

## RECOMMENDED SPORTS & SCHOOL SHOES (SEPTEMBER 2020)

*Muhammad Maarj (Mo) - Sports Podiatrist*

**NARRABEEN SPORTS & EXERCISE MEDICINE CENTRE  
SYDNEY ACADEMY OF SPORT PHONE: (02) 9971 1188**



### RUNNING SHOES

	MEN	MEN	MEN	WOMEN	WOMEN	WOMEN	KIDS
	<i>CONTROL</i>	<i>SUPPORT</i>	<i>NEUTRAL</i>	<i>CONTROL</i>	<i>SUPPORT</i>	<i>NEUTRAL</i>	<i>STABILITY</i>
<b>ADIDAS</b>							
SUPERNOVA		++	+		++	+	
<b>ASICS</b>							
FORTITUDE 9	+++	+++		+++	+++		
FOUNDATION 13	+++ (Wide)	+++ (Wide)		+++ (Wide)	+++ (Wide)		
QUANTUM 360		++	++		++	++	
GT 2000 8	++	+++		++	+++		+++
GT 1000 9	+	++		+	++		+
GEL KAYANO 27	+	+++		+	++		+++
NIMBUS 22			+++			+++	+
CUMULUS 22			++			++	+
DS TRAINER 25		++	+		++	+	
NOOSA TRI 12		+			+		+
<b>BROOKS</b>							
BEAST / ARIEL 20	++++	+++		++++	+++		
ADDICTION 14	+++	+++		+++	+++		
ADRENALINE GTS 20	++	+++		++	+++		+++
TRANSCEND 7	++	+++		++	+++		
RAVENNA 11	+	++		+	++		
DEFYANCE 11		++	+		++	+	
RAVENNA 3		++			++		
GLYCERIN 18		+	+++		+	+++	
GHOST 12 (+GTX)		+	++		+	++	
DYAD 11 (WIDE)		++	++		++	++	
PURE PROJECT		CADENCE 7	FLOW 7		CADENCE 7	FLOW 7	PUREFLOW
<b>MIZUNO</b>							
INSPIRE 16	++	+++		++	+++		
WAVE HORIZON 4	++	+++		++	+++		
WAVE RIDER 24		+	+++		+	+++	
WAVE SHADOW 4		+	+++		+	+++	
WAVE SKY 4 TRI		+	++		+	++	
<b>NEW BALANCE</b>							
VAYGO	+	++		+	++		
940 V4	++	+++		+++	+++		
FRESH FOAM 860 V11	+	++	+	+	++	+	
680 V6		+	+++		+	++	
FRESH FOAM 880 V10		+	+++		+	+++	
<b>SAUCONY</b>							
GUIDE 13	++	+++		++	+++		
OMNI ISO 2	++	+++		++	+++		
HURRICANE 22	+	+++		+	++		
ECHELON		++	++		++	++	
TRIUMPH 18		++	+++		++	+++	
RIDE 13			++			++	

<b>HOKA</b>							
ARAHI 4 OR WIDE	++++	+++		++++	+++		
BONDI 6, 7,SR	+++	+++	++++	+++	+++	+++	
CLIFTON 6	++	++	++	++	++	++	

### **SCHOOL SHOES**

	<b>BOYS</b>	<b>GIRLS</b>
ASCENT	SCHOLAR	SCHOLAR
ASCENT	APEX	APEX
ASCENT	APEX MAX	TRINITY
ASCENT	CRUSADE	AVIDA
ASCENT	DEFENDER	EVE

### **STABLE CROSS-TRAINERS**

	<b>MEN</b>	<b>WOMEN</b>	<b>KIDS</b>
ASCENT SUSTAIN JNR			+++
ASICS GEL 730XTR MESH/ LEATHER (RUN)	+++	+++	
ASICS GEL 500TR MESH OR SYN/LEATHER (CRT)	+++	+++	+++
ASICS GEL 180TR (RUN) & TRIGGER(KIDS 1-7)	++	++	+++
MIZUNO MOMENTUM ( FOR LATERAL STABILITY)	+++	+++	
NEW BALANCE 857 V 2	+++	+++	

### **GRASS/TRAIL RUNNING**

	<b>MEN</b>	<b>WOMEN</b>	<b>KIDS</b>
ADIDAS RESPONSE TRAIL	NEUTRAL	NEUTRAL	
ASICS TRABUCCO 8 (+GTX)	SUPPORT	SUPPORT	
ASICS GEL 2000 GT 8 (TRAIL)	SUPPORT	SUPPORT	+++
BROOKS CASCADIA 15	STABLE NEUTRAL	STABLE NEUTRAL	
BROOKS ADRENALINE ASR 13 (GTX)	CONTROL	CONTROL	
BROOKS GHOST 13 (GTX)	NEUTRAL	NEUTRAL	
BROOKS PUREGRIT 7	NEUTRAL	NEUTRAL	
MIZUNO WAVE RIDER GTX	NEUTRAL	NEUTRAL	
SAUCONY PEREGRINE	SUPPORT	SUPPORT	

