

# TRENDLIFE

## MAGAZINE

FASHION | LIFESTYLE | ENTERTAINMENT | SPORT | MUSIC



## VERSACE COLLECTION MEN'S FANTASIA JACKET

Versace Collection Leather bomber jacket



**VERSACE**

**STORAGE** |   
MENSWEAR

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A new and improved motoring section sees our editorial team take on the Top Gear Experience, Go Karting on one of the UK's biggest indoor circuits and let us not forget our reviews of the Renault Twizy and Zoe.





## Win your own bespoke Cooper & Hill bag

We have teamed up with luxury bag manufacturer Cooper & Hill to offer our readers the chance to win their very own unique leather bag.

With 25 years' experience of manufacturing premium luxury bags for the high-end market, new fashion brand Cooper & Hill are taking bespoke bags to a new level.

To enter the competition, simply like @cooperandhill through the giveaway tab on the Cooper & Hill facebook page. Good luck.

[www.cooperandhill.com](http://www.cooperandhill.com)

# TRENDING NEWS



## Win a wakeboarding tester session

The Big Outdoor Show, in association with Wake MK, is giving away a pair of Fast Start lessons worth £98.

They're perfect for people who have never wakeboarded, skied or kneeboarded before but who have some other board sport experience, or those wanting to make the transition from boat to cable. Kit is provided in this all-you-need-to-know 2-hour wakeboarding lesson. Full details to enter are available online by going to our website or using

**#TRENDLIFECOMP >>**

## Get 50% off your next bill with Tastecard & TrendLife Magazine

TrendLife Magazine has partnered with the UK's largest diners' club to get you out trying some of the different cuisines available across Beds, Herts & Bucks.

With Summer upon us, we are offering our readers the opportunity to trial tastecard for one month with full membership benefits.

A tastecard membership gives you 50% off the total food bill, or 2 meals for the price of 1 at thousands of participating restaurants.

**TASTECARD.COM/TRIAL/TRENDLIFE >**



## Galio Jewellers & SAFW team up to offer great prize

Work experience with renowned jeweller Shaun Leane and display time within Galio Jewellers are among the incredible prizes for the winner of the Galio Jewellery Design Competition, in conjunction with St Albans Fashion Week 2015 (SAFW).

The Competition Brief is to take inspiration from St Albans Cathedral and apply it to a jewellery design. Entries will be judged by Sarah Gillow, Creative Director of Galio as well as jeweller Shaun Leane. Head online to our website for the competition link

**#SAFWCOMPETITION >>**

## Luton Hoo Hotel, Golf & Spa announce Father's Day offers

This Father's Day, luxury five star retreat Luton Hoo Hotel, Golf & Spa is encouraging sons and daughters to treat their dads to a Father's Day he will never forget.

As well as enjoying a superb three course meal specially prepared by the hotel's Head Chef, Kevin Clark, dads will also receive a complimentary day pass to the Country Club.

This can be used for either a round of golf or spa and leisure facilities including; the pool, gym, tennis courts and bicycle.

**#FATHERSDAY >>**



**HUGO BOSS**

Two-toned Driver Sport  
RRP £429



**EMPORIO ARMANI**

Chronograph Watch  
RRP £296



## **BELL & ROSS**

Ceramic Phantom Black

RRP £2800



# **TIME FOR A NEW PIECE..**

## **..IN SYNC WITH THE SUMMER SOLSTICE**

It has been said that a wrist watch is the single most important accessory a man can invest in; selecting your next watch would seem to suggest the direction you are heading.

SS15 has produced a magnitude of fantastic wrist watches and we have selected these three quality time pieces as our favourites.

With special attention afforded to the BR 03 Phantom, designed in reference to stealth bombers - undetectable, yet never totally invisible.

The integral black dial is discretely legible, making the Bell & Ross a truly unique piece of workmanship and our preferred choice for this Spring/Summer.

A pair of brogue shoes is shown on a light-colored wooden floor. The top shoe is a deep purple color with dark brown laces and a light brown sole. The bottom shoe is a rich red color with dark brown laces and a dark brown sole. Both shoes feature intricate brogue patterns on the toe and side panels.

# STORAGE TREND

## **STEPPING IN A NEW DIRECTION**

2015 promises to be a very special year for the designer store etched into the fabric of local high end fashion. Storage Menswear have a vision and their plan is to see it through to a spectacular conclusion. The introduction of lines such as Billionaire Boys Club, Eton, Versace & Vivienne Westwood show their intention to supply the best brands.

## **Oliver Sweeney SS15**

The Oxford brogue is often considered a more formal choice of footwear due to its closed facing detail and more refined shape. For the man who wants his style credentials to create a lasting impression but perhaps feels a little more comfortable in a hardwearing rubber sole that offers a greater level of grip than that of a leather sole.



## **Stone Island SS15**

The Spring/Summer 2015 Stone Island menswear collection focuses on the classic performance jackets, alongside a selection of shirts, shorts and polo shirts, all featuring the instantly recognisable Stone Island compass badge. Finely ribbed collar and sleeve edging with two parallel pin stripes.



## **Vivienne Westwood SS15**

Strikingly designed in vivid colours of red and blue, Vivienne Westwood's light cotton shirt comes distinctively crafted with mesmerising mix of checks and stripes. With brown buttons and the Orb motif embroidered to the chest, style with Westwood's Navy Frankenstein Chinos for a vibrant Spring/Summer 2015 look.



## **Ralph Lauren SS15**

The Ralph Lauren Hanford Leather sneaker is a sleek leather sneaker updated with bright contrasting colors that pop. Slip it on with a distressed jean and a hoodie for a sharp weekend look or wear it with tailored clothing for a sporty contrast.



## **Billionaire Boys Club SS15**

BBC - as it is often referred to - is one of the biggest names to hit the youthful urban fashion scene in modern times and is well-publicised as the brainchild of music producer, artist and business man Pharrell Williams.

Williams already has a presence in men's clothing with other labels, such as ICECREAM clothing.



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# DEAD MOUSE

SPRING / SUMMER COLLECTION NOW AVAILABLE ONLINE



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[deadmouseofficial.com](http://deadmouseofficial.com)



# ACTION REPLAY

## WE REVIEW THE HYPERFLEX DENIM RANGE

Replay Jeans have changed the rules of denim with the new Hyperflex collection. Created using an innovative process that allows the denim to model and fit to your body without losing comfort and designed using a structure of fabric that ensures the shape is retained wear after wear – allowing you to stretch your limits.”

The main features of Replay Hyperflex are 100% elasticity with an incredible shaping performance and a superior comfort. The jeans do not sag or deform in shape even after continual wear as they offer complete ease of motion and great shape retention.

With Lycra which as the core fabric and a middle layer of Poly, an external layer constructed from cotton which is what gives the jeans its authentic denim look. The two top fibres protecting the Lycra ensure that the stretch factor is protected from industrial and domestic washes.

Their rise in popularity over the last 6 months will be more noticeable this SS15. The Replay Anbass Hyperflex jeans available in two different washes – a dark tone with a rich sheen and a medium tone with a yellow weathered tinge and are in a slim fit with a regular waist and slim tapered leg design.

Industry professionals and customers have been quoted saying: “at first glance these jeans don’t look any different but I guess that is the point of them, however during a closer inspection of



the jeans, I pulled at the jeans which revealed the elasticity of the fabric. It is not hard to see why these jeans would be a practical and comfortable alternative to original denim jeans”.

Barcelona FC have chosen Replay Hyperflex jeans as their official casual clothing range, which opens the range to a whole new audience.

It helped that the original advert featured members of the Barcelona first team, all performing various ball skills whilst wearing the Italian company jeans. Definitely time to take a closer look at the range.



