

THE TECHNICAL RUNNING SHOE GUIDE

Dennis Rehbock

(A clinical guide)

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This newly revised guide includes Traditional running shoe models available in South Africa,

Carbon plated shoes, Sports socks, Maximalistic running shoes, Minimalistic Running Shoes.

Only shoe & sock models that are available in South Africa are included.



FULL GUIDE

UPDATED 2026

12/2025 ASICS

1/2026 ANTA

1/2026 OLYMPIC

1/2026 ADIDAS

1/2026 NIKE

2/2026 SAUCONY

UPDATED 2026

4/2026 NIKE

6/2026 NEW BALANCE

7/2026 ASICS

7/2026 THE SOCKS

UPDATED 2026

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A Notes about this clinical guide

As the prescription of the correct sport shoe for a patient is a complex task based on numerous factors, this publication is meant as a clinical guide only.

This guide is aimed at cataloging what brands and running shoe models are available in South Africa.

It is NOT able to tell you exactly what model of shoe you should wear.

When choosing the correct running shoe for you and your biomechanics, you may need to go to your sports podiatrist and / or your specialist running shoe store for help.

This guide will include, as far as possible, the shoe model name, the version of the shoe, the stack heights and heel drops. More information like midsole materials and technology, carbon plates are added.

If a shoe model has carbon plates, TPU plates or any similar device in it, it would be included in the Carbon plated / Super shoe category.

The categorization of the sport shoe models in this publication is the opinion of the author based on his professional experience, using available information sourced from experts in the field, the individual sporting companies and information published in sporting magazines and the internet.

This is not a review of the running shoe models that are available.

This newly revised guide includes traditional running shoe models available in South Africa,

Carbon plated shoes, Sports socks, information on maximalistic running shoes, minimalistic Running Shoes.

It is beyond the ambit of this publication to list the individual attributes of each shoe model. For more information on each model consult the individual company.

Where possible Heel Drop values and Midsole Sack values are indicated.

Carbon plates or similar in shoe devices are included.

The information contained in this guide is current at the time of publication, and every attempt has been to ensure accuracy.

PLEASE NOTE THAT OUTDATED BRAND AND BRAND INFORMATION WILL BE CLEARLY MARKED. I sometimes do not get the updated information from the Brands

THE TECHNICAL RUNNING SHOE GUIDE

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RUNNING SHOE STORES IN SOUTH AFRICA

House of speed – Wynberg, Cape Town

Run – Bree street, Cape town - Edward street, Belville

The Sweat Shop – Dunkeld West, Johannesburg –
Claremont, Cape Town

Baseline Runners – Bedfordview, Johannesburg

The Randburg Runner – Randburg, Johannesburg

Run Away Sport – Lynnwood Ridge, Pretoria

Poobie Naidoo's – Gateway, Durban –
Pietermaritzburg, KZN

Kloppers Sport - Bloemfontein – Stellenbosch

The Athlete's Foot – V&A Waterfront, Cape Town

Joma Sport – Woodmead, Atterbury

Sportsmans warehouse – various

Total Sports – various

Diadora store – East Rand Mall

Anta – Melrose arch



CARBON PLATED SHOES / PLATED SHOES

Including other types of plates or inserts that are similar

Established 2019

Updated: 7/2026

Special mentions:

See article: <http://www.footdoctor.co.za/wp-content/uploads/2022/06/CARBON-SHOE-GUIDE-20.6.2022-website-update.pdf>

NEW CARBON PLATED RUNNING SHOES

SUPERSHOES PLATED SHOES

Introduced 7/2019 (32), 9/2019, 12/2020, 6/2021, 6/2022, 7/2022, 9/2022, 2/2023, 8/2023, 12/2023, 3/2024, 5/2024, 10/2024, 11/2024, 2/2025, 09/2025,01/2026, 1/2026, 2/2026, 4/2026, 6/2026, 7/2026

ADIDAS 	ADIDAS ADIOS PRO 4 RF39mm–FF33mm–HD6mm (Energy Rods) 
	ADIDAS ADIOS PRO 3 RF39mm–FF33mm–HD6mm (Energy rods 2.0) 
	ADIZERO PRIME X STRUNG RF50mm-FF43mm-HD7mm (Illegal racer, stack height above legal limit with 2 carbon plates) 
	ADIDAS PRIME X 2 STRUNG RF50mm–FF43mm–HD7mm (Illegal running shoe) (2 Carbon plates) 
	ADIDAS PRIME X 3 STRUNG RF50mm – FF43mm – HD7mm (Illegal shoe) (Energy rods 2.0 and 1 Carbon plate) 
	ADISTAR BYD RF40mm-FF34mm-HD6mm (distance driven carbon infused plate, lightstrike pro and repetitor 2.0 midsole, continental rubber sole) 

ADIZERO BOSTON 13 RF36mm-FF30mm-HD6mm (Energy Rods 2.0)



ADIZERO BOSTON 12 RF39mm-FF33mm-HD6mm (Energy Rods)



ADIZERO TAKUMI SEN 11 RF33mm-26mm-HD7mm (Energy Rods 2.0 [5/10km shoe])



ADIZERO TAKUMI SEN 10 RF33mm-FF27mm-HD6mm (Energy Rods)



ADIZERO ADIOS 9 RF27mm-FF20mm-HD7mm (Nylon Dogbone)



	 ADIZERO EVO SL RF39mm – FF33mm – HD6mm (Nylon Dogbone) Energy rods 2.0, continental rubber outsole   ADIZERO ADIOS 9 RF27–FF20–HD7mm Lightlock upper, Nylon Dogbone a lightstrike Pro midsole and lightraxion outsole with continental.  ADIZERO SL 2 down of the boston 12)  rect break
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ALTRA 	Altra Vanish 
ANTA 	ANTA ROCKET PRO Tempo runs or mid distance training Responsive springy feel Midsole – Dual density midsole – NITROEDGE – for responsive cushioning and good energy return, EVA BASE LAYER – durable and light and to support the softer midsole layer above

ENBEDDED NYLON PLATE – midfoot stability and energy transfer

RIDE – softer than a pure racing flat but firmer than a daily trainer

Stack heights – RF28-FF22–HD6mm (28-22-6mm)

Weight – M 227, W 210



ANTA ROCKET 6.0

Tempo runs or mid distance training

Responsive springy feel

Midsole – NITROEDGE – for responsive cushioning

V-SHAPED ELASTIC PROPULSION PLATE – rebound and forefoot drive during faster running

Moderate fast workouts – tempo, steady state, daily runs

Stack heights – RF28-FF20–HD8mm (28-20-8mm)

Weight – M 295, W 245



ANTA MACH 5

Speed training & tempo runs

Road races 5km to 21km

Midsole – EVA & RUBBER – lightweight cushioning, grip & durability

AW-SHAPED NYLON FORK – enhances snappy roll-off. Cuts lateral torque while allowing forefoot flexibility

Stack heights – RF28-FF22–HD6mm

Weight – M 235



ANTA C202 6.0 PRO

Marathon race day, long tempo runs,

Midsole – DUAL LAYER NITROEDGE PRO FOAM – EVE/TPU BLOWN WITH NITROGEN – high energy return & long run comfort

FULL LENGTH AVIATION GRADE CARBON PLATE – engineered to improve propulsion, reduce ground contact time, smooth out the stride from landing to toe-off

Upper – A-web & xian fiber

Outersole – A-grip pro – high traction & durability

Stack heights – RF33-FF29–HD4mm

Weight – M 190



C 202 G9

Marathon race day, long tempo runs

10km to marathon

Midsole – NITROEDGE PRO FOAM – responsive cushioning & excellent energy return

ENHANCED CARBON PLATE WITH INCREASED CURVATURE TO PROMOTE ROLLING MOTION, REDUCE GROUND CONTACT & IMPROVE PROPULSION

Upper – A-web & xian fiber

Outersole – Full-length liquid anti-slip rubber

Stack heights – RF33-FF29–HD4mm

Weight – M 181



C 202

Marathon race day, long tempo runs

10km to marathon

Midsole – DUAL LAYER NITROEDGE PRO FOAM – EVE/TPU BLOWN WITH NITROGEN – high energy return & long run comfort

EMBEADDED CARBON PLATE FOR PROPULSION WITH INCREASED CURVATURE TO PROMOTE ROLLING MOTION, REDUCE GROUND CONTACT & IMPROVE PROPULSION

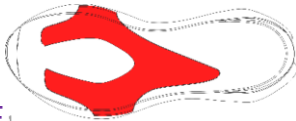
Upper – A-web & xian fiber

Outersole – A-grip pro

Stack heights – RF33-FF29–HD4mm

Weight – M 21



	
ASICS 	SONICBLAST 2 September 2026 RF46–FF38–HD8mm RF45–FF37–HD8mm ASTRO PLATE, FF TURBO² IN FF, FF BLAST MAX IN THE RF, Winged tongue  ASTRO PLATE SHAPE  MAGIC SPEED 5 Midsole – FF LEAP & FF BLAST PLUS – dual midsole composition Full length CARBON PLATE between the 2 midsole layers Outersole – Asicsgrip Stack heights - RF37.5-FF30.5–HD7mm Increased stack heights reduced heel drop, Midsole height – M 31–24 Weight – 196  Asics Metaspeed Sky Tokyo RF39.5-FF34.5–HD5mm Motionwrap, CARBON PLATE, ASICSGRIP FF LEAP, FF TURBO, 170g  Asics Metaspeed Edge RF28-FF20–HD8mm (25-15-9mm)  Asics Metaracer RF24-FF15–HD9mm (25-15-9mm) 

	Asics Glideride 3 RF32-FF26-HD6mm (31-25-6mm) ENERGY SAVING No carbon Plate between the Flytefoam and Flytefoam Blast Rocker sole Guidesole technology 
BROOKS 	Brooks Hyperion Elite 4 RF-FF-HD8mm 
DIADORA 	Gara Carbon 6 – 13 Uk RF40mm – FF34mm – HD5mm Carbon plate, Anima pbx, Duratech 5000 sole 
HOKA 	Mach X 2 RF44-FF39-HD5mm W-RF37-FF32-HD5mm Pebax plate, increased rocker profile, PEBA and EVA midsole foams,  Cielo X 1 RF39-FF32-HD7mm W-RF37-FF-30-HD7mm Winged carbon fiber plate, PEBA, Speed- centric rocker shape  Skyward X RF48-FF43-HD5mm W-RF46-FF-41-HD5mm Convex carbon fiber plate, EVA and peba M/S 
JOMA 	R - 1000 2404 M&L RF-FF-HD7mm ENDOPLATE CARBON FIBER PLATE, Foam reactive midsole, Fly reactive technology, Premium, competition 

	R - 3000 2408 M&L RF-FF-HD8mm CARBON PLATE, Fly reactive technology, Competition, <u>Premium</u> 
	R - 5000 2404 M&L RF-FF-HD6mm CARBON PLATE, Foam reactive midsole, Fly reactive technology, Competition & race walk, <u>Premium</u> 
MIZUNO 	Wave Rebellion Pro 2 RF38–FF36.5-HD2.5mm Mizuno Energy Lite, Mizuno Energy Lite+  Wave Rebellion Flash 2 RF35–FF34.5-HD0.5mm Mizuno Energy Lite, Mizuno Energy Lite+  Wave Rebellion Sonic 2 RF32–FF24-HD8mm Mizuno Energy foam, Mizuno Wave plate 
NEW BALANCE 	FUELCELL PROPEL v5 Widths (M/W): D B RFmm - FFmm - HDmm Weight (M/W): 280 g Everyday running Midsole – 2 layer FuelCellmidsole 10/35 durometer combined with a full length TPU plate

