



SOCK COLLECTION 2022





Leading the way

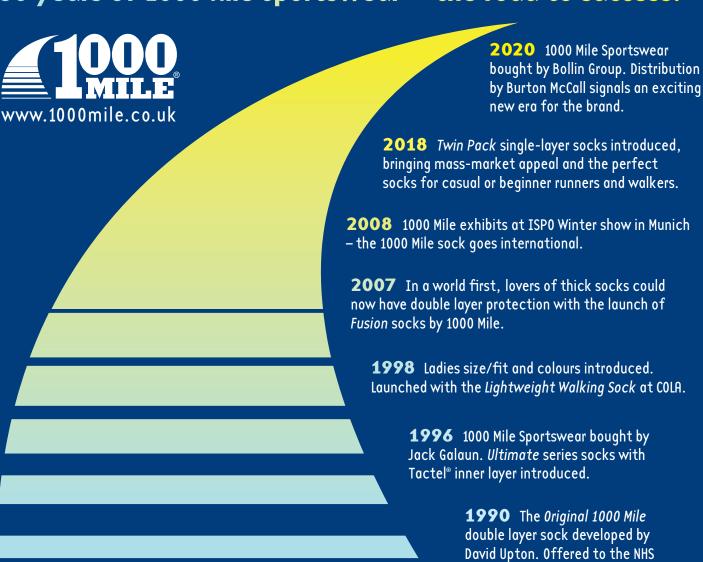
in innovative performance and technical socks for running, walking, sports and foot health, the 1000 Mile range boasts over sixty styles and has been building its solid reputation and brand recognition since 1990.

1000 MILE 30 YEARS 90 - 2020

to treat blisters, taken up by his running-obsessed children.

1000 Mile is best known for its double layer, anti-blister system. The 'sock within a sock' design was introduced to the UK with the very first Original 1000 Mile Sock. The inner layer stays with the foot as the outer layer moves with the shoe, eliminating friction on the skin and protecting your feet from blisters — designed with the purpose of protecting not just athletes but also people with serious health issues like diabetes where foot health is essential.

30 years of 1000 Mile Sportswear - the road to success:





We have been working hard at 1000 Mile, improving our overall sustainability profile. This includes both the materials in our products and packaging: using more recycled, more ecological or just less materials, and shipping it as little as we can — as well as minimising the conversion process and energy inputs to arrive at finished product. While we recognise our whole industry is only at the beginning of the path, we want to continue to hit milestone markers in our brands' evolution throughout 2022 and beyond. The 1000 Mile Recycled Range, launched in 2021, is being expanded in 2022: introducing one of our best-selling sock designs for each category of user and sock style (double and single layer, for runners, for walkers, shoe and boot socks).

■1000 RECYCLED RANGE



	Anklet	Crew length	Calf length	
Double layer POUBLE AVER TO THE POUBLE TO T	2011 SS22 estimate March Anklet PAGE 08			SPORTS
Value twin packs	2262 Run Anklet PAGE 09			SOCKS
Double layer		1999 Approach Sock Sock PAGE 10 SS22 PAGE 10		WALKING
Double layer & padded			Fusion Walk Sock PAGE 11 PW22 estimate July	SOCKS
Value twin packs		2271 Trek Sock PAGE 12 SS22 estimate May	2277 Walk Sock PAGE 13 RW22 estimate August	

▲1999 SPORTS SOCK IDENTIFIER



▲1000 WALKING SOCK IDENTIFIER

Crew length Calf length **Double** 3195 1147 Lightweight Walk Tactel Liner layer PAGE 27 PAGE 24 1950 2252 All Terrain **Heat Walk** PAGE 26 PAGE 29 1998 1821 **Approach** Classic Combat PAGE 25 PAGE 30 DOUBLE STER-FR. M. M. LAYER **Double** 2032 layer & **Fusion Walk** pádded PAGE 28 DOUBLE STER-ARE THE PROPERTY OF THE PROPERTY O Single 2220 2230 layer & 2 Season Walk 3 Season Walk pádded PAGE 31 PAGE 32 2240 4 Season Walk PAGE 33 SINGLE LAYER Value 2265 2275 Walk **Trail** twin PAGE 36 PAGE 34 pack 2270 2276 Trek Combat PAGE 35 PAGE 37 SINGLE LAYER TWIN PACK

TECHNICAL INNOVATIONS

Trusted and worn all over the world, many of our socks offer a **BLISTER-FREE GUARANTEE** using a 'sock within a sock' design:

THE GUARANTEE

DOUBLE LAYER CONSTRUCTION eliminates friction between shoe and sock, thus reducing friction between sock and foot. The skin should therefore not be rubbed by the sock, meaning no wearout for 1000 miles of use and no blisters.

