Featuring super light titanium rails, leather cover with Kevlar rear corners and stylish Outland graphics the El Rey tips the scales at just 230gms



RSP Night Sabre Light

The Night Sabre provides an intense 1 watt beam, in both constant and flashing modes. The machined aluminium body provides a protective and waterproof case. The quick and simple bracket is easily attached to all handlebar sizes.



RSP Slimline Computer

Record and measure your cycling performances with RSP. Innovative and sleek designs are complemented by a number of useful functions Available in two models the SL20 with 20 functions and the SL18C with 18 functions including cadence

Outland Aspire Carbon Cage

With weight at the forefront of all serious Road and XC riders, carbon has proven to be an obvious choice for many components. Outland also offers cages in alloy and resin, but this carbon version leads the bunch weighing just 22 grams! It's slim line design firmly grips all standard bottles and the kit comes complete with bolts.





SKS Race Blade

The world's first quick-release mudguard for Road bikes. Extremely light and aerodynamic. Optimal spray protection. Tool-free mounting within seconds. Including adaptor for aero forks. This mudguard set is available in white, black, carbon or silver and weighs just 250 grams! SKS have a proven record of excellent products, the Race Blade being up there at the top!



RSP Dual Flow Pump

The Dual Flow RSP pump, has a fully CNC'd barrel, head & handle. The construction provides a high performance, long lasting and simple to use package. The Dual Flow provides a maximum pressure of 160psi.

Outland Clipless Road Pedal

With 2009 seeing white, explode onto the MTB and Road scene, we have been quick to include this colour option into our products. This single sided clipless pedal is LOOK compatible with a lightweight alloy body and high quality 9/16" cromo axle. Spinning on smooth running ball bearings, this pedal comes in black as well as white.





Outland Tri Bars

Another great example of Outland's ability to consistently produce great quality products. Using lightweight 6061-T6 alloy, padded arm rests and fully adjustable clamps, the Outland Tri-Bars can be quickly and easily fitted to any road bike and adjusted to suit any rider.

FITNESS -
IT'S A WAY OF LIFE

Fitness is a way of life for a lot of people, you maybe a regular gym user or devote your time to spin bike sessions but we all have something in common, the buzz you get from a tough cardio workout. Your fitness regime and that 'buzz' factor doesn't have to end at the gym door you can achieve the same sensations and workout benefits by building regular rides on the road into your plan to increase your fitness levels.

Designed for you, Raleigh's Sport Fitness bike range is very versatile, it combines the ergonomics of a flat handlebar bike, low weight, high comfort level, for a fast responsive ride, you can also equip the bike with mudguards and a rear carrier for your regular commute.



AIRLITE SF3.0

Modern style and perfection in one bike. The SF 3.0 matches together our Airlite butted alloy frame, carbon fork, Quad disk brakes and a perfect blend of Shimano components for a great responsive ride.

- Airlite semi compact butted frame
- Carbon fork with disk brake mount and mudguard mounts
- Shimano Tiagra gearset, Ezi-fire shifters with FSA compact chainset
- Quad Axis hydraulic disk brakes, 160mm rotors
- Lightweight Rigida Taurus rims, alloy quick release hubs, with Continental Ultra Sport road tyres
- Outland oversize flat bar and stem, comfort lock-on grips
- Prologo Kappa saddle and Outland alloy seatpost
- Sizes 56cm (ASF356GU), 58cm (ASF358GU)







AIRLITE SF2.0

The SF 2.0 is ideally suited for the rider who is serious about fitness, but who doesn't want the complexities of disk brakes. This model with give you the same ride benefits as the 3.0 because we have taken the same Airlite frame and Carbon fork but have matched Shimano's Sora gears and side pull brakes to meet your requirements.

- Airlite semi compact butted frame
- Carbon fork with mudguard mounts
- Shimano Sora gearset, Rapid fire shifters with FSA compact chainset
- Tektro R356 sidepull caliper brakes
- Lightweight Rigida Flyer rims, alloy quick release hubs, with Continental Ultra Sport road tyres
- Oversize flat bar and stem, comfort lock-on grips
- Avenir Sport saddle and alloy seatpost

Sizes 56cm (ASF256BK), 58cm (ASF258BK)





AIRLITE SF1.0

The SF 1.0 will give you a taste of fun, fitness and a means to experience the delights of the open road. A very versatile bike which can be used to improve your fitness, commute to work or ride out at the weekends with the family.

- Airlite semi compact butted frame
- Alloy fork with mudguard mounts
- Shimano gearset, Ezi - fire shifters with alloy chainset
- Tektro R316 sidepull caliper brakes
- Lightweight Rigida Nova rims, alloy quick release hubs, with Sport road tyres
- Oversize flat bar and stem, comfort lock-on grips
- Avenir Sport saddle and alloy seatpost

Sizes 56cm (ASF156WH), 58cm (ASF158WH)



AVENIR

The journey begins...

