

Good timing

If you can tell a lot about a person by their watch, what does your watch say about you?

STORY HOLLY HENDERSON

A high quality timepiece will do more than just keep you on time. Not only does an understated wristwatch complement a sophisticated and professional look, today's top watch designers have managed to squeeze in a range of functions and abilities.

With built-in GPS, pedometers, personal reminders and diary features, the latest watches are at the forefront of technological advancement, offering multifunction and versatility alongside top-notch craftsmanship.

Keep up the pace with the Polar Activity Watch (pictured, middle right), a versatile unisex watch using the latest in activity technology. A built-in altimeter tracks activity levels, measuring calories burned and calculating the number of steps taken every day. A handy partner for your gym workouts, the Activity Watch is also stylish enough to wear to the office. Other handy features include barometer, 'exercise file' to keep workout summaries, water resistance, backlight, key lock, dual time zone, date and weekday indicator, alarm with snooze, low battery indicator and language functions.

RRP: \$449-\$849

Following a long and established affiliation with motor racing, and partly designed by

Formula 1 double world champion Fernando Alonso, the TAG Heuer Formula 1 Orange Chronograph watch reflects a relaxed sporting image. This timepiece has extraordinary attention to detail. The face displays hours, minutes, seconds and date, and chronograph functions for 1/10th of a second. Other features include water resistance up to 200 metres, scratch resistant sapphire crystal face, a fine-brushed steel case and a scratch resistant unidirectional turning bezel. **RRP: \$1295**

One of the most recognised watch brands in the world, Longines has a rich and influential history in watch making. Testament to its history, the DolceVita ladies watch (reference L5.155.0.16.6, pictured below left) is a stunning stainless steel timepiece. With a white dial set and silver tone indicators, this watch epitomises elegance and looks more like a piece of jewellery. Notable features include a seconds sub-dial, scratch resistant anti-reflective sapphire crystal – but it's the 32 diamonds encrusted in the bezel that we like! **RRP: \$3395**

If that's a little too rich for your budget, Seiko's sophisticated two-tone silver and gold Coutura ladies watch (pictured, below right) is a bracelet timepiece at an affordable price. With high functionality, reliability and the technological innovation of a sports watch, the Coutura combines innovation and refinement for work or play. Additional features include easy-to-read dials, 100-metres water resistance, scratch resistant sapphire glass and diamond-studded bezels. **RRP: \$450**

For the discerning gent, one of Seiko's newest gems is the Premier collection (pictured, top right). Introduced in 2005, the collection is further refined by the introduction of the world-famous Kinetic Direct Drive (which shows not only the power held in reserve but also the level of power generation when the wearer hand-winds the crown). A black leather strap makes this watch a perfect suit accompaniment and also comes with power reserve, hand winding, water resistance for up to 100 metres, stainless steel case, sapphire crystal glass, and a pullout crown and black dial. **RRP: \$1250**

