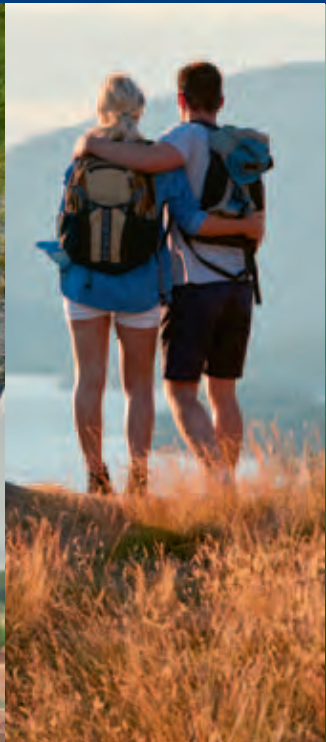




1000 MILE[®]
SOCK COLLECTION 2022



1000 MILE[®]
30
YEARS
 1990 - 2020

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 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.

1000
MILE
30
YEARS
1990 – 2020

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

1000
MILE®
www.1000mile.co.uk

2020 1000 Mile Sportswear bought by Bollin Group. Distribution by Burton McCall signals an exciting new era for the brand.

2018 *Twin Pack* single-layer socks introduced, bringing mass-market appeal and the perfect socks for casual or beginner runners and walkers.

2008 1000 Mile exhibits at ISPO Winter show in Munich – the 1000 Mile sock goes international.

2007 In a world first, lovers of thick socks could now have double layer protection with the launch of *Fusion* socks by 1000 Mile.

1998 Ladies size/fit and colours introduced. Launched with the *Lightweight Walking Sock* at COLA.

1996 1000 Mile Sportswear bought by Jack Galaun. *Ultimate* series socks with Tactel® inner layer introduced.

1990 The *Original 1000 Mile* double layer sock developed by David Upton. Offered to the NHS to treat blisters, taken up by his running-obsessed children.



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).



RECYCLED RANGE



	Anklet	Crew length	Calf length	
Double layer 	2011 Lite Anklet SS22 estimate March PAGE 08 			SPORTS SOCKS
Value twin packs 	2262 Run Anklet PAGE 09 			
Double layer 		1999 Approach Sock SS22 estimate April PAGE 10 		WALKING SOCKS
Double layer & padded 			2033 Fusion Walk Sock AW22 estimate July PAGE 11 	
Value twin packs 		2271 Trek Sock SS22 estimate May PAGE 12 	2277 Walk Sock AW22 estimate August PAGE 13 	



SPORTS SOCK IDENTIFIER

	Socket	Anklet	Crew length	Calf length
Double layer  	1548 Trainer Liner PAGE 15 		1111 The Original PAGE 14 	2005 Lightweight Cricket PAGE 23 
			1950 All Terrain PAGE 18 	
Double layer & padded  	2023 Fusion Socket PAGE 17 	2026 Fusion Anklet PAGE 17 SS22 estimate July 	2029 Fusion PAGE 16 	
Single layer & padded 	1466 Activ Socketlet PAGE 19 	1477 Activ QTR PAGE 19 		2006 Cricket PAGE 22 
Value twin packs  	2263 Run Socketlet PAGE 21 	2261 Run Anklet PAGE 21 	2265 Trail PAGE 20 	



WALKING SOCK IDENTIFIER

Crew length

Calf length

Double layer

1147
Tactel Liner

PAGE 24



3195
Lightweight Walk

PAGE 27



1950
All Terrain

PAGE 26



2252
Heat Walk

PAGE 29



1998
Approach

PAGE 25



1821
Classic Combat

PAGE 30



DOUBLE LAYER



Double layer & padded

DOUBLE LAYER



2032
Fusion Walk

PAGE 28



Single layer & padded

2220
2 Season Walk

PAGE 31



2230
3 Season Walk

PAGE 32



2240
4 Season Walk

PAGE 33



SINGLE LAYER

Value twin pack

2265
Trail

PAGE 34



2275
Walk

PAGE 36



2270
Trek

PAGE 35



2276
Combat

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 to single layer socks from 1000 Mile]



BLISTER-FREE GUARANTEE

DOUBLE LAYER

HEEL POWER

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



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:

LS (3-5½)	LM (6-8½)	M (6-8½)	L (9-11½)	XL (12-14)
BLUE	LILAC	GREEN	RED	ROYAL
LADIES' FIT AAA - B			MEN'S FIT D - 4E	

MATERIALS



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



COOLMAX® 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 REPVEVE® recycled materials in the fabric blend: REPVEVE® poly yarns and high quality REPVEVE® recycled Nylon 6.

REPVEVE® POLY FIBRE & YARN

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

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

REPVEVE® NYLON 6

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

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

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



REPVEVE® is a trademark of Unifi, Inc.

REPVEVE®

Protection and support for your feet – and the planet.

