



The Helfet Knee Brace - a lightweight but effective support for the damaged knee

The Helfet Helicoid Knee Brace is the lightweight answer to supporting the damaged or unstable knee without hindering its natural action.

It offers a unique combination of freedom of movement while preventing aggravation of the injury giving the wearer the confidence to even participate fully in competitive sport.

By incorporating a novel system of joining the thigh and calf sections of the brace, the knee is allowed the full range of flexion and extension with sufficient play to permit 15 degrees of rotation. Thus the joint can follow its normal helical pattern of movement without fighting against the brace.

The Helfet Knee Brace is suitable as a convalescence aid after ligament injury, meniscectomy and internal derangements of the knee ensuring a safe rehabilitation and a fast return to peak performance.



OEC Orthopaedic Ltd
AN OEC COMPANY

134 Brompton Road,
London SW3 1JB.
Tel: (01) 584 6416

Moveilat[®] Cream & Gel

MUCOPOLYSACCHARIDE POLYSULPHURIC ACID ESTER,
ADRENOCORTICAL EXTRACT & SALICYLIC ACID

Tubes of 50g

*for immediate treatment
and massage of soft tissue
injuries, sprains and strains*

Further information from:
LUITPOLD-WERK (MUNICH),
Medical & Scientific Office in U.K.,
Hayes Gate House,
27 Uxbridge Road,
Hayes, Middlesex, UB4 0JD.
Tel: 01-561 8774



Product licence held by
Farillon Limited
Bryant Avenue
Romford
Essex, RM3 0PJ

You eat, you're queasy. You don't eat, you fade. What do you do?

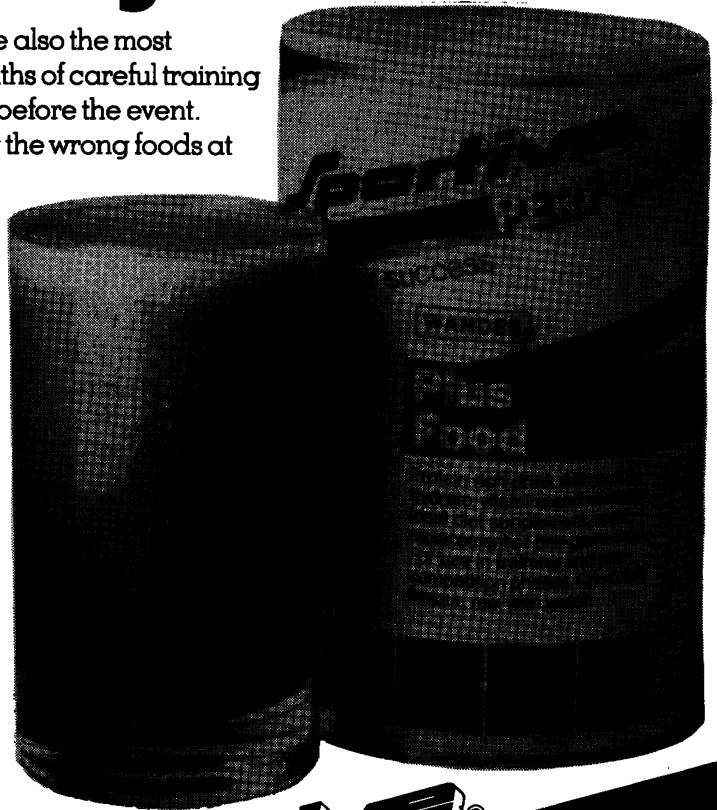
The key days in your athletic calendar are also the most important where your food is concerned. Months of careful training can be ruined by the way you eat – or don't – before the event. Missing a meal deprives you of energy; eating the wrong foods at the wrong time can be equally harmful. Undigested food bouncing around the stomach leaves you queasy. And who ever won **anything** feeling like this?