	 SC ELITE v5 – SPEED COLLECTION Widths (M/W): D B RF40mm - FF32mm – HD8mm Neutral marathon racing shoe Weight (M/W): 215 g 165 g Midsole – FuelCell cushioning, Ultra responsive PEBA midsole and a <u>carbon fiber plate.</u>
	 FUELCELL SC TRAINER v4 – SPEED COLLECTION Widths (M/W): D B RFmm - FFmm – HD6mm Neutral marathon racing shoe Weight (M/W): 271 g Midsole – 2 layer PEBA blend for energy return. New curved <u>carbon fiber plate</u>
NIKE 	NIKE VAPORFLY NEXT% 4 Technology: ZOOMX foam-cushioning, full length CARBON PLATE weight M8.5 169g Heel 35mm, Forefoot 29mm, offset 6mm  NIKE ZOOM ALPHAFLY NEXT % 3

	Technology: ZOOMX foam-cushioning, full length CARBON PLATE, ATOM KNIT UPPER, VISIBLE ZOOM AIR PODS, continuous bottom connects heel and forefoot. Fast shot outsole for lightweight, traction and durability Weight M10 220g,W8 176g Heel M10 40mm, Forefoot 30mm, offset 10mm  NIKE ZOOM FLY 6 Road Racing Technology: ZOOMX AND SR-02 MIDSOLE FOAMS, full length CARBON FIBER FLYPLATE, TWO LAYER WOVEN MESH UPPER Weight M10 256g, W8 218g Heel 42mm, Forefoot 34mm, offset 8mm 
MR PRICE MAXED 	Maxed Elite Hi Racer (MAXED ELITE) R2700 Full carbon plate, Pebax midsole  Elite KM (MAXED ELITE) R1300 Torsion plate  Elite Zeus Running (MAXED ELITE) R800 Carbon propel technology 
OLYMPIC 	STREAK Hybrid road & offroad performance shoe – street cross trainer Short distance to ultra marathons Gym training CARBON PLATE EMBEDDED IN MIDSOLE Midsole – PU cushioning system Stack heights – RF-FF–HD8m Weight – M 280

	
PUMA 	PUMA FAST - R NITRO ELITE RF38-FF30-HD8mm Propulsive racer, Nitro elite, PWRPLATE  PUMA FAST - FWD NITRO ELITE RF36-FF27-HD9mm 5 – 10KM racer, Nitro elite, PWRPLATE  PUMA DEVIATE NITRO ELITE 2 RF38-FF30-HD8mm Propulsion, Nitro elite, PWRPLATE  PUMA DEVIATE NITRO 2 RF38-FF30-HD8mm Propulsion, Nitro elite, PWRPLATE – forked ff plate 
SALOMON 	SALOMON S-LAB PHANTASM 2 RF-FF-HD9mm LRacing shoe, CARBON ENERGY BLADE, Optifoam  SALOMON S-LAB SPECTUR RF-FF-HD8mm LRacing shoe, CARBON ENERGY BLADE, Optifoam, Stability  SALOMON S-LAB SPECTUR 2 RF-FF-HD8mm Racing shoe, CARBON ENERGY BLADE, Optifoam, Stability

	SPECTUR 2 
SAUCONY 	ENDORPHIN PRO 5 RF39.5-FF31.5-HD8mm SLOTTED CARBON FIBER PLATE. PWRRUN HG FOAM (energy return) & PWRRUN PB FOAM (soft cushion & energy return)  ENDORPHIN SPEED 5 RF36-FF28-HD8mm – Re - engineered <u>nylon plate</u>, men & ladies, PWRRUN PB, Super critical sockliner, XT 900 carbon outersole, smooth SPEEDROLL technology  ENDORPHIN ELITE 2 RF39.5-FF31.5-HD8mm – Premium fast and light race day shoe, SPEEDROLL technology, New RUN FOAM midsole material, <u>Full length carbon fiber plate</u>, unisex, PWRRUN PB sockliner, PWRTRAC rubber outersole 
ON 	ON CLOUDSURFER 7 RF–FF-HD6mm – Performance running, Cloudtec No speedboard, Helion superfoam  ON CLOUDGO RF–FF-HD6mm – Cloudtec cushioning TPU Speedboard, Helion super foam  ON CLOUDSTRATUS RF–FF-HD6mm – Performance running, Cloudtec layers, PP speedboard, Helion superfoam 

	
NOT AVAILABLE IN SA	Anta C202 GT Atreyu 'The artist' BMAI 42Km Turbo Craft CTM Ultra Carbon Dowin Speedster Fila Racer Carbon Health Hiracer Li-Ning Feidian Elite 2.0, Li-Ning Feidian Elite 1.0 Li-Ning Feidian Challenger 2.0, Li-Ning Jueying Qiaodam Fetying PB Scott Speed Carbon RC XStep 160X Pro, XStep 160X 2.0, XStep 160X 1.0, XStep 160X 1.0 Knit



THE TRUTH ABOUT THE “SUPER SHOES”

Forget the hyperbole and folklore, these are the facts.

SUMMARY:

- Repeated research indicates there is an energetic advantage*
- However, this advantage is athlete specific.
- There is no universal advantage.
- All shoes are characterised by a carbon fibre or nylon hybrid plate, high stack heights and defined geometry.

Super shoes may reduce the net energy loss without increasing the mechanical demand at the ankle as we would expect.
Farina et al 2019 Footwear Science 11:S1

Positioning of the plate closer to the foot will improve performance but care should be taken to not alter the perceived comfort and/or increase injury risk.

Flores, N. et al, (2019) The stiff plate location into the shoe influences the running biomechanics, Sports Biomechanics, published online.
<https://www.worldathletics.org/news/press-releases/modified-rules-shoes>

All super shoes are characterized by radical geometry, with most incorporating a large rocker.

? protective benefits with regards to attenuating muscle soreness, damage and inflammation.
Kelly B., et al 2019 Footwear Science 11:S1

The foams in most super shoes are not EVA based, but hybrids or technical new materials like PEBAX.

World Athletics has decreed that the heel stack must not exceed 40mm.
<https://www.worldathletics.org/news/press-releases/modified-rules-shoes>

Only one carbon fibre plate is permitted.
<https://www.worldathletics.org/news/press-releases/modified-rules-shoes>

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From Simon Bartold

<https://www.bartoldclinical.com/infographic-the-truth-about-the-super-shoes-and-running-shoe>


BIOMECHANICAL SHOE GUIDE
<i>Established 1999</i>
Updated: 7/2026

STRONG ANTIPRONATION / MOTION CONTROL
RUNNING SHOES

Updated: 08/99 (109), 8/2021, 10/2021, 6/2022, 7/2022, 10/2022, 2/2023, 3/2024, 5/2024, 10/2024, 11/2024, 4/2025, 7/2025, 8/2025, 1/2026, 2/2026, 6/2026, 7/2026

ADIDAS 	SOLAR CONTROL RF29.5mm–FF19.5–HD10mm Inc boost pellets, stable L.E.P 2.0 frame, Stable Platform
ASICS 	GT4000 4 RF28–FF20–HD8mm (27-19-8mm) BUNION WINDOW, 2E width only, FLYTEFOAM, FF BLAST m/s, PUREGEL in heel, Litetruss GEL KAYANO 33 RF40–FF32–HD8mm ADAPTIVE STABILITY, FF Blast MAX, FF Blast PLUS, PureGEL technology, Fluid support, slight firmer feel, Hybrid ASICSGRIP technology o/s, 4D guidance system to FluidSupport - In GEL-KAYANO 33, a softer top layer of FF BLAST MAX is layered over a denser layer of FF BLAST PLUS, working together to provide stability while maintaining a smooth, comfortable ride. FLUIDSUPPORT technology delivers seamless support and comfort through dual-layer cushioning and advanced geometry. In GEL-KAYANO 33, a softer top layer of FF BLAST™ MAX is layered over a denser layer of FF BLAST™ PLUS, working together to provide stability while maintaining a smooth, comfortable ride. The reconfigured outsole further enhances that comfort, ensuring seamless transitions from heel strike to toe-off.  GEL-KAYANO™ 33  GEL-KAYANO™ 32
	Addiction GTS 15 RF24-FF12 12mm Cushion Support
HOKA 	Graviota 5 RF39–FF33-HD6mm W-RF37–FF31-HD6mm Arahi 7 RF37-FF32-HD5mm W-RF34-FF29-HD5mm
NEW BALANCE 	860 v15 – COMFORT & SUPPORT FRESH FOAM X Widths (M/W): D, 2E, 4E B, D RF39.9mm – FF33.9mm – HD6mm Firm cushioned traditional stability shoe Weight (M/W): 30 (g) 243 (g) Midsole - Fresh Foam X (FFX) – top layer 12/40 bottom layer 15/45 Outersole - Ndurance & solid rubber
NIKE 	NIKE STRUCTURE 26 - Everyday Road running UPPER; Updated engineered mesh for optimal, comfort, breathability and support. MIDSOLE: Full ReactX OUTSOLE: High abrasion rubber in the heel for durability and traction, blown rubber in the forefoot for lightweight durability. Weight M10 321g, W8 262g Heel 29mm, forefoot 28mm, offset 10mm NIKE STRUCTURE PLUS – Everyday Road Running UPPER; Nuanced structural overlays help the silhouette feel more secure, and an engineered mesh upper delivers zonal breathability and support. A plush collar and tongue add comfort and containment while contributing to an improved fit

	MIDSOLE: The midfoot support system pairs with a ZoomX midsole and ReactX foam carrier that provide exceptional cushioning, reducing impact on the body. This combination of support and cushioning helps deliver the stability runners need while maintaining a more comfortable, fluid running experience — all without the use of firmer materials or rigid medial structures traditional to stability footwear. Weight W8: 248g; M10: 309g Heel 42mm, forefoot 32mm, offset 10mm The Structure Plus has received the American Podiatric Medical Association Seal of Acceptance, which is awarded to footwear and other products found to promote good foot health.
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MILD ANTIPRONATION / STABILITY RUNNING SHOES

Updated: 8/99 (113) ,5/2021,8/2021 10/2022, 2/2023, 4/2023, 6/2023, 3/2024, 5/2024, 10/2024, 4/2025,7/2025, 8/2025, 1/2026, 2/2026, 7/2026

