



## PANACHE SPORT NON-WIRED SPORTS BRA

£40; panache-lingerie.com

'I was sceptical about trying this non-wired design, having never seen anything like it before. The individual inner cups are seamlessly moulded into the band that sits under the bust (a feat of engineering, and the future for sports bras in my opinion) fully encapsulating each breast to lift, support and separate. The fact this bra manages to do all this without resorting to underwiring or bulky, itchy seams is incredible – it's the most comfortable sports bra I've ever worn. Available in B-H cups, it can also be adapted to a racer-back style. I felt slightly more breast movement than with the Freya bra, possibly due to the narrower back band and straps.'

PERFORMANCE ★★★★★  
COMFORT ★★★★★



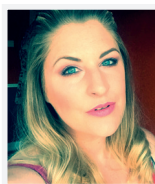
## ENELL SPORTS BRA

£54; boobydoo.co.uk

'I was expecting great things from the most expensive bra, but was left disappointed. Another compression style, this bra fastens at the front with 10 hook and eyes, and you have to arrange your boobs into the bra as you go which takes time. Although breast movement was minimal, my bust felt rather restricted and strapped down, and the seams across the cups gave my breasts an odd, lumpy shape that looked unattractive under clothes. It comes in several colours (and an unconventional sizing scale), but the satin-like (and slightly stretchy) fabric isn't moisture-wicking enough, so my back and chest felt uncomfortably damp during and after exercise. Reading the reviews, other women swear by this bra for amazing support, but it just isn't for me.'

PERFORMANCE ★★★★★  
COMFORT ★★★★★

# KIT TEST HIGH-IMPACT SPORTS BRAS



H&F writer **Jo Ebsworth** runs, jumps and shimmies to test out the latest DD+ sports bras



## FREYA ACTIVE EPIC MOULDED SPORTS BRA

£40; boobydoo.co.uk

'After testing several non-underwired bras and finding them refreshingly comfortable, I wasn't sure how I'd feel returning to my typical underwired style, but this bra was a revelation. Every aspect has been carefully considered to give you maximum support and a level of comfort not normally found in underwired bras. The sturdy, moulded, full cups supported my breasts perfectly and I experienced zero bounce. The underwiring is built into the moulded fabric and additionally padded so it doesn't dig into skin, keeping my breasts lifted and separated so I never had to rearrange them mid-workout. The back is very wide with four hook and eye fastenings to distribute the weight of large breasts (D to H cups available), while the shoulder straps are over an inch wide, nicely padded, and can be adapted into a racer-back style. It wicked away moisture well, the fit was true to size, and you can buy matching shorts. It might not have had the supreme comfort of the Panache bra, but my boobs didn't budge a jot in this one.'

PERFORMANCE ★★★★★  
COMFORT ★★★★★



## M&S COLLECTION EXTRA HIGH IMPACT NON-PADDED SPORTS BRA

£25; marksandspencer.com

'I tried six M&S high-impact sports bras and all were surprisingly good (I haven't tried high-street sports bras in a decade), but this was my favourite. As it works like a compression bra, I felt a cup size down worked best for me, although the arm holes felt a bit tight and the straps hurt my neck after prolonged wear. I loved the zip-up, crop-top design – once you get the knack of it, you'll have the bra on in seconds, and the zip stays firmly in place. My boobs were squashed together (giving great cleavage), but they stayed comfortably in place with minimal bounce. A great budget buy, it comes in cups A-G.'

PERFORMANCE ★★★★★  
COMFORT ★★★★★



## SHOCK ABSORBER ULTIMATE RUN NON-WIRED SPORTS BRA

£43; johnlewis.com

'I've always loved the bright, bold, fashionable styles of Shock Absorber bras, but stopped wearing them after finding the racer-back clip frustratingly tricky to do up, and prone to coming undone mid-workout if it wasn't properly secured by another pair of hands. However, once I got this bra on properly with help, it was excellent (it comes in C to FF cups). When running, my breasts felt totally supported, and the bra was wonderfully comfy, thanks to the very wide, padded straps, seamless lining to prevent chafing, and moisture-wicking fabric. But for multi-directional activities, I'd try Shock Absorber's Fly Bra – which has moulded cups to separate your breasts.'

PERFORMANCE ★★★★★  
COMFORT ★★★★★