**MODERN**

**H&M  
LAUNCH  
BECKHAM SS15  
RANGE**



**ESSENTIALS**

Following its debut Modern Essentials collection for autumn/winter 2014, this latest update features up to the minute re-workings of menswear classics.

Crafted in a range of seasonally-appropriate fabrics – including cotton, linen and cotton-linen blends – the capsule line features all of the casual and smart cornerstones of the contemporary man’s wardrobe in a fresh palette of white, navy,



oatmeal  
mélange and  
black, with  
highlights of powder blue and dusty pink.

As you can see from the accompanying campaign imagery (featuring the man himself) these are high quality, versatile and timeless staples that can be mixed and matched to produce effortlessly stylish looks for SS15 and beyond.





# BOSSING IT

LOOKING AT AFFORDABLE CHOICES FROM THE SS15  
HUGO BOSS COLLECTION



HUGO BOSS – Albion Wallet: £99

HUGO BOSS Toe-separator sandals  
'Nomman': £75



HUGO BOSS Rucksack 'Roko' with leather  
elements: £179

HUGO BOSS – Eslimye Pink Stripe Shirt  
£75



HUGO BOSS – 'Vintage Boss Orange': £115

HUGO BOSS – 'Clyde 1-W' Dark Blue: £89



HUGO BOSS – Barney Belt Brown: £65



HUGO BOSS – Acrest Brown Sneaker:  
£189





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PLAYSUIT BY UNIQUE  
£165**



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AROUND SUNGLASSES  
£180**



**YUMI  
MOUNTAIN PRINT  
SLEEVELESS TOP  
£45**



**PHASE EIGHT  
AMY STRIPE & FLARE DRESS  
£160**



**REISS  
VIRNA LEATHER  
BIKER JACKET  
£395**



**ALTUZARRA  
LUCCA' STRAPPY BOOTIE  
£345**

**GO ONLINE FOR DETAILED REVIEWS  
AND MORE SS15 IDEAS**



# SPRING/SUMMER ESSENTIALS

## GET THE BEST OUT OF SUMMER WITH THESE ESSENTIALS

### **Bvlgari Wrap Around Sunglasses**

£180 | [www.redhotsunglasses.co.uk](http://www.redhotsunglasses.co.uk)

Be ready for the sun with these Bvlgari Swarovski Crystal Wrap Around Sunglasses.

### **Reiss Virna Leather Biker Jacket**

£395 | [www.harrods.co.uk](http://www.harrods.co.uk)

A perennial classic, Reiss' Virna Leather Biker Jacket has been crafted in the finest black lambskin that is butter-soft to the touch. Sure to become a pillar of your wardrobe, wear yours now as part of SS15's Monochrome trend.

### **Phase Eight Amy Stripe & Flare Dress**

£179 | [www.johnlewis.com](http://www.johnlewis.com)

Crafted to flatter, this chic number is ideal for a formal occasion. Featuring a striped pattern in delicate lace and a detachable grosgrain waist tie that creates an elegant fit and flare silhouette.

### **Contrast Mesh Playsuit by Unique**

£165 | [www.topshop.com](http://www.topshop.com)

Channel sportswear cool in this clean white mesh playsuit cut with a high neck and oversized T-shirt sleeves.

### **Yumi Mountain Print Sleeveless top**

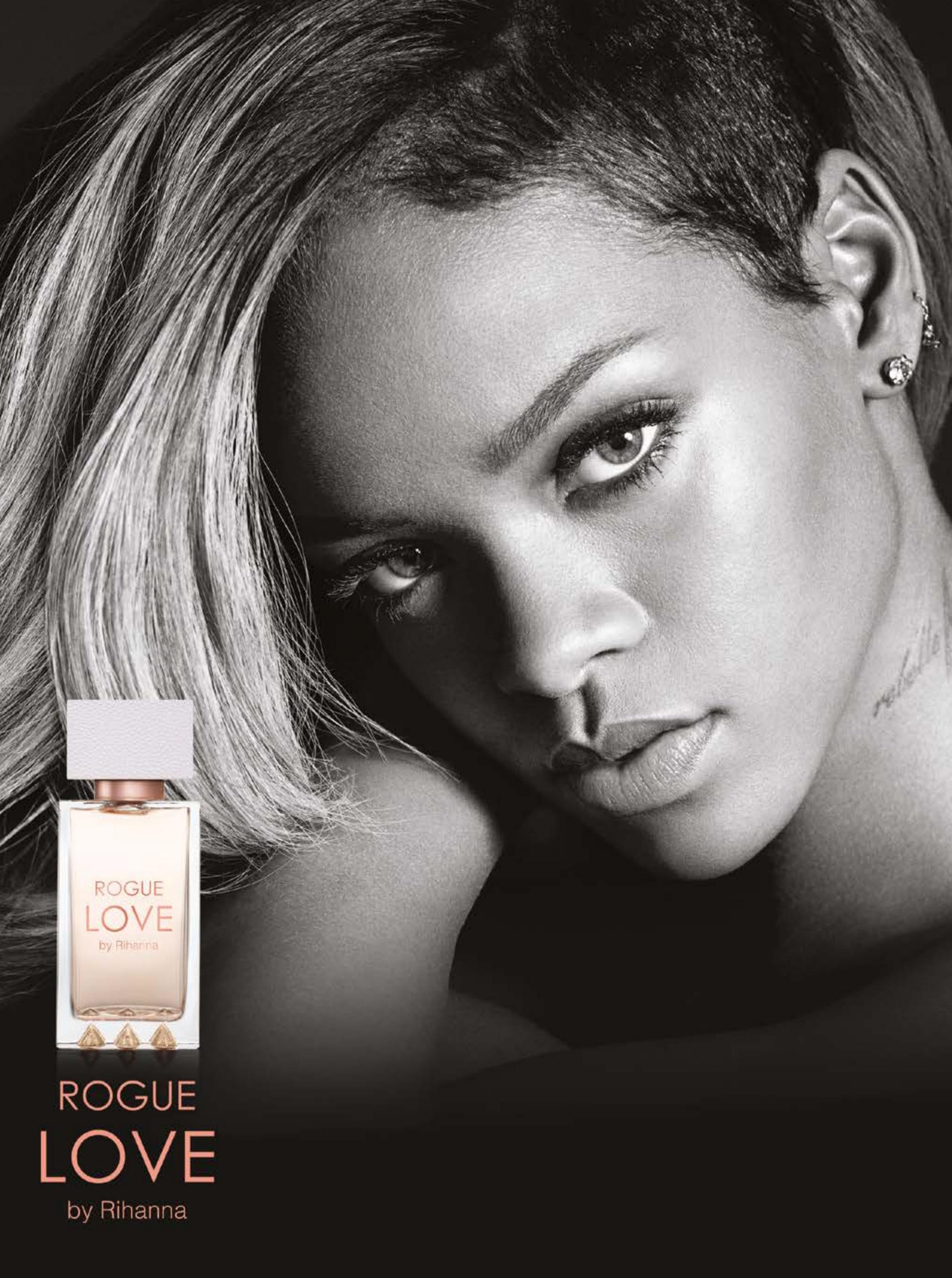
£45 | [www.yumidirect.co.uk](http://www.yumidirect.co.uk)

Digital prints are having a moment this season, so work the trend in this sleeveless shirt. Layer over jeans or tuck into a high-waisted midi skirt with boots for a grungy look.

### **Altuzarra Lucca' Strappy Bootie**

£345 | [www.altuzarra.com](http://www.altuzarra.com)

Available in Pink, Blue, White and Black, step out this Spring/Summer in incredible style with two styles to choose from.