Lite Anklet

2011

**DOUBLE
LAYER**



SS22
estimate
March

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 REPVEVE®. 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.



silver/royal blue
2011RY
M-XL, LS, LM

silver/red
2011R
M-XL



silver/purple
2011P
LS, LM



08

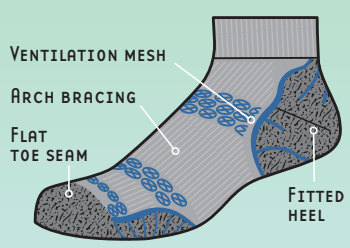
Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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)	LILAC



OUTER LAYER:
46% REPVEVE® Nylon 6
33% REPVEVE® polyester
18% polyamide
3% elastane

INNER LAYER:
99% REPVEVE® Nylon 6
1% elastane

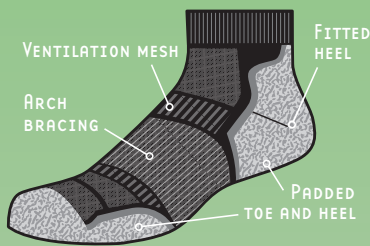


Run Anklet

2262

SINGLE LAYER

TWIN PACK



Twin pack
black/grey
2262B
LS, LM / M-XL



Twin pack
silver/orange + silver/green
2262G
M-XL



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



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 REPVEVE® recycled materials in the fabric blend offers an eco-friendly alternative: REPVEVE® poly yarns are made from 100% recycled materials (primarily plastic bottles). Combined with high quality REPVEVE® 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.



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 6-8½ (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) **LILAC**

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



Approach Sock

1999



**DOUBLE
LAYER**



SS22
estimate
April

The crew length 1000 MILE APPROACH SOCK is designed for maximum comfort with today's technical approach footwear. The inner layer stays with the foot, wicking away moisture, whilst the 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.



charcoal marl/orange
1999O
M-XL

navy marl/mauve
1999M
LS, LM



navy marl/kingfisher
1999K
LS, LM / M-XL



Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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) **LTAG**

OUTER LAYER:

42% REPREVE® Nylon 6

20% wool

18% acrylic

18% polyamide

2% elastane

INNER LAYER:

99% REPREVE® Nylon 6

1% elastane



ARCH BRACING for additional support and custom fit



HEELPOWER design grips the heel firmly in place – so no slippage!

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

Fusion Walk Sock

2033



**DOUBLE
LAYER**



SS22
estimate
July

navy marl/royal blue
2033RY
M-XL



navy marl/cornflower
2033C
LS, LM



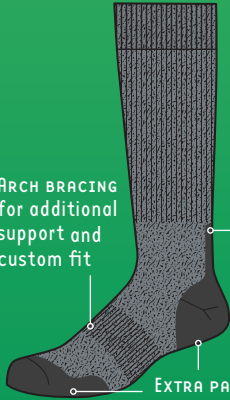
navy marl/mauve
2033M
LS, LM



2033B
charcoal marl/black
M-XL



ARCH BRACING
for additional
support and
custom fit



Full PADDED
HEEL ZONE
extends
upwards
to protect
the achilles
tendon

EXTRA PADDING for toe,
ball and heel zones

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

Conventional sock wisdom dictates that you can either have padding for protection and comfort, or two layers for reduced friction. Padded socks are thick, double layer socks are thin. The mid-calf length 1000 MILE FUSION WALK Sock breaks that mould with innovative design and material technology to provide a sock that offers everything: the 1000 Mile double layer sock's blister-free guarantee with a soft durable outer and wicking inner, but with padded comfort and protection, including full-length achilles tendon padding. Offers volume and warmth which is perfect for 3/4 season walking.

Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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) **PINK**

OUTER LAYER:
36% REPREVE® Nylon 6
21% cotton
12% acrylic
11% wool
18% polyamide
2% elastane
INNER LAYER:
99% REPREVE® Nylon 6
1% elastane



Trek Sock

2271

SS22
estimate
May

**TWIN
PACK**



Perfect for leisure hiking, trail running, walking or mountain biking. The 1000 MILE TREK SOCK is anatomically designed to give comfort and support during your leisure hours, be they spent travelling or in active sports. The padded heel extends to protect the achilles tendon, toes and ball of the foot. Arch bracing provides a customised fit with no slippage.

