



HI-TECH IN-EAR 'PHONES



Dave Berry, Capital FM radio presenter, recommends in-ear headphones

1. Musical Fidelity EB-50, £149; planetgizmo.co.uk "High-quality British design containing neodymium magnets and 'bullet-style' military-grade aluminium casing."

2. Beats By Dr Dre Tour, £120; apple.com/uk "What I use most days - high-efficiency drivers minimise distortion and the built-in remote also allows the user to take calls."

3. Sennheiser PMX 685i, £60; apple.com/uk "Sweatproof and shock-absorbing, these headphones are ideal to wear while doing sports such as running or snowboarding."

4. Sonomax Eers PCS-150 Custom, £200; johnlewis.com "They come with a kit for making your own injection-moulded silicon earpieces, thus sealing in the bass."