ROGUE  
LOVE  
by Rihanna



SOMEDAYS LOVIN



MISSGUIDED



DOROTHY PERKINS



## GUEST BLOGGER OF THE MONTH

BEDFORDSHIRE BASED BLOGGER MONIQUE HINES TALKS SPRING MUST-HAVES & SUMMER WANTS

@ITSRAININGMON | TALLGIRLSWEARHEELSTOOX.BLOGSPOT.CO.UK

One of my favourite things about blogging and fashion is that you are able to dress up and experiment as much as you want! I would describe my style as youthful, feminine and classic although I will say I do not have a specific taste. I wake up each day wanting to wear something different, so I'm going to be sharing with you my summer wants.

The whole 70's/western themes are huge this summer, and I'm obsessed with them. Crochet, suede, flares give me all of it! So for my first summer want, I give you these amazing lace flares by 'Somedays Lovin on Asos'. These would be perfect for festivals; I'm definitely going to have to Invest!

My next summer want is something a little more girly.

When I saw this floral skort playsuit on 'Missguided' I was instantly drawn to it! The lemon is stunning and would look perfect on holiday, a night out, or out for dinner. This is definitely a more classic look, but with a nice pop of colour!



### What's Hot!

A summer must have...and I'm not talking about the tiger. A regular victim from PLL (pretty little liars) turned style icon Shay Mitchell, brings back the bandana!

Yes, we've all seen a bandana before; Shay adds a twist of pattern for that for a cute retro/tribal look. Personally I am not a fan of windy hair days so this has moved to the top of 'must buy immediately' list.



# COOPER & HILL

LONDON

*“You don't need to be an artist to design your own bag, just need an idea”.*

Bespoke design is often viewed as expensive, and for the few. Cooper and Hill are set to change all of this and have proved just how easy it is to produce bespoke luxury leather bags. Speaking to Kellie Collister who was the winner of a 'Design your own bag' competition run by Cooper and Hill we find out her thoughts...



## **1** Firstly, congratulations on your win. How did it feel to win such a unique bag?

Thank you. It was amazing and I haven't stopped telling everyone about it. I am a bit of a bag addict and am always saying things like "if I could have this strap on this bag in that colour it would be perfect" so the chance to design my own was absolutely perfect for me.

## **2** How did you initially hear about the Cooper & Hill Design Your Own Bag competition?

I first saw the competition picture on twitter. I tried drawing a sketch myself but it didn't turn out exactly how I wanted it (stick men are about the level of my drawing skills) so I asked hubby for a bit of help and he is used to deciphering what I have in my brain so I got a sketch I could enter into the competition.

## **3** Tell us what inspired your design and having won the competition, how impressed are you with the bag?

I wanted an everyday bag that would hold everything I needed for the commute without being too big or bulky as well as looking pretty. I also wanted it to be quite timeless as how often would you want to change your perfect bag to suit trends.

George spent a lot of time with me on the phone to expand on my original sketch and brief description to make sure I got exactly what I wanted. When the bag came I was very impressed with how they had managed to make exactly what I wanted. It is also very good quality so I'm sure it will stand the test of time.

## **4** How important is the uniqueness of the bag to you?

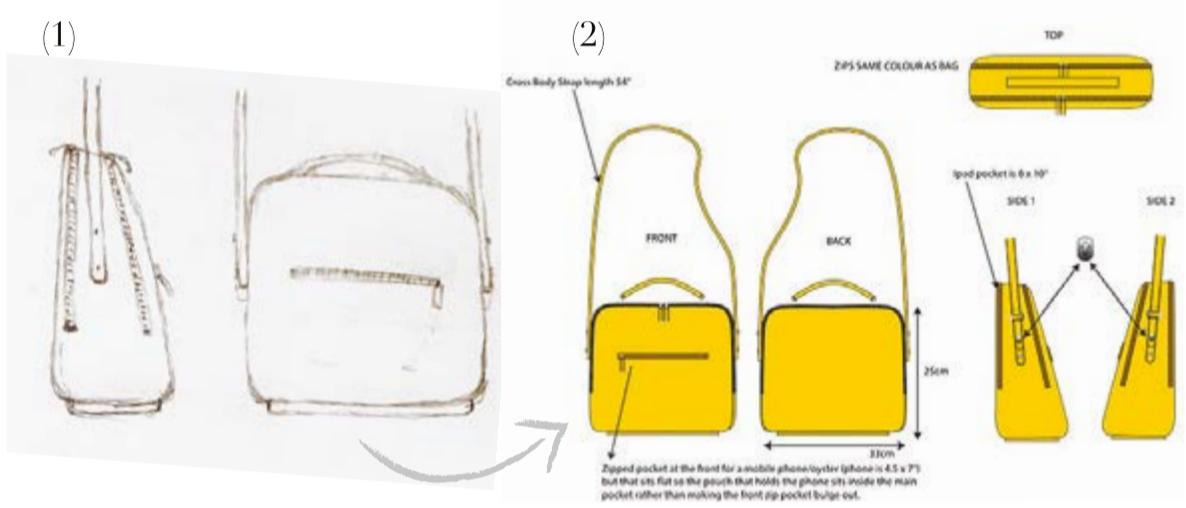
There is nothing worse than turning up for a party wearing the same dress as someone else and I feel that way about everything including my bags and shoes so it is amazing to be able to have a unique bag.

## **5** Has anyone commented on your fabulous bag yet? What feedback do you get?

My friends and family love it and say how "me" it is. I've only had the bag a couple of days and am sure there will be a lot more positive comments to come.

## **6** Having gone through the process of working on the design with Cooper & Hill and receiving the finished bag, would you recommend going bespoke to fashion conscious friends?

Definitely! George was lovely and made sure I had a say in every part of the design process. I got regular updates and even the chance to make little tweaks before the final product was made. I was also very surprised at how quick the whole process was which is perfect if you want something to fit a current trend but with your own touch, or if you're just impatient like me!



“ From my rough sketch (1) the Cooper and Design team were amazing, producing accurate detailed drawings (2).

Once approved they did everything, keeping me informed at every stage, I could not believe it when my bespoke bag arrived it's everything I wanted and ALL IN 10 DAYS amazing!

Kellie Collister

# ENTER for a chance to win a luxury bag designed by you...

Simply like [@trendlife\\_uk](#) and [@cooperandhill](#) through the giveaway tab on the cooperandhill facebook page and you will be automatically entered.



Competition closes 30th June 2015. For full terms and conditions please contact [www.cooperandhill.com](http://www.cooperandhill.com).



Her inner glow is a mark of confidence and her ambitions are limitless, what was not possible is a new Reality.



To see just how we do it and to see the latest design go to: [cooperandhill.com](http://cooperandhill.com)



# rihanna LOVES A ROGUE

Designed to complement the release of her first male fragrance, *Rogue Man*, the new women's scent is titled *Rogue Love* and features a blend of fresh florals and citrus notes.

The scent opens with mandarin, a berry and peach accord before developing a heart of honeysuckle, coconut, orchid and jasmine. The creamy drydown features amber, woods, caramel and vanilla.

The bottle comes in heavy glass with rose gold kisses and a matte white cap, and it's housed in a white-on-white stingray-patterned carton.

Acclaimed fashion photographer Mario Sorrenti captured Rihanna's sensual side for the campaign visuals, which show the Barbadian singer shot in black and white with her trademark undercut.





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HR026-06/14

# A Jar of Wonders



EAT IT • WEAR IT • SWEAR BY IT

#swearbyit



@vccoconutoiluk

Staying hydrated doesn't just impact your brain, though. Here are a few ways water benefits your body's health.

### 1. Water Helps Prevent Dry Mouth

Water keeps your throat and lips moist and prevents your mouth from feeling dry. Dry mouth can cause bad breath and/or an unpleasant taste—and can even promote cavities.