12



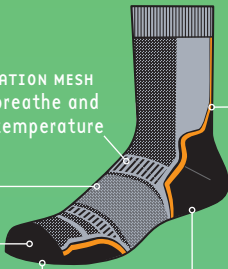
Top and arch VENTILATION MESH allows the foot to breathe and maintains an even temperature

Heel padding extends to cover ACHILLES TENDON

ARCH BRACING for additional support and custom fit

FLAT TOE SEAM

Extra PADDING for toe and heel



black/orange+black/green
2271B
M-XL



silver/pink+silver/blue
2271N
LS, LM



Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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) **PURPLE**

59% REPREVE® Nylon 6
18% polyamide
12% acrylic
9% wool
2% elastane



Walk Sock

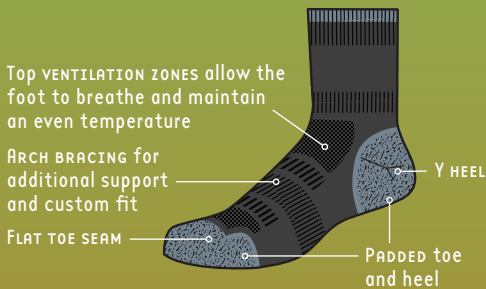
2277

**TWIN
PACK**



SS22
estimate
August

Perfect with all types of walking boot or shoe, the single layer 1000 MILE WALK Sock offers 3 season comfort and temperature control. Ventilation zones and the mix of fibres allow the foot to breathe and maintain an even temperature. Loop stitched pile gives lots of volume and protection. Padded heel and toe panels, a flat toe seam and arch bracing help to provide a customised fit with no slippage, reducing friction and so less chance of blisters.



2277C
charcoal+navy
M-XL



2277N
navy/cornflower
+
navy/mauve
LS, LM



Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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) **YELLOW**



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

The Original 1000 Mile Sock

1111

BLISTER-FREE
GUARANTEE

DOUBLE
LAYER

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.



14



1000
MILE
30
YEARS
1990 – 2020

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	3-5½ (35.5-38.5)	BLUE
M	6-8½ (39-42.5)	GREEN
L	9-11½ (43-46.5)	RED
XL	12-14 (47-49)	ROYAL

76% cotton
24% nylon

Ultimate Tactel® Trainer Liner 1548

BLEISTER-FREE
GUARANTEE

DOUBLE
LAYER

The ultimate technical socklet. The unique Tactel® inner layer wicks away perspiration to the moisture absorbing outer layer, keeping the feet dry. The combination of fibres and top venting maintains a comfortable temperature for the foot. Arch bracing offers additional support. HeelPower fabric technology grips the heel firmly in place, so no slippage!

TOP VENTING allows the foot to breathe and maintains an even temperature

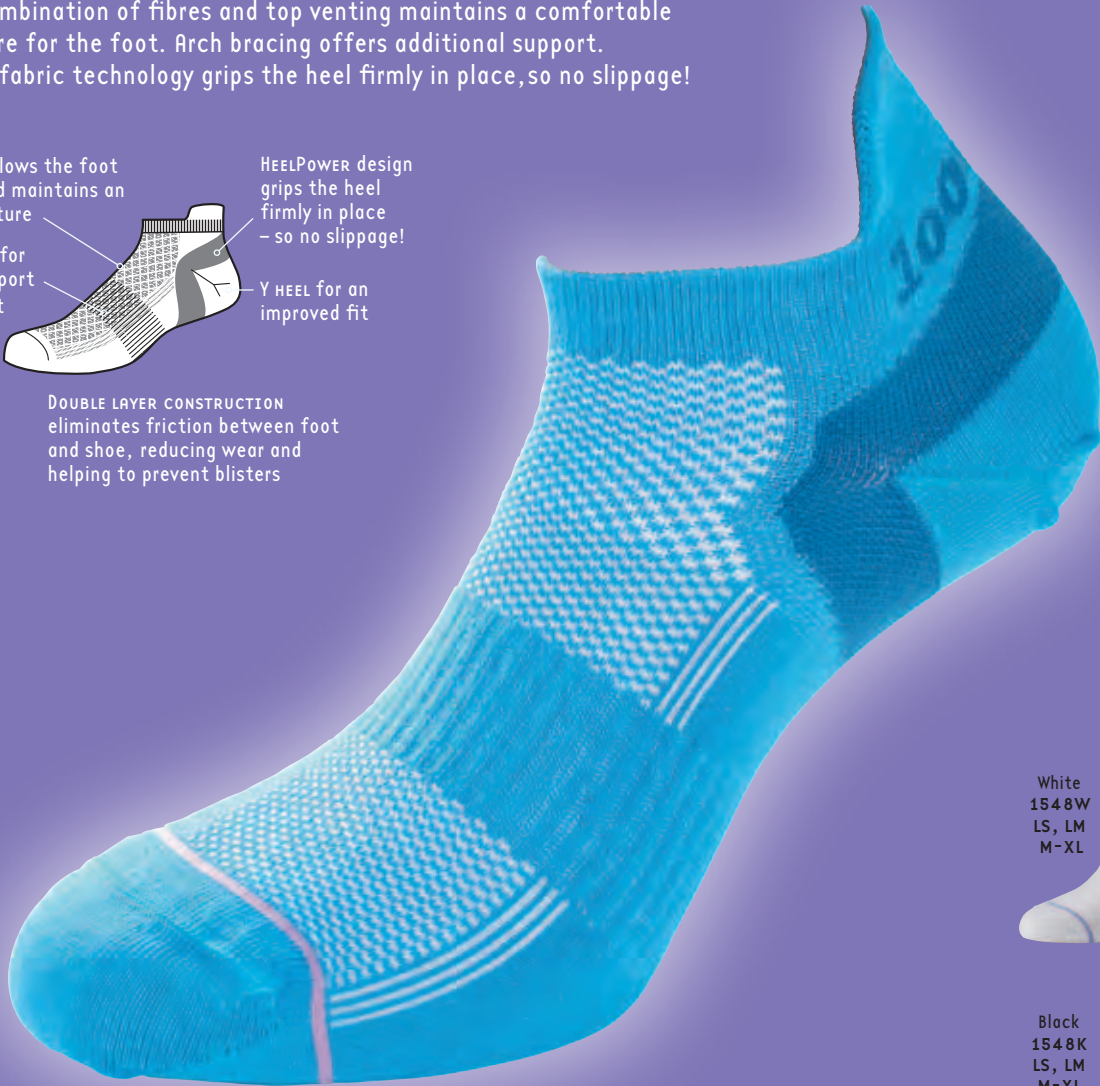
ARCH BRACING for additional support and custom fit



