



MAKE IT QUICK

Frisky *business*

Haven't got time for an all-night love-in? Fear not, because research published in *The Journal of Sexual Medicine* says she also likes things fast (between three and 13 minutes to be exact), furious and passionate. Here's your location guide for a quickie
Words Siski Green Photography Ward Cornell

Tunnel of love

On the train



Really? *Risky Business*, but if Tom Cruise can get away with doing it on a train, why not you? "The natural rocking of the train will stimulate her, both the vibrations and the irregular lateral movement, as you hurtle down the tracks," says sex counsellor Dr Sadie Allison. "Do it doggy style and standing up so the train's movement is transferred, giving her maximum vibrations." You'll get all the mechanical aid of a 100-tonne vehicle, giving her first-class returns for the price of a standard single. Just the ticket.

What's in it for you? High-speed sex on the 9.15am express combines a number of confirmed pleasure-boosters. Your triumvirate

of adrenaline-boosters comprises the shared thrill of getting it on somewhere you shouldn't; the exhibitionism of doing it outside as gleaned from the view of fields and rooftops flying by; and the need for muted speed as a queue builds outside the lavatory door. You're doing this in the lavatory, right?

Watch out for... Your love-making could be law-breaking. You don't want to be chucked off the train, nor do you want to be reported for behaviour "likely to cause a breach of the peace". Dress for the occasion so you can feasibly explain any unexpected intrusion away without raising too many eyebrows. ►



That's a freedom pass for her Jubilant Line

"You've been on my 'to-do' list for some time now"

Hard at work

In the office



Really? You honestly thought that was an innocent flirtation? A quickie with a colleague in the workplace hits all the right buttons. It could be the stairwell, the ladies "facilities", or over the boss's desk: each has the thrill of being forbidden, both psychologically (you're crossing her mental divide of social roles) and literally (ask HR). "The fact you're willing to risk losing your job or embarrass yourself by being caught makes her feel desirable," says Dr Pam Spurr, author of *Fabulous Foreplay: The Sex Doctor's Guide to Teasing and Pleasing Your Lover* (JR Books).

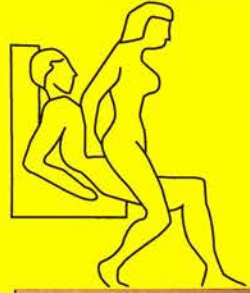
What's in it for you? "There's a sense of urgency," says Spurr. "That feeds your brain's primitive instinct to move quickly and with purpose – your body responds faster and you'll feel a heightened sense of sexual response." You'll also feel a heightened sense of a boot up your arse if you're caught, so make this quickie *really* quick.

Watch out for... The boss. "Check your contract before you begin your lustful liaisons. Some companies have a policy on "social" activity between staff members," says Spurr. If you're captured on CCTV, you could even get the sack.

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Girl on film

In the cinema



Really? In your teenage years, back-row misbehaviour was the main aim of a trip to the flicks. Chances are not much has changed. A quickie in this setting makes sex feel furtive and filthy: a big turn on. "It conjures up memories of teenage sexual fondling and fumbling," says sex therapist Dr Ian Kerner, author of *She Comes First: The Thinking Man's Guide to Pleasuring a Woman* (Souvenir). "Only this time the guy knows what to do with his lips, tongue, fingers and all." (We're not talking about stuffing popcorn into your gob).

What's in it for you? There's the dizzying adrenaline rush from rapid public performance. "Cinema sex is exhibitionist sex without the performance anxiety," says Kerner. It's a vast dark hall, there's an audience, and a dramatic score playing in the background. Remind yourself there are lesser men who'd pay a small fortune for this on a Budapest stag do.

Watch out for... The other punters will only be fixated on the screen for so long. Pick an action flick where the explosions are loud enough to cover your tracks. ▶

Beware of things that go "pop" in the dark

Aisles of plenty

Out shopping



Really? Traipsing around department stores is normally an experience entirely lacking in eroticism (for you), so this is the fastest way to liven it up. It also works for her: if you're stealing a moment in a changing room together, however brief, you're on what she thinks of as her territory. "That means she's in control," says Allison. "Watching you get hard without being able to make a sound will give her an incredible thrill. And if you buy her lingerie at the end of your visit you'll have a physical and mental souvenir that will trigger a memory of your passionate encounter behind the curtain long after you're back home."

What's in it for you? "Even if time is tight, this can be the ultimate private lap dance," says Allison. "The confined space means you get an intense couple of minutes with her lips, breasts, and buttocks right in your face." Best not to blurt out it reminds you of last Thursday night at the Peppermint Hippo Gentleman's Establishment.

Watch out for... The spotty youth manning the changing rooms. Opt for a store where a lot of people are going in and out, so the attendant won't be so aware that you're taking a little longer than is normal. "And she should have her back against the door – if someone tries to come in, you'll have time to sort yourselves out," says Allison. ▶



Handing over your
Visa isn't the only
way to please her

It all started when she
made a Passat you

Driving force

In the car



Really? It's not as environmentally friendly as a bicycle, but it's a lot more practical. "Sex in a car forces you to experiment," says Kerner. Your inventiveness will appeal to her innate desire for a partner who considers her needs first. "This is a necessity, since the "standard" positions don't work as well," says Kerner. Legs and arms, gear-sticks and steering wheels, have to be configured in unusual ways for new angles, sensations and views.

What's in it for you? "You can enjoy what is exhibitionist sex without the associated risk," says Kerner. "If you can do that with the comfort of heating, a cushioned surface and background music, what's not to like?" [Stains on the upholstery? —MH Motoring Correspondent.]

Watch out for... "Talk about it as you drive to build the excitement. This is a key component of her sexual experience, and will have her primed for some action when you pull over," says Kerner. There's also the DVLA factor: there's no *coitus* quite so *interruptus* as that ended by a collision with a lamppost.

Clean getaway

In the bathroom



Really? This is high-speed multitasking at its best: "Where else can you watch yourselves at it, bodies sliding against each other in a soapy lather and come out of your coital frenzy just minutes later, feeling fresher and cleaner than when you started?" says Spurr. "The sensation of slippery wet skin rubbing quickly together will get her going, and if you mix up hot and cold water, you'll wake up her skin's nerve endings. That makes you touching her feel more intense – so the whole quickie experience is one she'll want to repeat as often as you do."

What's in it for you? Unless your name is Joseph Merrick, chances are your bathroom is well stocked with mirrored surfaces. The reflected view will improve things for you: a report from the Centre for Behavioural Neuroscience showed that you'll experience significantly higher sexual response as your view of the action improves. Pick a mirror, and take her from behind with your hands on her breasts.

Watch out for... Short circuits. If you're thinking of hurrying things along with a toy (and you're hygienic enough not to be using someone's electric toothbrush) you don't want to mix batteries and water. A waterproof Vibrations penis ring £5.10 Durex Play (boots.com) should do the trick. **MH**

This will be one hell of a steam bath