

COMPETITIONS!



6 x Eco-friendly lighting gadgets

Be seen from 1km away on early morning and evening runs with the new eco-friendly products from Pedalite International. Four lucky readers will win the solar-powered Anklelite - a battery-free lighting strap for the ankle or arm, which provides super-bright lighting at every angle. Also up for grabs are two solar-powered Baglites. This unique lighting harness is worn over the shoulder and even fits over your backpack. The products charge in natural or artificial light and can be set to different modes - flashing or constant. Anklelite retails at £12.49 and Baglite retails at £25 from good bike shops.

www.pedalite.com

Email: competitions@runningfreemag.co.uk with 'Anklelite Comp' as the subject.

A Year's Supply of Seven Seas JointCare Max

Putting pressure on your joints through running can mean joint problems later on in life, but there are plenty of preventative measures to help keep you running for years to come. One is a daily supplement, like Seven Seas JointCare Max, specifically formulated to look after your joints.

Seven Seas JointCare Max contains glucosamine and Omega-3 fish oils, GlucOmega, and chondroitin. This unique combination helps to control pain and inflammation in aching joints as well as keeping them supple and flexible.

Available at Boots and other pharmacies. Visit www.jointcare.com for further information

Email: competitions@runningfreemag.co.uk with 'Seven Seas Comp' as the subject.



5 x Canterbury BaseLayers

Canterbury is offering 5 RF readers the chance to win BaseLayer Cold garments.

Ideal for cold conditions, the revolutionary Canterbury BaseLayer Cold range is designed to keep you warm in the coldest temperatures, guaranteeing maximum performance. It's skin-tight, yet flexible and offers full movement.

The garment incorporates Canterbury's moisture transport system, which 'wicks' sweat from the skin to the outer surface away from the body. The result is a moisture-free garment that speeds up muscle recovery during high intensity activity.

For more info visit:

www.canterbury.com

Email: competitions@runningfreemag.co.uk with 'Canterbury Comp' as the subject.



Maternity sportswear from Sporty Bump

Sporty Bump is offering two RF readers the chance to win sportswear sets, worth £71 each.

Sporty Bump is a pioneering range for pregnant women and those trying to regain their pre-pregnancy figures.

The four-piece 'basics' capsule collection includes: On The Bump Shorts, Under The Bump Capri Trousers, Cross-over Top and a Racer Back Vest. All available in sizes small to extra large. Visit www.sportybump.co.uk, for a sizing guide, to browse the Sporty Bump range and shop online.

Email: competitions@runningfreemag.co.uk, with 'Sporty Bump Comp' as the subject. Remember to indicate your size (S, M, L or XL) in the body of the email.



10 x Peditech Foot Spray

Hard working feet need a hard working Foot Spray. Peditech fights foot odour fast, it isn't a deodorant spray that masks foot odour or blocks your pores, its antibacterial formula kills the bacteria responsible for foot odour. Peditech's unique two-step protection works dynamically to kill bacteria, continuously prevent odour returning, and keep feet permanently fresh.

Great for your feet, Peditech can also be used to keep your running shoes fresh. The 360° spray action can be used upside-down to get right into all the dark corners of your shoes!

Email: competitions@runningfreemag.co.uk with 'peditech Comp' as the subject.



Bio-Synergy Sports Nutrition Pack

Bio-Synergy the UK's most innovative sports nutrition company and official supplier to Cancer Research has teamed up with Running Free to offer you the chance to win a selection of award winning products, worth over £100, including Liquid Energy and Creatine Plus to ensure that you get the most from your training.

For more information www.bio-synergy.co.uk

Email: competitions@runningfreemag.co.uk with 'Bio Synergy Comp' as the subject.



There is no purchase necessary to enter these competitions. Employees of Standfirst Media Ltd, Anklelite, Seven Seas, Canterbury, Sporty Bump, Peditech & Bio Synergy and employees thereof are not eligible to enter these competitions. The winners will be picked at random from the correct entries received by the closing date. No correspondence will be entered into regarding this competition. There is no cash alternative to the prize.

Closing date: The deadline for entries to all competitions is 15th April 2009. Don't miss out - send your entry today!