### 2. Water Promotes Cardiovascular Health

Dehydration lowers your blood volume, so your heart must work harder to pump the reduced amount of blood and get enough oxygen to your cells, which makes everyday activities like walking up stairs—as well as exercise—more difficult.

### 3. Water Keeps Your Body Cool

Your body releases heat by expanding blood vessels close to the skin's surface (this is why your face gets red during exercise), resulting in more blood flow and more heat dissipated into the air. When you're dehydrated, however, it takes a higher environmental temperature to trigger blood vessels to widen, so you stay hotter.

### 4. Water Helps Muscles and Joints Work Better

When you're well hydrated, the water inside and outside the cells of contracting muscles provides adequate nutrients and removes waste efficiently so you perform better. Water is also important for lubricating joints. Contrary to popular belief, muscle cramps do not appear to be related to dehydration, but, instead, to muscle fatigue, according to Sam Cheuvront, Ph.D., an exercise physiologist.

### 5. Water Keeps Skin Supple

When a person is severely dehydrated, skin is less elastic. This is different than dry skin, which is usually the result of soap, hot water and exposure to dry air. And, no, unfortunately, drinking lots of water won't prevent wrinkles.

### 6. Water Cleanses Toxins from Your Body

Your kidneys need water to filter waste from the blood and excrete it in urine. Keeping hydrated may also help prevent urinary tract infections and kidney stones. If you are severely dehydrated, your kidneys may stop working, causing toxins to build up in your body.

# STAY HYDRATED

## REASONS TO KEEP COOL THIS SUMMER





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## SMIRNOFF HARVEY WALLBANGER SMIRNOFF COLLINS (JOE COLLINS)

A long, citrusy cocktail with subtle herbal flavours, the Harvey Wallbanger was reputedly named after a Manhattan Beach surfer, and has gone on to become a modern classic.

**50ml Smirnoff No.21® Vodka**  
**100ml Orange Juice**  
**17.5ml Vanilla Liqueur**  
**1 slice of Orange**

Fill a glass with ice.  
Fill a Collins glass with ice cubes.  
Pour Smirnoff No. 21 Vodka, orange juice and vanilla liqueur into the glass.  
Using a jigger, pour 50ml Smirnoff No. 21 Vodka, 17.5ml vanilla liqueur and 100ml orange juice into the glass.  
Garnish with an orange slice.

With a chopping board and sharp knife, cut an orange slice and place on top of the drink to garnish.

A twist on the classic 1870s Tom Collins cocktail replaces Gordon's London Original Dry Gin with Smirnoff No. 21 Vodka for a great long drink with citrus freshness.

**50ml Smirnoff No.21® Vodka**  
**20ml Sugar Syrup**  
**25ml Lemon Juice**  
**1 splash of Soda Water**  
**1 piece of Cherry**

Fill cocktail shaker with crushed ice. Using a jigger pour 50ml Smirnoff No. 21 Vodka and 25ml lemon juice and 20ml sugar syrup into a cocktail shaker. Shake the drink.

Shake and strain over a cubed ice-filled glass.  
Cheery garnish.

Using a cocktail strainer, strain the liquid into a Collins glass over ice cubes and top with soda water. Drop in a cherry to garnish.



## GET **50% OFF** YOUR NEXT BILL WITH TASTECARD & TRENDLIFE

TrendLife Magazine has partnered with the UK's largest diners' club to get you out trying some of the different cuisines available across Beds, Herts & Bucks.

With Summer upon us, we are offering our readers the opportunity to trial tastecard for one month with full membership benefits.

A tastecard membership gives you **50% off** the total food bill, or **2 meals for the price of 1** at thousands of participating restaurants.

With no obligations, start your free 30 day trial today by simply visiting the link below to register.

### Why tastecard?

- ✓ 50% off or 2 for 1 meals
- ✓ 1000's of independent restaurants
- ✓ Instant access with the free app
- ✓ Exclusive offers with tastecard+ - including up to 40% off cinema
- ✓ Personal details never passed on

**tastecard**

[www.tastecard.co.uk/trial/trendlife](http://www.tastecard.co.uk/trial/trendlife)

It seems our love for fashion and style does not stop at what we wear. Recently there has been a growing trend happening at various parties and celebrations that has led to the arrival of the designer 'brand' cake.

Gone are the days of getting a wonky cake with your name spelt incorrectly and your nan's version of a Pokemon.

Several celebrity clients later and ASON has become a trending success.

Alongside the production of their amazing designer cakes, ASON also do great things in the local community such as a rolling programme of 4 week courses in schools where pupils can learn the skill of Cake Art.



# A SLICE OF NICE DESIGNER CAKES

Owner and Artistic Director of A Slice of Nice (ASON), Donna Williams began her artistic journey as a Visual Merchandiser for clothing retailer The Gap.

Armed with passion and creativity, Donna progressed to working with the likes of Harrods and Selfridges creating the amazing store windows fronts and interiors that enticed us. It was then Donna realised that her eye-for-detail and cake baking skills could be turned into a business.

This is a great way for pupils to build confidence, express creative flair, learn a new skill and make new friends.

ASON also host a 12 week programme for the 'Skills Section' of The Duke of Edinburgh Bronze Award in school.

Many more of the amazing ASON cakes can be viewed at [www.asliceofnice.org](http://www.asliceofnice.org)



# ENTERTAINMENT

TELEVISION / MUSIC / CINEMA / GADGETS



## BGT IS WELL UNDERWAY WE LOOK AT THE FAVOURITES SO FAR..

Series nine of Britain's Got Talent has begun its rollercoaster journey and we have not been disappointed.

The weird & wonderful Britain has to offer, graces our television screens with the usual cringe & creation we have come to love.

You would think the influx of talent based

shows over the last ten years would have us de-sensitised to the format but no, with ratings so far topping ten million viewers; BGT has become the most watched ITV show of the year so far.

We take a look at a few of the fore runners to scoop the title and the impressive £250,000 cheque.

## OMG ON BGT

Five old blokes in cardigans & trousers would be odds on to receive four red BGT buzzers but how wrong were we!, Old Men Grooving proved that there are dads that can still deliver on the dancefloor.

Like a new school 'The Full Monty' the quintet executed choreography fit for purpose, receiving a standing ovation from all in the arena.



## HAPPY HENRY

Henry Gallagher wowed the BGT judges & audience alike with his self-written song about a girl he likes, hoping it got her attention.

Described as a mini Olly Murs he has amassed an army of fans since his fantastic audition and definitely becomes one to watch over the coming weeks.



## CALLUM IS # 1

When a brother and sister audition on the same show, there is always that awkward moment when one gets through and the other doesn't.

Calum Scott endured that feeling as he was the first BGT 2015's Golden Buzzer receiver, while his sister Jade received four no's.

Simon Cowell must have seen something pretty special in Calum to bestow the golden confetti.





## MAJOR LAZER FEAT. MØ **LEAN ON**

Produced by DJ Snake, the song features vocals by Danish recording artist MØ. The single received universally positive reviews and reached the top-ten in nineteen international charts, including number one in Australia and number six in the UK.

The track peaked at number two on Spotify's global streaming chart, with an average 2,000,000 daily plays. We all secretly wish the cartoon guardian was our mate too!

## CARLY RAE JEPSON **I REALLY LIKE YOU**

Canadian singer-songwriter Carly Rae Jepsen 29, offers the first single from her forthcoming third studio album *E•MO•TION*, which will be released in the summer of 2015.

The song was released on March 2, 2015, with a hugely popular video featuring Tom Hanks. Expect to hear the song blasting from the little white Fiat 500's & Mini Coopers this summer.

