

# SHORTY pants

FROM THE CLASSIC RUNNING RACER TO THE LONG SQUARE BACK, MODERN RUNNING SHORTS ARE FAB AND FUNCTIONAL. **RW GEAR EDITOR, LISA DE SPEVILLE**, BRINGS YOU THE BEST 12 PAIRS FOR YOU TO CHOOSE.

**R**unning fashion has thankfully evolved to the point where Speedo-sized shorts are less in favour than the high performance, mid-thigh designs that line store shelves. While you may feel like Michael Jordan at first, you'll benefit from the comfort (read "less chafe") and style (read "coverage where coverage is needed") of current lengthier fashions. The good news is that running shorts have never been better. "We've seen a big raising of the bar in running shorts," says *The Sweatshop's* Jax Snyman. "Nowadays virtually all shorts are made of moisture-management fabrics."

Runners visiting the *Fourways Sportsmans Warehouse* will benefit from the advice of Lloyd Mncube, who specialises in clothing and footwear for runners: "People often come in with a set idea because a friend has recommended an item; but those shorts may not suit their needs. I ask a variety of questions, like whether they prefer tight-fitting or loose clothing." >>

## The Gear Girl says...Hip Shorts

I went down to Comrades this year as a spectator and I saw a lot of B-A-D shorts, which inspired this column.

The population percentage that can run comfortably and look good in hot pants and not-quite-there shorts is low – few of us have Kate Moss thighs and Naomi Campbell buttocks.

There were too-small shorts on too-big bodies, shorts creeping up thighs and crawling up bottoms... chafing is so yesterday. With advanced fabrics and a decent range of styles and cuts available, you can be comfortable over any distance in any weather conditions.





### EDITOR'S CHOICE

#### adidas adiStar Men's Baggy

They should have called these "sensational". The first thing you'll notice is the fabric – it is exquisitely soft. Then you'll probably notice the price... Put these on your birthday wish list – they will be a treasured pair for special runs. **R399.00**, Adidas stores and The Sweatshop  
[www.adidas.com](http://www.adidas.com)



#### First Ascent Women's AR-X Shorts

These are a brand new addition to the First Ascent range – especially for women. Good news is that there are no internal built-in briefs, so you're free to wear your own underwear without unnecessary layers to hinder your movement. The fabric is quick-drying and well suited to adventure racing and trail running. Also in ice blue. Men's version (with briefs) also available. **R199.00**, Sportsmans Warehouse  
[www.firstascent.co.za](http://www.firstascent.co.za)



### BEST VALUE

#### Nike Tactel Men's Run Shorts

These no-frills shorts fulfil the requirements for a performance garment. You'll be won over by the silky, lightweight fabric and reasonable price. It's no wonder that these are a Sportsmans Warehouse best seller. Also in navy and black. **R199.95**, Sportsmans Warehouse  
[www.nike.com](http://www.nike.com)



#### New Balance Men's Square Run Shorts

Winning fabric, good price and additional features like reflective trim, inside key pocket and drawstring waistband, make these a good seller. Perfect for everyday running. Also in women's cut. **R179.95**, Sportsmans Warehouse  
[www.newbalance.co.za](http://www.newbalance.co.za)



#### New Balance Men's Tech Run, Long Shorts

They're not quite long enough to turn you into a skateboarder but they do give good skin coverage. The light-weight fabric transforms these baggies into a comfortable short- to medium-distance garment. **R219.99**, Totalsports stores  
[www.newbalance.co.za](http://www.newbalance.co.za)



#### adidas adiStar Women's Shorts

What these shorts lack in size, they make up for with divine fabric, decorative reflective detail and built-in hotpants-style briefs. Although sexy and stylish, these will not suit curvy girls. **R299.00**, Adidas stores and The Sweatshop  
[www.adidas.com](http://www.adidas.com)



#### New Balance Women's 5km Shorts

Pretty in blue, these shorts have good styling with side splits to allow maximum movement. With a 3.5" inseam, these are short shorts. **R189.99**, Independent sport and running stores  
[www.newbalance.co.za](http://www.newbalance.co.za)



#### New Balance Ladies' Technical 3/4 tights

The supportive fabric, which effectively disguises dimples, gets my vote. The rear zip at the bottom of each leg makes it easier to pull the tights over your calves. Best of all, the three-quarter length is flattering. **R319.95**, Sportsmans Warehouse  
[www.newbalance.co.za](http://www.newbalance.co.za)



**Under Armour Men's Compression Shorts**

Worn under your running shorts, this compression garment is all about support. Its tight fit prevents chafing, provides muscle support and accelerates moisture transport for efficient cooling. It's a winner with runners, walkers and golfers. This is an underwear item – we definitely do not recommend wearing the white version as outerwear. Also in black. **R299.00**, Sportsmans Warehouse [www.underarmour.com](http://www.underarmour.com)



**New Balance Support Shorts**

You can't go wrong with these if you're looking for supportive, snug-fit shorts that prevent thigh-chafe. The small rear zip pocket and front-facing reflective piping are practical details. **R249.99**, Independent sport and running stores [www.newbalance.co.za](http://www.newbalance.co.za)



**Zoot Women's Ultra Run Shorts**

These shorts have two features that appeal: External gel-sized pockets on each rear-hip, and internal, built-in compression briefs (hot-pants style) that don't ride up. The latter is great for uninhibited stretching. Also men's cut. **R449.00**, Sweatshop stores (Jhb) and Troi Sport (Jhb). [www.zootsports.com](http://www.zootsports.com)



**Polly Shorts Square Ladies' and Classic Men's**

A South African institution, Polly Shorts have internal mesh briefs and are now available in a less revealing square cut for men and women. **R89.95**, Sportsmans Warehouse & running stores [www.pollyshorts.co.za](http://www.pollyshorts.co.za)