

RF'S PICK OF THE LATEST

GEAR & GADGETS

This month's additions to our ever-expanding kit bag



Nike LunarSwift+

Nike reckon the LunarSwift+ shoe is the perfect choice for beginner runners. This new addition to the Nike Lunar family features Nike's Dynamic Support technology and the 'no-sew' construction means there are no seams to chaffe on the inside of the shoe. They feel great on, with distinct men's and women's models allowing for differences in male and female feet for a gender-specific fit. They look great and are available in a range of colourways to suit every taste. A great choice for new runners at just £65 a pair. Nike+ enabled.

RRP: £65 from running shops



Pink Oregon Scientific SE138 HRM

Setting their sights squarely on the female fitness fan, Oregon Scientific have given their SE138 strapless heart rate monitor a new twist in pink and soft grey colours. This feature-packed training aid offers precise heart rate readings without the need for a chest belt, plus a host of other functions. The SE138 includes a calorie counter and allows you to input personalised data to make charting your progress even easier. It's shock resistant and water resistant to 50 metres. The stopwatch timer counts up to 99hr 59min 59mil sec with 1/100th second precision.

RRP: £39 from www.fitnessassist.co.uk

PURNA BASELAYER TOPS

Purna Sports are an exciting new name in technical sports gear. The company was formed after the owners had some base layers made for their personal use whilst touring Nepal. They were so impressed with the quality of the gear that they decided to bring them to the UK market. Their base layer tops are designed to be worn under outer garments for cold weather training. The black version is a lighter weight top, ideal for chilly mornings, whilst the grey is for very cold days. Both performed excellently during our road tests and washed well.

RRP: Black, £18.50; Grey £22.50 from www.purnasports.com



Merrell Swift Socks

Merrell Swift running socks feel thin and light on the feet, with cushioning underfoot where you need it - at the heel, forefoot and toes. Mesh panels provide ventilation above and under the bridge of the foot for freshness. The fabric combines natural Merino Wool with synthetic fibres for comfort, moisture wicking and extra smoothness to prevent blisters.

RRP: £9 from running shops

RUNNING TRAX CD

Ministry of Sound, the world's biggest name in dance music, has released Running Trax, a three CD album they say is perfectly honed to motivate even the laziest off the sofa. Research carried out at Brunel University shows that music can increase endurance by up to 15%, with dance music recognised as the most motivating genre of all. Featured artists include Eric Prydz, Dizzee Rascal and Chicane. Plus, there's a bonus booklet packed with advice and tips on using the album to get the most from your training.

RRP £12.99 from music stores



MBT Fora

MBT's new revamped 'Athletic' shoe range features reduced weight, breathable materials and a new heel shape. Having not worn MBT shoes before, we found the Fora took a bit of getting used to - the big difference between these and other trainers lies in the rounded sole. This is said to produce a range of benefits from improved joint stability to strengthening core muscles. We wouldn't recommend these shoes for long distance road running, but we did feel the benefits of improved posture and increased work in the thigh muscles when using them on a treadmill. An fantastic shoe for getting the most from treadmill running - and earning cool points in the gym!

RRP £159 - see www.uk.mbt.com for stockists



NORTH FACE SHOES

New for Spring 2010, The North Face has released a great new endurance running shoe. The Single-Track has a range of brilliant features for off-road training, such as a sticky rubber outsole for extra grip and reinforcement in the forefoot for protection on stony surfaces. We found them light, flexible and easy to wear right from the first run. They performed excellently in muddy conditions and scrubbed up well for the next outing. The external tongue is a nice feature, which helped keep the mud clear of our socks. An excellent shoe for spring/summer trail running.

RRP £89 from running and outdoors shops

