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BY ANTHONY LOYD

**THE COAT
THE SHADES
THE SHOES
49 STYLE
ESSENTIALS**
(and one REALLY expensive impulse buy)
FOR 2013

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Ashley Greene photographed
for British GQ by Benny Horne

GREENE

GoddeSS!

**Ashley Greene wants to be a BIG movie star
Have you got a problem with that?** INTERVIEW BY KYLE BUCHANAN

+ THE KIT LIST

Nick Harris' three game-changing components:

1 Freshfit fabric

"This is a moisture-management system, taking the sweat build-up on the skin and transferring it through layers of fabric with a larger cross-sectional area, so when it's exposed to the air, it dries quickly. It controls fluid loss to maintain hydration."

2 Silver technology

"Gyms have bacteria everywhere: in the changing rooms, on the floor where people stretch. When you've done a hard session, your immune system is lower, so you're more susceptible to infection. Silver technology (silver has antibacterial qualities) is going to be huge in the next decade. In my fabric, we tested it in the lab and pretty much no bacteria could grow on it."

3 Compression-wear

"This stimulates the body to begin to think for itself better, increasing neurological activity, so when you do end-of-range movement it keeps the muscles working more effectively. You wear it during your work-out to prevent injury, and worn after your work-out, it can increase recovery."



Added zip:
Windcheater by HPE,
£90. hpe-shop.com

Pits stopped:
F1 stars like
Jenson Button
(right) influenced
HPE's Freshfit
fabric technology



Super-human sportswear

When you're performing at your peak, every element of your training setup has its impact. **HPE Clothing founder Nick Harris** – a human-performance specialist who has worked with Formula One world champions and Olympic medallists – explains how even the clothing you wear can directly influence your results. His hi-tech Formula40 range, featuring work-out essentials from compression-wear to polos and shorts – is out now.

"As we stress the body in different ways, the fabric we wear can have a big impact on performance," he says. **For the past 15 years, the majority of my time has been spent in F1** – the epitome of technology and engineering. I've looked at the drivers' whole performance picture: from the conditioning side of things through to health and wellness, recovery, injury-prevention, and getting the immune system strong. Clothing is an extension of that."

"When you're exercising, the more stress you can take away, the fewer distractions there are. As soon as you think something negative – 'My shoes are a bit too tight!' – you're already breaking down the system required to achieve your goal and your performance will be hindered." **CC**
As told to Jennifer Brady.

Prices from £35. hpe-shop.com

+ Premier League material

When we think of **Manchester City** and fashion, it is hard to get beyond Mario Balotelli's chicken hat. Named the second best-dressed man in Britain by *GQ* (it wasn't a unanimous decision, you'll be pleased to hear), if Mario had his way we'd all be wearing baggy Hammer pants, denim lederhosen and bleached mohicans.

Fortunately, thanks to his team-mate, centre

back Joleon Lescott (right), we're not.

Launched in April, when the Premier League title was still a glint in Roberto Mancini's eye, the Lescott Stewart clothing range (a collaboration between Joleon, his brother, Aaron, and their childhood friend and fellow footballer Jordan Stewart) started off as a way to kill time after training. But with an

interest in fashion, a good working relationship with experienced designers (ex-Alexander McQueen and John Richmond) and support from players within the club (Joe Hart and Micah Richards), their first range has gone down a storm.

The spring/summer collection focused on a variety of quality graphic-print T-shirts

(often featuring naked tattooed women), but its autumn/winter range promises to be even more adventurous, with contemporary trench coats and the use of classic materials from traditional wool to waxed cotton.

It should be a huge success... as long as Mario doesn't give it his seal of approval. **PH**
From, £65.
lescott-stewart.co.uk