### **NETBALL SHOES**

	<b>WOMEN</b>	<b>GIRLS</b>
ASICS GEL NETBURNER 20	++	++
ASICS GEL NETBURNER SUPER GS	++	+++
ASICS GEL BALLISTIC	NEUTRAL	NEUTRAL
ASICS NETBURNER PRO FF	+++	+++
MIZUNO WAVE STEALTH	LATERAL SUPPORT	LATERAL SUPPORT
MIZUNO WAVE MOMENTUM	LATERAL SUPPORT	LSTERSL SUPPORT

### WALKING SHOES

	MEN	WOMEN
ASICS GEL QUANTUM 5	+++	+++
ASICS GEL 195 TR	++	++
BROOKS BEAST WALKER	++++	++++
BROOKS DYAD WALKER 11 (WIDE)	+++	+++
BROOKS ADDICTION WALKER 14 (VELCRO STRAP)	+++	+++

### TENNIS SHOES

	MEN	WOMEN	KIDS
ADIDAS SOLECOURT	++	++	
ADIDAS UBERSONIC	++	++	
ASICS GEL RESOLUTION 8	++	++	+++
ASICS GEL NOVAK	++	++	
ASICS KYRIOS	++	++	
ASICS GEL SOLUTION SPEED FF (CLAY)	++	++	
ASICS CHALLENGER 12	++	++	
MIZUNO WAVE EXCEED TOUR	++	++	
NIKE AIR ZOOM VAPOR X & CAGE 4	++	++	

### GOLF SHOES

	MEN	WOMEN
ADIDAS TOUR 360	+++	+++
ADIDAS CODECHAOS		++
ECCO	+++	+++
FOOTJOY CONTOUR SERIES	+++	+++
NEW BALANCE FRESH FOAM LINKS PRO		++
NEW BALANCE TOUR	+++	+++

### CRICKET SHOES

ASICS ODI (all rounder)	+++
ASICS GEL GULLY 5 (Batting & fielding)	+++
ASICS GEL STRIKE RATE FF (Batting & fielding)	+++
ASICS GEL SPEED MENACE HI & LO(Fast bowling)	+++
ASICS GEL NOT OUT FF GS	+++
ASICS PEAKE GS 6	+++
NEW BALANCE CK 10 V 4	+++
NEW BALANCE CK 4020 V 4	+++

### HOCKEY SHOES

	MEN	WOMEN	KIDS
ASICS GEL ROCKET 9	++	++	
MIZUNO WAVE PANTHERA	++	++	

## FOOTBALL BOOTS

ADIDAS PREDATOR MUTATOR 20	MEN, WOMEN & KIDS
ADIDAS COPA 20	MEN, WOMEN & KIDS
ASICS LETHAL TESTIMONIAL 4IT	MEN
ASICS LETHALTIGREOR IT FF	MEN, WOMEN & KIDS
ASICS GEL LETHAL ULTIMATE (AUSSIE RULES)	MEN, WOMEN & KIDS
ASICS LETHAL STATS 2 (OR) FLASH DS 2	MEN, WOMEN & KIDS (LETHAL SHOT CS3)
ASICS MENACE	MEN, WOMEN
ASICS GEL LETHAL BURNER (GRASS/TURF TRAINER)	MEN & WOMEN
ASICS LETHAL TOUCH (TOUCH FOOTY)	MEN, WOMEN & KIDS
ASICS LETHAL FLASH / DS LIGHT / SPEED RS2	MEN, WOMEN, & KIDS
ASICS WARNO & TIGHT 5 (RUGBY SCREW IN STUDS)	MEN, WOMEN

## INDOOR SPORTS / SOCCER

ADIDAS COPA INDOOR	++	++
ASICS GEL NETBURNER / BALLISTIC MT	+	+
MIZUNO MOMENTUM	+	+
MIZUNO STEALTH	+	+

## CROSS FITNESS (BAREFOOT) SHOES

ASICS GEL BLURR33 2.0	++	++
INOVATE	+	+
MERRELL ROAD GLOVE	+	+
MIZUNO BE ACTIVE	+	+
NIKE FREE 3, 4 & 5	+	+
NEW BALANCE ROO	+	+
REEBOK NANO	+	+

## TRACK & FIELD

ASICS HYPERSPRINT 7	+
ASICS TURBO PHANTOM 3	+
ASICS HYPER MD 7 & LD 7	++
ASICS HYPER XCS & HYPER ROCKETGIRL XCS	++
ASICS COSMORACER MD & LD	++
ASICS LONG & HIGH JUMP	++
ASICS JAVELIN PRO	+++
ASICS FIRESTORM	KIDS

## BASKETBALL

ADIDAS DAME 6	+++
	+++
CONVERSE HEATSEEK	+
NIKE AIR JORDAN	+++
NIKE HYPERDUNK (LIGHT)	+++
NIKE LE BRON	+++

## LAWN BOWLS

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