Money back or replacement if, within one year from date of purchase, either you experience blisters or the socks wear out within 1000 miles, provided care instructions have been followed and socks are returned with original receipt. Limited to one pair per purchase. [Please note: the guarantee does NOT apply

HEEL POWER fabric technology grips the heel firmly in place, so no slippage! This is now a feature on the Ultimate Tactel® Sock, Anklet and Trainer Liner; Race Sock, Lightweight Walk Sock, Approach Sock and many others.

FUSION SYSTEM: The 1000 Mile Fusion sock is the first sock to offer padded zones on the heel and toe for protection together with the double layer system for reduced friction. The fusion system can be found in our Fusion and Fusion Anklet sports socks, the Fusion Walk Sock and the Fusion Services Sock.

PADDED ACHILLES HEEL: We have added a padded area to the heel of our Fusion range for additional support and to help protect the achilles. The warmth provided by the padding keeps the tendon supple, increasing the blood flow, reducing swelling and aiding recovery.

TOP VENTING: To help keep the foot cool we have developed 'top venting' with air flow channels on many of our styles.

FLAT TOE SEAM: We use a Lin Toe® system to provide a completely flat toe seam on our All Terrain and 2, 3 & 4 Season socks. The Lin Toe® seam is a linking system on the outside of the sock instead of the traditional sewn closure.

SIZE AND FITTING

to single layer socks from 1000 Mile]



Almost all socks in the 1000 Mile range come in both men's and ladies' fittings, as indicated by the colour coded stitching around the toe seam:



 $(3-5\frac{1}{2})$ (6-81/2)BLUE

LILAC LADIES' FIT



(6-81/2)GREEN

(9-111/5)

MEN'S FIT



(12-14)

MATERIALS



Soft. Light. Surprisingly strong. A dynamic speciality fibre, TACTEL® creates fabric that is soft, supplely

smooth, breathable and lightweight. According to rigid testing, Tactel® fibre is at least twice as soft and 20% lighter than most other fibres. It also dries eight times faster than cotton. In addition to being soft and lightweight, Tactel® fibre is strong. The inherent strength of Tactel® fibre enables the production of fabrics that are three times as strong as those made with natural fibres. Most of the 1000 Mile double layer socks have a 100% Tactel® inner lining which helps to reduce friction on the skin but also helps keep feet cool and dry during activities.

NILIT® HEAT captures body heat naturally for exceptional warming,

with excellent absorption and moisture control for dry comfort. NILIT® HEAT yarn, made with coffee charcoal, warms the wearer by trapping body temperature for maximum comfort and performance. It also has natural anti-bacterial properties.

MERINO WOOL is one of softest types of wool available and is perfect for regulating body temperature. The wool provides warmth without overheating the wearer and its moisture wicking properties combined with being slightly moisture repellent allow the wearer to remain dry. Merino yarns can be found in up to eight different styles from our range.



 $\textbf{COOLMAX}^{\circledast}$ fabrics are engineered to produce high-performance socks that are soft, breathable, and moisture

wicking: drawing moisture away from the skin and spreading it out across the fabric to enhance evaporation and fast drying. Fresh air moves in to keep your feet cool. You will find Coolmax® in our 2 Season walk sock.

Tactel® fibre is a registered trademark of Invista and is used under license to Nilit® for nylon fibre products. Lycra® is a registered trademark of DuPont. COOLMAX® is a trademark of Invista



THE 1000 MILE RECYCLED RANGE

Key to the range are high percentages of REPREVE® recycled materials in the fabric blend: REPREVE® poly yarns and high quality REPREVE® recycled Nylon 6.

REPREVE® POLY FIBRE & YARN

Made from 100% recycled materials, primarily plastic bottles, creating a reprieve for the planet by reducing energy, water and greenhouse gases.

REPREVE® is one of the most certified, earth-friendly fibres available in the world, currently approaching 25 billion plastic bottles re-purposed.

