

SHOWCASE II

Kit and caboodle

For adding comfort and safety, and getting more from your runs, the little things make a big difference



Glastonbury Phone/MP3 Carrier

£14.99, ultimate-performance.co.uk
This sturdy, comfortable and water-resistant gadget holder features a responsive window for easy access to touchscreen devices, and a side-mounted headphone holder to keep everything together when it's not in use. Reflective detailing ups the safety level, too.



Compressport Timing Chip Strap

£5.50, compressport.uk.com
These neoprene ankle strips, available in a range of colours, save you having to thread your shoelaces through your timing chip. A cheap, simple solution that gives you one less thing to have to faff around with on race day.



NipGuards

£10, achillesheel.co.uk
Tiny foam plasters with 'nipple cavities' that adhere quickly and remain in place throughout torrential rain and over marathon distances to protect against nipple chafing. Post-run they peel off easily and, more importantly, painlessly. Packs contain 10 pairs.



RespiBelt

£59.99, respibelt.com
Unlike other breathing training devices, the RespiBelt is used during exercise. A wide, semi-elasticated chest-belt with Velcro adjustments to increase the load, it doesn't interfere with breathing – it just works the associated muscles for improved endurance results.

Lock Laces

£6.99, 2pure.co.uk
Elasticated laces that (once threaded, cut to length and ends snapped into the plastic enclosure) need never be tied again. Its press-and-slide locking system is simple to use – and even if you like your laces super tight, they won't let you down.



ila Sport Pedometer Alarm

£19.50, handpicked-collection.com
The simple idea of combining a pedometer with an attack alarm is to be applauded. Quick and easy set-up will have you running (safely) in minutes, with data on the distance you've covered (session or total), and the calories you've burned. A good option for beginners.



Reflective Wrist Runner

£7.99, ultimate-performance.co.uk
Attaching comfortably and securely to the wrist with a wide Velcro strap, the zipped pocket is big enough for keys and coins while the reflective detailing provides great visibility. What sets this apart is the invaluable pull-out emergency ID card.



Words Justin Bowyer Photography Studio 33

Sidas 3D Gel Insole

£25, insoles-direct.com
An ergonomic insole that cradles the foot almost unnoticeably. The key benefit here is that, in addition to the gel pad on the heel, the Sidas 3D has one at the front, making it perfect for forefoot strikers too.



Halo II Pullover Sweatband

£12.95, halohead-banduk.com
As with most sports headbands, this is made from material that wicks moisture away. But the Halo's secret is an interior waterproof strip, which channels remaining sweat to the sides of your head.



The FlipBelt

£15, flipbelt.com
A tubular rubber waist pocket with four slit openings to insert your keys, gels, phone, money or bus pass. Flip the top over to secure everything and run; it stays put and, with no zips or fasteners, there's nothing to chafe or irritate your skin.



SIS Marathon Belt

£8.99, scienceinsport.com
A comfortable belt that sits snugly around the waist and holds eight gels (four each side) – in elasticated loops for easy access. The addition of the rear zipped pocket – perfect for energy bars, keys and a phone – is a handy bonus.