



Are you looking for an alternative running shoe to your current pair? Or just looking for different style to rotate into your training shoe lineup.

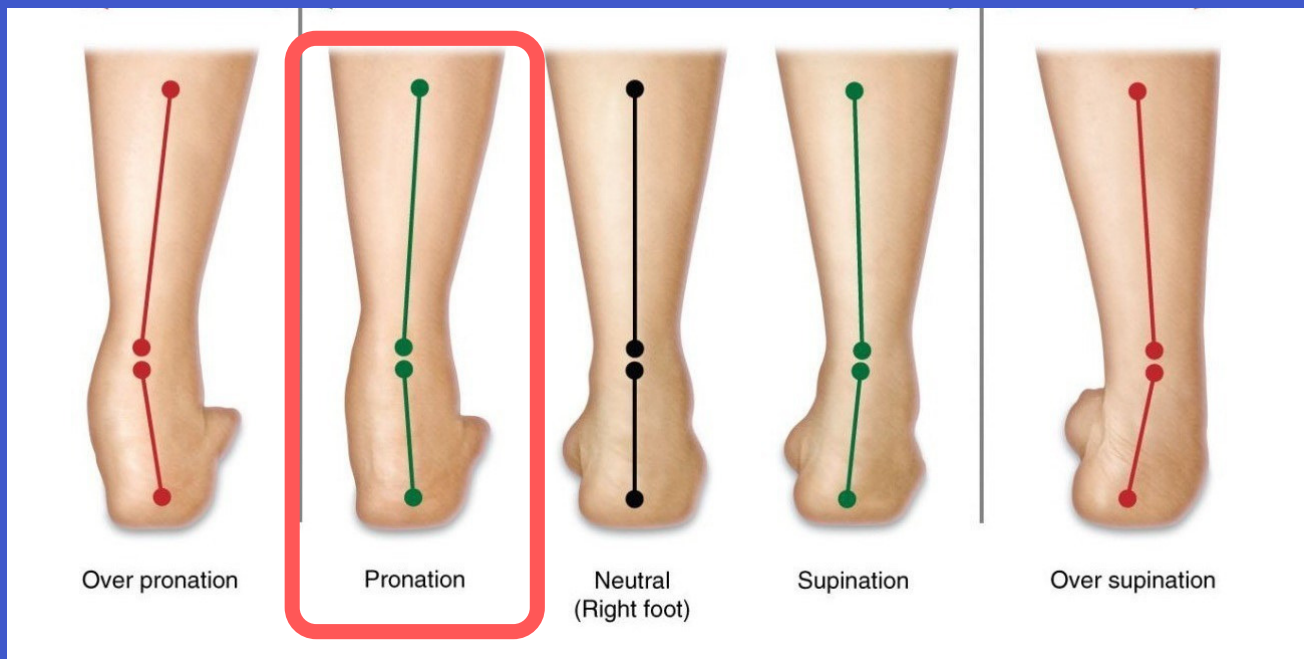
We have put together a guide to help group shoes in the same category which are readily available in Australia .

Find your current shoe on the list and see what other possibilities you have within that category.

Keep in mind this guide does not include all available running shoes but a cross section of the common shoes seen in our clinic.

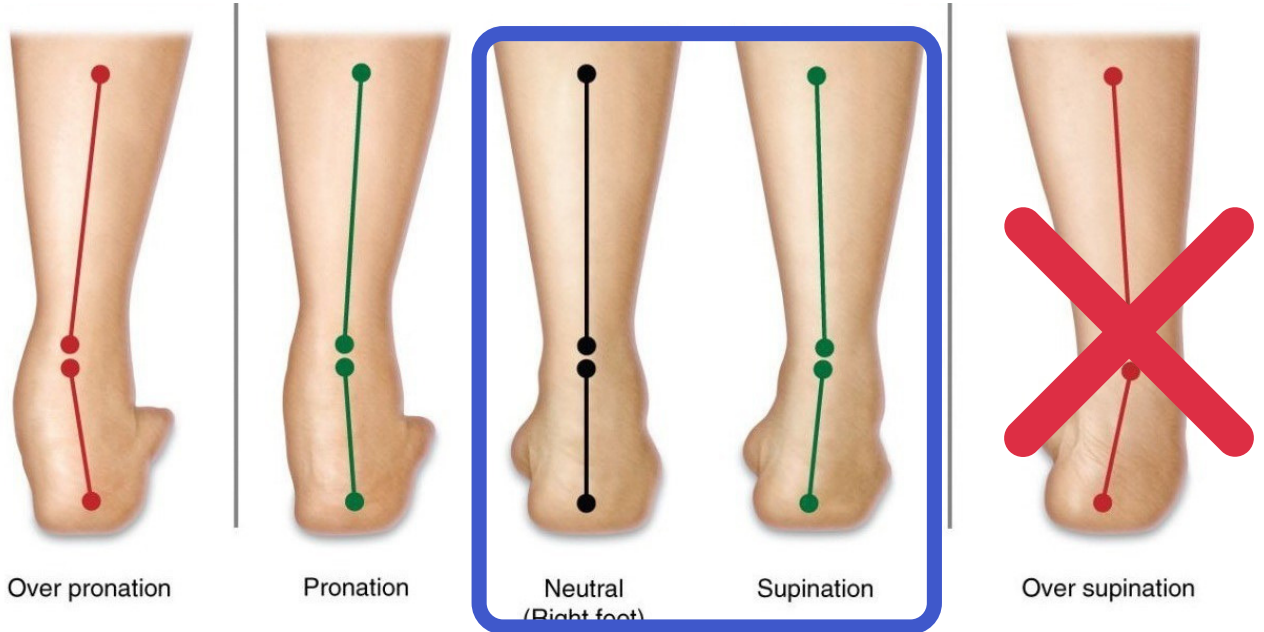
FOOTMEDIX FOOTWEAR GUIDE.

