

RECOMMENDED
SPORTS & SCHOOL SHOES (JANUARY 2019)

HARDING PODIATRY
SPORTS PODIATRISTS: RAY HARDING & MUHAMMAD MAARJ (MO)
NARRABEEN SPORTS MEDICINE CENTRE
SYDNEY ACADEMY OF SPORT PHONE: (02) 9971 1188

(more crosses = better shoe for that category)m(mens)w(womens)k(kids) available at Athletes Foot Stores

RUNNING SHOES

	MEN	MEN	MEN	WOMEN	WOMEN	WOMEN	KIDS
	CONTROL	SUPPORT	NEUTRAL	CONTROL	SUPPORT	NEUTRAL	STABILITY
ADIDAS							
SOLAR BOOST		+			+		
ULTRA BOOST 19		++			++		
ASICS							
METARUN	++	+++		++	+++		
GEL FOUNDATION 13	++++	+++		++++	+++		
QUANTUM 360		++	++		++	++	
GT 4000 5	+++	+++		+++	+++		
GT 2000 7	+	+++		+	+++		+++
GT 1000 7		++		+	++		+++
GEL KAYANO 25	++	++	+	++	++	+	+++
NIMBUS 21			+++			+++	
CUMULUS 20		+	+++		+	+++	+
DS TRAINER 24 (and neutral)		++	(++)		++	(++)	
NOOSA FF 2 GS		+			+		++
TARTHERZEAL 6		+			+		
BROOKS							
BEAST / ARIEL 18	+++++	+++		+++++	+++		
ADDICTION 13	++++	+++		++++	+++		
ADRENALINE GTS19	++	+++		++	+++		++
TRANSCEND 6	+++	+++		+++	+++		
VAPOR 4	+	++		+	++		
RAVENNA 9	+	++		+	++		
DEFYANCE 10		++	+		++	+	
GLYCERIN 16		+	+++			+++	
GHOST 11 (+GTX)		+	++		+	++	
DYAD 10 (WIDE)		+	+++		+	+++	
HYPERION/ASTERIA		+	++		+	++	
PURE PROJECT		CADENCE 4	FLOW 4		CADENCE 4	FLOW 4	
MIZUNO							
WAVE INSPIRE 15	++	+++		++	+++		
PARADOX	++	+++		++	+++		
WAVE HORIZON 3	+++	+++			+++		
WAVE RIDER 22			++			++	
WAVEKNIT		+	+		+	+	
WAVE EKIDEN RACE			+			+	
WAVE HITOGAMI RACE		+	++		+	++	
WAVE SKY 2 TRI		+	+		+	+	
WAVE INSPIRE 14D	WIDE ++	+++		++	+++		
	MEN	MEN	MEN	WOMEN	WOMEN	WOMEN	KIDS

	CONTROL	SUPPORT	NEUTRAL	CONTROL	SUPPORT	NEUTRAL	STABILITY
NEW BALANCE							
1500 V 5			++			++	
RUBIX	+	++		+	++		
860 V 9	+	++		+	++		++
880 V 9			++			++	
1080 V 9			+++			+++	
990 V 4			++			++	
940 V 3				+	++		
SAUCONY							
GUIDE SO2	+	++		+	++		
HURRICANE iso5	++	+++		++	+++		
OMNI ISO	++	+++		++	+++		
KINVARA 10		+	+		+	+	
ECHELON 6		++	+++		++	+++	
TRIUMPH iso5			+++			+++	
NIKE							
STRUCTURE 22	++	+++		++	+++		
ODYSSEY REACT	+	+++		+	+++		
AIR PEGASUS 35		+	+++		+	+++	
AIR VOMERO 14			+++			+++	

