

BRITISH

GENTLEMEN'S QUARTERLY

NOV 2019 £3.99

Calling all entrepreneurs

Silicon Valley's secret \$50m life hack

By Bobby Palmer

Sicily's wildest ever party

On the road with Dolce & Gabbana

By Jonathan Heaf

Plus!
All the pictures, gossip and speeches from the GQ Awards party

The **21** people it's really OK not to like
And yes, ***** *****, we do mean you

EXCLUSIVE!

Matt & Christian Damon & Bale

Vroom! Bourne and Batman together at last, in the best racing film you've ever seen

Story by Stuart McGurk Photographed by Sam Jones

My lost weekend with Michael Hutchence

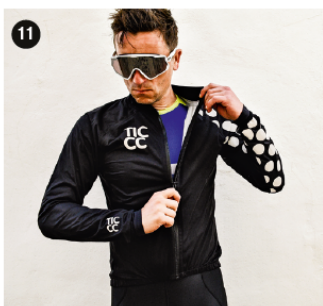
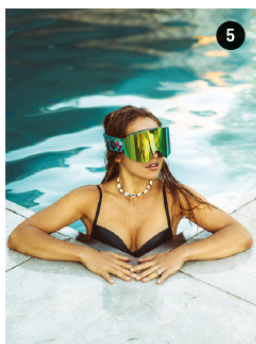
By Dylan Jones

+ Stormzy, Jo Swinson, Naomi Harris... and Joker!

'Race cars are neither beautiful nor ugly. They become beautiful when they win'
- ENZO FERRARI



All The Gear...



1. With a built-in, rechargeable battery, **Pulseroll's** self-use massage tool uses 4 vibration levels, easily adjusted via the remote control. To reduce next day soreness, increase blood flow to the muscles, aid recovery after a tough workout or help relieve the effects of long standing muscular problems, get yours from pulseroll.com IG: [@pulseroll](https://www.instagram.com/pulseroll)

2. **Fat Gripz®** is the award-winning shortcut to head-turning arms. Fat Gripz wrap around dumbbells, barbells and chin-up bars. The larger diameter then aids muscle growth, fast. Winner of the two biggest awards for fitness products. Visit FatGripz.co.uk IG: [@fatgripz](https://www.instagram.com/fatgripz)

3. Whether you're a frequent flyer, a cycling commuter or an urban athlete, the **Slicks** backpack fits any lifestyle, allowing you to pick the features which suit you best and build the pack the way you want it. With free shipping to the UK, get yours at slicks.com IG: [@slicksbackpacks](https://www.instagram.com/slicksbackpacks)

4. This Whole Food Multivitamin For Men by premium supplement company **NATURELO®** has been carefully crafted with 56 high-quality ingredients. It includes all the essential vitamins and minerals plus health blends containing probiotics, enzymes and botanicals like Ginseng and Maca. Use code 'GQ10' to get 10% off at naturelo.co.uk (expires 01/11/2019).

5. Hit the slopes in style with **NAKED OPTICS®** super cool ski goggles. With five different glasses to choose from, the SnapTech-Magnetic change system allows you to be perfectly prepared in seconds for any weather. Get yours at nakedoptics.net IG: [@nakedoptics](https://www.instagram.com/nakedoptics)

6. Made for adventure, **Rhino Skin Solutions** is the non-greasy, essential skincare line for dry, cracked, split, or sweaty hands and feet. Their earth grown massage cream also aids muscle and joint recovery. Whatever your skin type, Rhino has you covered. Visit RhinoSkinSolutions.com IG: [@RhinoSkinSolutions](https://www.instagram.com/RhinoSkinSolutions)

7. **AQ Skin Solutions** is one of the world's leading cosmeceutical skincare lines. Founded by Professor, scientist and immunologist Dr. Al-Qahtani, AQ Skin Solutions retails on all 7 continents and is further accredited in over 52 countries. Featured is the 'Endo-Test Serum', designed to help re-balance testosterone levels. Visit aqskinsolutions.co.uk

8. Designed for the adventurer, the dual phone and wallet case from **Fickaskap** is 100% waterproof to carry your valuables in style. The unique dual-pocket design separates your phone and valuables, allowing you to use your phone without it scratching. Get yours from fickaskap.com IG: [@fickaskap](https://www.instagram.com/fickaskap)

9. Derived from aerospace manufacturing, **Crosson** hand-crafts advanced carbon fibre skis with precision and the highest quality materials. Lightweight, extremely damp, and unlike anything you have ridden before, check them out at crossonski.com IG: [@crossonski](https://www.instagram.com/crossonski)

10. **RUGID** is an outdoor skincare manufacture of deet free insect repellents, zinc oxide sunscreen, 6 in 1 itch and pain relief, and an alcohol-free hand sanitizer lotion. If you're looking for products that will keep you safe during your next outdoor adventure check out rugidproducts.com

11. **TICCC** is an independent, British performance cycling apparel label. Their breathable, 100% waterproof rain/wind cape uses a direct venting membrane. Reflective dots and details provide superior visibility to other road users. £185 at this-is-cambridge.com IG: [@thisiscambridge](https://www.instagram.com/thisiscambridge)

12. Ever experienced headaches, damaged teeth or jaw pain from night-time teeth grinding? **SOVA's** custom fit, slim profile night guards are designed to relieve pain and discomfort of teeth grinding at night, alleviating these symptoms and allowing you to breathe, talk and drink naturally. Visit SOVANIGHTGUARD.EU to get yours. £27.