: Avenir Performance Road Jersey :

- High quality breathable Meryl Actisystem Moisture management fabric
- Using intelligent fibres, offering optimum fit, designed for quick-drying and exceptional comfort during riding
- UVA & UVB filtering protection
- Panel construction for performance fit
- Extra breathability through vented construction zip
- Silica gripper waistband seam for perfect fit during riding
- Reflective pocket branding for visibility to other road users



: Avenir Lycra Arm Warmers :

- Spring/Summer wear insulating lycra
- Reflective detailing for road safety

: Avenir Elite, Men's Bib Shorts :

- 8 panel construction provide anatomic fit
- Hardwearing 190g lycra
- Moisture and hygiene control SilverDry stretchable chamois pad – offering optimum comfort
- Silicon leg grippers
- Reflective detailing for road safety

I only go for Gold!



Year 2007 Time Trial World Champion
Triple Cyclo Cross World Champion

Hanka Kupfernagel

My choice of chain: KMC X10SL Ti-N Gold

The evidence:
32 Gold medals at (inter)national championships

"The difference between winning a Gold medal or not is often very small. KMC, the most innovative company of chain technologies, makes the different between Gold and Silver".

Titanium Nitride Coating
The golden colour is not only meant to be cosmetic, but is very hard and super smooth.
Result: less maintenance and extremely durable.

XSL: The Light Weight Champion!



All XSL, XL and X-chains - in Gold or Silver - are suitable for 7-, 8-, 9- and 10-speed cassettes and compatible with all major systems.

KMC
bicycle chain



Premium Range of Bike Specific Lubricants & Cleaners

With over 88 years of experience, Motorex are renowned worldwide for being a market leader in the production of premium products. From their experience in producing high performance Motor Bike products Motorex now has a range of Bike specific lubricants & cleaners to help maintain the performance of all bikes.

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THE SPIRIT OF
MOUNTAIN SPORTS
VAUDE
RALEIGH
Exclusive UK Distributor - www.raleigh.co.uk

2:1 Fructose

can help you race faster, much faster!

High5 drinks with 2:1 fructose (Super Carbs) are now the 1st choice for elite riders, and the reason is simple. They can help you race faster, much faster.

Independent research has shown that High5 drinks with a 2:1 fructose formulation can easily outperform the best traditional sport drink formulations[1] delivering up to 50% more energy and providing exceptional fluid replacement.

High5 drinks with 2:1 fructose are light tasting and refreshing. They have been shown to virtually eliminate stomach upset and have been voted best tasting by 9 out of 10 athletes taking part in performance research. Finally, at a per serving cost less than many bottled waters,[2] High5 drinks offer great value for money.

Too good to be true? Visit the High5 web site and check out the research studies for yourself.

Don't get left behind! Do you want to race faster this season? Make the switch to High5 and we guarantee that you will race faster and stronger over almost every distance, no matter what brand of nutrition you may have used in the past - or we will refund your money.[3]

faster in a 60km time trial

8 min 40s faster than **PSP-22**
7 min 39s faster than **SiS Go**
5 min 47s faster than **Endura**
5 min 36s faster than **Maxim**

Official test results!

Results of a large 2007 study involving a simulated stage race. The times above show how much faster (on average) riders were able to complete a final 60km time trial (in the heat of Australia) using a High5 EnergySource drink after previously riding at a moderate-intensity for 2 ½ hours.

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4 ½ hrs faster than **SiS Go**

Yes you read it correctly! Athletes using High5 EnergySource 4:1 were an average 4½ hours faster over the full 8 days of the Trans Alp MTB race as compared to those athletes fueling and hydrating on SiS GO. Big climbs, blistering heat and long days in the saddle - its a tough event. 28 test athletes were required to consume equal amounts of both drinks. Cathcart et al., Med Sci Sports Exerc; 40 (5) Supplement 1: S74, 2008).

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SiS is a trade mark of Science in Sport Ltd. Maxim is a trade mark of Maxim Europe BV. Endura is a trade mark of Health World Ltd. (Australia). [1] Research by Hertfordshire University and others - see High5 web site. [2] Price comparison based on 2.2kg size EnergySource less £0.545 for 500ml serving. 500ml bottled water typical price £0.55 to £0.85 per 500ml Petrol Forecourt. [3] Race Faster guarantee applies when an athlete follows the guidelines in the High5 Race Faster Guides for their sport. For details see the High5 web site.

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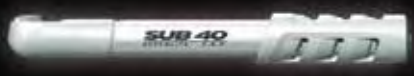
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- Corratec CA+ fork
- Shimano Ultegra SL compact groupset
- Mavic Aksium Wheelset, Continental Grand Prix tyres
- ZZYZX oversize bar and Corratec stem
- Corratec saddle, ZZYZX seatpost



Dolomiti 105

- Lightweight 6061 alloy frame
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