

ROAD TESTED

Helmets

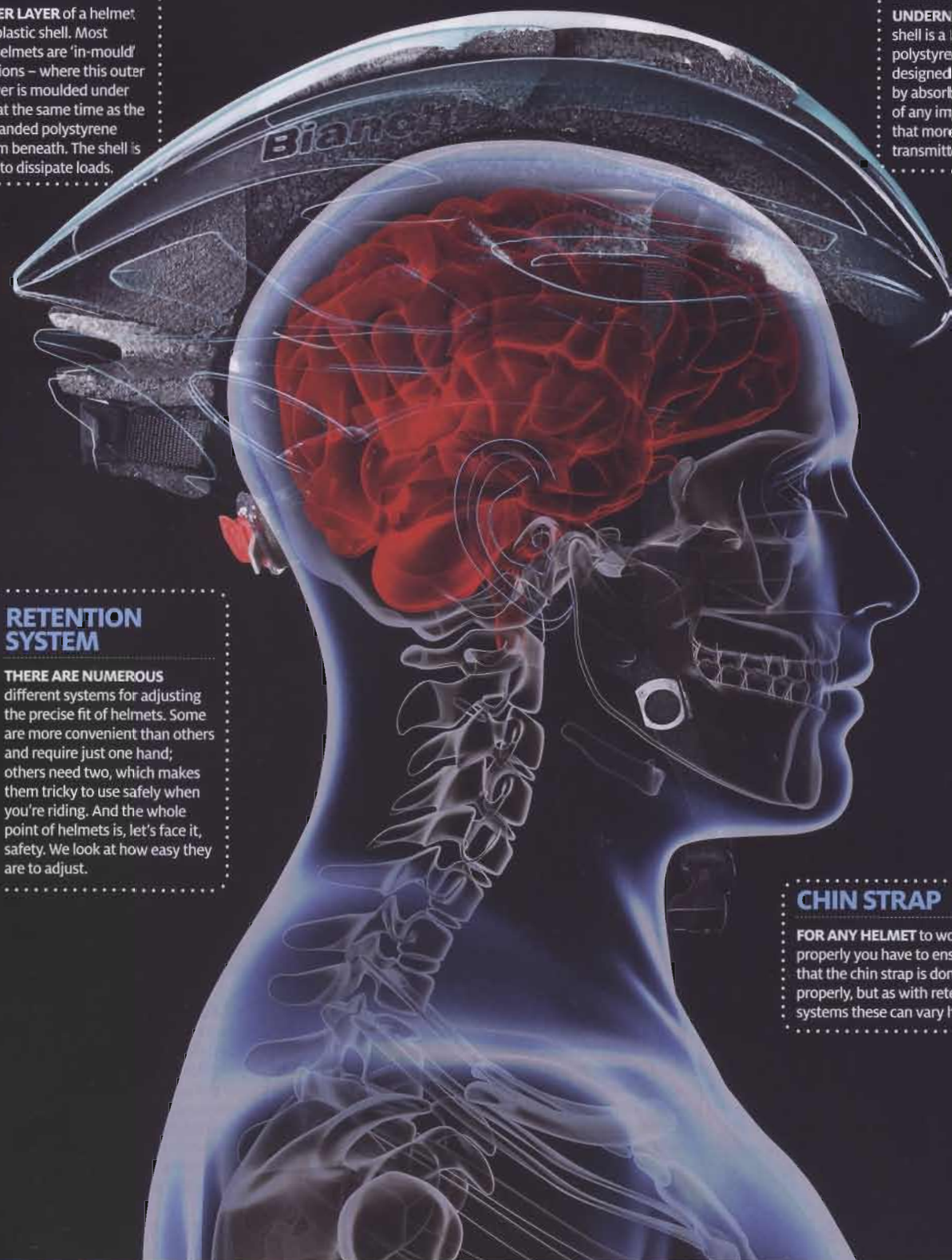
Your first defence against injury is not crashing, your second is this layer of protection between you and the road...

