

# RECOMMENDED

## SPORTS SHOES ( MARCH 2010 )

RAY HARDING PODIATRIST NARRABEEN SPORTS MEDICINE CENTRE

SYDNEY ACADEMY OF SPORT PHONE: (02) 9971 1188

(more crosses = better shoe for that category)

### RUNNING SHOES

	MEN	MEN	MEN	WOMEN	WOMEN	WOMEN	KIDS
	CONTROL	SUPPORT	NEUTRAL	CONTROL	SUPPORT	NEUTRAL	STABILITY
<b>ADIDAS</b>							
ADISTAR SALVATION	+	++		++	++		
SUPERNOVA SEQUENCE		++		+	++		++
ADIZERO TEMPO		+	+++		+	+++	
ADISTAR RIDE			++++			++++	
SUPERNOVA GLIDE			+++			+++	
ADIZERO BOSTON			(RACE) ++			(RACE) ++	
<b>ASICS</b>							
GEL EVOLUTION	+++	+++		+++	+++		
FOUNDATION	+++ (Wide)	+++ (Wide)		+++ (Wide)	+++ (Wide)		
GEL 3010	++	+++		++	+++		
GEL GT 2150	+	+++		+	+++		+++
GEL 1150		+	++		+	++	++
GEL KAYANO		++	++		+	++	
NIMBUS			+++			+++	
LANDRETH			+++			+++	
DS TRAINER		++	++		++	++	
GEL-DS RACER			++			++	
HYPER SPEED			++			++	
<b>BROOKS</b>							
BEAST / ARIEL	+++++	+++		+++++	+++		
ADDICTION 8	++++	+++		++++	+++		
ADRENALINE GTS10	+++	+++		+++	+++		+++
TRANCE 8	+	+++		+	+++		
INFINITY	+	+++	+	+	+++	+	
VAPOR 8	+	+++		++	+++		
SWITCH 2		++	+		++	+	
GLYCERIN 7			+++			+++	
DEFYANCE 2		++	++		++	++	
DYAD 5 (WIDE)		++	++		++	++	
RACER ST 4		+	++		+	++	
<b>SAUCONY</b>							
PROGRID HURRICANE	++	+++		++	+++		
PROGRID OMNI	+	+++		+	++		

	MEN	MEN	MEN	WOMEN	WOMEN	WOMEN	KIDS
	CONTROL	SUPPORT	NEUTRAL	CONTROL	SUPPORT	NEUTRAL	STABILITY
<b>MIZUNO</b>							
WAVE RENEGADE	+++++	+++					
WAVE ALCHEMY	+++	++++		+++	++++		
WAVE INSPIRE	++	+++		++	+++		
WAVE NIRVANA	++	+++	+	++	+++	+	
NEXUS	+	++		+	++		++
WAVE RIDER			++++			++++	
WAVE CREATION			++++			++++	
WAVE PRECISION			++			+++	
ELIXIR			+++			+++	
RONIN (RACE)		+	+++				
<b>NEW BALANCE</b>							
1225	+	+++		++	+++		
993	+	++	++				
850	++	+++		++	+++		
780	++	++	+	+	++	+	
740		+	++		+	++	
<b>NIKE</b>							
EQUALON+	++++	+++		++++	+++		
STRUCTURE TRIAX+	+++	+++		+++	+++		
AIR ZOOM ELITE	+	++	++		++	++	
AIR SPAN		++	++		++	++	
AIR PEGASUS		+	+++		+	+++	+
AIR VOMERO		+	++++			++++	
SPEED LITE		+	+++		+	+++	
<b>RBK</b>							
PREMIER ROAD PLUS	++	+++	+	++	+++	+	

## GRASS/TRAIL RUNNING

	MEN	WOMEN	KIDS
ADIDAS ADICORE III TRX FG	STABLE NEUTRAL	STABLE NEUTRAL	
ASICS TRABUCO	SUPPORT	SUPPORT	
BROOKS CASCADIA 4	STABLE NEUTRAL	STABLE NEUTRAL	
BROOKS ADRENALINE ASR 6	CONTROL	CONTROL	
MIZUNO ASCEND	SUPPORT	SUPPORT	
SALAMON XA PRO	SUPPORT CONTROL	SUPPORT CONTROL	
SALAMON TRAIL PRO	SUPPORT	SUPPORT	

