

**WIN**  
One of three Orca Apex  
wetsuits worth £355 each

**SWIM ▶ BIKE ▶ RUN ▶ FASTER**

# 220 TRIATHLON



The gear and athletes you voted the best in the world

**220 TRIATHLON AWARDS**

## Open-Water Technique

Adapt your pool skills for wetsuit speed

## Triathlon SOS

Tips to guarantee season-long success

# BIKE SPECIAL

- How to achieve the perfect set-up
- Twelve aerobars tried and tested
- Master gears for greater speed



Your first step to greater speed, power, torque and fun.

**Plus**

Boost your run on the track **Ashbourne Duathlon** June swim sessions **Ironman Australia** Fuji Team Pro vs Merida Road HFS **Race round-up**

## BIKE OF THE YEAR

## Quintana Roo Lucero



US-based Quintana Roo unveiled their first tri-specific bike in '89. Since then they've been ridden to 28 Ironman victories by some of the finest multisporters on the planet. But it's the '05 Lucero that you voted as best bike and it's all down to a wealth of cutting-edge features.

This is no road bike with a few tri tweaks here and there; the Lucero's is a totally tri-specific design from the ground up. Its geometry puts you in a lower position for improved rider aerodynamics. Each of the frame's carbon-fibre tubes are sculpted for maximum aerodynamic and handling performance and yet it manages to be stiff enough to accelerate quickly but compliant enough to keep you comfortable over the bumps.

All the hallmarks of a race-bred machine are present, from the internal cable routing to the rear wheel-hugging seat tube. This razor-sharp, air-slicing ride has cut a dash straight to the top of your most-wanted list and won the right to call itself the 220 Triathlon Bike of the Year.

## Runners-up

2nd Cervelo P3 Carbon 3rd Specialized Transition S-Works

## RUNNING SHOE OF THE YEAR

## Asics Gel Forster Tri



Japanese sportswear samurais, Asics, strode off with the honour of Running Shoe of the Year for the second year in a row. But while the dynasty continues it's a different family member that now sits on the throne.

The previous victor – the GT-2090 – was a worthy winner with good all-round ability; this year's winner is a whole lot more focused.

The Gel Forster Tri is designed specifically for the demands of the triathlon battlefield.

Tri shoe fetishists everywhere lapped up the Gel Forster's features. The sole [sic] men among you cited the array of technology packed into this 350g (UK 10) shoe as reason for its victory in this category. It's all-conquering arsenal includes SpEva forefoot and rearfoot Gel inserts that make for a smooth heel stroke and firm toe-off; dual density Duo Max midsole material to keep your foot in the neutral position; and sandwich air mesh uppers that are light and breathable.

As well as refining your run and cradling your feet in high-speed comfort, the Gel Forster Tri shoes also work as a useful safety device. Their 'hi-vis' colour scheme means you'll be lit up like a beacon, even when you're down the darkest country lanes.

## Runners-up

2nd Brooks T4 Racer 3rd Asics 2100

## TRIATHLON WETSUIT OF THE YEAR

## Quintana Roo Superfull



Quintana Roo's top-end Superfull pipped the Ironman Stealth to win this year's wetsuit crown. The new top neoprene dog comes with a whole lot of history and heritage. Not just because Quintana Roo has been producing tri-specific wetsuits for nearly 20 years but also because they were created by triathlon innovator and icon Dan Empfield



Buoyancy, flexibility and speed – the holy triathlon wetsuit trinity – aren't just present in the Superfull; they feature in abundance. Buoyancy is taken care of by the 5mm Nanoskin, which keeps you nigh-on parallel with the water's surface. Flexibility comes in the form of the multi-layer SCS Nanoskin on the chest and back that repels water and gives you room to execute your perfect stroke. And speed is built in to every last inch of the suit, from the waffle-grid pattern of SCS Sharkskin on the forearms to the breakaway zippers on your back.

Aside from its performance benefits, it's also the Superfull's sleek good looks that helped it win so many of your votes. It executed a masterstroke in '05 by catching your attention, pulling you closer and pushing its way into your hearts.

## Runners-up

2nd Ironman Stealth 3rd Orca Predator

## INNOVATIVE PRODUCT OF THE YEAR

## Honey Stinger Gel



Sports nutrition came to the forefront of the popular conscience this year, but so did the desire for natural ingredients. And the winner of the 220 Innovative Triathlon Product of the Year Award is an item that combines these two things to spectacular effect.

Honey Stinger came to life in '02 when the team at En-R-G Foods in Colorado started to produce a natural honey-based source of carbohydrates for sportspeople.

Honey is perhaps the ideal source of energy for endurance sports thanks to its low position on the glycaemic index. Honey-based gels provide a long, steady energy release rather than the 'spike and crash' associated with other sports gels.

The endurance-improving benefit of honey is a secret bees have long kept to themselves. If what's quoted on the Honey Stinger website is true ("Honey bees can fly up to 22 miles per hour, and their fuel is so efficient that one bee could fly round the world on as little as an ounce of honey"), then it's potential for improving your triathlon performance is huge. And now you can find out for yourself in a range of flavours.



## Runners-up

2nd Garmin Forerunner 301 3rd Elite Real Axiom

# Slippery Fish

## Freestyle Weekend Workshops

May 13/14      Ascot, Berks  
May 27/28      Ascot, Berks  
June 24/25      Ascot, Berks

**Max 5:1 Swimmer:Instructor ratio**

## Refresher Days

June 3              Ascot, Berks

**Can't make any of these dates?**

**Then let us tailor a course to suit you. You could do it:**

1 to 1 on consecutive weekdays  
1 to 1 on Monday and Friday  
1 to 2 on consecutive Tues/Weds/Thurs  
Any combination is possible.

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Coach of the Year 2005

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## Honey Stinger



**Winner of the  
220 Innovative  
Product of the  
Year Award**



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Honey Bars  
Protein Bars**



**Honey is nature's most  
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