

Sporting Style

Velvet looks at the latest fashions in the world of fitness

As temperatures rise and evenings lengthen, it's time to get out of the gym and into the great outdoors. Exercising is the perfect way to tone up for summer, and here's how to do it in style...

The foundation of any girl's running gear should be a sports bra she can rely on. The Shock Absorber Run Sports Bra reports to reduce the bounciness of your bust by 78% so you can comfortably concentrate on your chosen sport - and perhaps even avoid a black eye!

Second on your shopping list: specialised trainers. It's so important to get your training shoe right. Runability in Bury St Edmunds provide video gait analysis to find the perfect fit for your running style... so, whether you pronate or supinate, you can rest easy knowing you're in good hands.

When it comes to clothes, look for layers of technical fabrics like Adidas' ClimaCool which whisk sweat away from the skin and help to regulate your body temperature. Better still, the boffins at



Shock Absorber Run Sports Bra £37, Rigby and Peller, Grand Arcade, Cambridge



Max Sports Bra Top £30, Rigby and Peller, Grand Arcade, Cambridge



Reebok Easytone Capri Pants £39.99, JD Sports, Lion Yard, Cambridge



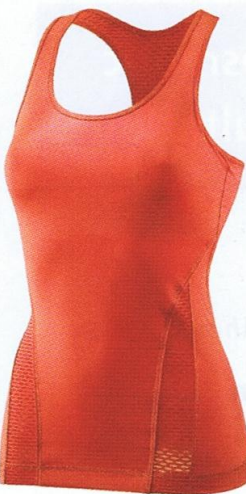
All Stars Vest £55, Sweaty Betty, Cambridge



Reebok Easytone Pants £44.99, JD Sports, Lion Yard, Cambridge



Saucony Pro Grid Guide 4 £86.99, Runability, St John's Street, Bury St Edmunds



Adidas by Stella McCartney Run Performance Tank £50, Sweaty Betty, Cambridge



Shock Absorber Padded Pump Sports Bra £29, Rigby and Peller, Grand Arcade, Cambridge

"When it comes to clothes, look for layers of technical fabrics like Adidas' ClimaCool which whisk sweat away from the skin and help to regulate your body temperature."

Reebok have developed fabrics that work even harder for you! The EasyTone leggings contain ResisTone bands which create resistance as you move, to activate key muscles and tone up your legs and bum whilst you're exercising.

Show off the fruits of your labour with designer Stella McCartney's body con-inspired range for Adidas. Her Performance Run vest features sheer panel details that are so sexy you'll want to slip it on with a pair of heels. Or try Sweaty Betty's slinky All Stars vests, with support panels and silicone grippers to

stop your top riding up as you move.

Pair with Adidas' sleek running leggings or, if you aren't quite into the figure hugging stage just yet, take the look down a notch with these retro shorts from Nike. Channelling that all important 70s style, they look effortlessly cool with a casual white t-shirt. Yet these shorts are anything but old-fashioned, featuring built-in compression shorts for high performance. So what are you waiting for? Those buns of steel and immaculately toned abs aren't going to appear on their own now, are they?



Asics Gel-DS Sky Speed £81, Runability, St John's Street, Bury St Edmunds



Brooks Glycerin 8 £97, Runability, St John's Street, Bury St Edmunds

Keep it Cool this Spring

Taking inspiration from this year's neutral look, the gents out there are in for a treat. Laid back, cosy and cool is the absolute key look for the spring/summer trends, so ditch the tighter than tight tees and dig out your cardie

House Of Fraser



House Of Fraser



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Military

A perennial fashion favourite, the military trend is fitting for these tough times. This year the look is uber-masculine; swap flamboyant band jackets for utilitarian khaki recalling the uniforms of World War One. An army-inspired coat is an investment you won't regret. Choose from sharply cut collarless jackets with brass button detailing and sturdy greatcoats in khaki or black. Wear with skinny trousers in wool or heavy-gauge cotton, and accent with this year's key colour, camel. Complete the urban warrior look by pounding the pavement in tough lace-up boots, whether army surplus combat-style or classic Dr Martens.

The Great Outdoors

Wrap up warm and head for the countryside in heavy knit and shearling as fashion takes cues from British heritage and après ski. Menswear moves into spring with knitwear to suit all styles, from layered cashmere to chunky cardigans; be bold with alpine-inspired patterns in neutral shades with splashes of rust and red. On the catwalks, shearling details abounded on coats and boots. The ultimate way to keep cosy this season is with an aviator jacket. You can also hint at this look with a failsafe lumberjack shirt, lace-up boots or a furry deerstalker hat. For the patriots, think heritage and add a touch of tweed.