# MUSIC

## LETHAL BIZZLE **FESTER SKANK**

Back with a bang!.. Lethal Bizzle, featuring his producer Diztortion. Released on 12 April 2015 for digital download in the United Kingdom and is his first single to be released since signing to Universal.

The song has peaked at number 11 on the UK Singles Chart. Not sure Fazor or Oliver Twist will appreciate this money maker.



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MS. DYNAMITE // LITTLE SIMZ // OCD: MOOSH & TWIST // JERMAIN JACKMAN

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AVICII

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SUNDAY

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NICKI MINAJ

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AUGUST ALSINA // CHARLI XCX // WRETCH 32 // RAE SREMMURD

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Another summer season brings yet another superhero movie that will yet again smash all box office records and have your young sibling more excited than midnight on Christmas Eve.

All the gang are here for this action packed ride including the billionaire ego that is Tony Starks/ Iron Man (Robert Downey Jr.), rather boring Captain America (Chris Evans), Norse God who likes to hang about with muggles Thor (Chris Hemsworth), token chick Black Widow (Scarlett Johansson), everybody's favourite smashing machine Hulk (Mark Ruffalo), that guy with an endless amount of arrows Hawkeye (Jeremy Renner) and last but not least, Shaft.

With the bald head and long leather coat, Samuel L. Jackson looks more Shaft than Nick Fury.

Age of Ultron, written and directed by Joss Whedon also welcomes two Marvel characters to the franchise in the forms of Scarlet Witch (Elizabeth Olsen) and Quicksilver (Aaron Taylor-Johnson).

If you are new to the Marvel universe, you will probably get lost trying to figure out who is who and why they do the things they do but like most Marvel movies, this won't stop you from enjoying the action on screen. And when it comes to action, this movie has plenty of it as Iron Man & Co. do their best to stop the carnage that they created in the form of Ultron - think Skynet.

Without giving away too much of an already thin plot, Avengers: The Age of Ultron is not going to leave you blown away because it feels like we have been here before but it is a great addition to the Marvel franchise.



## MAD MAX FURY ROAD

For our second film, we have decided to stick with the action theme and gone back to a time when Mel Gibson was a household name for movies and not controversy.

Haunted by his turbulent past, Mad Max believes the best way to survive is to wander alone. Nevertheless, he becomes swept up with a group fleeing across the Wasteland in a War Rig driven by an elite Imperator, Furiosa.

They are escaping a citadel tyrannized by the immortal Joe, from whom something irreplaceable has been taken. Enraged, the Warlord marshals all his gangs and pursues the rebels ruthlessly in the high-octane road war that follows.

The film will be set shortly before the events of Mad Max 2: The Road Warrior. The original Mad Max actor Mel Gibson has a cameo role.



## PITCH PERFECT 2

In 2012, the pop-pumped musical comedy Pitch Perfect won the hearts of audiences. So, its cast was quick to regroup for a sequel.

Elizabeth Banks, who was a co-star and producer of the first film, steps up to the role of director. This makes Pitch Perfect 2 her directorial feature debut.

But where will this sequel take Beca (Anna Kendrick) and the gang?. In an interview, Banks revealed

some plot details about the upcoming Pitch Perfect 2, including the over arching theme of the film.

Though the director refused to divulge any insight into the fate of Beca (Kendrick) and Jesse's (Astin) relationship, she did say the film will follow Beca, Fat Amy (Wilson), and the rest of the Barden Bellas through their senior year as they pass the acapella torch.



## JURASSIC WORLD

Jurassic World promises to deliver just as much teeth and terror we have come to love in this the fourth instalment of the Jurassic Park franchise.

With Chris Pratt, Judy Greer, Ty Simpkins and Bryce Dallas Howard. Twenty-two years after the events of Jurassic Park (1993), Isla Nublar now features a fully functioning dinosaur theme park, Jurassic World, as originally envisioned by John Hammond.

Owen (Chris Pratt), a member of Jurassic World's on-site staff, conducts behavioural research on the Velociraptors.

Jurassic World's attendance rates begin to decline and a new attraction, the introduction of the genetically modified 'Indominus Rex', created to re-spark visitor interest, backfires with catastrophic consequences.

## OFFICE PICK

### **OPTIGAURD GLASS**

The problem is simple. You don't want the guy next to you looking at your screen. The solution is OptiGuard Glass Privacy.

Stop prying eyes looking at the screen from either side. Your screen will instantly become illegible. This screen protector also offers protective qualities from scratches. The OptiGuard Privacy is priced at £24.99. [www.qdosound.com](http://www.qdosound.com) >>>



## REVIEWED

### **Technopic Full HD Sports Helmet Camera**

When we recently visited the Top Gear track to take on the Stig, we used this amazingly tiny helmet camera to record all the onboard video footage taken in an Ariel Atom travelling at up to 170mph in some parts and some of our live action.

The device is simple to use and comes with multiple brackets and a waterproof case that kept the water out during our testing.

For £119 this is more than worth the investment for anyone who is interested in recording their outdoor pursuits.

[www.technopic.co.uk](http://www.technopic.co.uk) >>>



## TRENDING

### **IPAD PRO**

What did your mum say about listening to rumours? Further speculation about unofficially announced 'iPad Pro' suggest that it may pack an eye watering 12.9-inch Retina display, which is a sizeable upgrade from the 9.7-inch display on the iPad Air 2. Aimed at business users, expect this to land in 2016.



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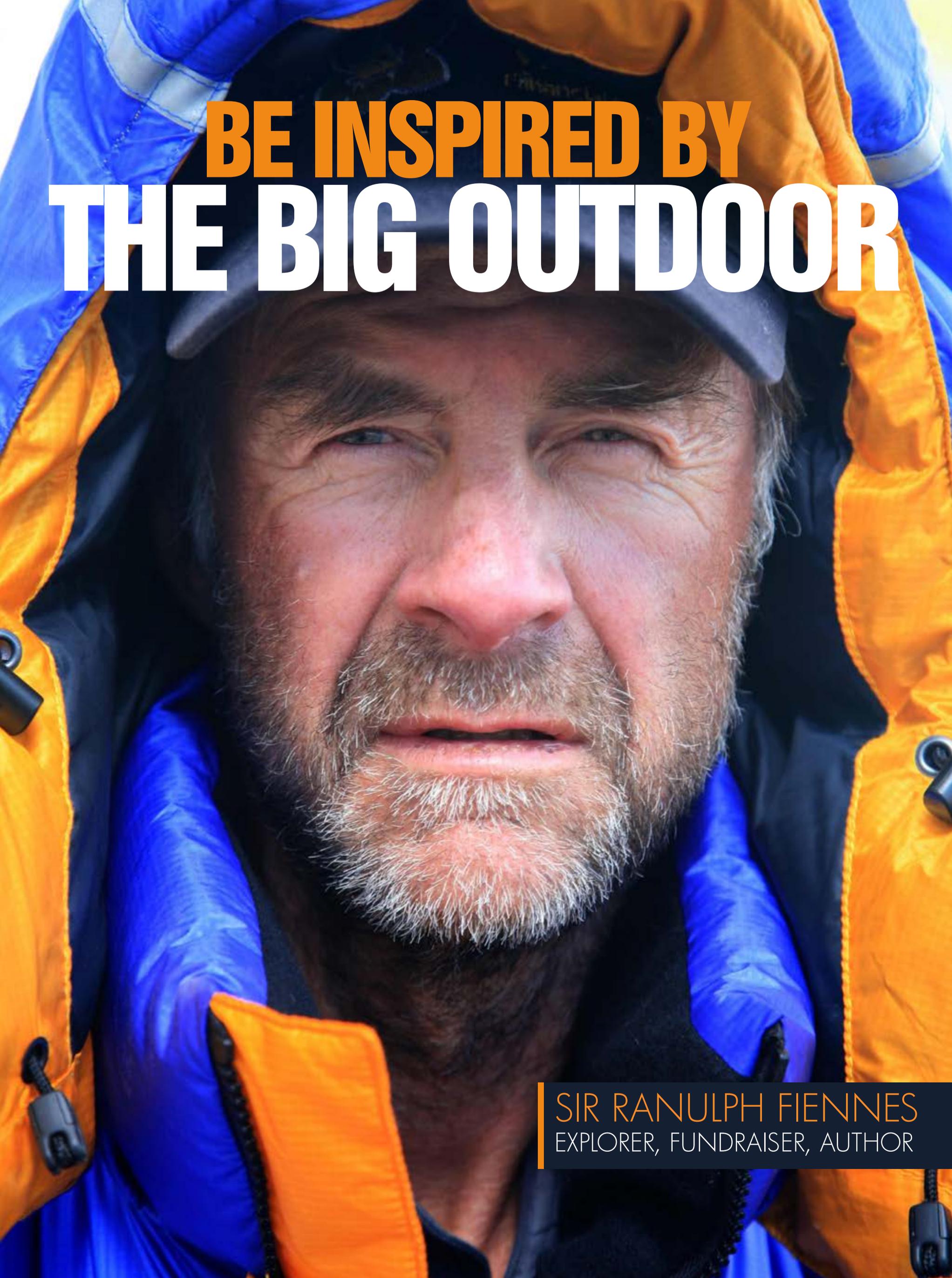
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# BE INSPIRED BY THE BIG OUTDOOR