HEELPOWER design grips the heel firmly in place – so no slippage!

Y HEEL for an improved 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 6-8½ (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) **YELLOW**

Teal
1548T
LS, LM

OUTER LAYER:
65% cotton
34% nylon
1% Elastane Lycra®
INNER LAYER:
100% Tactel®

◇Tactel®



White
1548W
LS, LM
M-XL



Black
1548K
LS, LM
M-XL



Hot Pink
1548F
LS, LM



Purple
1548P
LS, LM

Fusion Sock

2029

BLISTER-FREE
GUARANTEE

**DOUBLE
LAYER**

Conventional sock wisdom dictates that you can either have padding for protection and comfort, or two layers for reduced friction. Padded socks are thick, double layer socks are thin. The 1000 MILE FUSION Sock breaks that mould with innovative design and material technology to provide a sock that offers everything: the 1000 Mile double layer sock's blister-free guarantee, but with padded comfort and protection, including full-length achilles tendon padding. The black version features a longer leg for trail and off-road running, so is also suited for winter use.



white
2029W
LS, LM / M-XL

Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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) **PURPLE**



OUTER LAYER:
98% nylon
2% Lycra®
INNER LAYER:
100% Tactel®

◇Tactel®

black
2029B
LS, LM / M-XL



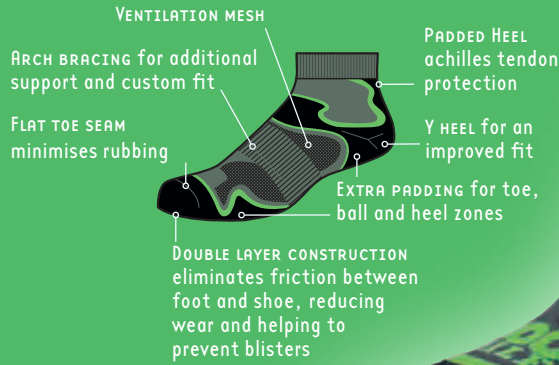
Fusion Anklet Sock

2026



DOUBLE LAYER

The FUSION ANKLET features the same elements as the 2029 Fusion Sock but is knitted to an ankle length profile, for those who prefer a shorter sock. The same double layer technology is utilised with the blister free guarantee and padded zones for comfort and protection.



OUTER LAYER:
98% nylon
2% Lycra®
INNER LAYER:
100% Tactel®



black/green
2026G
LS, LM / M-XL

white
2026W
LS, LM / M-XL



purple/grey
2026P
LS, LM



Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E	
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)	BLACK

Fusion Socklet

2023

SS22
estimate
July

DOUBLE LAYER

The FUSION SOCKLET features the same elements as the 2029 Fusion Sock and 2026 Fusion Anklet but is knitted to a trainer liner length profile, for those who prefer a 'no sock' look. The same double layer technology is utilised with the blister free guarantee and padded zones for comfort and protection.



OUTER LAYER:
74% nylon
20% Lycra®
6% elastane
INNER LAYER:
100% Tactel®



black/orange
2023B
M-XL



pink/purple
2023P
LS, LM



purple/kingfisher
2023PU
LS, LM

All Terrain Sock

**DOUBLE
LAYER**

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.

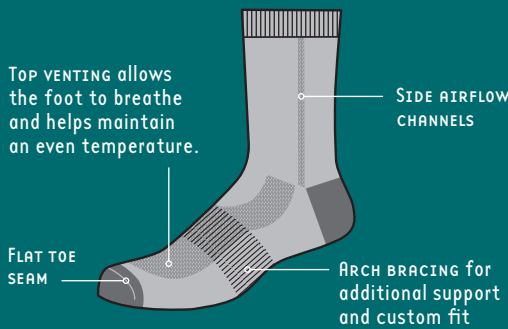
The unique combination of fibres, which includes merino wool, and top venting maintain a comfortable temperature for the foot. Arch braces on both layers help prevent unwanted movement, even on severe slopes.

