

## THE KNOWLEDGE

Pimp your diesel  
Improve your engine's efficiency with Tunit V-CR V. The latest tuning device is a third smaller than previous models, and gives diesel drivers a smoother, quieter and more efficient drive. [www.tunit.com](http://www.tunit.com)



The 48kw engine pulls the equivalent of about 66hp, and gives a top speed of 68mph

The same hydrogen fuel cell is used in each kart, but teams can add their own extras. See how Imperial College are getting on at [www3.imperial.ac.uk/racinggreen](http://www3.imperial.ac.uk/racinggreen)

## The future of F1?

After the Earth Car, racing goes even greener

This kart could change racing forever. It's a prototype for Formula Zero, a race class for fuel cell-powered vehicles, that sees 12 teams of boffins from top universities racing to be proclaimed the fastest friend of the earth. This puppy has a top speed of 68mph, but the plan is to eventually upgrade the engines to Formula One standard. The season starts next summer, and London's Imperial College are hot favourites, thanks to intensive training on milkfloats and C5s.

**£Lots of taxpayers' money** [www.formulazero.nl](http://www.formulazero.nl) Due June 2008

## Shuffle-free Shuffle kerfuffle

If your Shuffle swings about like an exotic dancer's nipple tassles when clipped to your shirt, this is for you. Apple's tiny child plugs straight in to the Monster iFreeplay headphones, so it won't be going anywhere, even if you're a hill-runner, or a dancerciser whose current favourite routine involves quite literally "shaking it like a Polaroid picture."

**£50** [www.monstercable.com](http://www.monstercable.com) Due Autumn



"Even the glossy manual has the air of a coffee table habitué about it"

A posh word for a posh Arcam home cinema on... Page 68



## THE T3 FITNESS REGIME

GETTING STRONG NOW, WON'T BE LONG NOW. OOH, WE'VE FALLEN O



### Get wicked sneaks + stoosh playlist

Nike+ designs are getting cooler – check out the ice-white Air Structure Triax with tangerine action flash. Just fill your iPod Nano with suitable tuneage, and get jogging. We recommend anything by Run DMC or Athlete, but probably best to steer clear of Collapsed Lung.

**£75** [www.nike.com/plus](http://www.nike.com/plus)



### Net a hat-trick in a pre-season friendly

Build your own boot with the Adidas Tunit F50 Premium Pack. Eighteen configurations suit every play style, from stylish *libero* to slippery winger to left-back clogger.

**£270** [www.adidas.co.uk](http://www.adidas.co.uk)

### Be king of the swingers

The Golf Swing Analyzing Watch measures tempo, rhythm and backswing length to help bring your handicap down. It also has an admirably self-explanatory name.

**£400** [www.hammacher.com](http://www.hammacher.com)



### Reward yourself

After a tough workout, pour out a pint of tasty Heineken from this five-litre DraughtKeg. Beer has been proven by top doctors to improve athletic performance by up to a million per cent.

**£13** [www.tesco.com](http://www.tesco.com)