Minimalist grey

This year's catwalks returned to classic minimalism and the colour of the day is grey. Grey is the perfect neutral: coolly understated, less harsh than black and the ideal canvas for this season's accents of camel and red. Refresh your palate with blazers and coats cut with clean lines and minimalist details, such as a single button. Or try the Mad Men-inspired retro suit in grey, and seek out traditional fabrics like tweed and herringbone. For a casual look, grey works beautifully in thin knit cardigans layered over collarless linen shirts.

Article by Hannah Bass

Key looks:

- Double-breasted greatcoats with brass buttons
- Short, severe jackets with buckle details
- Skinny trousers tucked into black lace-up boots

Key looks:

- Lumberjack shirts and hiking-style boots
- Chunky alpine-patterned cardigans
- Shearling aviator jackets over neutral knits

Key Looks:

- Woollen herringbone trousers worn with classic brogues
- Single-breasted narrow-fit blazers
- Elegant trench coats worn over fine cashmere jumpers

Get your Fashion Fix in the Name of Charity

Looking gorgeous and lending a helping hand to charity...
is there anything local boutique, Anna, can't do?

This month, Saffron Walden will be treated to an exclusive fashion show as its local boutique Anna debut their spring/summer collection in a bid to help raise funds for the proposed respite centre, Maypole House.

Tickets sold out months in advance and the show is now set to sparkle for the fashion-conscious local crowd. Whilst they settle down to plan their summer wardrobes, guests will be treated to champagne and lunch by the head chef of the newly-refurbished Eight Bells pub.

Organised by local charity RESCU, this event will raise some of the funds needed to build Maypole House. Having purchased a plot of land in nearby Thaxted, RESCU aims to build a centre where people with learning disabilities can stay for short periods of time, offering a much-needed break to families and carers.

Needing to raise over £1 million to get the centre up and running, the charity approached local boutique, Anna, for help. "We are very grateful to Anna and the Eight Bells for helping us put this fund raising event together," said Liz Grove, a member of the fundraising committee. "We would like to say a big thank you, not only to the ladies who will be coming along on the day, but also to other local people and businesses who we hope will continue to support us."

In our region alone, over 750 adults with learning difficulties are living with ageing parents, and this population set to increase in the next 20-30 years. Respite care is the service most often requested by family carers, yet it is in critically short supply. The Maypole House will provide this much needed safe environment, making events like the fashion show an essential part of the RESCU dream.

With seven stores across the UK, Anna is a small but perfectly formed chain of boutiques offering trend-led clothes with a difference. Founded in 1994 by local fashion aficionado, Anna Park, the first store opened in Norfolk and quickly expanded into the capital and then across the South East, as customers couldn't

get enough of her fresh take on fashion.

Saffron Walden was lucky enough to get the Anna treatment with a boutique on the High Street. Its cosy, beamed interior with its brickwork fireplace and ornate mirrors is the perfect setting for these quirky yet elegant clothes.

Stocking both British and international labels, from Joseph and Alice by Temperley to Nicole Farhi, Halston Heritage and Michael Kors, Anna's eye for fresh, yet feminine, fashion ensures each piece has its own identity. Her rails host rich, romantic and vintage-inspired prints, as well as off-beat illustration and luxurious fabrics from sequins to chiffon. Guests at the RESCU fashion show will get an intimate view of that special Anna style as the boutique's treats for spring/summer 2011 are shown off to full effect. We anticipate a refreshing spring palate - lots of nude and washes of pale grey with neon pops of colour, while Anna also promises classic Breton stripes for the

summer months, alongside bold floral and marbled patterns.

Teaming up with Eight Bells and local charity RESCU, the fashion show hopes to help make the plans for Maypole House a reality. And who could think of a more fun way to raise money than through fashion?

For more information about RESCU, or if you would like to help the development of Maypole House, please contact RESCU on 01371 876892.



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Saffron Walden, CB10 1AL.
Tel: 01799 516639
www.shopatanna.co.uk



FASHION SHOW ON 31ST MARCH, STARTS AT 12 NOON FOR MORE INFO: WWW.RES-CU.ORG



Article by Hannah Bass

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