

KIT BAG

WE TEST MORE GEAR THAN ANY OTHER RUNNING MAGAZINE

TRAIL Running
OUR EXPERTS
We use in-house and independent experts with sports and exercise science backgrounds and many years of trail-kit testing under their belts so you can trust our kit reviews.



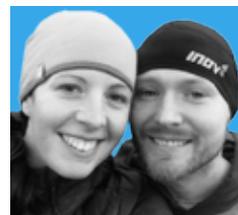
PAUL LARKINS
Stopping short of drinking from puddles editor Paul has been testing the Katadyn BeFree filter bottle, p79.



TOM STAGGS
Tom has been out and about hunting down and reviewing the latest run-friendly products, p78.



JULIE BROWN
This issue gear editor Julie has headed for the hills to round-up the best kit for the ultimate day out, p80.



JEN AND SIM BENSON
Authors of Wild Running, married couple Jen and Sim put the market's grippiest shoes to the test, p86.

FILTER FOCUS

Making a splash

Smart filter bottle helps runners take a smaller footprint

Katadyn BeFree £43.00 for 600ml bottle

Now the spring and its promise of adventure is upon us, here's a fab new product to add to your kit bag. And better, given the latest discussion about the environmental impact of plastic bottles, it's good for the planet, too!

The Katadyn BeFree is a collapsible drink bottle with a filter in the head. Simple really, but it means you can get clean water from streams and lakes wherever you are on the hill.

Water-borne nasties are very small so filter-based systems don't typically trap them. The BeFree, however, has a pore size of 0.1 microns which can trap bacteria and protozoa which measure about 0.2 microns. Viruses, which are typically smaller than this, often attach



themselves to larger particles and can therefore also be removed

by the filters. (To be on the safe side,

however, Katadyn advises that filtered water is purified in risky areas outside Europe.)

Just fill the bottle and let the EZ-Clean Membrane do the work. It's also easy to clean; remove the filter and rinse with clean water. For storage, the collapsible bottle packs down small. Available in 600ml, 1- and 3-litre versions, it can also be used when wild camping, where perhaps one of the larger-capacity versions would be more useful.

www.katadyn.com

GAME CHANGERS

Ultra race organiser Centurion Running is on the front foot by introducing steps to reduce plastics at its events. Read company director James Elson's superb piece on the matter at www.trailrunningmag.co.uk



GOOD FOR THE SOLE

Sole footbed £40 per pair

Orthopaedic footwear specialist SOLE has collaborated with ultramarathon legend Dean Karnazes to produce a new range of performance footbeds. The familiar supportive shape is designed to eradicate foot pain and prevent injuries. The new collection features three depth levels: thin, medium and thick, depending on preference. Each sole includes odour-control, is moisture-wicking and has an eco-friendly, 100% recycled cork base.

secure.yoursole.com

THE WHEY IS CLEAR

Whey Ahead protein powder, £35 per 500g

Another protein? We thought the same, so why choose this one? Whey Ahead was born from founder Ethan Salzheller's desire to produce purely organic, gluten-free whey protein. These products include only raw superfoods and protein concentrate from grass-fed cows. The protein powder comes in four flavours named in four flavours named (unflavoured), Madagascan Vanilla, Peruvian Chocolate and Ecuadorian Banana. The firm won the Soil Association's Best of Organic Market and BOOY award for 'Best Organic Start up business 2017'. We think that speaks volumes.

wheyahead.com

ON A LIGHTER NOTE

Aftershokz Trekz Air, £150

Aftershokz has added a new model to its wireless headphones range. Stripping down 20% of weight from the Trekz has produced the Air headphones, which tip the scales at just 30g. The company has achieved such a light weight by using titanium where possible and reducing the size of controls. They are flexible yet sturdy, and the manufacturer claims they are fully waterproof. Aftershokz are great training headphones as they allow runners to hear their music without insulating them completely from surrounding noises, so they can still be alert to potential dangers, such as traffic.