REPREVE® NYLON 6

For every 1lb of REPREVE® Nylon, 77,000 BTU's* are conserved, equivalent to 0.6 gallons of petrol. (*British Thermal Units)

Reformulated from pre-consumer fibre waste, REPREVE® recycled Nylon 6 opens up a world of possibilities in the use of eco-friendly, high quality nylon materials.

REPREVE® fabrics are certified by SCS Global Services (SCS) for recycled content claims.



REPREVE® is a trademark of Unifi, Inc.



Protection and support for your feet — and the planet.

Lite Anklet 2011







This is the successor to the Ultimate Anklet, the 1000 MILE LITE ANKLET combines everything we have learned in 30 years making double-layer running socks, with the latest recycled materials from REPREVE®. The unique combination of fibres means the inner layer helps wick moisture from the skin and keep the foot dry, while the venting and breathable knit pattern on the outer layer helps maintain a comfortable temperature.

The arch brace offers additional support. Covered by our unique Blister Free Guarantee, the double layer construction helps eliminate friction between the foot and shoe, reducing wear and

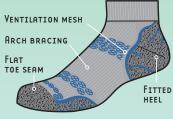
helping to prevent blisters.



Toe seam stitch colour denotes size and fit: MEN'S FIT D-4E

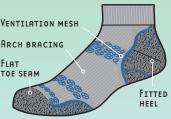
M 6-81/2 (39-42.5) GREEN L 9-11¹/₂ (43-46.5) RED XL 12-14 (47-49) ROYAL LADIES' FIT AAA-B LS 3-5½ (35.5-38.5) LM 6-81/2 (39-42.5) LILAC

OUTER LAYER: 46% REPREVE® Nylon 6 33% REPREVE® polyester 18% polyamide 3% elastane INNER LAYER: 99% REPREVE® Nylon 6 1% elastane





silver/red





Run Anklet 2262 SINGLE LAYER TWIN PACK

1000 MIII.E RECYCLED RANGE



Twin pack black/grey

LS. LM / M-XL

Twin pack
silver/orange + silver/green
2262G



Twin pack silver/pink + silver/blue 2262G LS, LM



Card and plastic tag are 100% recycled, please recycle all this packaging again

Toe seam stitch colour denotes size and fit: MEN'S FIT D-4E

M 6-84/2 (39-42.5) CREEN
L 9-114/2 (43-46.5) RED
XL 12-14 (47-49) ROYAL
LADIES' FIT AAA-B

LS 3-5½ (35.5-38.5) BUGE LM 6-8½ (39-42.5) LILLEG

57% REPREVE® polyester 14% REPREVE® Nylon 6 26% nylon 3% elastane



The single layer 1000 MILE RUN ANKLET keeps feet protected and supported during running and other intense sporting activities such as racket sports and gymwork.

An abundance of REPREVE® recycled materials in the fabric blend offers an eco-friendly alternative: REPREVE® poly yarns are made from 100% recycled materials (primarily plastic bottles). Combined with high quality REPREVE® recycled Nylon 6, these socks will help protect and support the planet – as well as your feet! Padded zones give added comfort and shock absorption for the heel, toes and ball of the foot: the padded heel extends to protect the achilles tendon. Ventilation mesh for superior breathability, arch bracing for extra firm grip and a fitted heel: all these features make this the cool choice, whatever your sport.

2% elastane INNER LAYER:

1% elastane

99% REPREVE® Nylon 6







2% elastane







navy/mauve

Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

| M 6-8¹/₂ (39-42.5) GREEN | L 9-11¹/₂ (43-46.5) RED | XL 12-14 (47-49) ROYAL | LADIES' FIT ARA-B | LS 3-5¹/₂ (35.5-38.5) BLUE

LS 3-5½ (35.5-38.5) BLUE LM 6-8½ (39-42.5) LELOG



78% REPREVE® Nylon 6 20% polyamide 2% elastane



The original.
Blister-free
guaranteed
since 1990

Where it all started — the original sock within a sock. The inner stays with the foot, the outer layer moves with the shoe. The lack of friction between the layers helps prevent blisters and reduces wear.

Outstanding comfort and no blisters — guaranteed!

Suitable for running, racket sports, cross-training and gym work, as well as a superb everyday sock.