ADIDAS	SUPERNOVA SOLUTION RF35mm – FF25mm – HD10mm Dreamstrike+ Power foam, Foam stability support rods SUPERNOVA SOLUTION 2 RF37mm-FF27mm-HD10mm (Dreamstrike+ power foam, improved Sandwich mesh upper) SUPERNOVA SOLUTION 3 RF37mm-FF29mm-HD8mm (denser foam in midfoot to offer enhanced stability)
ALTRA	Experience Form RF32–FF28–HD4mm (M). RF30 – FF26 - HD4mm (W)
ASICS	GEL KAYANO 33 RF40–FF32–HD8mm ADAPTIVE STABILITY, FF Blast MAX, FF Blast PLUS, PureGEL technology, Fluid support, slight firmer feel, Hybrid ASICSGRIP technology o/s, 4D guidance system to FluidSupport - In GEL-KAYANO 33, a softer top layer of FF BLAST MAX is layered over a denser layer of FF BLAST PLUS, working together to provide stability while maintaining a smooth, comfortable ride. Gel Kayano Lyte 2 RF23–FF15–8HDmm (22-14-8mm) No medial post Flytefoam NANO GT 2000 15 August 2026 D/2E RF38–FF30–HD8mm (37-29) FF blast MAX midsole (low density), Puregel technology, Rearfoot visible gel, 3D Guidance, trampoline Pods . GT 1000 15 RF34.5–FF26.5–HD8mm (33.5-25.5-8mm) (33.5-25.5) Flyte Foam Blast midsole, PUREGEL, FLYTEFOAM BLAST +, PureGel, 3D Guidance system, Outersole – AHARPLUS & AHAR GT PERSUE 10 RF25–FF17–HD8mm (24-16mm) Neutral to support, FLYTEFOAM BLAST +, PureGel,
BROOKS	Adrenaline GTS 24 RF24-FF12-HD12mm Cushion me Guide rails Launch GTS 11 (guidance section – bet N and MAP) RF22-FF12-HD10mm Speed - BIOMOGO DNA M/S. Guide rails. GTS – go to support Glycerin 22 GTS RF24–FF14-HD10mm DNA Loft v3
HOKA	Graviota 5 RF39–FF33-HD6mm W-RF37–FF31-HD6mm Arahi 7 RF37-FF32-HD5mm W-RF34-FF29-HD5mm
MIZUNO	Wave Inspire 20 RF37.5–FF25.5-HD12mm Mizuno wave – support type, Mizuno Wave, Mizuno Enerzy Wave Inspire 20 SP RF37.5–FF25 – HD12mm Mizuno wave – support type, Mizuno Wave, Mizuno Enerzy Wave Equate 8 RF37–FF25-HD12mm Mizuno wave – support type, Mizuno Double Fan Shaped Wave (support), Mizuno Enerzy Wave Paradox 5 RF39.5–FF25 – HD12mm Mizuno wave – support type, Mizuno Double Fan Shaped Wave (support), Mizuno Enerzy
NEW BALANCE	

	
NIKE 	NO
PUMA 	Deviate Nitro – RF40-FF30-HD8mm Innoplite / carbon composite plate - Nitrofoam – “Max cushioning with improved efficiency for long runs”
SAUCONY 	GUIDE 19 RF35-FF29-HD6mm PWRRUN FOAM - TUNED FOR ROADA new blend of EVA that incorporates high performance thermoplastics and an improved molding process that delivers the perfect blend of lightweight, bounce, cushion, and an enhancement of Center Path technology. HURRICANE 25 RF38-FF32-HD6mm PWRRUN PB & PWRRUN FRAME, Max cushioning & protection, Ortholite sockliner,
UNDER ARMOUR 	Hovr Guardian 3 RF26.5–FF18.5-HD8mm

NEUTRAL RUNNING SHOES

Updated: 8/99 (128) 9/2022, 10/2022, 12/2022, 2/2023, 4/2023, 8/2023, 3/2024, 5/2024, 10/2024, 11/2024, 4/2025, 7/2025, 8.2025, 1/2026, 2/2026, 4/2026, 6/2026, 7/2026

ADIDAS	ULTRA BOOST 5 RF31mm–FF21mm-HD10mm 30% lighter BOOST material - Ultra responsive, Upper - Primeknit+ forge – torsion midfoot support ULTRARUN 5 RF27mm–FF17mm-HD10mm ULTRA BOUNCE RF25mm – FF16mm – HD – 9mm SUPERNOVA RISE RF36mm – FF26mm – HD10mm SUPER NOVA RISE 2 RF29mm–FF19mm–HD10mm SUPER NOVA RISE 3 RF37mm–FF29mm–HD8mm SUPERNOVA PRIMA RF31mm- FF23–HD8mm Wider (the supernova workhorse) SUPERNOVA PRIMA 2 RF38mm-FF30mm-HD8mm (improved woven upper) ADISTAR 3 RF40mm-FF34mm-HD6mm (long easy-pace run, max cushioning shoe) ADISTAR 4 RF40.9mm-FF35.4-HD5.5mm (improved mono mesh upper) DURAMO SL RF33mm - FF23.5mm-HD9.5mm Training to achieve your PB, or even just trying to make the bus stop on time. DURAMO SPEED RF35mm-FF28.5mm-HD6.5mm Fast mid-distance running shoe. DURAMO SPEED 2 RF32mm-FF26mm-6mm Train with purpose DURAMO SL 2 RF32mm-FF23-HD9mm Start with ease
ALTRA	Escalante 3 RF25–FF25-HD0mm M&W Torin 7 RF30–FF30-HD0mm M&W Rivera 3 RF28-FF28-HD0mm M&W Experience Flow RF32–FF28–HD4mm (M). RF30 – FF26 - HD4mm (W)
ANTA	ANTA ROCKET PRO Tempo runs or mid distance training Responsive springy feel Midsole – Dual density midsole – NITROEDGE – for responsive cushioning and good energy return, EVA BASE LAYER – durable and light and to support the softer midsole layer above ENBEDDED NYLON PLATE – midfoot stability and energy transfer RIDE – softer than a pure racing flat but firmer than a daily trainer Stack heights – RF28-FF22–HD6mm (28-22-6mm) Weight – M 227, W 210 ANTA ROCKET 6.0 Tempo runs or mid distance training Responsive springy feel

	Midsole – NITROEDGE – for responsive cushioning V-SHAPED ELASTIC PROPULSION PLATE – rebound and forefoot drive during faster running Moderate fast workouts – tempo, steady state, daily runs Stack heights – RF28-FF20–HD8mm (28-20-8mm) Weight – M 295, W 245 ANTA MACH 5 Speed training & tempo runs Road races 5km to 21km Midsole – EVA & RUBBER – lightweight cushioning, grip & durability AW-SHAPED NYLON FORK – enhances snappy roll-off. Cuts lateral torque while allowing forefoot flexibility Stack heights – RF28-FF22–HD6mm Weight – M 235 ANTA WALK 1.5 / JOURNEY WALKER 1.5 Daily walking, light jogging Midsole – G7 MIDSOLE TECHNOLOGY – Cushioning & moderate energy return NO PLATE Outersole - rubber Stack heights – RF31-FF23–HD10mm W 31-23-10mm Weight – M 270 W 220 ANTA WALK 2.0 / JOURNEY WALKER 2 Daily walking, light jogging Midsole – G7 MIDSOLE TECHNOLOGY – Softer high shock absorption foam NO PLATE Outersole – A grip rubber Stack heights – RF33-FF25–HD8mm W 33-25-8mm Weight – M 260 W 220 ANTA BALLERO 3.0 SE Smooth cushioning with moderate rebound Light to medium daily running, gym cardio & active lifestyle Midsole – NITROEDGE FOAM – EVE/TPU BLOWN WITH NITROGEN – high energy return NO PLATE Outersole - rubber Stack heights – RF30-FF22–HD8mm Weight – M 300 ANTA C202 6.0 PRO Marathon race day, long tempo runs,
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	Midsole – DUAL LAYER NITROEDGE PRO FOAM – EVE/TPU BLOWN WITH NITROGEN – high energy return & long run comfort FULL LENGTH AVIATION GRADE CARBON PLATE – engineered to improve propulsion, reduce ground contact time, smooth out the stride from landing to toe-off Upper – A-web & xian fiber Outersole – A-grip pro – high traction & durability Stack heights – RF33-FF29–HD4mm Weight – M 190 C 202 G9 Marathon race day, long tempo runs 10km to marathon Midsole – NITROEDGE PRO FOAM – responsive cushioning & excellent energy return ENHANCED CARBON PLATE WITH INCREASED CURVATURE TO PROMOTE ROLLING MOTION, REDUCE GROUND CONTACT & IMPROVE PROPULSION Upper – A-web & xian fiber Outersole – Full-length liquid anti-slip rubber Stack heights – RF33-FF29–HD4mm Weight – M 181 C 202 Marathon race day, long tempo runs 10km to marathon Midsole – DUAL LAYER NITROEDGE PRO FOAM – EVE/TPU BLOWN WITH NITROGEN – high energy return & long run comfort EMBEADDED CARBON PLATE FOR PROPULSION WITH INCREASED CURVATURE TO PROMOTE ROLLING MOTION, REDUCE GROUND CONTACT & IMPROVE PROPULSION Upper – A-web & xian fiber Outersole – A-grip pro Stack heights – RF33-FF29–HD4mm Weight – M 210 PG 7 Running & gym cross trainer Midsole – NON PLATED Upper – Anatomically wide toe box & memory foam insole Outersole – A-grip Stack heights – RF-FF–HD6mm Weight – M 280
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ASICS 	GEL-NIMBUS 28 Iconic comfort, now in a lighter package Maximum comfort & cushioning Midsole – full length FF BLAST PLUS and PUREGEL Stack heights - RF43.5-FF35.5–HD8mm W 42.5-34.5-8mm Midsole height – M 32–24, W 31–23 Weight – M 281, W 242 Gel Nimbus Lite 3 M D/2E W B/D Flytefoam RF25-FF15–HD10mm (27-14-13mm) M 270g W 220g MAXIMUM COMFORT, Plush ride GEL-CUMULUS 28 Your go – to daily trainer with more snap Maximum comfort & cushioning Midsole – full length FF BLAST PLUS and PUREGEL Outersole – Fluidride with Asics LO-HRD rubber pod in heel Stack heights - RF38.5-FF30.5–HD8mm W 37.5-29.5-8mm Midsole height – M 32-24, W 31–23 Weight – M 259, W 223 MetaRide <u>RF31–FF31–HD0mm</u> ENERGY SAVING No carbon plate GlideRide 3 RF32-FF26–HD6mm (31-25-6mm) ENERGY SAVING No carbon Plate between the Flytefoam and Flytefoam Blast Rocker sole Guidesole technology GlideRide MAX RF33-FF27–HD6mm (32-26mm) FF BLAST, CO / FF BLAST MAX, Guidesole technology, TPU plate between the 2 layers of foam, Evoride RF27-FF22–HD5mm (26-21-5mm) ENERGY SAVING, Flytefoam SUPERBLAST 3 Faster / Train More stack, more bounce, more energy, more comfort Maximum comfort & cushioning Midsole – FF BLAST PLUS (bottom layer) and FF LEAP (top layer) Trampoline pod set-up for extra energy underfoot Outersole – Asicsgrip Stack heights – RF47-FF39–HD8mm Midsole height – M 38–30 Weight – M 239 MEGABLAST RF46–FF38–HD8mm Flytefoam TURBO foam midsole SONICBLAST 2 September 2026 RF46–FF38–HD8mm RF45–FF37–HD8mm ASTRO PLATE, FF TURBO² IN FF, FF BLAST MAX IN THE RF, Winged tongue  ASTRO PLATE SHAPE
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	NOVABLAST 6 RF41.5FF33.5–HD8mm (40.5-32.5) FF TURBO², FFBLAST MAX m/s, Soft cushioning, FF Turbo² trampoline pods – bounce effect, Tongue wing construction Gel Pulse 13 RF23–FF13–HD10mm (23-13-10mm) Amplifoam m/s Gel Excite 9 RF23–FF13–HD10mm (22-12-10mm) Amplifoam m/s
BROOKS 	Ghost Max 2 RF25-FF13-HD12mm Cushion me - Loft DNA v3. Same tooling as Adrenaline GTS. 2E Width also available Glycerin Max RF28–FF18-HD10mm Cushion me – Loft DNA v3 Nitrogen-Infused Ghost 16 RF25-FF13-HD12mm Cushion me - Loft DNA v3. Same tooling as Adrenaline GTS. 2E Width also available Glycerin 22 RF28–FF18-HD10mm Cushion me – Loft DNA v3 Nitrogen-Infused Launch 11 RF24-FF14-HD10mm Speed - Lightweight DNA cushioning M/S Launch GTS Trace 3
DIADORA 	Nucleo 2 Men & women. 6 – 13 Uk RF35mm – FF30mm – HD5mm Anima midsole, Duratech 5000 outersole, Nucleo 2 Y <u>Youth</u> model. 1 – 6 Uk RF35mm – FF30mm – HD5mm Anima midsole, Duratech 5000 outersole Vigore 3 Men & women. 6 – 13 Uk (4 – 8 Uk) RF38mm – FF27mm – HD11mm Anima BLUSHIELD TECHNOLOGY midsole, Duratech 5000 outersole Volo 4 Men & women. 6 – 13 Uk (4 – 8 Uk) RFmm – FFmm – HD10mm (w – 9mm) Anima BLUSHIELD TECHNOLOGY midsole, Duratech 5000 outersole Mythos Blushield Volo 4 Hip 6 – 13 Uk RFmm – FFmm – HD10mm Anima BLUSHIELD TECHNOLOGY midsole, Duratech 5000 outersole Strada 2 Entry level. 6 – 13 Uk RFmm – FFmm – HD10mm Anima midsole, Duratech 5000 outersole Passo 5 Men & women. Entry level. 6 – 12 Uk (3 – 8 Uk) RF35mm – FF30mm – HD5mm Anima midsole, Duratech 5000 outersole