GRASS/TRAIL RUNNING

	MEN	WOMEN	KIDS
ASICS TRABUCO 7 (+G-TX)	SUPPORT	SUPPORT	
ASICS GEL 2000 GT 7 (TRAIL)	SUPPORT	SUPPORT	+++
BROOKS CASCADIA 13	STABLE NEUTRAL	STABLE NEUTRAL	
BROOKS ADRENALINE ASR 12(GTX)	CONTROL	CONTROL	
BROOKS GHOST 11 (GTX)	NEUTRAL	NEUTRAL	
BROOKS PUREGRIT 4	NEUTRAL	NEUTRAL	
MIZUNO WAVE RIDER GTX	NEUTRAL	NEUTRAL	
SALAMON XA PRO	SUPPORT CONTROL	SUPPORT CONTROL	
NIKE WILDHORSE 3	STIFF STONEPLATE	STIFF STONEPLATE	
SALAMON TRAIL PRO	SUPPORT	SUPPORT	
SAUCONY XODUS	NEUTRAL	NEUTRAL	
SAUCONY PEREGRINE	SUPPORT	SUPPORT	

WALKING SHOES

	MEN	WOMEN
ASICS GEL QUATUM 180 3	+++	+++
ASICS GEL MISSION	+++	+++
ASICS GEL 195 TR	+++	+++
BROOKS ADDICTION WALKER (V-STRAP)	++++	++++
BROOKS DYAD WALKER (WIDE)	++	++
NEW BALANCE 857	++	++
SAUCONY OMNI WALKER	++++	++++
SAUCONY ECHELON WALKER	+++	+++
MERRELL MOAB	+++	+++

SCHOOL SHOES

	BOYS	GIRLS
ASCENT	SCHOLAR	SCHOLAR
ASCENT	APEX	APEX
ASCENT	APEX MAX	TRINITY
ASCENT	CRUSADE	AVIDA
ASCENT	DEFENDER	EVE
ASCENT		CRUSADE

STABLE CROSS-TRAINERS

	MEN	WOMEN	KIDS
ASCENT SUSTAIN JNR		++	+++
ASICS GEL 800XTR MESH/ LEATHER (RUN)	+++	+++	+++
ASICS GEL 540TR MESH OR SYN/LEATHER (COURT)	+++	+++	+++
ASICS GEL 195TR (RUN) & TRIGGER 9 (KIDS 1-7)	++	++	++
ASICS GEL QUANTUM 360	++	++	
BROOKS LIBERTY 8 (LEATHER OR MESH)	++	++	++
BROOKS FREEDOM 2 (also in black)	+	+	++
BROOKS MAXIMUS XT 9 (LEATHER OR MESH)	+++	+++	+++
BROOKS BELLEVUE			++
NEW BALANCE 857	+++	+++	

NETBALL SHOES

	WOMEN	GIRLS
ASICS GEL NETBURNER SUPER FF	++	(GS JNR)++ (1-7)
ASICS GEL NETBURNER 19	+++	(GS JNR) +++ (1-7)
ASICS GEL NETBURNER PRO FF	++	(GS JNR)++ (1-7)
ASICS GEL NETBURNER BALLISTIC FF MT	++ (NEUTRAL FOOT TYPE)	
BROOKS NET-INTERCEPT (leather or mesh)	+++	+++
MIZUNO WAVE STEALTH	LATERAL SUPPORT	LATERAL SUPPORT
NEW BALANCE 1600 (lateral support)	+	+

TENNIS SHOES

	MEN	WOMEN	KIDS
ADIDAS SOLECOURT BOOST MX PARLEY	++	++	
ADIDAS COURT FF NOVAK	++	++	
ADIDAS UBERSONIC ADIZERO 3M X PARLEY	++		
ASICS GEL RESOLUTION 7	++	++	+++
ASICS GEL SOLUTION SPEED	+	+	
NIKE AIR ZOOM CAGE	++	++	
NEW BALANCE 996 (LATERAL SUPPORT)	+++	+++	

INDOOR SPORTS/SOCCER

	MEN	WOMEN
ADIDAS PREDATOR TANGO	++	++
ASICS GEL NETBURNER BALLISTIC MT	+++	+++
ASICS TACTIC	++	++
ASICS ROCKET 8	++	++
MIZUNO WAVE SUPERSONIC	++++	++++
MIZUNO WAVE LIGHTNING	+++	+++
NOMIS SPOILER	++	++