SIR RANULPH FIENNES  
EXPLORER, FUNDRAISER, AUTHOR

# BE INSPIRED BY THE BIG OUTDOOR

Bring out the inner adventurer in you, with a trip to The Big Outdoor Show, Milton Keynes this Spring Bank Holiday weekend (May 23-25). You can try loads of different outdoor activities, explore the latest outdoor goods and gadgets, or be inspired by real adventurers like Sir Ranulph Fiennes. Visit for a day or camp the whole weekend.

The show celebrates everything great about being outdoors and showcases a variety of different activities to try such as kayaking, sailing, canoeing, paddle boarding, climbing.

But you don't have to take part, as there's plenty to watch too with gravity-defying displays from the Action Sports Tour and M.A.D mountain bike teams, and demonstrations in water rescue by Ellie Bedford and her Newfoundland dogs.

Also appearing is The Exotic Animal Encounter where you can meet real meerkats, raccoons, foxes, and reptiles, the sort of creatures you would ordinarily only see in a zoo.

One of the main attractions at The Big Outdoor Show is expected to be the seminar programme where renowned adventurers and explorers will share their intrepid experiences and survival advice. Headlining the talks is the world's greatest living explorer, the legendary Sir Ranulph Fiennes. Joining him on the speaker platform is Felicity Aston, Mark Wood, John Sullivan and Alex Jackson.

There's plenty to see and do at The Big Outdoor Show, including an exhibition area where you can buy anything from outdoor gear and gadgets to fold-up boats. For campers, there's evening entertainment laid on including live music and outdoor film screenings.

The event is very affordable with day tickets just £9.50 for adults, and £4.50 for children aged eight and over (under 8s go free). Family weekend camping tickets cost only £49.50 per person. Advance tickets can be purchased at [www.thebigoutdoorshow.co.uk](http://www.thebigoutdoorshow.co.uk)

The Big Outdoor Show is designed to inspire people to get outside more and try new outdoor pursuits but most of all it will provide a friendly, fun, festival atmosphere that folk will remember for a long time.





## Win a wakeboarding tester session

The Big Outdoor Show, in association with Wake MK, is giving away a pair of Fast Start lessons worth £98.

They're perfect for people who have never wakeboarded, skied or kneeboarded before but who have some other board sport experience, or those wanting to make the transition from boat to cable.

Kit is provided in this all-you-need-to-know 2-hour wakeboarding lesson. Full details to enter are available online by going to our website or using

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PREMIUM SPORTSWEAR



# MISERY ON MERSEYSIDE

AS the twilight of the English Premiership 2014/15 approaches, we take a look at how the red half of Merseyside failed to deliver, flattering to deceive, as last season seemed to welcome the re-emergence of a club steeped in football history.

With 18 top flight league trophies, 5 European Cups, 7 FA Cups and 3 UEFA Cups; the mediocrity of another season of Europa League football is wearing thin with the Anfield faithful. As the age old conversation of players vs manager and crossing the white line rages on, we do our best to bring a bit of balls into play.

The buck stops with management so the best place to start. Brendan Rodgers enters his third season at the helm and to be honest he hasn't done too badly, seventh in his first season, second in his second and looking at a fifth place finish this campaign. He's tutelage under 'the special one' has helped him to maintain Liverpool's constant threat as a top 5 premier ship team, although his tinkering of the team's tactics were not always met with acclaim this season as results suffered.

What he achieves next season will most definitely have a bigger effect on his job security and the direction of Liverpool FC.

So to the million pound superstars?!..

..It would be all too easy to blame the 'rebel without a cause' that is Mario Balotelli; surely even Liverpool knew that 'you can't turn a hoe into a housewife' and his yes, no, maybe attitude would extend onto the pitch. Or did Liverpool simply rely too heavily on the magic of Mr Suarez?, who seems to have stolen the finishing formula as he tiptoed off to align with the sorcerers of Spanish football. Although It must be stated, if you lose 52 goals (Suarez Barcelona & Sturridge Injury) that is a huge void to fill for any side in any league.

The consistently inconsistent Raheem Sterling only serves to further the frustration surrounding Liverpool football club, but let it be known of the current crop Sterling has the best chance of leaving these shores to head for greener grass with the elites. SSS amassed a huge 62 goal haul last season, which definitely played a big part in their 2nd place finish as they actually ended the season with the worst defensive record in the top 5.





## THE GOOD, THE BAD & THE INDIFFERENT

Maybe that statistic was the one that hid in the shadow of such an impressive campaign and has ultimately cost Liverpool points this season.

The raid on Southampton during the summer transfer window has done little to strengthen a squad with reasonable promise, it would seem Lovren left his boots at St. Marys while the La La duo of Lallana & Lambert have become forgotten gemstones.

Their form in Southampton shirts last season saw them receive well-earned caps for the national team but with a combination of injuries and team selection, the pair seem to have been swept under the Anfield carpet.

As painful as sitting down to watch Superman 4, the 'white dwarf star' that is Steven Gerard needed to be sold last season.

No one can contest his legendary effect on Liverpool FC over the last ten years but his legs & mind are now on different planets, which is not conducive with the best league in Europe.

It would be unfair to not mention the players that have made great strides this year, none more so than Jordan Henderson & Phillippe Coutinho. Henderson has grown to become the archetypal captain marvel, with energy busting performances and more than a few top draw goals he was unlucky not to feature in the PFA Team of the year.

Coutinho on the other hand has made it into the PFA Team of the year and deserves his inclusion, his silky samba feet, vision for that killer pass and now netbusters that would win many a goal of the month if not the season. Let's also keep a close eye on Jordan Ibe & Alberto Moreno, starlets due for big things.

Without Champions League football next year will the club be able to attract the quality needed to challenge the top 4 once again? Koppites up and down the country will be watching with the usual apprehension, let's see what develops...



**Finding out where to participate in your favourite sporting activities can be challenging if you don't have the information at your fingertips. Teams and organisers often encounter difficulties in their recruitment process of finding suitable participants.**



# THE SEARCH IS ON WITH SPORTS CODEZ

Sports Codez is a sport social network giving amateur and professional participants a platform to promote themselves and partake in their chosen sport, recreationally or professionally in order to create exciting networking and possible career opportunities.