HOKA 	Clifton 9 RF38–FF33-HD5mm W-RF37–FF32-HD5mm Bondi 8 RF33–FF29-HD4mm W-RF31–FF27-HD4mm Mach 6 RF37–FF32-HD5mm W-RF35–FF30-HD5mm Skyflow M-RF40–FF35-HD5mm W-RF31–FF26-HD5mm
INOV-8  ALL TRAIL & OTHER ADVENTURE SHOES	Trailfly Ultra 300 AX RF 25 –FF 19 - HD6mm Width 5 ; Cleats 4mm ; Powerflow Max Midsole ; Graphene Grip Rubber Outsole Terraultra G 270 RF 12 – FF 12 - HD0mm Width 5 ; Cleats 4mm ; Powerflow Max Midsole Graphene Grip Rubber Outsole Trailtalon 290 RF19 – FF11 - HD8mm Width 4 ; Cleats 4mm ; Two Piece Powerflow Midsole ; Inov-8 Rubber Outsole Trailtalon 235 RF11– FF7 - HD4mm ; Width 4 ; Cleats 4mm ; Powerflow Midsole ; Inov-8 Rubber Outsole Parkclaw G 280 RF20 – FF12 - HD8mm Width 5 ; Cleats 4mm ; Graphene Grip Outsole Rubber ; G-Fly Midsole Roclite G 275 RF16 – FF8 - HD8mm Width 3 ; Cleats 6mm ; Powerflow Midsole; Graphene Grip Outsole Rubber Roclite G 290 RF11– FF7 - HD4mm Width 3 ; Cleats 6mm ; Powerflow Midsole ; Graphene Grip Rubber Outsole Roclite Pro G 400 GTX RF20 – FF12 - HD8mm Width 4 ; Cleats 6mm ; Gore-Tex, Schoeller upper ; Powerflow Midsole ; Graphene Grip Rubber Outsole F-Lite G 230 RF9 – FF6 - HD3mm Width 2 ; Fitness, Cardio. Graphene Grip Rubber Outsole F-Lite 245 RF9 – FF6 - HD3mm Width 4 ; Fitness, Cardio. Exteroflow midsole ; Inov-8 Rubber Outsole Bare-XF 210 RF3 – FF3 - HD0mm Width 3 ; Training, Barefoot walking / running, yoga ; Inov-8 Rubber Outsole F-Lite G 300 RF14 – FF8 - HD6mm Width 5 ; Fitness, Training ; Graphene Grip Rubber Outsole
JOMA 	R - 2000 2404 M&L RF-FF-HD10mm Stable ?, Foam reactive midsole, Fly reactive technology, <u>Premium</u> R - 4000 2404 M&L RF-FF-HD6mm Neutral, Foam reactive midsole, Fly reactive technology, <u>Premium</u> R - 6000 2404 M&L RF-FF-HD8mm Stable ?, Foam reactive midsole, Fly reactive technology, <u>Premium</u> ACTIVE RF-FF-HDmm Neutral, <u>Initiation</u> VITALY RF-FF-HD10mm <u>Initiation</u>, neutral, Foam reactive midsole, Fly reactive technology META RF-FF-HD10mm Neutral, <u>Initiation</u>, Foam reactive midsole, Fly reactive technology TITANIUM RF-FF-HD6mm Neutral, <u>Training</u>, Foam reactive midsole, Fly reactive technology VICTORY RF-FF-HD8mm Neutral, <u>Training</u>, Foam reactive midsole, Fly reactive technology, Dual density phylon midsole SPEED RF-FF-HD10mm Neutral, <u>Training</u>, Foam reactive midsole, Fly reactive technology FENIX 8 RF-FF-HD8mm Neutral, <u>High performance</u> VIPER RF-FF-HD6mm Stable, <u>High performance</u> SUPERCROSS RF-FF-HD8mm Stable, <u>High performance</u> HISPALIS RF-FF-HD10mm Stable
MIZUNO 	Wave Neo Ultra RF39–FF31-HD8mm Mizuno Enerzy Series, Wave m/s Wave Neo Wind RF36.5–FF^1 5-HD12mm Mizuno Enerzy Lite, Wave Plate m/s Wave Prophecy 13 RF38–FF27.5-HD10.5mm Infinity wave midsole Wave Sky 7 RF41–FF33-HD8mm Mizuno Enerzy Core / Mizuno Enerzy:

	Wave Rider 27 RF38.5–FF26.5–HD12mm Mizuno Wave, Mizuno Enerzy Wave Rider 27 WIDTH OPTION RF38.5–FF26.5–HD12mm Mizuno Wave, Mizuno Enerzy, Wave plate Wave Sunrise 5 RF37.5–FF29.5–HD8mm Mizuno Wave, Mizuno Enerzy, Wave plate Wave Ultima 15 RF38.5–FF26.5–HD12mm Mizuno Wave, Mizuno Enerzy, Wave plate Wave Kizuna 3 RF36–FF24–HD12mm Mizuno Wave, Mizuno Enerzy, Wave plate Wave Prodigy 5 RF36–FF24–HD12mm Mizuno Wave, Wave plate Wave Stream 2 RF37.5–FF25.5–HD12mm Mizuno Wave Wave Revolt 3 RF34–FF26–HD8mm Mizuno Wave, Wave plate Enerzy runnerZ RF31–FF23–HD8mm Mizuno Wave, Wave plate Wave Horison 7 RF41–FF33–HD12mm Mizuno Wave, Wave plate
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NEW BALANCE 	1080 v15 - COMFORT COLLECTION Width : M2E LD RF39.9mm – FF33.9mm – HD6mm Weight : 261g Everyday running shoe – new cushioning tech - Infinion (12/35) durometer Outersole Ndurance 880 v15 - COMFORT COLLECTION FRESH FOAM X Widths (M/W): D, 2E, 4E B, D RF32mm – FF26mm – HD6mm Weight (M/W): 270 (g) 209 (g) (Available in Kids) Firm cushioned traditional neutral shoe – multiple widths Midsole - Fresh Foam X (FFX) –12/40 durometer Outersole - Ndurance & solid rubber ELLIPSE v1 – COMFORT COLLECTION FRESH FOAM X RF37.9mm – FF29.9mm – HD8mm Weight (M/W): 260 (g) 206 (g) Midsole - Fresh foam X midsole (12/40 durometer) Outersole – Ndurance 680 v9 - COMFORT COLLECTION FRESH FOAM X Widths (M/W): 2E D RF29mm – FF21mm – HD8mm Weight (M/W): 268 (g) 218 (g) Stability plane support tech Midsole – Fresh Foam X 19/35 Outersole – Ndurance & solid rubber Everyday running or walking
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	520 v9 – COMFORT COLLECTION FRESH FOAM Widths (M/W): 2E D RF20mm – FF30mm – HD10mm Midsole - Fresh Foam X (FFX) - 19/35 durometer hardness Outersole – solid rubber
NIKE 	NIKE AIR WINFLO 12- An entry-level, neutral road running shoe designed for balance training. It features an updated midsole with increased cushioning compared to previous models, a breathable mesh upper, and a wider fit in the forefoot MIDSOLE: Full-length Cushlon 3.0 foam for cushioning, combined with a Nike Air unit for impact absorption. UPPER: Open-hole, breathable mesh for ventilation. OUTSOLE: Rubber outsole with flex grooves for flexibility and traction. Weight M10 322g, W7 261g Offset men 10mm, women 9mm NIKE AIR ZOOM PEGASUS 42- Everyday Road running MIDSOLE: Full length ReactX foam, Zoom Air (Full Length + Curved). UPPER: Multi-zoned single layer engineered mesh with haptic print and internal double lining. OUTSOLE: Waffle pattern with high abrasion rubber and flex grooves. Weight M10 300g, W8 250g Heel 37mm, Forefoot 27mm, offset 10mm (+3mm toe spring) PEGASUS PLUS - Everyday Road running, tempo runs, speedwork, and racing MIDSOLE: The full-length ZoomX midsole is responsive and lightweight, offering a smooth to-toe transition. UPPER: An evolved Flyknit upper features zones of breathability where you need it most. OUTSOLE: High-abrasion rubber was added to the outsole so runners can have confident putting in the miles in different terrain. Weight M10, 245g, W8 205g Heel 36mm, Forefoot 26mm, offset 10mm NIKE PEGASUS PREMIUM – Everyday Road running Weight M10 330g, W8 278g Heel 45mm, Forefoot 35mm, offset 10mm NIKE VOMERO 18 – Everyday Road running Weight m10 325g W8 262.7g Heel 45mm, Forefoot 35mm, offset 10mm NIKE VOMERO PLUS – Everyday Road running Weight M10 292g W8 242g Heel 45mm, Forefoot 35mm, offset 10mm NIKE VOMERO PREMIUM – Road running & recovery Heel 55mm, Forefoot 45mm, offset 10mm
MR PRICE MAXED 	Maxed Gravity edge trainer Maxed Gravitus trainer Maxed marathon trainer 2020 - Comrades Gravitus knit trainer Gravitus trainer Gravity edge trainer Gravity edge runner
PUMA 	PUMA DEVIATE NITRO 2 RF38-FF30-HD8mm Propulsion, Nitro elite, PWRPLATE – forked ff plate PUMA FOREVER RUN NITRO RF36-FF26-HD10mm Max cushioning, Nitro, Runguide

	PUMA MAGNIFY NITRO 2 RF36-FF29F-HD9mm Max cushioning PUMA RUN XX NITRO Female specific RF31-FF23-HD8mm Nitro, Runguide PUMA VELOCITY NITRO 2 RF34-FF24-HD10mm Cushioning, Nitro, Pumagrip PUMA ELECTRIFY NITRO 2 RF35-FF25-HD10mm Comfort, Nitro, Pumagrip PUMA LIBERATE NITRO 2 RF28-FF20-HD8mm Lightweight, Nitro, Pumagrip
SALOMON	SALOMON S-LAB PHANTASM 2 RF-FF-HD9mm Racing shoe, Carbon energy blade SALOMON S-LAB SPECTUR RF-FF-HD8mm Racing shoe, Carbon energy blade SALOMON S-LAB SPECTUR 2 RF-FF-HD8mm Racing shoe, Carbon energy blade SALOMON AERO GLIDE 3 RF-FF-HD8mm Cushioned shoe, Optifoam SALOMON AERO BLAZE 3 RF35-FF27-HD8mm Energy foam
SAUCONY 	TRUIMPH 23 RF37-FF27-HD10mm M E, 2E PWRRUN PB, Ortholite innersole, Subtle geometry evolution to enhance underfoot comfort. RIDE 19 RF36-FF28-HD8mm Softer blend PWRRUN – 18% more foam – supercritical Wider base / platform – 3mm wider in FF – 2mm wider in Midfoot – 5mm wider in heel Most responsive & comfortable ride KINVARA 15 RF31-FF27-HD4mm PWRRUN + midsole with PWRRUN and cushioning ROAD – CORE – FAST & LIGHT

