

Go gadgets



[T Mat Pro](#)

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T Mat Pro There was a time in the not-too-distant past when the triathlon was regarded as an ultra marginal, extremist challenge for fitness freaks.

But it's slap-bang mainstream now and like every outdoors activity, has sprung its own esoteric selection of gear, gadgets and toys. If you can't shop to punish your body to the nth degree, what's the point?

The T Mat Pro is about the simplest piece of kit ever featured here: it's a 53cm x 75cm (21 x 30) neoprene mat with a non-skid backing. It's for triathlon transitions, when the swimming stage transitions to cycling and then cycling to running. Not exhausted already, I hope.

Triathletes will know the feeling of getting out of chilly water, trying to pull off their wetsuits on the run and quickly find their own bikes in the midst of a cluster. The T Mat is garishly fluorescent which is perfect – you can write your name on it or even order a customised one if you're very serious – and it not only IDs your space, but delineates it nicely too. And gives you a good dry place to re-gear as well as saving vital seconds.

It's super-lightweight and rolls up tight with its own straps to fit neatly in your kit bag. Who'd have thought you'd ever need one? **Cost** \$24.95 (€17.46), from www.tmatpro.com.