

3 OF THE BEST
ENERGY BARS



UNDER £1.35

VOOM POCKET ROCKET

£1.35 The texture's akin to a frozen energy gel and we like it. Each bar delivers 150cal from raw cane sugar and glucose. Plus there's 150mg caffeine and 2g beta-alanine for stimulating and buffering duties. voomnutrition.co.uk



UNDER £1.40

HIGH5 SLOW RELEASE

£1.37 This moist, tasty blueberry and raspberry bar contains 151cal with 92cal deriving from oats, dried fruit and isomaltulose. Cashew nuts elevate the fat content to over 40cal with the remainder coming from protein. highfive.co.uk



UNDER £2.50

33FUEL AMORE

£2.49 33Fuel's products are expensive but that's down to the quality ingredients including maca, an Andean root purportedly good for endurance. Each delicious bar's split into two with a mighty 265cal overall. That's 172cal from carbs and 76cal from good fats so ideal for long-course racing. 33fuel.com



STEVE SAYERS

QUINTANA ROO HYDROSIX

£599 *The neoprene pioneers return with a new, well-considered range of triathlon wetsuits*

U.S. brand Quintana Roo were one of the first tri wetsuit brands back in the eighties. It's been some time since they've had wetsuits on these pages – in contrast to their bikes – but now they're back with a two-strong range of new neoprene.

Seen here is the HydroSix (the not-dissimilar £479 HydroFive is featured in our bumper wetsuits test starting on p53), the top-end suit of the two and made entirely of high-grade Yamamoto 39 and 40-cell neoprene throughout. Features include SCS

Nanocoating for boosting hydrodynamics and QR's own 'Sensory Catch and Feel Panels' that aim to give the swimmer more purchase on the catch phase of the stroke.

QR's big sell is that it's made with a total number of 27 seams – compared to 35–60 seams with other tri wetsuits – to create a more natural swimming experience, improve durability and aid internal comfort. The HydroSix comes in seven male and female sizes. Full review soon. windwave.co.uk **220**

HOTTEST NEW GEAR