UNDER ARMOUR 	Hovr Machina 3 RF26–FF18-HD8mm Connect shoe to phone via run app – map my run – CARBON PLATE (Y) Mega Clone 2 RF–FF-HDmm Hovr Sonic 5 RF23–FF15 -HD8mm Connect shoe to phone via run app – map my run Hovr Phantom 2 RF–FF-HDmm
PIVOT 	Forge Z1 RF30–FF22-HD8mm Quphoria RF25–FF20–HD5mm PEBAX midsole
ON 	ON CLOUDSURFER 7 PR RF–FF-HD6mm – Performance running, Cloudtec No speedboard, Helion superfoam ON CLOUDGO PR RF–FF-HD6mm – Cloudtec cushioning TPU Speedboard, Helion super foam ON CLOUDSTRATUS PR RF–FF-HD6mm – Performance running, Cloudtec layers, PP speedboard, Helion superfoam ON CLOUDRUNNER PR RF–FF-HD6mm – Performance running, 0 gravity foam ON CLOUDFLOW PR RF–FF-HD6mm – Polypropylene speed board, Helion superfoam - Racer / trainer ON CLOUDFLYER 4 PR RF–FF-HD6mm – Trainer, TO MARATHON DIST, Polypropylene speed board, ON CLOUD X PR RF–FF-HD6mm – Helion superfoam, Speedboard
OLYMPIC 	BOUNCE 3 RF–FF–HD10mm BOUNCE 4 ENDURE – OUT 3/2026 STREAK Hybrid road & offroad performance shoe Short distance to ultra marathons Gym training CARBON PLATE EMBEDDED IN MIDSOLE Midsole – PU cushioning system

	Stack heights – RF-FF–HD8m Weight – M 280 CONNECT 2 Road / trail / cross country CHALLENGER Neutral training shoe Short distance to ultra marathons Gym training Stack heights – RF-FF–HD8m Weight – M 280
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SOFT RUNNING SHOES SOFT RUNNING SHOES

Updated: 8/99 (35), 6/2018

Most modern running shoes are soft midsoled MAXIMALIST shoes.
Please see the neutral section.



BRAND SHOE GUIDE - 1	
<i>Established 1999</i>	
Updated: 7/2026	

ADIDAS
<i>Established 1949</i>
Updated: 1/2026
Special mentions: Cade Philips



Updated: 8/99 (77), 5/2019, 10/2019, 1/2020, /2020, 12/2020, 12/2021, 5/2022, 7/2022, 2/2023, 5/2024, 7/2024, 3/2025, 1/2026

STRONG ANTIPRONATION	SOLAR CONTROL RF29.5mm–FF19.5–HD10mm Inc boost pellets, stable L.E.P 2.0 frame, Stable Platform  
MILD ANTIPRONATION	SUPERNOVA SOLUTION RF35mm – FF25mm – HD10mm Dreamstrike+ Power foam, Foam stability support rods   SUPERNOVA SOLUTION 2 RF37mm-FF27mm-HD10mm mproved Sandwich mesh upper)  SUPERNOVA SOLUTION 3 RF37mm-FF29mm-HD8mm (denser foam in midfoot to offer enhanced stability) 
NEUTRAL	ULTRA BOOST 5 RF31mm–FF21mm-HD10mm 30% lighter BOOST material - Ultra responsive, Upper - Primeknit+ forge – torsion midfoot support   ULTRARUN 5 RF27mm–FF17mm-HD10mm  

ULTRA BOUNCE RF25mm – FF16mm – HD – 9mm



SUPERNOVA RISE RF36mm – FF26mm – HD10mm



SUPERNOVA RISE 2 RF37mm-FF27mm-HD10mm



SUPERNOVA RISE 3 RF37mm-FF29mm-HD8mm



SUPERNOVA PRIMA RF31mm- FF23–HD8mm Wider (the supernova
workhorse)



SUPERNOVA PRIMA 2 RF38mm-FF30mm-HD8mm (improved woven
upper)



ADISTAR 3 RF40mm-FF34mm-HD6mm (long easy-pace run, max
cushioning shoe)



ADIZERO ADIOS PRO 4 RF39mm–FF33mm–HD6mm upgraded Lightlock upper with maximum cushioning Lightstrike Pro, carbon infused energy rods2.0 and a Lightraxion and continental outsole.



ADIZERO ADIOS PRO 3 RF39.5mm–FF33mm–HD6.5mm Lightstrike Pro Midsole with carbon energy rod 2.0 and a continental outsole



ADIZERO BOSTON 13 RF36mm–FF30mm–HD6mm (Energy Rods 2.0)



ADIZERO EVO SL RF39mm – FF33mm – HD6mm (Nylon Dogbone)



ADIZERO BOSTON 12 RF38mm–FF31mm–HD7mm
Lightstrike & Lightstrike Pro midsole, Energy rods (the perfect part for speed work and tempo runs)



ADIZERO TAKUMI SEN 10 RF33mm–FF27mm–HD6mm
A mesh upper with lowered stack Lightstrike Pro midsole and energy rods 2.0, continental rubber outsole



ADIZERO ADIOS 9 RF27–FF20–HD7mm Lightlock upper, Nylon Dogbone a lightstrike Pro midsole and lightraxion outsole with continental.



	ADIZERO SL 2 RF36mm–FF26mm–HD10mm (direct break down of the boston 12) 
TRAIL	TERREX AGRAVIC FLOW 2.0 RF25–FF18–HD7mm Lightstrike cushioning, Pro moderator support, Abrasion resistant.  TERREX AGRAVIC SPEED ULTRA RF40–FF32–HD8mm Full eva, Gusseted tongue, Lightstrike Pro Cushioning, Energy Rods 2.0  TERREX AGRAVIC SPEED RF33–FF26–HD7mm  TERREX AGRAVIC 3 RF31mm-23mm-HD8mm (TPU Stability plate)  TERREX 2 BOA RF28–FF22–HD6mm 

TERREX SPEED ULTRA RF28–FF20–HD8mm Boost midsole with Lightstrike cushioning, EVA stabilization frame, Gusseted Tongue.



TERREX 2 FLOW RF30–FF24–HD6mm



TERREX SPEEDFLOW RF–FF–HD8mm Prime-green upper, Lightstrike midsole, Continental outer-sole, Recycled materials, UNISEX COLOUR



TERREX SOLESTRIDE RF32–FF24–HD8mm Entry level



TERREX SOULSTRIDE RF32–FF24–HD8mm Moulded sockliner, Repetitor midsole, engineered mesh upper.



NEW TYPE OF SHOE	4 D FWD RF28-FF18HD10mm 4D printed midsole 
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ALTRA
<i>Established 2009</i>
Updated: 3/2024
Special mentions: Roger Zeino, Alex Hawkins



Introduced 1/2015 Updated: (7), 2/2015, 7/2015, 1/2017, 7/2017, 12/2021/, 4/2024

STRONG ANTIPRONATION	
MILD ANTIPRONATION	Experience Form RF32–FF28–HD4mm (M). RF30 – FF26 -HD4mm (W) Sept 2024 
NEUTRAL	Escalante 3 RF25–FF25-HD0mm M&W Torin 7 RF30–FF30-HD0mm M&W  Rivera 3 RF28-FF28-HD0mm M&W Experience Flow RF32–FF28–HD4mm (M). RF30 – FF26 -HD4mm (W) 
RACING	
TRAIL	Superior 6 RF21–FF21-HD0mm M&W  Loan Peak 8 RF25–FF25-HD0mm M&W  Timp 5 RF29-FF29-HD0mm M&W  Experience Wild RF32–FF28–HD4mm (M). RF30 – FF26 -HD4mm (W) Sept 2024 
MAXIMALIST	Olympus 5 RF33-FF33-HD0mm M&W
MINIMALIST / NATURAL	

OTHER	Lone Peak All-Wthr Mid 2.0 RF25-FF25-HD0mm M&W (Waterproof Hiking Boot) 
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A Range of FootShape™ Fits
For a Range of Feet



TYPICAL SHOE SHAPE
Not shaped like a foot.



ORIGINAL FOOTSHAPE™ FIT
The FootShape™ Fit that started it all, Original is the roomiest of our three options.

Find it in:
Lone Peak Family
Olympus Family
VIA Olympus 2



STANDARD FOOTSHAPE™ FIT
Our most common FootShape™ Fit, right in the middle of Original and Slim.

Find it in:
Escalante 4
Escalante Racer 2
Torin 7
Paradigm 7
Provision 8
Superior 6
Timp Family
Mont Blanc BOA®
Mont Blanc Carbon
Experience Flow
Experience Form
Experience Wild



SLIM FOOTSHAPE™ FIT
Our slimmest-fitting option still allows room for your toes to spread out naturally.

Find it in:
Riviera 4
Vanish Tempo
Vanish Carbon 2
Outroad 3



Shoe Matrix

SPEED	NEUTRAL ROAD	SUPPORT ROAD	TRAIL	HIKE
From the road to the trail, these Speed shoes are lightweight and race-ready. The best part? You no longer have to compromise comfort for speed.	Neutral shoes are the sweet spot for most runners. They're available with our newly expanded family of Altra 550™ foams at varying cushioning levels.	Support shoes provide you with support when you need it and can help guide your foot.	Trail shoes feature unique tread patterns designed for a variety of off-road conditions, with a range of cushioning levels and trail-ready technology.	Whether you're setting out on a short hike or an all-day trek in the dirt, enjoy your adventure with protection from the elements, responsiveness, and comfort to keep your feet ready for anything.
 INISH CARBON 2	 VIA OLYMPUS 2		 OLYMPUS 6	 OLYMPUS 4 HIKE MID GTX
 VANISH TEMPO			 OLYMPUS 6 HIKE LOW GTX	
 MONT BLANC CARBON	 EXPERIENCE FLOW	 EXPERIENCE FORM	 EXPERIENCE WILD	 TIMP 6 GTX
 MONT BLANC BOA®	 TORIN 7	 PARADIGM 7	 TIMP 5	 TIMP HIKER
			 OUTROAD 3	 LONE PEAK HIKER
	 RIVIERA 4	 PROVISION 8	 LONE PEAK 8	 LONE PEAK ALL-WTHR MID 2
				 LONE PEAK ALL-WTHR LOW 2
	 ESCALANTE 4		 SUPERIOR 6	

Available in Gauteng –
Runaway Sports – 302 Freesia Street, Pretoria, Tel 012 3613733
Drifters Adventure- Sandton City Shopping Centre, contact Dave- 011 783 9200, Randburg Runner –
Randburg - 0832527551
Gone Outdoor Supply Co. 44 Stanley Ave. 0639576934
Running High – Bedfordview - 0114502421
Sportsmans Warehouse – Cresta, Centurion, Fourways, Atterbury, Eastrand
On Point Athlete Supply – Dullstroom – 0614685483
Hikers Paradise – Centurion – 0652201234


ANTA
<i>Established 1991 in Jinjiang, China</i>
Updated: 1/2026 New addition 12/2025
Special mentions: Bryan Pattison , Brand-folio, UAE