GOLF SHOES

	MEN	WOMEN
FOOTJOY CONTOUR SERIES	+++	+++
ASICS GEL-ACE TOUR LADY		+++
ECCO	+++	+++
NEW BALANCE NB TOUR	++	++

CRICKET SHOES

ADIDAS TWENTY2YDS HIGH & LOW	++
ASICS ODI (all rounder)	++
ASICS GEL GULLY 5(Batting & fielding)	++
ASICS GEL STRIKE RATE 5 (Batting & fielding)	+++
ASICS GEL SPEED MENACE LO & HI (bowling)	+++
ASICS GEL 300 NOT OUT (all rounder)	+++
ASICS GEL HARDWICKET 5	++ (AND KIDS)

HOCKEY SHOES

	MEN	WOMEN	KIDS
ASICS GEL BLACKHEATH 7	+	+	
ASICS GEL HOCKEY TYPHOON 3	++	++	
ASICS GEL LETHAL BURNER	++	++	

FOOTBALL BOOTS & TOUCH FOOTY

ADIDAS ADIPOWER PREDATOR Powerspine 19	MEN, WOMEN & KIDS
ADIDAS COPA MUNDIAL	MEN & WOMEN & KIDS
ASICS GEL LETHAL BURNER (GRASS/TURF)	M & W
ASICS LETHAL TOUCH PRO 6 (GRASS/TURF)	M & W
ASICS LETHAL ELITE 6 (GRASS/TURF)	M & W & K
ASICS LETHAL TESTIMONIAL 4IT	MEN
ASICS LETHALTIGREOR IT FF	+++ MEN, WOMEN & KIDS
ASICS MENACE	MEN & WOMEN
ASICS GEL LETHAL ULTIMATE IT GS	+++ MEN, WOMEN & KIDS
ASICS LETHAL FLASH IT GS	(7-14)
ASICS DS LIGHT X-FLY 2	(6-14)
ASICS LETHAL TIGHT FIVE (RUGBY – SCREW IN STUDS)	MEN
ASICS WARNO ST2 (RUGBY – SCREW IN STUDS)	MEN
NOMIS THE GLOVE	MEN, WOMEN
NOMIS THE SPARK & MAGNET	WOMEN & KIDS
NIKE HYPERVENOM (acceleration)	MEN, WOMEN & KIDS
NIKE TIEMPO	MEN, WOMEN, & KIDS
NIKE AIR MAGISTA	MEN, WOMEN & KIDS

TRACK & FIELD

ADIDAS DEMOLISHER	++
ADIDAS ARIBA 2 M & W	++
ADIDAS ADIZERO AVANTI (LD)	++
ASICS HYPERSPRINT 7	+
ASICS HYPER MD 7 & LD 7	+ (PLUS KIDS)
ASICS HYPER XCS & HYPER ROCKETGIRL XCS	++
ASICS FAST LAP MD/ ROCKEYGIRL 7	++
ASICS LONG & HIGH JUMP PRO / ASICS HYPERTHROW	++
NEW BALANCE 240 MD & LD	++
NEW BALANCE 330 SDS, MDS & LDS	++
NIKE MUTAMBO LD & MD	+++
NIKE SUPERFLY ELITE	++
NEW BALANCE LUG SPIKE	KIDS

BASKETBALL

ADIDAS N3XT L3V3L	++
ADIDAS MARQUEE BOOST	++
ANDI FLY MOVES LI MID	+++
ANDI GLIDE MID	+
CONVERSE HEATSEEK	+++
NIKE AIR JORDAN	+++
NIKE LE BRON	+++
NIKE HYPERDUNK	+

LAWN BOWLS

ASICS GEL RINK SCORCHER 4	+++
ASICS GEL SHEPPARTON 2	+