## GOLF SHOES

	MEN	WOMEN
FOOTJOY	+++	+++
ECCO	+++	+++

## CRICKET SHOES

ADIDAS TWENTY2YDS HIGH	++
ADIDAS TWENTY2YDS LOW	
ASICS GEL ADVANCE 2 (Batting & fielding)	+++
ASICS GEL 170 NOT-OUT (Batting & fielding)	+++
ASICS GEL 8 FOR 64(Fast bowling)	+++
ASICS GEL HARDWICKET 3	+
PUMA CELL	++

## HOCKEY SHOES

	MEN	WOMEN	KIDS
ADIDAS PREDATOR ABSOLADO TRX TF	+	+	
ASICS GEL BLACKHEATH			++
ASICS GEL HOCKEY PLATINUM	++	++	

## FOOTBALL BOOTS

ADIDAS X PREDATOR Powerspine/Absolion	MEN, WOMEN & KIDS
ASICS GEL LETHAL RUGBY PRO	MEN
ASICS GELTIGREOR (SOCCER)	MEN, WOMEN
ASICS GEL LETHAL ULTIMATE GS	MEN, WOMEN & KIDS
ASICS GEL LETHAL	MEN, WOMEN
NOMIS THE GLOVE	MEN
NOMIS THE SPARK & MAGNET	WOMEN & KIDS
NIKE TOTAL 90 LASER / SHOOT	MEN, WOMEN & KIDS
NIKE TIEMPO	MEN, WOMEN, & KIDS
NIKE AIR LEGEND	MEN, WOMEN & KIDS

## RUNNING SPIKES

ADIDAS DEMOLISHER	++
ADIDAS SPIDER M & W	++
ADIDAS ADIZERO AVANTI (LD)	++
ASICS CYBERFLASH BEJING	+
ASICS CYBER MD BEJING	+
ASICS CYBER LD BEJING	++
MIZUNO TEMPO LD & SPRINT	++
NEW BALANCE 240 MD & LD	++
NEW BALANCE 330 SDS, MDS & LDS	++
NIKE MUTAMBO LD	++
NIKE VICTORY MD	+
NIKE RIVAL SPRINT/MD/LD	
NB KX 230 (Rubber wgz) for Kids	

## BASKETBALL

ADIDAS TS SUPERNATURAL COMMANDER	++
ANDI FLY MOVES LI MID	+++
ANDI GLIDE MID	+
CONVERSE HEATSEEK	+++

## WALKING SHOES

	MEN	WOMEN
ASICS GEL KAYANO WALKER	++	++
ASICS GEL CARDIO & 4to8	+++	+++
ASICS GEL ODYSSEY & 2140	+++	+++
ASICS GEL ASSIST & 1140	++	++
BROOKS SYNERGY 2	+++	+++
BROOKS ADDICTION WALKER	+++	+++
ROCKPORT PROWALKERS	+	+

## STABLE CROSS-TRAINERS

	MEN	WOMEN	KIDS
ASCENT DEFENDER/HARMONY		++	
ASICS GEL 490 TR MESH OR LEATHER (court)	++	++	+
ASICS GEL 590 TR MESH OR LEATHER (running)	+++	+++	++
ASICS GEL 160 running			+++
BROOKS LIBERTY 5 (court)	++	++	++++
BROOKS KIDS VERVE (also in black)			+++
BROOKS MAXIMUS XT 6 (running)	+++	+++	++++ (court)
NEW BALANCE 855 (Sept 856)	+++	+++	
NEW BALANCE 1210	++	++	

## NETBALL SHOES

	WOMEN	GIRLS
ADIDAS NETBALL LIGHT	++	++
ASCENT HARMONY	+	++
ASICS GEL NETBURNER 11	+++	(GS JNR) +++ (1-12)
ASICS NETBURNER PRO 6	+++	++ (6-12)
ASICS GEL NET IGNITES 3	+	+ (6-12)
ASICS GEL ACADEMY	++	++ (6-12)
NEW BALANCE 1210 (XTrainer)	++	

## TENNIS SHOES

	MEN	WOMEN	KIDS
ADIDAS BARRICADE 5	+++	+++	+++
ASICS GEL RESOLUTION	++	++	
NIKE AIR ZOOM VAPOR	++		
NIKE AIR ZOOM BALLISTIC		++	
NEW BALANCE MX 655			

## INDOOR SPORTS/SOCCER

	MEN	WOMEN
ADIDAS ADICORE 2 INDOOR	++	++
ASICS GEL SENSEI	+	+
MIZUNO WAVE THUNDER	++++	
MIZUNO WAVE BLOCKER	+++	
NOMIS SPOILER	++	++