TYPE 1 – STABILITY SHOES . Designed for the pronated foot.



GUIDANCE/STABILITY	WIDTHS	PITCH mm	WEIGHT	PRICE
Brooks Adrenaline GTS18	Y	12	309/258	220
Brooks Ravena 9	Y	10	269/230	200
Brooks Vapour	N	12	337/281	190
ASICS MetaRun	D	10	305/265	360
ASICS Kayano 25	2E/D	12	326/281	260
ASICS Foundation	D 2E 4E	10	348/249	220
ASICS GT2000	D/2E/4E	10	337/266	210
ASICS GT4000	B D/2E	10	295/249	230
MIZUNO Inspire	2E/D	12	302/255	220
MIZUNO Horizon 2	B D	10	330/289	260
MIZUNO Paradox 4	2E/D	12	335/280	240
NEW BALANCE 1260 V7	Y	8	334/278	250
NEW BALANCE 860 V8	Y	10	326/272	200
NEW BALANCE VONGO V3	D	4	300/251	220
NIKE STRUCTURE 21	Y	10	303/272	200
NIKE LUNARGLIDE 9	N	10	264/230	200
HOKA ONE ARAHI	Y	5	369/235	240
HOKA ONE GAVIOTA	N	5	309/254	240
HOKA ELEVON	N	5	297/244	270
SAUCONY GUIDE 9	Y	8	281/238	200

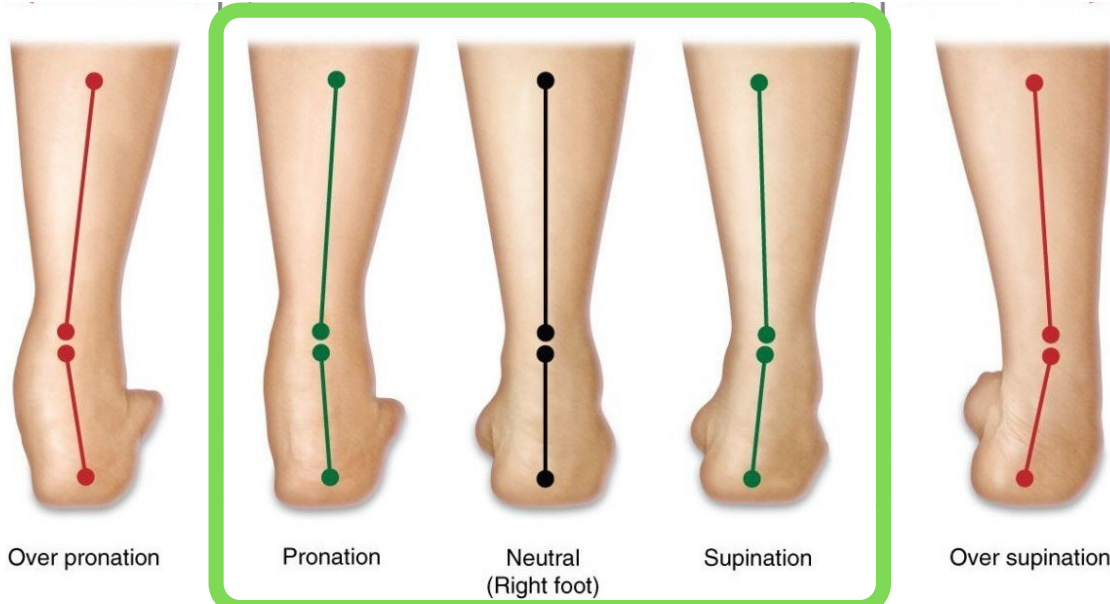
TYPE2- NEUTRAL – Designed for the neutral foot or mildly inverted foot



NEUTRAL	WIDTHS	PITCH	WEIGHT	PRICE
BROOKS Glycerin	2A B D 2E	10	301/266	260
BROOKS Ghost	B D 2E	12	309/269	220
BROOKS Dyad	B D 2E 4E	10	355/298	240
ASICS Nimbus	B D 2E 4E	12	315/254	240
ASICS Cumulus	B D 2E/4E	10	312/246	200
NEW BALANCE 1080	2E/4E	8	314/276	240
NEW BALANCE 890	2E/4E	6	265/228	190
NEW BALANCE IMPULSE	Y	6	258/198	240
NEW BALANCE Fresh foam KAYMIN	2E	10	380/242	120
MIZUNO Wave Rider	2E/D	12	289/247	200
Mizuno Wave Sky	2E/D	10	330/285	240
HOKA Clifton 5	Y	5	266/216	220
HOKA Bondi5	Y	5	310/246	250
SAUCONY RIDE		8	275/241	200
SAUCONY Freedom ISO 2		4	258/232	250
NIKE Pegasus 35-36		10	278/238	180
NIKE Zoom Pegasus Turbo		10	238	220
ADIDAS Ultra boost 19		10	310/268	240