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



Granite
1950G
M-XL

18



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	6-8½	(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)	PINK

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

INNER LAYER:
100% Tactel®

◇Tactel®

Raspberry
1950R
LS, LM

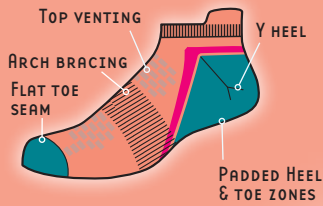
Sapphire
1950S
LS, LM, M-XL



Activ Socklet 1466

**SINGLE
LAYER**

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.



Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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) **LILAC**

80% polyester
18% nylon
2% Elastane

Peach/Teal
1466
LS, LM



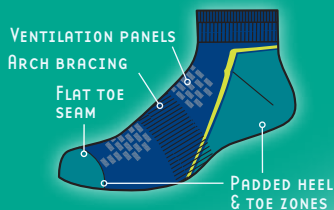
Black
1466B
LS, LM, M-XL

19

Activ QTR 1477

**SINGLE
LAYER**

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.



Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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) **LILAC**

80% polyester
18% nylon
2% elastane

Navy/Teal
1477N
M-XL

Black
1477B
LS, LM, M-XL



TRAIL AND FELL RUNNING SOCK

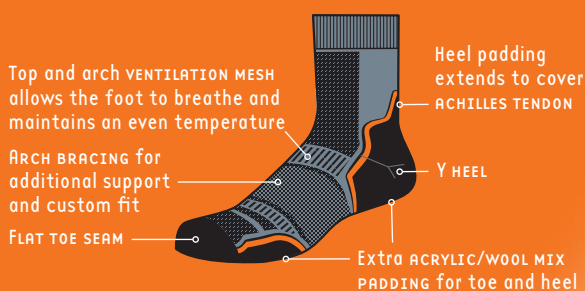
Trail Sock 2265

**SINGLE
LAYER**

**TWIN
PACK**

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.

20



Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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) **BLACK**

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



Twin pack
Grey/orange+Grey/green
2265G
M-XL



Twin pack
Grey/purple+Grey/blue
2265G
LS, LM

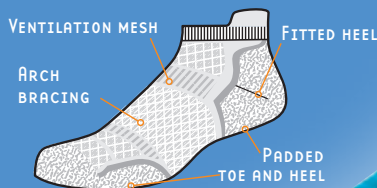


Run Socklet 2263

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.



Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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) **LELAG**

97% nylon
3% elastane

**SINGLE
LAYER**

**TWIN
PACK**

Men's twin pack
Kingfisher + Navy
2263K
M-XL



Ladies' twin pack
Hot Pink + Lavender
2263H
LS, LM

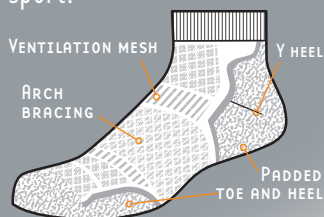


21

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.



Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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) **LELAG**

58% nylon
39% polyester
3% elastane

**SINGLE
LAYER**

**TWIN
PACK**

Twin pack
White/grey
2261W
LS, LM / M-XL



Cricket Sock

2006

**SINGLE
LAYER**



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.



2006
S-XL

22

THICK LOOP PILE gives volume and exceptional comfort

ARCH BRACING for additional support and custom fit

FLAT TOE SEAM



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

FITTED HEEL

PADDED SOLE AND HEEL add comfort and absorb shock

UNISEX FITTING

Toe seam stitch colour denotes size:

S	3-5½ (35.5-38.5)	BLUE
M	6-8½ (39-42.5)	GREEN
L	9-11½ (43-46.5)	RED
XL	12-14 (47-49)	ROYAL

76% merino wool
23% nylon
1% elastane

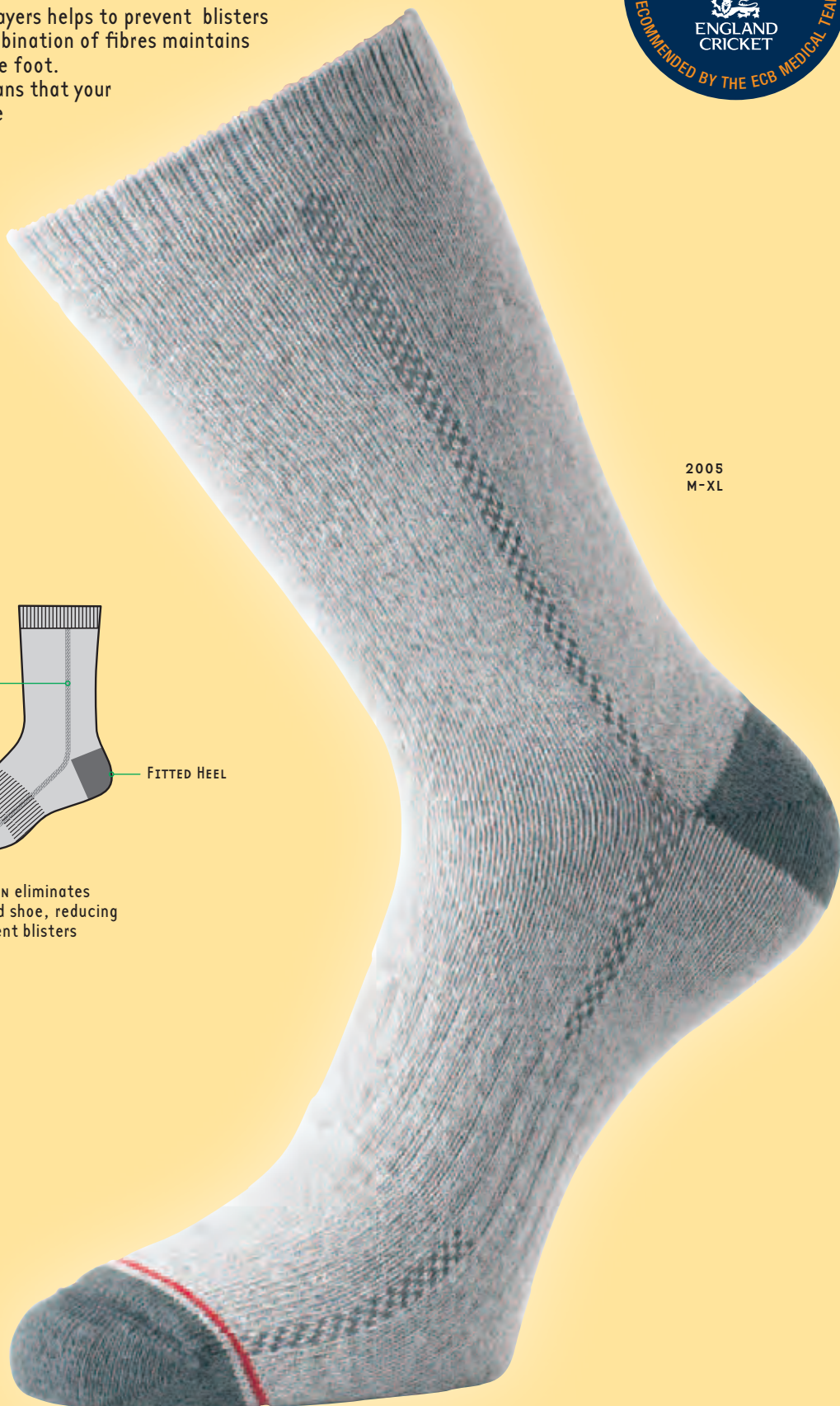
Lightweight Cricket Sock

2005



**DOUBLE
LAYER**

The 1000 MILE LIGHTWEIGHT CRICKET SOCK is designed with maximum comfort in mind, no matter how hard the going gets. The 100% Tactel® inner layer stays with the foot, wicking away moisture, whilst the soft wool-mix outer moves with the shoe. The lack of friction between the layers helps to prevent blisters and reduces wear. The unique combination of fibres maintains a comfortable temperature for the foot. The double-layer construction means that your feet stay cool, dry and blister free – guaranteed – even after an arduous day in the field, bowling or at the crease.

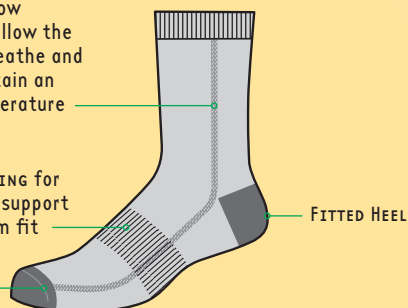


2005
M-XL

SIDE AIRFLOW CHANNELS allow the foot to breathe and help maintain an even temperature

ARCH BRACING for additional support and custom fit

FLAT TOE SEAM



FITTED HEEL

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

OUTER LAYER:

45% merino wool

42% cotton

12% nylon

1% elastane lycra®

INNER LAYER:

100% Tactel®



Ultimate Liner Sock

DOUBLE LAYER

1147 

Use as a blister-preventing base layer under a traditional thick walking sock for 4 season use or as a stand-alone summer sock with lightweight fabric boots. The 1000 MILE ULTIMATE LINER SOCK is a double layer sock: the unique Tactel® inner layer wicks away perspiration to the moisture absorbing outer layer, keeping the feet dry. The combination of fibres and top venting maintains a comfortable temperature for the foot. Arch bracing offers additional support. HeelPower fabric technology grips the heel firmly in place, so no slippage!