Black
1111B
S-XL
UNISEX
SIZING

Double LAYER CONSTRUCTION eliminates friction between foot and shoe, reducing wear and helping to prevent blisters

UNISEX FITTING
Toe seam stitch colour denotes size:

S 3-54/2 (35.5-38.5) DADE
M 6-84/2 (39-42.5) GREEN
L 9-111/2 (43-46.5) RED
XL 12-14 (47-49) ROYAL

76% cotton 24% nylon

Ultimate Tactel[®] Trainer Liner



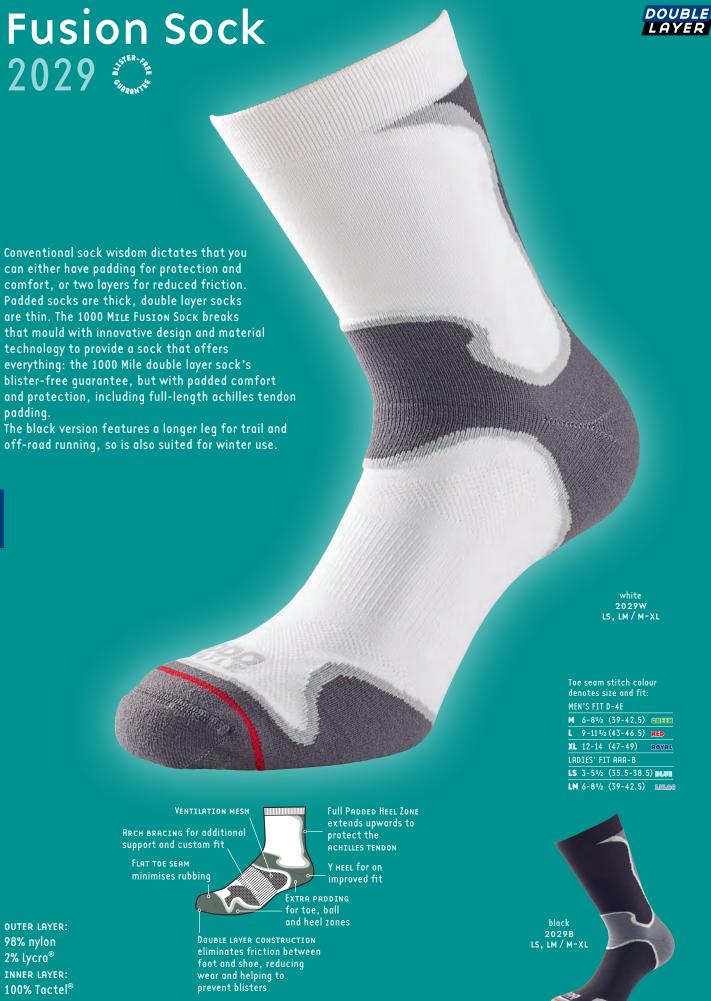


1548





♦Tactel*









1950 STER.

A sock within a sock. The 100% Tactel® inner layer of the 1000 MILE ALL TERRAIN Sock stays with the foot, wicking away moisture, whilst the soft wool-cotton mix outer moves with the shoe.

The unique combination of fibres, which includes merino wool, and top venting maintain a comfortable temperature for the foot. Arch braces on both layers help prevent unwanted movement, even on severe slopes.

Recommended for all types of off-road activities, these crew length socks will help you keep going when the going gets really tough.

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Double Layer construction eliminates friction between foot and shoe, reducing wear and helping to prevent blisters

Toe seam stitch colour denotes size and fit:

M	6-81/2 (39-42.5)	GREEN		
L	9-111/2 (43-46.5)	RED		
	10 11 (17 10)			

LADIES' FIT AAA-B

LS 3-5½ (35.5-38.5) DLUE LM 6-8½ (39-42.5) LTLGG

OUTER LAYER: 45% merino wool 42% cotton 12% nylon

1% elastane Lycra® INNER LAYER:

100% Tactel®

♦Tactel



SINGLE

Activ Socklet 1466

The perfect sock for those with an active lifestyle. Knitted to a trainer liner length profile for those who prefer a 'no sock' look, the 1000 MILE ACTIV SOCKLET is designed to provide support and promote comfort during even the most demanding sports activities. Specially shaped to ensure the best fit whilst the arch bracing and Y heel give firm grip and no-slip stability. The super soft yarns and flat toe seam reduce irritation on the skin whilst the padded heel, toe and achilles tab offer cushioned protection. Top ventilation panels allow the foot to breathe and maintain an even temperature.