Members from all skill levels can register, create a sporting profile searchable by clubs, teams or individuals.

Organisers, comprising of either individuals, clubs or teams can also promote sporting events and search for members in order to identify suitable candidates locally, regionally and nationally.

## **GET MOTIVATED WITH A NEW GYM BUDDY**

**For those tired of training on their own, they can subscribe to Sports Codez's gym buddy directory.**

**By creating an account and using a post code, new and existing members can find a gym buddy at their nearest gym in their quest to improve their fitness and create new friendships.**

# ORGANISE YOUR SPORTING EVENTS AND HAVE ACCESS TO PARTICIPANTS

Organisers of sporting events are often faced with the dilemma of looking for players with limited time and resources. Sports Codez offers its members the opportunity to use its online network to reduce the arduous task of seeking sporting partners when they are most needed.

Organisers can post and host sporting events by creating a Sports Codez's account.



Sport Codez is a networking site that connects sports enthusiasts and provides ambitious athletes opportunities to search, find and participate in general sports and fitness activities.

Go online to find out more or to register at [www.sportscodez.co.uk](http://www.sportscodez.co.uk)

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3 DAYS OF SEMINARS TO INCLUDE  
**SIR RANULPH FIENNES**



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# GYMCLASSHERO

## FIVE TIPS FOR RESTARTING YOUR PROMISE TO YOURSELF & STICKING WITH IT

**1 Don't Break the Habit** – The easiest way to keep things going is simply not to stop. Avoid long breaks in exercising or rebuilding the habit will take some effort. This may be advice a little too late for some people, but if you have an exercise habit going, don't drop it at the first sign of trouble.

**2 Get a Buddy** – Grab a friend to join you. Having a social aspect to exercising can boost your commitment to the exercise habit. Having a social aspect to exercising can boost your commitment to the exercise habit.

**3 Commit for Thirty Days** – Make a commitment to go every day (even just for 20 minutes) for one month. This will solidify the exercise habit. By making a commitment you also take pressure off yourself in the first weeks back of deciding whether to go.

**4 Make it Fun** – If you don't enjoy yourself at the gym, it is going to be hard to keep it a habit. There are thousands of ways you can move your body and exercise, so don't give up if you've decided lifting weights or doing crunches isn't for you.

Many large fitness centers will offer a range of programs that can suit your tastes.

**5 Schedule During Quiet Hours** – Don't put exercise time in a place where it will easily be pushed aside by something more important. Right after work or first thing in the morning are often good places to put it.

Lunch-hour workouts might be too easy to skip if work demands start mounting.

**VISIT [TRENDLIFEMAGAZINE.COM](http://TRENDLIFEMAGAZINE.COM) FOR WORKOUT IDEAS**



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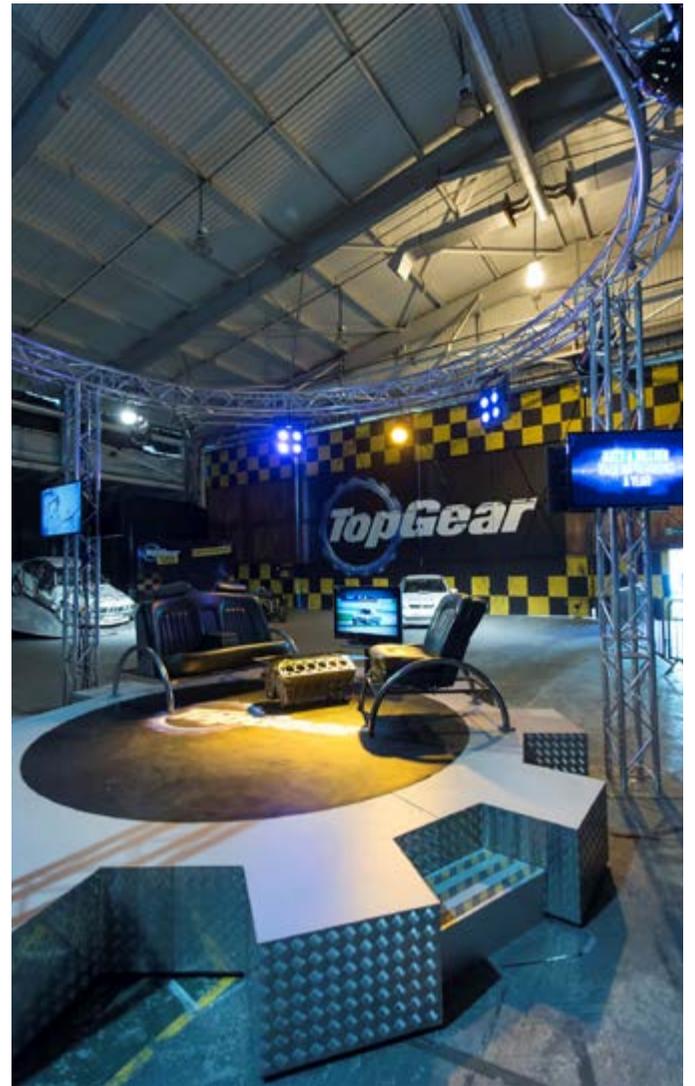


## THE TOP GEAR EXPERIENCE

It is not everyday that you get to take on the legendary Stig on the Top Gear track.

Armed with a face destroying Ariel Atom, our motoring team took on the infamous Top Gear track in a Porsche GT3, Ariel Atom and an average priced car.

And don't forget to watch the video from our Top Gear Experience.



# TRENDLIFE MOTORING



## GETTING TWIZY WITH IT

Six years after being introduced to the world as a concept, Renault's part-car, part-scooter has turned many heads and the latest version is still grabbing attention where ever it goes.

We decided to take the Twizy and her more mature sister Zoe out on a double date in Milton Keynes to see who's a keeper.





# LIFE IN THE KART LANE

Enjoying the thrill of motor racing in the past had been only available to a lucky few but over time, improvements to Go Karting circuits has given us all the chance to enjoy the thrill of racing in a safe but fast paced setting.

Milton Keynes is home to Formula Fast MK which boasts a huge 500m+ circuit with an average track width of seven meters. Considered one of the largest circuits in the UK, the Formula Fast circuit has been designed in conjunction with F1 professionals to deliver a fun but challenging circuit that provides plenty of space for overtaking and tests your nerves with tight hairpins and long straights.

Being one of the biggest indoor karting circuits, Formula Fast MK offer a great karting experience regardless of what the British weather has planned for the day.

Great for beginners and excellent fun for speed freaks, Go Karting is where most of our favourite F1 drivers started including current world champion Lewis Hamilton. Are you ready?

Further information about Formula Fast can be found on [www.formulafast.co.uk](http://www.formulafast.co.uk) >>>.





**SOME SAY IT IS THE BEST FUN ON FOUR WHEELS...**

# **THE TOP GEAR EXPERIENCE**

**WATCH OUR TOP GEAR EXPERIENCE VIDEO >>>**

What better way could there be to launch our new and improved motoring section than sending our Editor to take on the BBC Top Gear Experience?

Off the track, The Top Gear franchise has been under the spotlight recently with the television show facing a massive reshuffle at the end of this season. However, on the track where the cars are the stars could not be any better for the franchise.

