

COMPETITIONS!



Crewroom Vapour-X Kit

This fantastic prize from Crewroom includes three pieces from their Vapour-X range, a cap, a running shirt, and the feature-packed Pertex Shell jacket. All garments feature breathable high-tech fabric made from Bamboo - a fast growing and sustainable resource which grows in a managed environment without the need for pesticides or fertilisers.

For more on Crewroom visit: www.crewroom.biz

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

5 x Mini Chillow

Mini Chillow takes the heat out of sports injuries. Priced at £19.95 plus postage, Mini Chillow offers instant cooling for sprains, strains and swelling, making it a sports bag essential. The small (32 x 21 x 2cm) pad is constantly cool to the touch, with no refrigeration required, simply wrap it round the site of the injury. Mini Chillow is also handy for bruising, insect bites, hot spells and headaches.

Available online at: www.chillow.co.uk

Email: competitions@runningfreemag.co.uk



His and Hers Brooks Kit

For male runners Brooks are giving away a Rev T-shirt, made with Essential Moisture Transfer fabric, flat-seams for chafe-resistance and 3M Scotchlite retro-reflective heat transfers. Along with a pair of Rev Pacer shorts, which feature 100% moisture transfer liner and secure zippered back pocket

And for the ladies they have a set of Element Shorts and Softy short sleeve T-shirt. The top is made from super-soft fabric with wicking properties. The shorts feature a moisture transfer liner, stretch fabric and dual rear holster pockets.

For more info click: www.brooksrunning.co.uk

Email: competitions@runningfreemag.co.uk with 'Brooks Comp' as the subject, stating whether you'd like the men's or women's set.



A Year's Supply of Multibionta Activate

Multibionta Activate is a high performance probiotic multivitamin containing a unique formula of Tribion Harnois probiotics with CoQ10 and Ginseng. It helps unlock energy and sustain performance, helping you to go that extra mile. Olympic medallist Gail Emms took the Multibionta Challenge while training for the Flora London Marathon 2009. She said, "Within a week of me taking the daily Multibionta Activate capsule, I was so much better and had more energy to push on harder." Find out more at: www.multibiontachallenge.co.uk



One lucky reader will win a whole year's supply, that's 12 packs.

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

15 Packs of Spatone

With a large proportion of female athletes believed to be iron deficient, research has found that low iron levels can have a detrimental effect on exercise performance as this impairs oxygen flow in the body. Sourced from the waters of Trefriw Well Spa, Spatone is a 100% natural liquid iron supplement that is highly absorbable, avoiding the gastrointestinal side-effects often associated with supplemental iron intake. Spatone is available in boxes of 14-day or 28-day supplies. These contain daily sachets that can either be taken as they are or added to fruit juice - making Spatone the most convenient liquid iron available.

To enter email: competitions@runningfreemag.co.uk with 'Spatone Comp' as the subject.



There is no purchase necessary to enter these competitions. Employees of Standfirst Media Ltd, Crewroom, Mini Chillow, Brooks, Multibionta, Spatone 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: 15th July 2009. Don't miss it! Now you can see if you've won on our website. Visit www.runningfreemag.co.uk and follow the links.