

Ministry of Swimming Goggles

Evaries, ministryofswimming.com

After a swimming costume, your goggles are probably your most important piece of kit. They have to protect your eyes from water, pollutants, stray fists and elbows and sunlight. They mustn't leak, need to provide good visibility and be comfortable to wear for extended periods of time. There are plenty on the market that meet those criteria, including these from the New Zealand based Ministry of Swimming. Once these criteria are met goggle choice largely comes down to personal taste, and if you like bright colours and unusual tints, these are worth a look. With a wide range of shapes and styles available, there should be something for everyone.



Expedition White Shark mobile app

£2.49: expeditionwhiteshark.com
Review by Dan Abel of Fit & Abel

This is something many open water swimmers probably don't want to see but just can't help

themselves. We all know we share the oceans with a multitude of wildlife, including the notorious great white. Scientists at the Marine Conservation Science Institute have created an app that allows tracking of tagged great whites. When their dorsal fin is at the surface a position report provides accurate data location. Options with this app allow for last known location and 12 month tracking so you can see where the sharks have been hunting over a given period of time. The app also provides data on shark encounters. The app is very new and has a few, er, teething problems. Make sure you select 'don't show me this again' at the start otherwise you will have to agree to the terms and conditions every time. There are currently only 23 tagged sharks to follow and all but two are located around the west coast of North America, which is MCSI's focus area. The other two sharks were tagged off Australia. I note that the migration track of one of the Australian sharks crosses land on Stewart Island; clearly the GPS information has a margin of error. Proceeds from app sales are for a good cause and it is fascinating to see the movements of one of the most talked about, feared, powerful and amazing ocean creatures. It really highlights the fact that sharks are out there all the time and the reality is if they really did enjoy the taste of human flesh they'd be eating many more of us every day.



Brodies Recover and Repair

£17.95 per pump plus p&p from brodieskincare.co.uk

Review by Annie Byrne

Whichever sport I take part in, I find that my skin experiences the same stressors; heat, sweat, and toxin build up, and particularly with the chlorine and salt water when swimming, my skin often feels dehydrated and dry.

Brodie Skincare's Recovery Phase Swim Rehydration Cream claims to help skin recover and repair, containing "ingredients with antiviral, antibacterial and antifungal properties, along with vitamins to boost cell regeneration and protect and soothe your skin."

My skin takes ages to cool and calm down after exercise, so I liked that this cream was so smooth and made my skin feel fresh straight after the first use.

Nutrition Corner

USN Acti-Fizz and Vooma Energy Gel

uk.usn-sport.com/en/
Review by Joel Enoch



South African sports nutrition company USN have recently added an electrolyte product to their large sport nutrition range. According to the maker's pitch, Acti-Fizz has been designed to boost energy levels and reduce fatigue during exercise. It includes B vitamins to support energy production, magnesium to reduce tiredness, support electrolyte balance and maintain normal muscle function, zinc which contributes to normal carbohydrate metabolism and thiamine for a healthy heart.

While there are some really good sports nutrition products out there, in reality there are only a few that will have a significant effect on the exercise performance of most amateur sports people. An increasing number of supplements derive from limited scientific studies and in real life will have little or no effect on the ordinary active individual. Acti-Fizz is sadly one of these. A full examination of the science behind the product is not possible here, but essentially a review of relevant research shows that the claims for

each element of Acti-Fizz are fairly broad statements

based on limited science. Even where there is good evidence, there is not enough of the ingredient in the product (thiamine), or the actual difference to most people sporting performance would be almost impossible to detect at best (B6, zinc and magnesium). Although there is nothing 'bad' about Acti-Fizz, I'm afraid the cost outweighs the benefit.

On the other hand, USN's Vooma Energy Gel is a much better product. Gels are an easy way to take on carbohydrates to maintain performance in high intensity events, training or races lasting over about 90mins. Personal choice largely dictates what gel people use and with four good flavours (blackberry and apple, lemon and lime, raspberry and vanilla caramel) and not being overly sweet, Vooma Energy might well be a good choice for many. There are also caffeinated options.