TOP VENTING Y HEEL ARCH BRACING

Toe seam stitch colour denotes size and fit: MEN'S FIT D-4E

M 6-81/2 (39-42.5) GREEN L 9-11¹/₂ (43-46.5) RED XL 12-14 (47-49) ROYAL LADIES' FIT AAA-B

LS 3-5½ (35.5-38.5) LM 6-8½ (39-42.5) LYLAG

80% polyester 18% nylon 2% Elastane



Activ QTR 1477

The perfect sock for those with an active lifestyle. The 1000 MILE ACTIV QTR sock is designed to provide maximum comfort and support during even the toughest sports activities. Specially shaped to ensure the best fit whilst the arch bracing and deep ridged cuff give firm grip and no-slip stability. The super soft yarns and flat toe seam reduce irritation on the skin whilst the padded zones offer protection and shock absorption for the heel, ankle bone and toes. Top ventilation panels allow the foot to breathe and maintain an even temperature.



80% polyester 18% nylon 2% elastane



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Perfect for trail and fell running and mountain biking, the 1000 MILE TRAIL SOCK is anatomically designed to give comfort and support during your off-road running and racing. The padded heel extends to protect the achilles tendon, toes and ball of the foot. Specially selected merino wool blend helps reduce friction, wick moisture and dry quickly, and has natural anti-bacterial qualities. Arch bracing provides a customised fit with no slippage. Ventilation zones allow the foot to breathe and maintain an even temperature.

Top and arch ventilation mesh ARCH BRACING for

additional support and custom fit

FLAT TOE SEAM -

Heel padding

ACHILLES TENDON

Toe seam stitch colour denotes size and fit:

M 6-81/2 (39-42.5) GREEN L 9-11½ (43-46.5) RED

XL 12-14 (47-49) ROYAL LADIES' FIT AAA-B

LS 3-5½ (35.5-38.5) DLUE LM 6-8½ (39-42.5) LELOG

53% polyamide 24% wool 22% acrylic 1% elastane







SINGLE LAYER

Run Socklet 2263

The single layer 1000 MILE RUN SOCKLET gives protection and support when and where it counts, during running and other intense sporting activities.

Knitted to a trainer liner length profile for those who prefer a 'no sock' look. Padded zones offer added comfort and shock absorption for the heel, toes and ball of the foot: the padded heel extends to protect the achilles tendon.

The specially selected fabric blend helps reduce friction, wick moisture and dry quickly. Ventilation mesh for superior breathability, arch bracing for extra firm grip and a fitted heel for exact fit: all these features make this the cool choice, whatever your sport.

MEN'S FIT D-4E M 6-8½ (39-42.5) GREEN

XL 12-14 (47-49) ROYAL LS 3-5½ (35.5-38.5) BLUE

97% nylon 3% elastane FITTED HEEL





Men's twin pack

Kingfisher + Navy 2263K

M-XL

Ladies' twin pack

2263H



Run Anklet 2261

The 1000 MILE RUN ANKLET keeps feet protected and supported during running and other intense sporting activities such as racket sports and gymwork.

Padded zones offer added comfort and shock absorption for the heel, toes and ball of the foot: the padded heel extends to protect the achilles tendon. The specially selected fabric blend helps reduce friction, wick moisture and dry quickly. Ventilation mesh for superior breathability, arch bracing for extra firm grip and a Y heel for exact fit: all these features make this the cool

choice, whatever your sport.



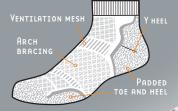
M 6-81/2 (39-42.5) GREEN L 9-11¹/₂ (43-46.5) RED XL 12-14 (47-49) ROYAL

LADIES' FIT AAA-B

LS 3-5½ (35.5-38.5) BLUE

LM 6-8½ (39-42.5)

58% nylon 39% polyester 3% elastane





Twin pack White/grey

2261W

Cricket Sock 2006



The 1000 MILE CRICKET SOCK features a unique blend of fibres, which combine to provide superior wicking properties and a light sock to keep your feet fresh and dry. A thick loop pile and padded sole/heel zones add to the feeling of comfort, even after an arduous day in the field or at the crease.