The answer, as more and more athletes appreciate, is Plus Food from Sportive Perform. Rich in high-quality protein, carbohydrates, vitamins and minerals Plus Food is also very low in fat. So it is easily digested, proves an ideal pre-event meal up to two hours before starting, even when tension has destroyed your appetite.

Plus Food is not only recommended on the day of the big event, but when meals are missed in a training diet.

And a further word of advice: up to half an hour before any sustained effort, top up your reserves with Sportive Perform Energy Drink. This complex of carbohydrates produces immediate and continuing energy to keep you going strong.

So always rely on these Sportive Perform products. And, since your sport and diet are very special to you – send for more information now. Information that could help you win!



WANDER

Sportive[®]
PERFORM
HIGH PERFORMANCE FUEL

Please send me details of Sportive Perform.

My main sport is: _____

Name _____

Address _____

Postcode _____

Or telephone: (09277) 67310
Sportive Perform, Ovaltine Factory,
Station Road, King's Langley,
Herts. WD4 8LJ.

BJ PF1



Official suppliers of Sport Nutrition
to the British Olympic team.

B. A. S. M.

TIES ○ BADGES ○ SPORTS SHIRTS



As stock of these items, originally bought in 1979, has run out, we have had to re-order but at considerably more than 1979 prices.

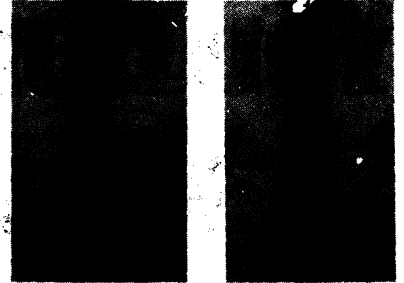
We are therefore compelled to increase our charges

TEE SHIRTS

SMALL (i.e. child)
MEDIUM (small woman)

LARGE
EXTRA LARGE

£4.60 + 60p p. & p.

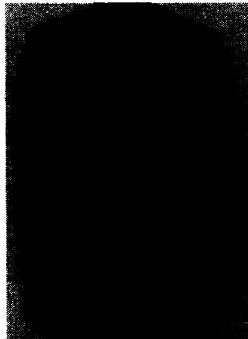


TIES

3½" WIDTH
MULTI-MOTIF
SINGLE MOTIF

£4.50 + 50p p. & p.

NAVY BLUE BACKGROUND ON ALL DESIGNS

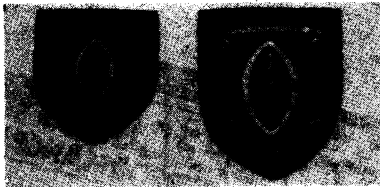


SHIRTS – SIZES AS FOR TEE SHIRTS
WITHOUT HOOD – AS ILLUSTRATED

£8.50 + £1 p. & p.

WITH HOOD

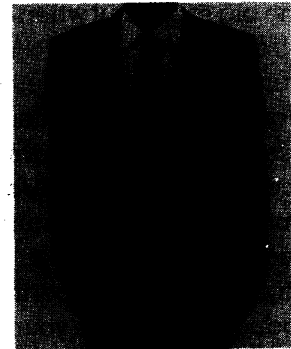
£9.50 + £1 p. & p.



BLAZER BADGES
WIRE EMBROIDERED
LARGE 4" HIGH
AS ILLUSTRATED

SMALL 3" HIGH

£5 + 40p p. & p.

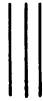


All items from Mr. D. A. Chapman, MCSP, Halfmoon Place, Burwash Road, Heathfield, East Sussex
Tel: 043-52-4607

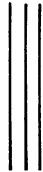
Cheque with order preferred made out to B.A.S.M.

Barrow Reprographics

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Wells & Blackwell (Printing Division)**



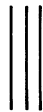
PRINTING



ARTWORK



TYPESETTING SERVICE



10 Duke Street, Loughborough, LE11 1ED

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