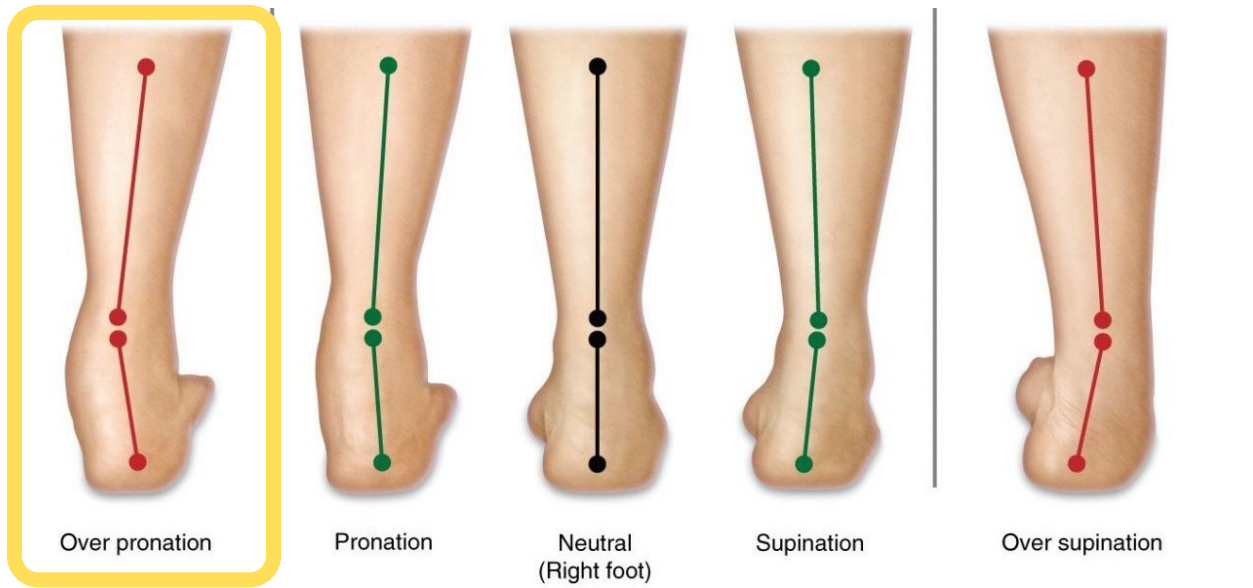
TYPE 3 - LIGHTWEIGHT. Designed for event day – reduced weight however often less durable.

MINIMAL STABILITY however runners often will use a lightweight racing orthotic if needed.



LIGHTWEIGHT	WIDTHS	PITCH	WEIGHT	PRICE
Brooks Neuro 3	D	6	269/258	230
Brooks Hyperion	D	10	269/230	220
Sketchers Go Run Ride	D	6	264/207	
ASICS DS trainer	B D	10	238/198	200
ASICS Roadhawk FF	D	8	248/190	170
ASICS Dynaflyte 2	D	8	254/204	220
ASICS NOOSA FF 2	D	10	238/204	200
MIZUNO Shadow	D	8	250	180
HOKA Men's Hupana	N	5	232/178	200
HOKA Cavu	N	4	231/188	200
HOKA Tracer 2	N	4	217/190	220
HOKA Mach	N	5	231/190	250
NEW BALANCE	Y	8	334/278	250
NEW BALANCE Fresh foam Beacon	Y	6	213/177	160
NIKE Zoom Fly	N	10	248/184	200
NIKE PEGASUS Turbo2	N	10	278/206	180

TYPE4 – STABILITY HEAVY. Designed for the heavy pronator. Usually heavier and bulkier construction to provide extra support.



MOTION CONTROL	WIDTH	PITCH	WEIGHT	PRICE
BROOKS BEAST 18 -MENS	D 2E 4E	12	377	260
BROOKS ARIEL 18- WOMENS	B D	12	327	260
BROOKS ADDICTION 13	D 2E 4E	10	367/324	220
ASICS FOUNDATION	D 2E 4E	10	349/290	220
SAUCONY ECHELON	D 2E	8	339/308	220
MIZUNO HORIZON 3	D 2E	10	340/302	250

Caution

This Shoe list is designed as an informative guide only, for an accurate shortlist of shoes for your individual gait and activity you will need to see your sports podiatrist or physiotherapist.

This list is based on current availability (Australia), performance and popularity.

Note for moderate to severe supinators and pronators , custom orthotics are commonly used to prevent injury and shoe distortion/wear.