at the crease

22

THICK LOOP PILE
gives volume and
exceptional comfort —

ARCH BRACING for
additional support
and custom fit

FLAT
TOE SEAM

superior wicking properties and a light sock to keep your feet fresh and dry

MERINO WOOL offers

FITTED HEEL

PADDED SOLE AND HEEL add comfort and absorb shock

76% merino wool 23% nylon 1% elastane



23

Lightweight Cricket Sock 2005





Ultimate Liner Sock 1147





OUTER LAYER:
70% cotton
29% nylon
1% elastane Lycra®
INNER LAYER:
100% Tactel®

LS 3-5½ (35.5-38.5) DLUI LM 6-8½ (39-42.5) LSLOS

Navy/blue

LS, LM, M-XL



1998 STER-AR

The crew length 1000 MILE APPROACH Sock is designed for maximum comfort with today's technical approach footwear. The 100% Tactel® inner layer stays with the foot, wicking away moisture, whilst the soft wool-mix outer moves with the shoe, reducing friction and helping to prevent blisters and reduce wear. The unique combination of fibres maintains a comfortable temperature for the foot, making this the perfect warmer weather outdoor activity sock to wear with lightweight boots as well as approach/trail shoes and sandals.

ARCH BRACING for additional support and custom fit

DOUBLE LAYER CONSTRUCTION eliminates friction between foot and shoe, reducing wear and helping to prevent blisters

Toe seam stitch colour denotes size and fit: MEN'S FIT D-4E

M 6-84/2 (39-42.5) GREEN
L 9-114/2 (43-46.5) RED
XL 12-14 (47-49) ROYAL
LADIES' FIT AAA-B
LS 3-54/2 (35.5-38.5) DUD
LM 6-84/2 (39-42.5) LADIES

outer LAYER: 54% merino wool 45% nylon 1% Lycra®

INNER LAYER: 100% Tactel®



All Terrain Sock

DOUBLE LAYER

1950G

1950

A sock within a sock. The 100% Tactel® inner layer of the 1000 MILE ALL TERRAIN Sock stays with the foot, wicking away moisture, whilst the soft wool-cotton mix outer moves with the shoe.

The unique combination of fibres, which includes merino wool, and top venting maintain a comfortable temperature for the foot. Arch braces on both layers help prevent unwanted movement, even on severe slopes.

Recommended for all types of off-road activities, these crew length socks will help you keep going when the going gets really tough.

TOP VENTING allows

the foot to breathe

and helps maintain

FLAT TOE

SEAM

an even temperature.



Toe seam stitch colour denotes size and fit:

26

MEN'S FIT D-4E M 6-8½ (39-42.5) GREEN L 9-11½ (43-46.5) RED XL 12-14 (47-49) ROYEL LADIES' FIT AAA-B LS 3-5½ (35.5-38.5) BLUE

LM 6-8½ (39-42.5) LTLOG

OUTER LAYER: 45% merino wool 42% cotton 12% nylon 1% elastane Lycra® INNER LAYER: 100% Tactel®

♦Tactel*







Charcoal 2032C

Mauve

LES 3-5½ (35.5-38.5) DLUE
LM 6-8½ (39-42.5) LELOR

OUTER LAYER:
30% merino wool
46% nylon
23% cotton

28

23% cotton 1% elastane INNER LAYER: 100% Tactel®

Heat Walk Sock

The wicking, breathable NILIT HEAT inner layer of the 1000 MILE HEAT Sock captures body heat naturally for exceptional warming, with excellent absorption and moisture control for dry comfort. NILIT HEAT yarn, made with coffee charcoal, warms the wearer by trapping body temperature for maximum comfort and performance. It also has natural anti-bacterial properties. Ideal for 4 season walking.

PADDED LEG for warmth and protection -Top venting allows the foot to breathe and maintains an even temperature ARCH BRACING for additional support and custom fit FLAT TOE SEAM

PROTECTION, including achilles tendon and ankle bone

EXTRA PADDING for toe, ball and heel zones

Double Layer construction eliminates friction between foot and shoe, reducing wear and helping to prevent blisters

Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E M 6-81/2 (39-42.5) GREEN

minimises rubbing

L 9-11½ (43-46.5) RED

XL 12-14 (47-49) ROYEL LADIES' FIT AAA-B

LS 3-5½ (35.5-38.5) BLUE

LM 6-8½ (39-42.5) LTLOG

OUTER LAYER:

33% nylon 26% polyester

25% wool

6% cotton

10% spandex

INNER LAYER:

100% Nilit® Heat

NILIT HEAT





Classic Combat Sock 1821

Double layer sock. Acrylic/nylon mix for comfort, durability and fast wicking. Dries very quickly for easy washing in the field. Green (passes kit inspection).