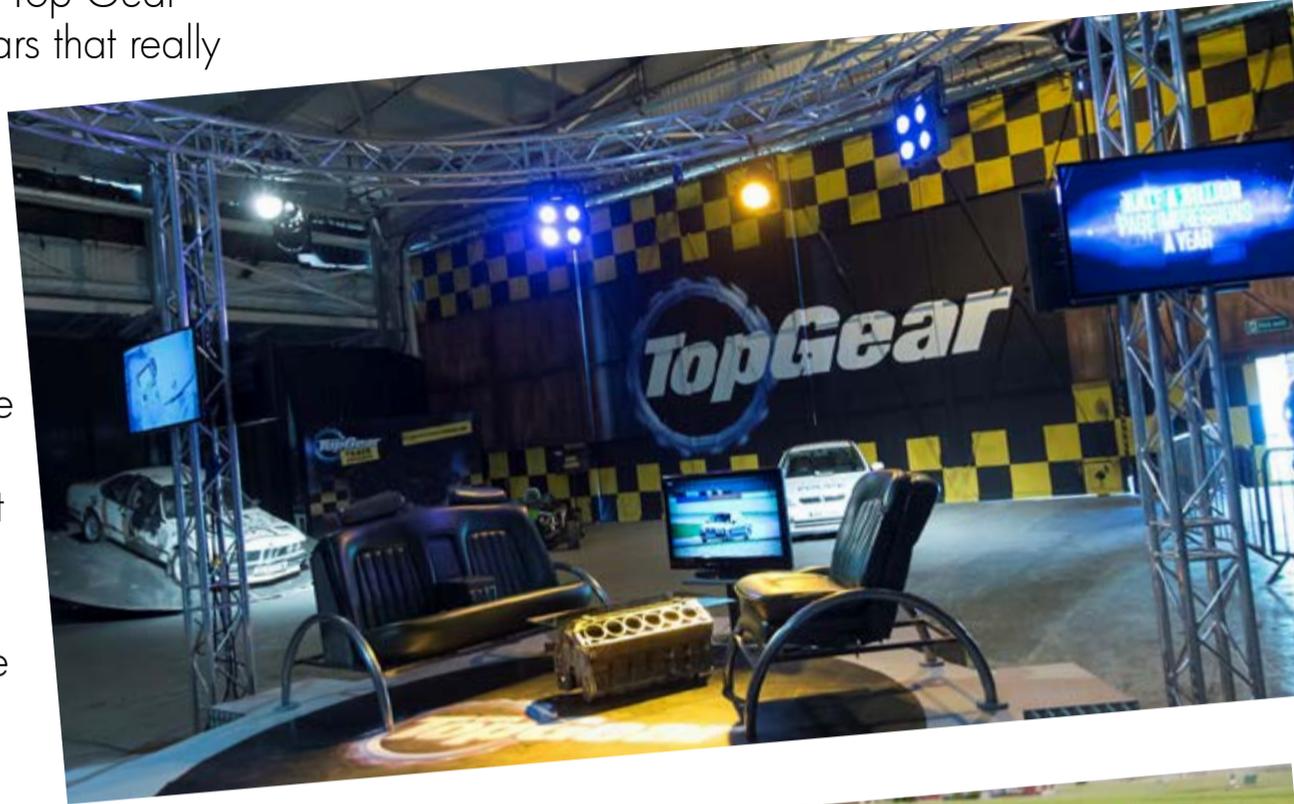
Hidden away in Surrey is Dunsfold Aerodrome, home to the infamous Top Gear track. Upon arrival, the first thing that will amaze you is the size of the aerodrome and track.

Originally built for the Canadian Air Force during World War II, the track is littered with commercial and private planes which you would have noticed in previous series of the television show.

## The Studio

Registration takes place in the famous Top Gear studio where you can marvel at the cars that really stole the show from the Art Deco BMW 635CSi to the V8 Porsche 928 GT used in the Patagonia Special.

Each visitor's experience will be unique due to the fact that their package can be tailored to suit what they want to do and see. We tried just about everything apart from the off-roading vehicles. We focused on speed so the Ariel Atom and Hot Lap with The Stig were top on the order of play.



## The Ariel Atom

Known for rearranging Jeremy Clarkson's face, driving an Ariel Atom is probably the most enjoyable motoring experience outside single seat formula cars. We believe the two seater Atom is truly the best fun you can have if you have the skills and confidence to push it.



## The Hot Lap with The Stig

Some say that a hot lap with The Stig will change the way you view life. Using a Porsche GT3, The Stig will take you on a white knuckle ride around the track in just over a minute. Being a passenger doesn't take any of the thrill away as it is not very often that you get a chance to go around Hammerhead almost sideways.

## Summary

The Top Gear Experience is a truly high-octane day out that offers any Top Gear fan full access to the studio and cars that made Top Gear history. With so much to do, this is a dream day out.





# ALL CHARGED UP WITH THE RENAULT ZOE AND TWIZY

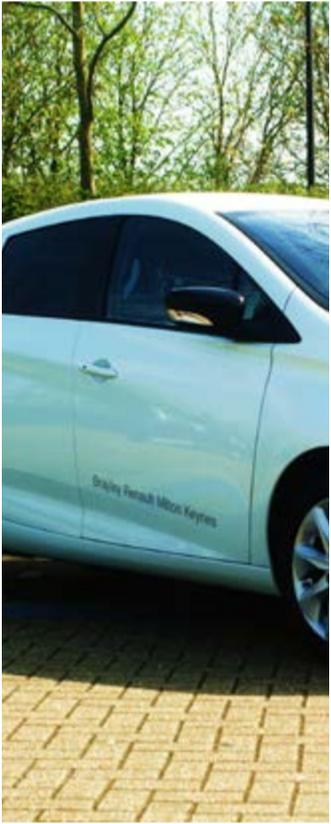
The Renault Zoe follows on from the introduction of the electric Fluence ZE and Twizy, but unlike the former, the Zoe was designed from the ground up as an electric vehicle. Its electric motor produces 89PS and 219Nm, with a maximum range of 130 miles between charges. Most people won't manage quite such a distance before needing to plug in with a realistic range of 90 miles in good conditions.

Energy saving technology includes regenerative braking (charges the battery when you brake or take your foot off of the accelerator) and a heater system that has no effect on the vehicle's range. A new charger, called Chameleon, reduces battery damage and can, dependant on the power output it's connected to, charge the car in just an hour.

However you can't charge the Zoe from a standard household three-pin socket, so you really need a wallbox, although these are currently free to have installed. If you like the idea of an electric vehicle and it fits in with your lifestyle - you live in a house with an available area for charging, your commute isn't that long, and you have a petrol car at your disposal for longer trips at the weekend - then the Zoe is pretty much the best game in town at the moment.

But you need to be committed to the cause, because logic still dictates that a petrol or diesel hatch is still the better all-round option for those with more real-world needs. It's a great electric vehicle, but still just that - an electric vehicle. £18,995 - £20,195 on the road\*

\*£5000 Government Cashback not included



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# TRENDLIFE MAGAZINE

# IN OUR NEXT ISSUE



## TOP DESTINATIONS

Don't book your holiday just yet. In conjunction with [www.gototravelguides.net](http://www.gototravelguides.net), we look at the top five holiday destinations for Summer 2015.

From Bali to Paris to Phuket and more, we let you know which is the top destination.



## SUMMER APPAREL

One of the most surprising trends this year's London Fashion Week was the rise of the normal! The runways were full of easy going and inherently wearable styles; casual and sporty were the go to looks, paired with rucksacks, flat loafers and trainers.



## FIT FOR SUMMER

It is never too late to start anything and that applies to fitness. Regardless of your goals, we highlight the best ways to achieve your fitness goals this summer. From squats to planking to zumba, we break them all down with the help of fitness experts.



## MOTORING TRENDS

After taking on the Stig at the Top Gear Experience, we keep it low key by heading to Silverstone to test out the ultimate Father's Day Gift. Forget socks and whiskey, what your dau really wants is 20 minutes in a single seater around Silverstone.



THE PARK IS OPEN  
JUNE 12