



SPORTS BRAS

uncovered

Despite being a vital part of our fit kit, sports bras have traditionally stayed under wraps – until now. Innovations in design, fabrics and styling mean our BFF's (breast fitness friends) have never looked or felt so good, so get ready to ditch those layers and flaunt your sports bra for the world to see!

WORDS: Joanna Ebsworth

Shock Absorber Active
Multi Sports Support
Bra, 30B-40HH
(£39; johnlewis.com)

FIT FOR PURPOSE

Fresh for 2020, Panache has launched its new #MySize sport campaign to promote the message that when it comes to sports bras, 'one size does NOT fit all'. Arguing that cup-sized bras offer the best support as individual cups encapsulate each breast for better control and shape, Panache is encouraging women to own their individual breast size so they feel truly supported and comfortable while exercising, even if you have smaller breasts. It's Sports Wired Bra (28D-40GG), £42; panache-lingerie.com, and Sports Non-Wired Bra (28DD-40FF), £40, are now available in a whopping 70 unique sizes.



CHAFE-FREE GUARANTEE

After launching its hugely popular Original Support Running Bra in 2018 (28A to 38E) £50; runderwear.co.uk, seamless running underwear brand Runderwear has put inclusivity at the heart of its newest creation. The Easy-On Support Running Bra, (28D-40H), £50, means all women can enjoy the benefits of running. Boasting the same anti-chafe technology as its predecessor, with super-soft, moisture-wicking fabric, an encased underband and padded straps to beat the dreaded chub rub – it's also, as the name suggests, a doddle to put on, unlike some running sports bras that need contortionist skills!



According to the latest research, 9.5 million women in the UK are not supporting their breasts properly when they run. If your straps dig in to your shoulders, try a racer-back style, and be sure to get fitted by an expert every six months.*

PRETTY POWERFUL

Wave goodbye to ugly, frumpy, constricting sports bras and say a big hello to beautiful designs featuring delicate straps such as this Boux Sport Textured Rib Crop Top, £22; bouxavenue.com, that keep you supported thanks to the woven fabric, and allow complete freedom of movement (matching Leggings, £35).



PHOTOGRAPHY: iStock * Carried out by the Shock Absorber Sports Institute at Portsmouth University



WIN WHEN YOU TWIN

Matching crop tops and leggings have been trending for a while but, for those of us who need a bit more support, it's not really been a viable option. Thankfully, specialist sports bra brands are getting in on the action, producing bras fit enough for the toughest HIIT classes, while also proving a hit in the coordinating style stakes. We love this Pour Moi Energy Non Wired Full Cup Sports Bra, £26; pourmoi.co.uk, with matching Leggings, £32.

3 OF THE BEST ... MATCHING SETS



Anita Active Python Extreme Control Sports Bra, £54 (32C-42H), and Massage Tights, £110; bare necessities.co.uk

New Balance Determination Legacy Crop Bra, £50 (XS-2XL), and Tights, £80; newbalance.co.uk

Freya Active Epic Moulded Crop Top Sports Bra, £42 (28B-40H), and Kinetic Leggings, £52; freyalingerie.com



GO WIRELESS

Women with very large busts usually rely on scaffolding to keep their bosom in check for anything springier than a power walk. Not anymore. Royce Lingerie has created the Aerocool Bra, £45; royce-lingerie.co.uk. The UK's first wire-free, high-impact sports bra for G-K cup sizes with internal side slings, it has a wide underband and high neckline to restrict vertical and horizontal bounce without the use of underwire. The optional racer back on this sleek design helps anchor the bra closer to the chest for additional support, while the lightweight, moisture-wicking fabric will leave you feeling cooler and more comfortable, so sweaty underboob will be a thing of the past!