24

TOP VENTING allows the foot to breathe and maintains an even temperature

ARCH BRACING for additional support and custom fit

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



Y HEEL

HEELPOWER design grips the heel firmly in place – so no slippage!

Black
1147
LS, LM, M-XL



Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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) **YELLOW**

OUTER LAYER:

70% cotton

29% nylon

1% elastane Lycra®

INNER LAYER:

100% Tactel®

 Tactel

Approach Sock

1998



**DOUBLE
LAYER**

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



HEELPOWER design grips the heel firmly in place – so no slippage!

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



Charcoal/grey
1998C
M-XL

Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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) **BLUISH**

LM 6-8½ (39-42.5) **LELAG**

OUTER LAYER:

54% merino wool

45% nylon

1% lycra®

INNER LAYER:

100% Tactel®

◇Tactel

25

Fuchsia/purple
1998F
LS, LM



Navy/blue
1998N
LS, LM, M-XL



All Terrain Sock

**DOUBLE
LAYER**

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.



Sapphire
1950S
LS, LM, M-XL

26

TOP VENTING allows the foot to breathe and helps maintain an even temperature.

SIDE AIRFLOW CHANNELS

FLAT TOE SEAM

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 6-8½ (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) **BLACK**

Raspberry
1950R
LS, LM



OUTER LAYER:

45% merino wool

42% cotton

12% nylon

1% elastane Lycra®

INNER LAYER:

100% Tactel®

Granite
1950G
M-XL



◇Tactel®

Ultimate Lightweight Walk Sock

DOUBLE LAYER

3195



A mid-calf length sock, the 1000 MILE LIGHTWEIGHT WALK SOCK is recommended for 3 season walking in any type of boot. The 100% Tactel® inner layer stays with the foot, wicking away moisture, whilst the soft merino wool-mix outer moves with the shoe, helping to prevent blisters and reduce wear. The unique combination of fibres maintains a comfortable temperature for the foot. Arch bracing gives additional support.



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

27

Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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) **BIG**

LM 6-8½ (39-42.5) **LILAC**

OUTER LAYER:

39% merino wool

59% nylon

2% Lycra®

INNER LAYER:

100% Tactel®

Moss
3195M
M-XL

Cornflower
3195C
LS, LM

Navy
3195N
M-XL

Charcoal
3195B
LS, LM, M-XL



Fusion Walk Sock

2032

BLISTER-FREE
GUARANTEE

**DOUBLE
LAYER**

Conventional sock wisdom dictates that you can either have padding for protection and comfort, or two layers for reduced friction. Padded socks are thick, double layer socks are thin. The mid-calf length 1000 MILE FUSION WALK Sock breaks that mould with innovative design and material technology to provide a sock that offers everything: the 1000 Mile double layer sock's blister-free guarantee with a soft durable merino wool mix outer and wicking Tactel® inner, but with padded comfort and protection, including full-length achilles tendon padding. Offers volume and warmth which is perfect for 3/4 season walking.



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 6-8½ (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) **LILAC**

OUTER LAYER:

30% merino wool

46% nylon

23% cotton

1% elastane

INNER LAYER:

100% Tactel®

◇Tactel



Charcoal
2032C
LS, LM, M-XL



Heat Walk Sock

2252



**DOUBLE
LAYER**

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.



2252
LS, LM, M-XL

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 6-8½ (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) **LILAC**

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

30

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).



Green
1821G
S-XL



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

60% acrylic
40% nylon

2 Season Walk Sock

2220

**SINGLE
LAYER**

The 1000 MILE 2 SEASON WALK SOCK has been specifically designed for use in warm conditions. The light COOLMAX® fabric wicks away moisture and enhances air flow to keep the feet cool, and the mid-foot venting on the upper allows the foot to breathe. The padded heel extends to cover the achilles tendon with additional padded zones to cushion the ankle bones and toe box. A flat toe seam minimises rubbing and arch bracing helps to provide a customised fit.



Grey/orange
2220
M-XL

Grey/cobalt
2220
LS, LM

Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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) **LEADER**

77% COOLMAX®

22% nylon

1% elastane



3 Season Walk Sock

2230

**SINGLE
LAYER**

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.



