



GU  
**ROCTANE**

£2.70 [www.guenergy.co.uk](http://www.guenergy.co.uk)

There's an increasing school of thought that complementing carbohydrate ingestion with a shot of protein during long sessions accelerates recovery. It could also prevent muscle breakdown, albeit that's more applicable to a multi-stage event. Cue the Roctane, that comprises 1.5g of amino acids including the fast-acting leucine and lesser-known L-valine. It also contains 75mg of beta-alanine, which is converted into carnosine that then acts as an acid buffer - favourable during high-intensity exercise. But as the gel's targeted at the lower-intensity ultra-endurance sector, we remain unconvinced of its addition. The final lab-related ingredient of note is ornithine alpha-ketoglutarate, which again supports recovery. There's also nominal evidence of making exercise easier via the nitric oxide pathway. It also contains 21g of carbs and 180mg sodium. So although the science is open to debate, we applaud Gu's efforts. As for the taste, it's sweet though disappears instantly. It's also damn expensive at £2.70 a pop. **JW**

»VERDICT **80%**  
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An interesting gel for the committed athlete but certainly pricey

SPECIALIZED  
**SL PRO**

Jersey £100.00, shorts £140.00  
[www.specialized.com](http://www.specialized.com)

For the combined sum of £240 you can head out on the bike in the same kit as some of the biggest names in triathlon. With a close-fitting race cut and welded 'cuffless' sleeve construction, the top-tier jersey from Specialized is designed to slip through the air. There's plenty of room to stow essential supplies thanks to the three rear pockets and a separate sweat-proof section. This is a high performance garment, but it's slightly let down by the quality of the full-length zip and the elasticated hem/gripper combination, which doesn't match the tight fit of the rest of the jersey. In contrast the bib shorts are hard to fault. The contoured pad is great quality, the grippers provide light compression but aren't restrictive and the braces are comfortable without a base layer. Like the top, the high-tech fabrics keep you nice and cool on all but the hottest days. **CH**

»VERDICT **83%**  
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High quality combo, but for the price you'd expect them to be faultless



CYCLIQ  
**FLY12**

£249.00 [www.raleigh.co.uk](http://www.raleigh.co.uk)

Cycliq's Fly6 rear light and camera have now been joined by the Fly12 front version. At 250 notes it's a competitively-priced action camera, although it's bigger than most and, weighing 276g, a bulky lump to bolt to your bike. That said, being integrated into a light that can push out 400 lumens arguably makes it a more practical addition than a camera or camera/GPS unit. Operating is a piece of cake, as recording starts as soon as you switch it on and any footage is automatically chopped up into 5min clips for easier editing (either on your computer or using the associated iPhone app). Using the light eats up the battery quickly, but if you're filming in daylight, the charge lasts a long time - a 2:30hr test ride was captured fully despite setting out with the charge indicator on red. The footage it captures is fine but has a certain 'Police, Camera, Action!' quality to it! **RB**

»VERDICT **77%**  
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A decent, durable and well-priced all-in camera package, just a little too bulky

