

Have yourself a merry running Christmas ...

TREAT YOURSELF OR ONE OF YOUR ATHLETICS-MAD FRIENDS WITH ONE OF THESE FESTIVE GIFT IDEAS

Falke RU Stabilising Sock

THESE socks add a little support to the foot while remaining soft and with a luxurious feel. The section around the instep, arch and around the ankle has a stronger knitted band to its construction and this provides good support without proving to be too tight or restrictive – it's essentially like a mid-ankle support incorporated into the sock.



The stabilising sock is great for providing an added sense of security which is usually found in support shoes and lighter shoes or spikes.

Cost: £18

Halo Rhythm Headband

ANOTHER rather simple idea that's well executed is this "non-drip" headband. The highly absorbent fabric works well on its own at wicking moisture,



but a soft silicon "sweat block" strip has been added to the forehead. This strip simply diverts any excess moisture away from your forehead and eyes. Very simple, but also very effective. There are several versions available that come as headbands and beanie caps. The model we tried has an elasticated loop that allows you to attach a small clip to an MP3 player.

Cost: £14.95



Karrimor Arm Wallet

THIS neoprene arm wallet is comfortable thanks to its easily adjustable Velcro fastening and soft strap. The main pocket is just a little bit too small for an iPhone, but most other models should be okay. There's also a very useful elastic loop to hold a single energy gel.

Cost: £7.99

Karrimor Audio Belt

IDEAL for carrying your phone or music player, this audio belt is perfect as a small bum bag. One size fits all and the fit is secure. The two-zip compartments will hold a wide range of objects for most eventualities that you may encounter on a run! There's also a small opening through which you pass your headphone cable.

Cost: £9.99

Lifesystems Intensity 80 LED Head Torch

WITH hands-free technology and bright, high-performance LED bulbs, this head torch is the ideal companion for sports or outdoor pursuits on the now familiar dark winter evenings. The torch's clever hands-free function means you can forget about fiddling with buttons as it is easy to switch on and off with just the wave of a hand – perfect when wearing gloves. The lightweight torch has a comfortable, adjustable head strap to ensure it fits comfortably and securely.

Cost: £24.99






Nike+ Arm-Sleeve
 THESE arm sleeves offer a neat alternative to carrying a phone or iPod in your pocket as they hold it on your forearm. As well as acting as arm-warmers, more commonly seen on cyclists, the addition of the clear pocket allows you to carry your device and use it while on the move. There are loops to hold your headphone cable in place too, which reduces the amount of wire that you can have flapping around on your workout.
Cost: £30

Nike Element Shield Max Jacket
 THIS slim-fitting jacket will help keep any athlete warm and dry in wet weather without sacrificing breathability or freedom of movement. The neatly tailored arms are a snugger fit than many jackets, but they feel great while on the move and built-in hand mitts provide added protection from the elements. There's a removable hood and neck gaiter and these extras make this a jacket built to handle the worst of the winter weather. The stretch fit adds to the warm, protective feel and the reflective details provide added visibility in low light.
Cost: £150




Nike Fuelband
 THIS neat wristband device measures daily activity, be it running, walking or even dancing! Any movement is converted into fuel points and these act as a useful measure of the day's activities. It's not a pedometer or GPS unit, but that should not detract from its usefulness for runners or any athletes. Many of our testers found that measuring a whole day's activity kept them motivated throughout the week, even on easy days. The band links wirelessly to a Smartphone app for further analysis of activity, calories and the week's activities. It's a great, fun item to keep anyone active and enthused throughout the year.
Cost: £129



Polar RC3 GPS Watch
 THIS could just be the most accomplished heart rate monitor to date. From the market leaders in heart-rate monitors, this model is their first to feature GPS functionality built in to the watch. It's one of the smallest and lightest GPS watches around and fits most wrists neatly with its slim and sleek design. The watch is packed with every feature you will need for feedback on speed, distance and heart rate, as well as some great fitness indicators and measures of running economy. It links with Polar's website for an in-depth analysis of every training session and there's enough information there to keep even the most data-hungry runner busy analysing their Christmas and Boxing Day training runs until well into the New Year!
Cost: £249.50



Under Armour Charge RC
 THESE lightweight racer-trainers incorporate a water-repellent upper, perfect for those winter runs. The fit of the upper is superb, thanks to a Lycra wraparound sock system that holds the shoe in place almost well enough, dare we say, to negate the need for laces. The low-profile midsole provides good protection from the road yet is flexible and responsive enough to make the shoes a race-day option. It's undoubtedly
 a good choice for someone looking for something a little different this Christmas.
Cost: £100



X-Bionic Speedshirt RT 2.2
 FOR fans of the brand, or for that matter any athlete, this shirt would be a fantastic gift. Incorporating many of the X-Bionic technologies that offer compression and temperature regulation, the shirt fits and performs exceptionally. It's a shirt that can be worn all year round, making it the perfect gift!
Cost: £99.99



X-Socks Winter Run Sock
 OUR testers always love X-Socks, so these are bound to prove a welcome gift for any runner. The technical features are extensive and include anatomical left and right fit, size fit and moisture-wicking/temperature-regulating construction. For this winter version, the sock is a little thicker, which also improves cushioning as well as its insulating properties. These are definitely great socks for any stocking filler this Christmas!
Cost: £21.99



Y-Fumble Arm Wallet
 THIS inexpensive little item has to be one of the most useful objects that we've ever tried. The small Lycra pocket fits around your arm snugly yet comfortably and holds any small items, be it a phone, money or your keys. The stretch fabric also ensures there's no rattling about of the items inside. Perfect on days when you don't have other pockets.
Cost: £6



WEBSITES

haloheadband.co.uk	trionz.co.uk
karrimor.com	underarmour.com
lifeventure.co.uk	y-Fumble.com
nikerunning.nike.com	x-Bionic.co.uk
polaruk.co.uk	x-Socks.co.uk