Clever design allows this the headphones sit on the face and vibrations are conducted to the ear via the cheekbones. This makes them a safer alternative to in-ear models as ear drums remained unblocked. Subsequently, they are the only headphones approved for use in road races by UK Athletics.

www.aftershokz.co.uk

Bright ideas

New illuminated running equipment offers both safety and value

Aura range starts from £5

New Bedford-based company Aura is aiming to make running at night safer.

All of its outdoor gear is illuminated by LED lights.

The product line-up includes a vest, heel clip, waistband, armband and belt for your phone and a strap band for the arm or ankle. Offering around three hours' battery life, you can clock up the miles before replacing the batteries. Some of the models also include a handy USB recharge option.

The range is waterproof and offers a static and flashing setting so even on the darkest nights you will be noticed. The products are reasonably priced with the phone armband costing £9.99 and the shoe clip £5.99.

www.auracrivagear.com

BIT OF BUTTER

Pip & Nut Squeeze pack, £1.19

You may well recognise this brand, since it was launched in 2015.

Founder Pippa is a passionate runner and has devised nut butter squeeze packs as a way of boosting energy before or after a run. They contain only unsaturated fats, packed up to 8g of protein and all three variations contain vitamins. They come in handy 30g packs, with a choice of Peanut, Almond, and Coconut and Almond butters - all suitable for vegans. They can also be squeezed into other foods, so you can experiment what works for you. Peanut, smoothie, anyone? The pouches are available in shops, or online for pack of 12 for just £10. www.pipandnut.com



GONE IN A PUFF

Hipppeas, 99p per 22g bag

No, not members of a counterculture, although they are countering unhealthy snacks. These organic chickpea puffs are from a company who wants goodness for mind, body and soul. They make a light and healthy alternative to crisps by containing lots of fibre, and nearly 3g of protein. They are low in calories, with just 90 calories per bag, and are gluten-free, so suitable for vegans. They come in cheese, herbs, sweet & smoking and fajita flavours.

www.hipppeas.com

FOOD FOR THOUGHT

Brainzyme, 30 capsules for £9.95

There are plenty of ways of feeding your body, but here's something that nourishes your brain. Brainzyme supplement is claimed to be a cognitive enhancer, which in lay terms means it helps to keep you focused and support clearer thinking, which is

just what you want if you're tackling a technical mountain run. The active ingredients include matcha, guarana, choline plus seven vitamins and minerals. Guy Leammoth of the British 800m



champion believes it helps him get the mental edge over competitors and uses it on a daily basis to improve concentration and alertness while training. Brainzyme says its capsules are fast-acting and take effect within the hour.

www.brainzyme.com



USE YOUR EDZ FOR COMFORTABLE FEET

EDZ socks, £10

One of the essential, but oft-neglected items of kit are socks. A comfortable sock can make all the difference between bagging long distances or turning home early with a blister. EDZ has launched a great trainer sock which is perfect for clocking up the miles. They are made with 80% Merino wool for superb breathability and come with terry-padded construction for further comfort. Even better is they cost less than a tenner so won't break the bank. For this and the rest of EDZ's outdoor performance clothing, check out the website.

www.edzlivingthing.com

Jacket makes light of hard race days

This barely-there jacket weighs next to nothing

Raidlight Hyperlight E180

Raidlight has launched a new race jacket for 2018. The Hyperlight name seems fitting, too, with the medium size weighing just 11.5g. It is fully waterproof and race cut for a

close yet unrestricted fit. Features include a transparent watch window, thumb loops, and an elasticated hood with stiffened visor. It also has a tab on the chin to avoid rubbing, reflective prints and packs away into a handy pocket-sized pouch. All this for a reasonable £11.99. <https://uk.raidlight.com>



STRAP SAFE
Silicone shoulder protection allows for protection when carrying a back pack.