Double LAYER construction eliminates friction between foot and shoe, reducing wear and helping to prevent blisters

UNISEX FITTING

Toe seam stitch colour denotes size:

S 3-5½ (35.5-38.5) BALUE M 6-8½ (39-42.5) GREEN L 9-11½ (43-46.5) RED

XL 12-14 (47-49)

60% acrylic

40% nylon



DOUBLE LAYER

2 Season Walk Sock





SINGLE LAYER

3 Season Walk Sock 2230

The 1000 MILE 3 SEASON WALK SOCK has carefully chosen padded zones to offer complete protection and comfort. The padded heel extends to cover the achilles tendon while other padded zones cushion the ankle bones, toes and ball of the foot. The combination of soft merino wool with top and arch venting allows the foot to breathe and maintains an even temperature. A flat toe seam reduces friction and the arch bracing helps to provide a customised fit.

extends upwards to protect the achilles tendon Purple 2230P LS, LM Charcoal 2230C

Toe seam stitch colou denotes size and fit: MEN'S FIT D-4E

upper mid foot

Teardrop shaped PADDED ZONE COVERS and protects the

additional support and custom fit —

32

M 6-8½ (39-42.5) GREEN L 9-11½ (43-46.5) RED XL 12-14 (47-49) ROYAL

LADIES' FIT AAA-B

LS 3-5½ (35.5-38.5) BLUE LM 6-8½ (39-42.5) LXLOG

80% merino wool 19% nylon 1% elastane

4 Season Walk Sock





24% wool 22% acrylic 1% elastane















1% elastane

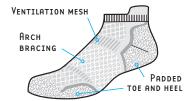
Resources

All the product photography featured in this catalogue, together with lifestyle images, logos and diagrams, can be found in Dropbox — ask your sales manager for details.

Point of sale materials are also available.

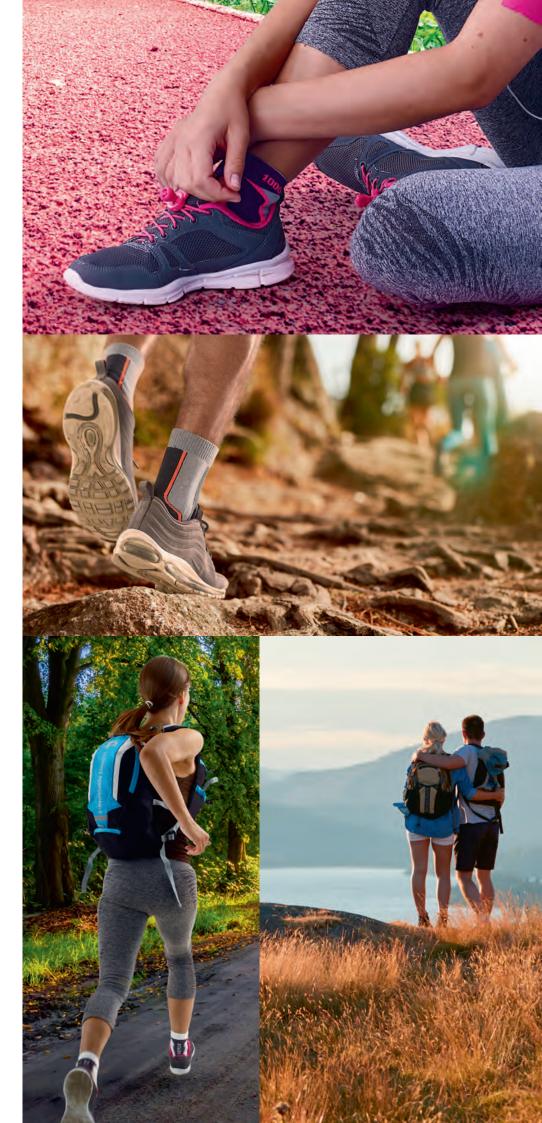
Hopefully, we will be seeing you at trade shows in 2022!

2263 Run Socklet













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