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RUNNERS' WORLD

APRIL 2008

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10 INSTANT
FORM FIXES

HOW TO RUN OFF-ROAD + CHOICE

DOES IT *work?*

The lowdown on the latest trends and gizmos. This month...

MAMMOTH ELITE SPORT MATTRESS

What is it?

The Mammoth Elite Sport is a top-end pressure-relieving mattress. Designed by experts in producing mattresses for the medical profession, it is made from high-spec polymer foam that moulds to your body, supporting your weight and distributing the pressure evenly. It has differently spaced air channels down the mattress to provide support for the lighter and heavier parts of your body, and to aid air circulation, with Coolmax stretch material over the top.

What does it promise?

The mattress has plenty of research behind it, and has been approved by the Medicines and Healthcare products Regulatory Agency and the National Institute for Health and Clinical

Excellence. It's designed to avoid restriction of your blood and lymphatic system, to prevent muscle aches and postural problems, and to promote deep sleep, helping muscle repair and growth.

Does it work?

Yes. If you're used to sprung mattresses it feels slightly odd at first – perhaps a bit firm – but after just a couple of nights our tester noticed much better quality sleep. The temperature regulation system really works, and after hard workouts aches and pains were reduced.

Want to try it?

From £1,500, the Mammoth Elite Sport Mattress can be bought from www.mammothsport.com.



mammothrecovery.com