

Inviscid Design SPEEDFIL £89.99

www.invisciddesign.com

WHEN YOU'RE battling through the bike leg of a triathlon, it can be frustrating having to keep sitting up and reaching for your water bottle. Tri-bar mounted hydration systems exist to fix this problem, but they affect the way your bike handles and cause extra drag. This new wind-tunnel designed hydration system from the boffins at Inviscid attaches to the frame so that handling

and aerodynamics aren't compromised. Using a Camelbak-style bite valve, a fluid tube runs along your frame and sits up by the handlebars for easy drinking access. We liked the Speedfil – it's the best mid-race hydration system we've used to date. The only minor gripes are its price, and that it's not as easy to re-fill mid-ride, compared to tri-bar mounted systems.



VERDICT Innovative and effective mid-race hydration system, though tricky to refill mid-ride

PERFORMANCE VALUE OVERALL



Gore GORE RETRO CAP £24.99

www.gorebikewear.co.uk

THIS TECH twist on a traditional road cap is great if you want to look like a Euro road pro, but with a warm head.

Rather than the normal cotton 'trade' caps, this one uses Windstopper softshell front panels and mesh back panels. These stop ice cream headaches and sweaty

scalps respectively, with a towelling sweat band for good measure. The neoprene peak is just long enough to keep low sun and rain out of your eye and it fits fine under a helmet without having to take out pads. Only time-served roadies will truly appreciate the styling though.

VERDICT Built with clever fabric that teaches an old hat new tricks

PERFORMANCE VALUE OVERALL



Uvex AERO HELMET £119.99

www.uvexsports.com

AERO HELMETS are fast becoming a must-have addition to any triathlete's kit list. This new offering from Uvex is a more affordable model from the German manufacturer. It follows in the footsteps of their other model, the Fp2, which has proven a big hit with both pro cyclists and triathletes around the world. The Uvex Aero comes with a handy rotating tightness adjuster and a sliding vent that allows you to reduce your mid-race forehead

temperature from boiling to, err, simmering. It's a comfy, well-made helmet that should help you shave a few seconds off your bike splits. However, its short tail means that it doesn't sit close enough to your back. So while it may be more affordable than some other helmets, it's probably not the most aerodynamic.



VERDICT Well-made helmet, but not necessarily the most aerodynamic you can buy

PERFORMANCE VALUE OVERALL