13. Take your skiing to a new level this season. **CARV's** smart inserts record your skiing pressure and motion as you turn, giving you real-time audio coaching to help you perfect your technique. Take on CARV's challenges, break through your plateaus and show your friends and family what great skiing really looks like! Visit carv.ai IG: [@carv.ski](https://www.instagram.com/carv.ski)

14. This motorcycle camping system by **Wingman Of The Road** combines a premium quality canvas tent, mattress and sleeping bag in one neat package. When adventure calls this roll out and roll in system allows you to be in bed or back on the road in less than four minutes. Get yours from wingmanoftheroad.com IG: [@wingmanoftheroad](https://www.instagram.com/wingmanoftheroad)

15. One of Thailand's best kept secrets, **Namman Muay** is a regenerative cream, used by professional athletes to aid muscle activation and to help relieve pain after sport and exercise. Get yours at muaythai-boxing.com and IG: [@nammanmuay_uk](https://www.instagram.com/nammanmuay_uk)

16. Urbanista's functional earphones, Athens, give you total freedom whilst exercising. Run, swim and sweat with these earphones. The stylish complementary charging case provides you with 3 additional charges each lasting up to 8 hours. With 32 hours of total playtime and a compact case to fit effortlessly into your pocket, Athens is your perfect work out companion. Get yours from urbanista.com

17. 8K Flexwarm's heated jackets and gilets take you from 0 to 50°C in 360 seconds. Combining stylish design and revolutionary flexible heating technology, 8K Flexwarm jackets excel in cold weather so you can stay toasty without that chunky, padded coat. Get yours from 8kflexwarm.com IG @8kflexwarm

18. Sculptmode is the superior athleisure with compression technology designed to help boost athletic performance during intense training. With an engaged firm fit it aims to reduce muscle oscillation to enable greater stability. Check out their collections at sculptmode.com IG @sculptmode

19. Your new favourite on-the-go nutrition bar, **Stoka Bars** are packed with crunchy almonds providing healthy energy and leave you feeling satisfied. With 10 different flavours, only 3-4g Net carbs, Stoka Bars are gluten free, made with clean, all-natural ingredients and no added sugar. Available on Amazon and stokabar.com IG: @stokabars

20. DeFeet has built its reputation as a leading cycling sock brand for over 20 years. Their socks led the Tour de France for 14 days in 2019. Their USA grown and crafted merino wool socks are masterpieces for off-the-bike wear as well. Pictured, the Mondo sock. Also available, Custom crafted socks with your logo and colours. Visit defeet.com IG @defeet

21. Safety Skin's Reflective Skin Spread is the first reflective product designed to be applied directly on your skin. From a morning jog to marathon training, a bicycle commute to an epic cross-country brevet, SWIPE SOME ON! Visit safetyskinproducts.com IG @safetyskinproducts

22. Warrior Addict has collaborated with London street artist Sprankenstein to produce 35, limited edition FACE#1 yoga mats each has been numbered & signed by the artist. Made out of Micro-Fiber, the latest in yoga mat technology, this light-weight mat gets grippier as you sweat. Check out their designs at warrioraddict.com and IG: @warrioraddict £60.

23. glaze hand crafts their matchboxes with one-of-a-kind burl woods sourced from American speciality lumberyards. With equal emphasis placed on form and function, glaze's matchboxes make for arresting, albeit subdued, statement pieces for the home. Available at glazestudio.com IG: @glaze.studio

24. Streamlined to fit neatly on your index finger without disrupting technique, **SportCount's** Length/Lap Counters and Timers help you achieve your fitness goals by instantly generating statistics on your performance. Used by both performance athletes and beginners alike, check out these affordable and versatile models at sportcount-europe.co.uk

25. Built for the journey, **RHA's** true wireless buds last for 25 hours, are sweat and rain resistant and use a subtle and understated stem design for more reliable connection strength and call quality. Check them out at rha-audio.co

26. Designed by pro-athletes and physiotherapists, **ELAVAIT** is your pocket AI personal trainer. Creating unique daily workouts and recovery plans for your specific medical history and fitness goals, training smart and getting fit was never easier. Find out more at elavait.com and @elavait and download the app for iOS.

27. Mouthguards shouldn't get in the way of your game which is why every **SISU** is roughly half the thickness of conventional guards. With SISU, talking, breathing, and drinking are largely unobstructed, allowing you to keep your focus where it matters: on the next big play. Get yours now from sisuguard.eu £26.80.

28. The USBee 20" Cabin Case from **Kitkase** allows you to keep connected whilst on the move with its in-built USB charging port. Lightweight with a ruggedized finish for increased durability and TSA lock for added security, get your Kitkase for an effortless journey from kitkase.com IG @mykitkase

29. Boasting 12 sports modes, an integrated BioTracker™ and 24-hour heart rate monitoring, the **Amazfit GTR 47mm** is the only sports accessory you need. With Amazfit you can plan workouts, control music and monitor sleep patterns. Check it out at en.amazfit.com IG @amazfituk

30. Authors, journalists, academics and lawyers love the Apple Design Award winning writing app, **Ulysses**, for its clean design and excellent feature set. Thanks to seamless sync, you can edit your texts anywhere, anytime. Get your first three months for free at ulysses.app/promo/GQ

31. The **ZPURS** shoe clip with interchangeable grips, quick release system and carabiner, keeps your shoes or trainers with you whenever you need to change footwear. With 6 colours to choose from, they are a great addition for your commute or workout. £19.95 at www.zpurs.com

32. Used by some of the world's best boxers, **Rival Boxing's** gloves offer a perfect fit, incredible comfort and unbelievable durability. As pictured, the RFX Guerrero-V also integrates their innovative and unique Hook & Loop "V" Strap. Visit rivalboxing.com IG: @rivalboxinggear Photo: Troy St. Louis.