Purple
2230P
LS, LM

Charcoal
2230C
M-XL



32

Teardrop shaped
PADDED ZONE covers
and protects the
ankle bone

ARCH BRACING for
additional support
and custom fit

FLAT TOE
SEAM

EXTRA PADDING
for toe, ball and
upper mid foot

PADDED HEEL ZONE
extends upwards
to protect the
achilles tendon

Top and arch VENTING allows the
foot to breathe and maintains
an even temperature

Toe seam stitch colour
denotes size and fit:

MEN'S FIT D-4E

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) **PURPLE**

80% merino wool
19% nylon
1% elastane

4 Season Walk Sock

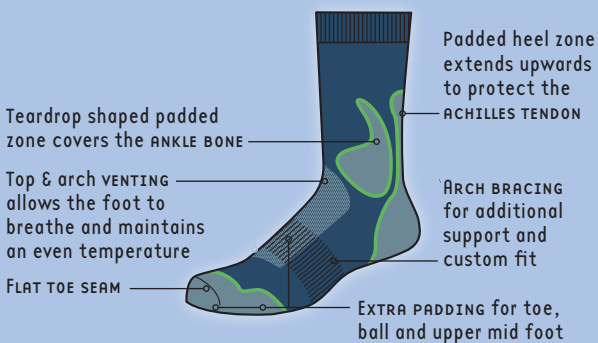
2240

**SINGLE
LAYER**

The 1000 MILE 4 SEASON WALK SOCK has a thick looped-stitched pile of soft merino wool to give you high volume and warm feet in even the coldest weather conditions. Carefully chosen padded zones 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. A flat toe seam reduces friction and the arch bracing helps to provide a customised fit.

Merino wool is one of the 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.

Slate/lime green
2240
LS, LM, M-XL



Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E		
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)	LILAC

70% merino wool
30% nylon

TRAIL AND FELL RUNNING SOCK

Trail Sock 2265

**SINGLE
LAYER**

**TWIN
PACK**

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.

34



Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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) **LILAC**

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



Twin pack
Grey/orange+Grey/green
2265G
M-XL



Twin pack
Grey/purple+Grey/blue
2265G
LS, LM



WALK, HIKE AND BIKE LEISURE SOCKS



Trek Sock 2270

**SINGLE
LAYER**

**TWIN
PACK**

Perfect for leisure hiking, trail running, walking or mountain biking. The 1000 MILE TREK SOCK is anatomically designed to give comfort and support during your leisure hours, be they spent travelling or in active sports. The padded heel extends to protect the achilles tendon, toes and ball of the foot. A specially selected merino wool blend helps to reduce friction, wick moisture and dry quickly. It also contains natural anti-bacterial qualities. Arch bracing provides a customised fit with no slippage.



Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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) **PINK**

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

35

Men's twin pack
Grey/charcoal + Navy/charcoal
2270N
M-XL



Ladies' twin pack
Cornflower/navy + Raspberry/navy
2270N
LS, LM



THREE SEASON COMFORT FOR WALKERS



Walk Sock 2275

SINGLE LAYER

TWIN PACK

36

Perfect with all types of walking boot or shoe, the single layer 1000 MILE WALK Sock offers 3 season comfort and temperature control. Ventilation zones and the wool-rich mix of fibres allow the foot to breathe and maintain an even temperature. Loop stitched pile gives lots of volume and protection. Padded heel and toe panels, a flat toe seam and arch bracing help to provide a customised fit with no slippage, reducing friction and so less chance of blisters.



Top VENTILATION ZONES allow the foot to breathe and maintain an even temperature

ARCH BRACING for additional support and custom fit

FLAT TOE SEAM



Toe seam stitch colour denotes size and fit:

MEN'S FIT D-4E

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) **LELAG**

Men's twin pack
Emerald + Charcoal
2275E
M-XL

Ladies' twin pack
Purple + Emerald
2275P
LS, LM



56% acrylic
25% wool
18% polyamide
1% elastane

COMFORT AND DURABILITY IN THE FIELD

Combat Sock 2276

SINGLE
LAYER

TWIN
PACK

The single layer 1000 MILE COMBAT SOCK offers comfort and temperature control in the toughest conditions. Ventilation zones and the wool-rich mix of fibres allow the foot to breathe and maintain an even temperature. Loop stitched pile gives lots of volume and protection. Padded heel and toe panels, a flat toe seam and arch bracing help to provide a customised fit with no slippage, reducing friction and so less chance of blisters.

Top VENTILATION ZONES allow the foot to breathe and maintain an even temperature

ARCH BRACING for additional support and custom fit

FLAT TOE SEAM



UNISEX FITTING

Toe seam stitch colour denotes size:

S	3-5½ (35.5-38.5)	BLUE
M	6-8½ (39-42.5)	GREEN
L	9-11½ (43-46.5)	RED
XL	12-14 (47-49)	ROYAL

56% acrylic
25% wool
18% polyamide
1% elastane

Twin pack
Green + Charcoal
2276
S-XL



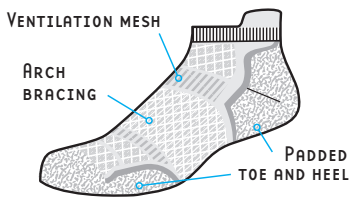
Resources

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





1000 MILE[®]



At 1000 Mile we continually strive to utilise the latest sock technology and materials. We have made more new socks for 2022 than ever before. If you have any feedback please contact us via the website.





1000 Mile Sportswear

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