HARD SHELL

THE OUTER LAYER of a helmet is a hard plastic shell. Most modern helmets are 'in-mould' constructions – where this outer plastic layer is moulded under pressure at the same time as the inner expanded polystyrene (EPS) foam beneath. The shell is designed to dissipate loads.

EPS FOAM

UNDERNEATH THE HARD outer shell is a layer of expanded polystyrene foam. This is designed to protect your head by absorbing some of the energy of any impact. The alternative is that more of this energy is transmitted to your brain.



RETENTION SYSTEM

THERE ARE NUMEROUS different systems for adjusting the precise fit of helmets. Some are more convenient than others and require just one hand; others need two, which makes them tricky to use safely when you're riding. And the whole point of helmets is, let's face it, safety. We look at how easy they are to adjust.

CHIN STRAP

FOR ANY HELMET to work properly you have to ensure that the chin strap is done up properly, but as with retention systems these can vary hugely.

CYCLING PLUS
BEST BUY



Giro Stylus £49.99

WITH ITS MODERN road styling and a weight that competes with the best of them, you get lots of helmet for your money with the Giro Stylus. Available in three sizes – no ‘one size fits all’ here – this helmet neatly fits even the smallest and largest of heads. The easily adjustable wheeled closure system hugs the back of your head, making it feel comfortable and secure throughout the ride. The only compromise comes with the ventilation – despite the large

number of vents (26 in total) each one is small, reducing the cooling effect. A crash replacement helmet can be bought for £30. www.madison.co.uk

TECH INFO

STANDARDS CE EN1078
WEIGHT 277g (51-55cm)
SIZES 51-55cm, 55-59cm, 59-63cm

Good fitting helmet providing excellent value for money



CYCLING PLUS
EDITORS' CHOICE



Kask K10 £115

THE ITALIAN COMPANY Kask's excellent ‘up ‘n’ down’ retention system sets this helmet apart from the crowd. The closure at the back pivots to cup the base of your skull and provides a supportive fit. Remarkably, this helmet fitted riders at the extremes of its wide size range without compromising on either comfort or style. Unsure whether you prefer a dial or a thumb and finger push system to tighten your helmet? The K10 has both! The large vents keep things

cool and night time visibility is enhanced by reflective strips on the straps and rear (this one's black). Even the closure glows in the dark. www.activelifelogistics.co.uk

TECH INFO

STANDARDS CE EN1078
WEIGHT 298g
SIZES 53-61cm

Fantastic fit that's both comfortable and secure for all head sizes



Kask Vertigo £155

THE EAGLE-EYED AMONG you will have spotted that Kask is the helmet supplier for the new Team Sky, and this is the same top of the range helmet worn by Bradley Wiggins and his teammates. Sharing the same well designed ‘up ‘n’ down’ fitting system as the K10, the Vertigo features soft gel-like spacers keeping the closure away from the back of your head for ventilation. These can pull at hair (depending on type/style) during the initial adjustment, but

on the road they do add to the security of the lid. The imitation leather chinstrap can be easily removed to allow for washing. www.activelifelogistics.co.uk

TECH INFO

STANDARDS CE EN1078
WEIGHT 290g (48-58cm)
SIZES 48-58cm, 59-62cm

Pro quality helmet but outshone by Kask's less expensive K10



Las Krypton £64.99

THE KRYPTON'S ADJUSTMENT system requires you to push in the size dial before you can rotate it. However, the dial doesn't feel that substantial and we found it frustratingly tricky to find a good, snug fit. On the plus side, like the Las Squalo (p96), it's also possible to adjust the vertical alignment of the back closure – useful on a helmet that covers a wide size range. If your head's at the larger end of the range, though, you may find it perches on top, as it has a

relatively shallow shape. Inside there's a one-piece pad with an integrated bug mesh. Good to see the tough CPSC standard. www.chickencycles.co.uk

TECH INFO

STANDARDS CE EN1078, CPSC
WEIGHT 253g
SIZES 53-61cm

Decent helmet but the push and rotate sizing dial is frustrating

