

athletics

THE BEST COVERAGE FROM THE NO. 1 SPORT

WEEKLY

November 12 2009 £2.95

Gateshead cross preview

Ian Stewart interview

The



Get yourself a mammoth night's sleep

START FITNESS, synonymous with athletics-related merchandise, is the first athletics retailer to supply the Mammoth Elite Sport Mattress. It is designed using "high specification foam", which is a high-quality material now superseding "memory foam".

The unique foam provides comfort, support and temperature control, which in turn promotes a restful night's sleep. Unlike memory foam, which is known to cause dehydration due to overheating especially in the summer months, the Elite Sport Mattress is not sensitive to external temperatures and the "3D air flow channels" allow your body to breathe.

The mattress is currently being used by a number of Premiership footballers and Olympic athletes, including Liz Yelling, who said: "I could tell the difference immediately. I was able to

MAMMOTH
ELITE SPORT
MATTRESSES



Mammoth Elite Sport Mattress:
used by Liz Yelling among others

sleep on my side and the foam relieved the usual pressure. My morning hip pain has disappeared and I wake up refreshed and ready for training every

day." Commonwealth medallist, Yelling clocks up 100-120 miles per week when in full training and, with such a punishing regime, rest and recovery are

crucial to maximise her performance. She found the Mammoth mattress delivered support and comfort which was in a different league to other mattresses. It is recommended by the National Institute of Clinical Evidence (NICE) and the Department of Health. It is a must for anyone taking their health and fitness seriously.

This mattress may just be the best investment you'll make. There is a 50 per cent sale at the moment on all sizes and the prices are as follows: Single £249, Double £349, King £399, Superking £499.

■ THE mattress is now available at Start Fitness and details are available by calling 01670-706340 or for a free information pack and online size guide visit www.mammothsport.com