Introduced: 12/2025 (1) 1.2026

STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	ANTA ROCKET PRO Tempo runs or mid distance training Responsive springy feel Midsole – Dual density midsole – NITROEDGE – for responsive cushioning and good energy return, EVA BASE LAYER – durable and light and to support the softer midsole layer above ENBEDDED NYLON PLATE – midfoot stability and energy transfer RIDE – softer than a pure racing flat but firmer than a daily trainer Stack heights – RF28-FF22–HD6mm (28-22-6mm) Weight – M 227, W 210  ANTA ROCKET 6.0 Tempo runs or mid distance training Responsive springy feel Midsole – NITROEDGE – for responsive cushioning V-SHAPED ELASTIC PROPULSION PLATE – rebound and forefoot drive during faster running Moderate fast workouts – tempo, steady state, daily runs Stack heights – RF28-FF20–HD8mm (28-20-8mm) Weight – M 295, W 245 

ANTA MACH 5

Speed training & tempo runs

Road races 5km to 21km

Midsole – EVA & RUBBER – lightweight cushioning, grip & durability
AW-SHAPED NYLON FORK – enhances snappy roll-off. Cuts lateral torque while allowing forefoot flexibility

Stack heights – RF28-FF22–HD6mm

Weight – M 235



ANTA WALK 1.5 / JOURNEY WALKER 1.5

Daily walking, light jogging

Midsole – G7 MIDSOLE TECHNOLOGY – Cushioning & moderate energy return

NO PLATE

Outersole - rubber

Stack heights – RF31-FF23–HD10mm W 31-23-10mm

Weight – M 270 W 220



ANTA WALK 2.0 / JOURNEY WALKER 2

Daily walking, light jogging

Midsole – G7 MIDSOLE TECHNOLOGY – Softer high shock absorption foam

NO PLATE

Outersole – A grip rubber

Stack heights – RF33-FF25–HD8mm W 33-25-8mm

Weight – M 260 W 220



	ANTA BALLERO 3.0 SE Smooth cushioning with moderate rebound Light to medium daily running, gym cardio & active lifestyle Midsole – NITROEDGE FOAM – EVE/TPU BLOWN WITH NITROGEN – high energy return NO PLATE Outersole - rubber Stack heights – RF30-FF22–HD8mm Weight – M 300 
RACING RACE DAY MODELS	ANTA C202 6.0 PRO Marathon race day, long tempo runs, Midsole – DUAL LAYER NITROEDGE PRO FOAM – EVE/TPU BLOWN WITH NITROGEN – high energy return & long run comfort FULL LENGTH AVIATION GRADE CARBON PLATE – engineered to improve propulsion, reduce ground contact time, smooth out the stride from landing to toe-off Upper – A-web & xian fiber Outersole – A-grip pro – high traction & durability Stack heights – RF33-FF29–HD4mm Weight – M 190 
LIGHTWEIGHT & TEMPO	C 202 G9 Marathon race day, long tempo runs 10km to marathon Midsole – NITROEDGE PRO FOAM – responsive cushioning & excellent energy return ENHANCED CARBON PLATE WITH INCREASED CURVATURE TO PROMOTE ROLLING MOTION, REDUCE GROUND CONTACT & IMPROVE PROPULSION Upper – A-web & xian fiber Outersole – Full-length liquid anti-slip rubber Stack heights – RF33-FF29–HD4mm

Weight – M 181



C 202

Marathon race day, long tempo runs

10km to marathon

Midsole – DUAL LAYER NITROEDGE PRO FOAM – EVE/TPU BLOWN WITH NITROGEN – high energy return & long run comfort

EMBEADDED CARBON PLATE FOR PROPULSION WITH INCREASED CURVATURE TO PROMOTE ROLLING MOTION, REDUCE GROUND CONTACT & IMPROVE PROPULSION

Upper – A-web & xian fiber

Outersole – A-grip pro

Stack heights – RF33-FF29–HD4mm

Weight – M 210



PG 7

Running

& gym cross trainer

Midsole –

NON PLATED

Upper – Anatomically wide toe box & memory foam insole

Outersole – A-grip

Stack heights – RF-FF–HD6mm

Weight – M 280

	
TRAIL	


ASICS
<i>Established 1949 / 1977</i>
Updated: 7/2026
Special mentions: Allan Smith, Kaone Kayne Gill, John Andrew

HIGHLIGHTING

GEL-KAYANO 33



GT 2000 15



GT 1000 15



ASICS NOVABLAST 6



ASICS BLAZEBLAST

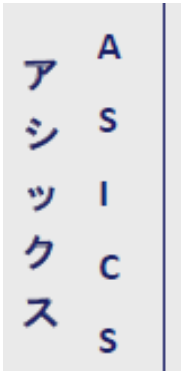


ASICS GEL FUJI LITE 7



METASPEED SKY TOKYO





Updated: 8/99 - 12/14 (86), **4/2021, 8/2021, 12/2021, 6/2022, 10/2023, 6/2023, 12/2023, 3/2024, 11/2024, 2/2025, 7/2025, 1/2026, 7/2026**

RUNNING CATEGORISATION					
ROAD RUNNING				TRAIL RUNNING	
FURTHER NEUTRAL	FURTHER STABILITY	FASTER BOUNCE	FASTER COMPETE	TRAIL PROTECTION	TRAIL LIGHTWEIGHT
 GEL-NIMBUS™	 GEL-KAYANO™	 MEGABLAST™	 METASPEED™ RAY	 FUJISETSU™ MAX	 METAFIJI™ TRAIL™
 GLIDERIDE MAX™	 GT-4000™	 SUPERBLAST™	 METASPEED™ TOKYO	 TRABUCO™ MAX	 FUJISPEED™
 GEL-CUMULUS™	 GT-2000™	 SONICBLAST™	 MAGIC SPEED™	 TRABUCO™	 FIJI LITE™
 GEL-FORTITUDE™ GEL-PURSUE™	 GT-1000™	 NOVABLAST™	 NOOSA TRI™	 GEL-TRABUCO™ MT / GTX	
 GEL-PULSE™		 DYNABLAST™		 TRABUCO TERRA™	
 GEL-EXCITE™ GEL-CONTEND PATRIOT		 VERSABLAST™		 GEL-SONOMA™ GEL-VENTURE™	

<u>FF Turbo²</u>	<u>FF Turbo +</u>	<u>FF Turbo</u>	<u>FF Blast MAX</u>	<u>FF Blast +</u>	<u>FF Blast</u>
Lightweight 👉👉👉👉👉	Lightweight 👉👉👉👉	Lightweight 👉👉👉👉	Lightweight 👉👉👉	Lightweight 👉👉👉	Lightweight 👉👉
Bounce 	Bounce 	Bounce 	Bounce 	Bounce 	Bounce
Feel Highly cushioned, extremely energetic	Feel Cushioned, extremely energetic	Feel Cushioned, extremely energetic	Feel Highly cushioned, highly energetic	Feel Highly cushioned, moderately energetic	Feel Cushioned, moderately energetic
AVAILABLE IN: MEGABLAST SONICBLAST	AVAILABLE IN: METASPEED PARIS SUPERBLAST 2	AVAILABLE IN: MAGIC SPEED 4 METAFIJI TRAIL	AVAILABLE IN: GT-2000 14 NOVABLAST 5 GLIDERIDE MAX	AVAILABLE IN: NIMBUS 8 CUMULUS 27 KAYANO 32 DYNABLAST 5 NOOSA TRI 16 TRABUCO 13 TRABUCO MAX 4 FUJISPEED 4 FIJI LITE 6	AVAILABLE IN: GT-4000 4 TRABUCO TERRA GT-1000 14

STRONG ANTIPRONATION (Motion control)	GT4000 4 RF28–FF20–HD8mm (27-19-8mm) BUNION WINDOW, 2E width only, FLYTEFOAM, FF BLAST m/s, PUREGEL in heel, Litetruss   GEL KAYANO 33 RF40–FF32–HD8mm ADAPTIVE STABILITY, FF Blast MAX, FF Blast PLUS, PureGEL technology, Fluid support, slight firmer feel, Hybrid ASICSGRIP technology o/s, 4D guidance system to FluidSupport - In GEL-KAYANO 33, a softer top layer of FF BLAST MAX is layered over a denser layer of FF BLAST PLUS, working together to provide stability while maintaining a smooth, comfortable ride.   FLUIDSUPPORT technology delivers seamless support and comfort through dual-layer cushioning and advanced geometry. In GEL-KAYANO 33, a softer top layer of FF BLAST™ MAX is layered over a denser layer of FF BLAST™ PLUS, working together to provide stability while maintaining a smooth, comfortable ride. The reconfigured outsole further enhances that comfort, ensuring seamless transitions from heel strike to toe-off.   GEL-KAYANO™ 33 GEL-KAYANO™ 32
MILD ANTIPRONATION (Stability)	GEL KAYANO 33 RF40–FF32–HD8mm ADAPTIVE STABILITY, FF Blast MAX, FF Blast PLUS, PureGEL technology, Fluid support, slight firmer feel, Hybrid ASICSGRIP technology o/s, 4D guidance system to FluidSupport - In GEL-KAYANO 33, a softer top layer of FF BLAST MAX is layered over a denser layer of FF BLAST PLUS, working together to provide stability while maintaining a smooth, comfortable ride.   Gel Kayano Lyte 2 RF23–FF15–8HDmm (22-14-8mm) No medial post Flytefoam NANO  

Gel Nimbus Lite 3 M D/2E W B/D Flytefoam **RF25-FF15–HD10mm (27-14-13mm)** M 270g W 220g **MAXIMUM COMFORT**, Plush ride



GEL-CUMULUS 28

Your go – to daily trainer with more snap

Maximum comfort & cushioning

Midsole – full length FF BLAST PLUS and PUREGEL

Outersole – Fluidride with Asics LO-HRD rubber pod in heel

Stack heights - RF38.5-FF30.5–HD8mm W 37.5-29.5-8mm

Midsole height – M 32-24, W 31–23

Weight – M 259, W 223



MetaRide **RF31–FF31–HD0mm** **ENERGY SAVING** No carbon plate



GlideRide 3 **RF32-FF26–HD6mm (31-25-6mm)** **ENERGY SAVING** No carbon Plate between the Flytefoam and Flytefoam Blast Rocker sole Guidesole technology



GlideRide MAX **RF33-FF27–HD6mm (32-26mm)** **FF BLAST, ECO / FF BLAST MAX, Guidesole technology, TPU plate between the 2 layers of foam,**



Evoride RF27-FF22–HD5mm (26-21-5mm) **ENERGY SAVING, Flytefoam**



SUPERBLAST 3

Faster / Train

More stack, more bounce, more energy, more comfort

Maximum comfort & cushioning

Midsole – FF BLAST PLUS (bottom layer) and FF LEAP (top layer)

Trampoline pod set-up for extra energy underfoot

Outersole – Asicsgrip

Stack heights – RF47-FF39–HD8mm

Midsole height – M 38–30

Weight – M 239



MEGABLAST RF46–FF38–HD8mm Flytefoam **TURBO** foam midsole



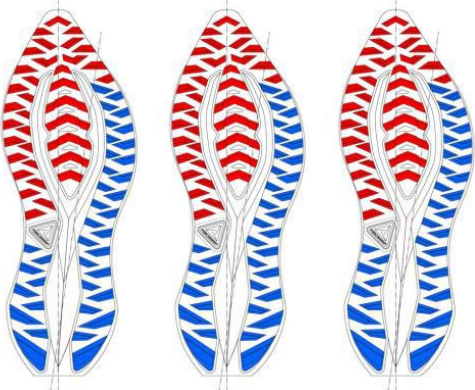
SONICBLAST 2 September 2026 RF46–FF38–HD8mm RF45–FF37–HD8mm **ASTRO PLATE**, FF **TURBO²** IN FF, FF **BLAST MAX** IN THE RF, Winged tongue



ASTRO PLATE SHAPE

	OLD  NEW  NOVABLAST 6 RF-41.5FF33.5–HD8mm (40.5-32.5) FF TURBO², FFBLAST MAX m/s, Soft cushioning, FF Turbo² trampoline pods – bounce effect, Tongue wing construction Bigger Bolder Bouncier   Gel Pulse 13 RF23–FF13–HD10mm (23-13-10mm) Amplifoam m/s   Gel Excite 9 RF23–FF13–HD10mm (22-12-10mm) Amplifoam m/s   ♂ ♀
RACING	MAGIC SPEED 5 More speed to move the body and mind A truly new sensation: The new MAGIC SPEED 5 is lighter, snappier and nimbler than ever. Midsole – FF LEAP & FF BLAST PLUS – dual midsole composition Full length CARBON PLATE between the 2 midsole layers Outersole – Asicsgrip Stack heights - RF37.5-FF30.5–HD7mm Increased stack heights reduced heel drop, Midsole height – M 31–24

	Weight – 196  Asics Metaspeed Sky Tokyo RF39.5-FF34.5–HD5mm Motionwrap, CARBON PLATE, ASICSGRIP FF LEAP, FF TURBO, 170g  Asics Metaspeed Edge RF28-FF20–HD8mm (25-15-9mm)  Asics Metaracer RF24-FF15–HD9mm (25-15-9mm)  Asics Glideride 3 RF32-FF26–HD6mm (31-25-6mm) ENERGY SAVING No carbon Plate between the Flytefoam and Flytefoam Blast Rocker sole Guidesole technology 
TRIATHLON	Noosa Tri 14 RF26–FF21–HD5mm (25-20-5mm) Flytefoam m/s  

TRAIL	BLAZEBLAST RF43–FF35–HD8mm(42-34) FF BLAST MAX, Asics grip & lugs (2.5mm) All bounce, now built for the trail. Uphill traction Downhill traction  GEL FUJI LITE 7 RF32–FF28–HD4mm FF BLAST PLUS, Asics grip (4mm lugs), Tongue wing Light on its feet. Sharp on every trail.  TRABUCO MAX 5 Maximum cushioning Trail / protection Improves airflow, water drainage, durability Midsole – FF BLAST PLUS Outersole – Asicsgrip Stack heights - RF38.5-FF33.5–HD5mm W 37.5mm-32.5) Midsole height – M 28 –23 W 27-22 Weight – 302 / 246 
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TRABUCO 14

Trail protection

Midsole – FF BLAST MAX, Rock protection plate

Outersole – Asicsgrip

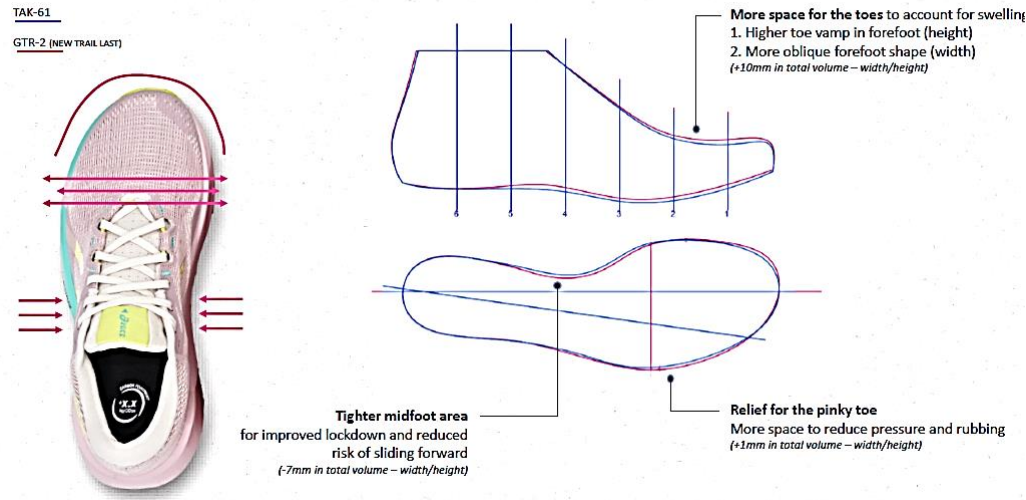
Stack heights - RF35-FF27–HD8mm W 34.mm-26

Midsole height – M 24–16 W 23-

Weight – 281 / 24915



NEW TRAIL LAST



Gel Fuji LYTE 6 RF32–FF28–HD4mm (31-27-4mm) Trail racer, new lug height



Gel Fuji Trabuco Terra RF20–FF12–HD8mm (19-11-8mm)



Gel Fuji Speed 4 R34F–FF29–HD5mm (23-18-5mm) FF BLAST +, pebax plate

	 Gel Sonoma 6 RF20–FF12–HD8mm (19-11-8mm) 
OTHER	Gel Odyssey (walking) - kids – also in white Gel Mission – Black – June 2018 ladies Galaxy 3 (same as Blackhawk) chain stores -N0 junior Patriot – able to (with difficulty) to use for midsole lift  KIDS Cumulus 22  GT 1000 11 GS 



 Called the – SPIRAL


BROOKS
<i>Established 1914</i>
Updated: 3/2025
Special mentions: Clive Chowles



Updated: 8/99 (57), 5/2020, 9/2021, 1/2021, 5/2022, 3/2024, 2/2024, 3/2025

STRONG ANTIPRONATION	Addiction GTS 15 RF24-FF12 12mm Cushion Support Guide rails DNA Midsole technology 
MILD ANTIPRONATION	Adrenaline GTS 24 RF24-FF12-HD12mm Cushion Support Guide rails Loft v2 DNA – Now makes up entire midsole  Launch GTS 11 (guidance section – bet N and MAP) RF24-FF14-HD10mm Speed – Lightweight DNA M/S. Guide rails. GTS – go to support  Glycerin 22 GTS RF28–FF18-HD10mm DNA Loft v3 Nitrogen-Infused Guide rails 
NEUTRAL	Ghost Max 2 RF25-FF13-HD12mm Cushion me - Loft DNA v3. Same tooling as Adrenaline GTS. 2E Width also available  Glycerin Max RF28–FF18-HD10mm Cushion me – Loft DNA v3 Nitrogen-Infused 

	Ghost 16 RF25-FF13-HD12mm Cushion me - Loft DNA v3. Same tooling as Adrenaline GTS. 2E Width also available  Glycerin 22 RF28-FF18-HD10mm Cushion me – Loft DNA v3 Nitrogen-Infused  Launch 11 RF24-FF14-HD10mm Speed - Lightweight DNA cushioning M/S  Launch GTS  Trace 3 	
RACING	Hyperion 2 DNA flash v2 foam is nitrogen-infused for an optimal combination of energy return and lightweight. RF26-FF18 8mm  Hyperion Max 2 DNA flash v2 foam is nitrogen-infused for an optimal combination of energy return and lightweight. RF26-FF18 8mm 	

	Hyperion Tempo 	
TRAIL	Cascadia 18 RF20-FF12-HD8mm - DNA M/S. Loft DNA v2  Caldera 8 RF26-FF-20 HD6mm Midsole drop- DNA Loft v3 – nitrogen infused M/S  Catamount 2 RF22-FF16-HD6mm Midsole Drop. DNA Flash nitrogen-infused. Skyvault propulsion plate provides responsive drive and push the pace.  Divide 5 	
MAXIMALIST	Ghost Max 2 RF28-FF22 6mm DNA loft V3 nitrogen-Infused midsole	


DIADORA
<i>Established 1948 (Caerano di San Marco, Italy)</i>
Introduces: 3/2025 Updated: 3/2025
Special mentions: Yusuf Vardi



New entry: 2/25 (1), 4/25

STRONG ANTIPRONATION (Motion control)	
MILD / MODERATE ANTIPRONATION (Stability)	
NEUTRAL	Nucleo 2 Men & women. 6 – 13 Uk RF35mm – FF30mm – HD5mm Anima midsole, Duratech 5000 outersole,  Nucleo 2 Y <u>Youth</u> model. 1 – 6 Uk RF35mm – FF30mm – HD5mm Anima midsole, Duratech 5000 outersole  Vigore 3 Men & women. 6 – 13 Uk (4 – 8 Uk) RF38mm – FF27mm – HD11mm Anima BLUSHIELD TECHNOLOGY midsole, Duratech 5000 outersole 

	Volo 4 Men & women. 6 – 13 Uk (4 – 8 Uk) RFmm – FFmm – HD10mm (w – 9mm) Anima BLUSHIELD TECHNOLOGY midsole, Duratech 5000 outersole  Mythos Blushield Volo 4 Hip 6 – 13 Uk RFmm – FFmm – HD10mm Anima BLUSHIELD TECHNOLOGY midsole, Duratech 5000 outersole  Strada 2 Entry level. 6 – 13 Uk RFmm – FFmm – HD10mm Anima midsole, Duratech 5000 outersole  Passo 5 Men & women. Entry level. 6 – 12 Uk (3 – 8 Uk) RF35mm – FF30mm – HD5mm Anima midsole, Duratech 5000 outersole 
RACING	Gara Carbon 6 – 13 Uk RF40mm – FF34mm – HD5mm Carbon plate, Anima pbx, Duratech 5000 sole 

TRAIL	Sestriere – XT 2 6 – 13 Uk RF35mm – FF30mm – HD5mm Anima midsole, Duratech 5000 outersole 
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HOKA

Established 2009

Updated: 11/2024

Special mentions: Info from Run-Away-Sport, Dries Schoombee, Jacques Janse van Rensburg, Gideon Du Toit





Introduced 10/2014, (13) 1/2017, introduced SA 3/2017, 8/2017,5/2019, 7/2019, 12/2021, 1/2024, 3/2024, 11/2024

DYNAMIC STABILITY	Graviota 5 RF36–FF30-HD6mm W-RF34–FF28-HD6m H Frame, early stage metarocker <i>Balance of cushioning and light weight support</i>  Arahi 7 RF29-FF24-HD5mm W-RF34-FF29-HD5mm 3mm higher stacks Metarocker, J-frame midsole support GLIDE <i>A surprisingly sleek stability shoe</i> 
NEUTRAL	Clifton 9 RF32–FF27-HD5mm W-RF34–FF24-HD5mm GLIDE <i>Daily running soft and lightLight</i> Clifton 10 now 8mm hd  Bondi 8 RF33–FF29-HD4mm W-RF31–FF27-HD4mm GLIDE <i>Maximal cushioning, all day comfort</i> 

	Skyflow M-RF40–FF35-HD5mm W-RF38–FF33-HD5mm Super critical foamed EVA <i>Everyday miles, daily running, plush ride</i> 
SPEED	Rincon 4 M&W RF36-FF31-HD5mm W-RF35-FF30-HD5mm 2 layer midsole <i>Daily running, light weight cushioning</i> running.  Mach X 2 RF44-FF39-HD5mm W-RF37-FF32-HD5mm Pebax plate, increased rocker profile, PEBA and EVA midsole foams,  Mach 6 RF37-FF32-HD5mm W-RF35-FF30-HD5mm Super critical mdsole foam, Pebax plate, increased rocker profile, PROFLY + foam and EVA <i>Everyday and tempo</i> 

	Tecton X 3 ULTRA TRAIL RACING M-RF40–FF35-HD5mm W-RF39-FF34-HD5mm Cabon plated, idcut extended knit collar  Mafate Speed 4 COMFORT FOR LONG TRAILS M-RF33–F29 F-HD4mm W-RF31-FF27-HD4mm  Challenger 7 ATR M-RF31–F26F-HD5mm W-RF29-FF24-HD5mm Streets to peaks  Torrent 4 M-RF38–FF33-HD5mm W-RF32-FF27-HD5mm 
HIKING	Anacapa 2 Mid GTX M-RF40–FF30-HD10mm W-RF37-FF27-HD10mm 

	Kaha 2 GTX M-RF32–FF26-HD8mm W-RF28-FF24-HD4mm 
LIFESTYLE	Transport – lifestyle M-RF29–FF24-HD5mm W-RF27-FF22-HD5mm  Hopara Lifestyle M-RF30–FF24-HD5mm W-RF28-FF23-HD5mm  Kawana 2 Lifestyle M-RF30–FF25-HD5mm W-RF27-FF22-HD5mm  Bondai 8 Lifestyle M-RF33–FF29-HD4mm W-RF31-FF27-HD4mm  Solimar Lifestyle M-RF26–FF20-HD6mm W-RF24-FF18-HD6mm 

Speedgoat 6 Lifestyle
M-RF30–FF24-HD5mm W-RF28-FF23-HD5mm



Clifton 9 Lifestyle
M-RF32–FF27-HD5mm W-RF29-FF24-HD5mm



Transport Lifestyle
M-RF29–FF24-HD5mm W-RF27-FF22-HD5mm



Clifton Suede Lifestyle
M-RF–FF-HD5mm W-RF-FF-HD5mm



Ora slide 3 Stack 33mm 37mm



Crescendo MD 800m – 3km TRACK RF 20mm FF 20MM Thick stack heights



Crescendo XC Light cross country racer RF 29mm FF 28MM EVA midsole

SPIKES	 Cielo X2 MD spikes 800M – 3KM TRACK RF11mm FF7mm Middle distance  Cielo X2 LD spikes 3KM – 10KM TRACK F23mm FF20mm Middle distance 
KIDS	Clifton 9 Kids RF24–FF20-HD4mm 

Gauteng:

- RANDBURG RUNNER.
- SWEATSHOP.
- SPORTSMAN'S WAREHOUSE.
- TOTAL SPORTS.
- BASELINE RUNNERS

Pretoria:

- HOKA BY RUNBEATABLE.
- RUNAWAY SPORTS.
- SPORTSMAN'S WAREHOUSE.
- TOTAL SPORTS.

THE HEART OF HOKA

INNOVATION IS THE HEART OF HOKA.

Every HOKA shoe combines three technologies precisely tuned to give each athlete a specific experience. Race get more speed. Hikers more comfort. Trail runners more confidence. All in a shoe geometrically designed for unmistakable comfort.



CUSHIONED MIDSOLE THE PLUSH PERFORMANCE

Varying in thickness, composition and design to suit your activity, our plush, shock-absorbing midsole foams are fine tuned to cushion each step, then spring back up.



ACTIVE FOOT FRAME THE CRADLING COMFORT

Engineered to cradle your foot securely by raising or lowering the midsole walls.



METAROCKER™ THE SMOOTH STRIDE

Designed for a smooth and efficient transition underfoot, our curved MetaRocker™ can be dialed up to create a faster transition in the forefoot or dialed down to provide more ground contact and stability.

HOKA TECHNOLOGIES



J-FRAME™ STABILITY WITH FREEDOM
Designed to combat overpronation, our patented J-Frame™ delivers extended support with a firm, J-shaped foam on the medial side where the foot typically rolls inward.



H-FRAME™ SECURE EVERY STEP
Engineered for enhanced stability, the intuitive H-Frame interlocks through the midsole to create a secure base.



SWALLOWTAIL™ HEEL INDEPENDENT SUSPENSION
Our forked SwallowTail heel allows for adjustments on uneven terrain and smoother heel-to-toe transitions.



HUBBLE® HEEL EFFORTLESSLY SMOOTH TRANSITIONS
Our extended Hubble Heel is designed to reduce impact and create smoother heel-to-toe transitions.



PROFLY™ DUAL-DENSITY CUSHIONING
Designed to deliver an energetic ride, ProFly is a



PROFLYX™ AGGRESSIVE PROPULSION
Providing a propulsive ride, our midsole plates deliver a durable, lightweight solution for dynamic energy return.

MATERIALS + CREATION PROCESSES

We recognize that producing footwear and apparel has a global impact, and it carries an obligation to advance sustainable business practices and good business ethics. For more information on our efforts toward more sustainable manufacturing and information on corporate, human and environmental responsibility measures taken by HOKA and Deckers Brands, visit hoka.com/corporate-responsibility.



GORE-TEX
Footwear Fabric with Recycled Textile
An environmentally conscious approach to waterproofing, GORE-TEX footwear fabric with recycled textile utilizes an ePTFE (expanded polytetrafluoroethylene) film or membrane, post-consumer recycled fibers in its backer, and PFC-free chemicals.



GORE-TEX INVISIBLE FIT
With Recycled Content
Designed to virtually disappear, the GORE-TEX Invisible Fit membrane is bonded directly into the upper for lightweight, flexible protection from the elements.



MATRYX
A ridiculously light, extra-durable woven material with hydrophobic properties, MATRYX® is abrasion resistant to help you get the most out of your runs.



VIBRAM® MEGAGRIP
An industry leader in durable rubber for outdoor products, Vibram® Megagrip is a high-performance, extra-sticky rubber that provides enhanced grip on wet and dry surfaces.



VIBRAM® MEGAGRIP LITEBASE
With Litebase Construction
A high-performance rubber that reduces outsole weight while maintaining performance, Vibram® Megagrip with Litebase construction reduces outsole thickness about 40–50% and reduces the tread weight about 25–30%.



VIBRAM® WITH TRACTION LUG
Vibram® with Traction Lug technology increases the surface area of outsole rubber, allowing for more rubber contact with terrain.



VIBRAM® ECOSTEP RECYCLE
Delivering the same grip, performance, and durability that Vibram® is known for, Vibram® EcoStep Recycle is a pioneering eco-compound derived from up to 30% recycled materials.



VIBRAM® ECOSTEP RECYCLE EVO
The next evolution of Vibram EcoStep Recycle, EVO is a high-quality outsole compound that employs 30% recycled XS Trek for enhanced performance.



VIBRAM® XS TREK
Delivering an optimal balance of traction and durability, Vibram® XS Trek is a versatile, non-marking outsole compound that allows for adaptable, wet-to-dry traction.



RUBBERIZED FOAM
Lighter than traditional rubber and more resilient than EVA, rubberized foam delivers an energized ride with a proprietary blend of rubber and EVA.



SUGARCANE EVA FOAM
Designed to reduce our reliance on petrochemicals, our sugarcane and EVA blend delivers the same durability without impacting performance.



PEBA FOAM
An ultralight foam created using the supercritical foaming process, PEBA is used in our energetic models for enhanced rebound and resilience compared to traditional EVA.



PLATED TECHNOLOGIES
Providing a propulsive ride, our Pebax® and carbon fiber plates deliver a durable, lightweight solution for dynamic energy return.



SUPER CRITICAL FOAMING PROCESS
By using high pressure and temperature, we're able to boost foam expansion and create foam with a soft, unique feel.

ROAD

For quick reference, see the F24 road products along with their key features in the chart below.

MODEL	CUSHION	ACTIVITY	KEY FEATURES
Skyward X	Plush	Everyday Run	Carbon Fiber Plate/ PEBA Midsole
Bondi 8	Plush	Everyday Run	Compression Molded EVA/ Max Cushion
NEW Skyflow	Plush	Everyday Run	Max Cushion/ Super-critical Midsole Foam
Clifton 9	Balanced	Everyday Run	Engineered knit Upper/ EVA midsole
NEW Rincon 4	Balanced	Everyday Run	Lightweight/ Rubberized EVA
Gaviota 5	Plush	Everyday Run	Stability/ Max Cushion
Arahi 7	Balanced	Everyday Run	Stability/ Lightweight
Mach 6	Responsive	Everyday Speed	PEBAX Plate/ Super- critical midsole
NEW Mach X 2	Responsive	Everyday Speed	PEBA Midsole/ PEBAX Plate

Full-screen



ROAD CONTINUED

For quick reference, see the F24 road products along with their key features in the chart below.

MODEL	CUSHION	ACTIVITY	KEY FEATURES
Cielo X1	Responsive	Race	Carbon Fiber Plate/ PEBA Midsole
ORA Recovery Slide	Plush	Recovery	Sugarcane EVA, Ventilated Airflow Channels
ORA Recovery Flip	Plush	Recovery	Duel Layer EVA

Full-screen



ROAD - EVERYDAY RUN AND RECOVERY

EVERYDAY RUN



SKYWARD X



BONDI 8



SKYFLOW



CLIFTON 9



CLIFTON 9 GTX



RINCON 4



SOLIMAR



GAVIOTA 5



ARAHI 7

RECOVERY



ORA ATHLETIC SLIDE



ORA RECOVERY SLIDE 3

Full-screen

ROAD - EVERYDAY SPEED

EVERYDAY SPEED



MACH X 2



MACH 6

Full-screen

ROAD - RACE

RACE



TRAIL PRODUCT

For quick reference, see the S24 trail products along with their key features in the chart below.

MODEL	CUSHION	ACTIVITY	KEY MATERIALS
Challenger 7	Balanced	All-Terrain Running	4mm Lugs / Durabrasion Rubber
Challenger 7 GTX	Balanced	All-Terrain Running in wet environments	GORE-TEX Invisible Fit
NEW Speedgoat 6	Balanced	Trail Running	Vibram® Megagrip with Traction Lug/ 5mm Lugs
NEW Speedgoat 6 GTX	Balanced	Trail Running in wet environments	GORE-TEX Leaf membrane bootie construction
NEW Tecton X 3	Responsive	Trail Running/Trail Racing	Vibram® Megagrip Litebase with Traction Lug/ Dual-layer PEBA
NEW Torrent 4	Responsive	Trail Running	5mm lugs in High-abrasion Rubber
Mafate Speed 4	Responsive	Trail Running	Vibram® Megagrip with Litebase construction and Traction Lug

Full-screen Speedgoat 6

Full-screen Speedgoat 6 GTX

Full-screen Tecton X 3

Full-screen Torrent 4

Full-screen Mafate Speed 4

TRAIL

RACE



EVERYDAY RUN



HIKE

For quick reference, see the F24 Hike models along with their key features in the chart below.

MODEL	CUSHION	ACTIVITY	KEY MATERIALS
Kaha 2 Low/Mid GTX	Plush	Single-day or Multi-day Hiking	GORE-TEX footwear fabric with recycled textile
Anacapa 2 Low/Mid GTX	Balanced	Day Hiking	GORE-TEX footwear fabric with recycled textile

Full-screen Kaha 2 Low/Mid GTX

Full-screen Anacapa 2 Low/Mid GTX

Full-screen Challenger 7 GTX

Full-screen Speedgoat 5 GTX Spike

Full-screen Torrent 4

Full-screen Challenger 7



HOKA KIDS

Full-screen 3

ACTIVITY CHART

HOKA develops each product with the goal of creating solutions for customers. The brand has offerings for various types of running, hiking, walking, etc. The chart below pairs the top HOKA models with the customers preferred activity. Reviewing and referencing this information will help with making informed decisions when recommended products throughout the customer journey.

ACTIVITY	STYLES		
Everyday Running (Neutral)	Bond 8	Clifton 9	Skyward X
Everyday Running (Stability)	Arahi 7	Gaviota 5	
Everyday Speed	Mach 6	Mach X	Rincon 3
Race Day	Rocket X2	Cielo X1	
Everyday Trail Running	Speedgoat 6	Muñate Speed 4	Torrent 3
All-Terrain Running	Sinison 7 ATR	Challenger 7	
Lightweight or Faster Trail Running	Tecton X2	Zinal 2	Torrent 3
Day Hiking	Anacapa Breeze Low/Mid	Anacapa 2 Low/Mid GTX	Trail Code GTX
Multi-day Hiking	Kaha 2 Mid GTX	Anacapa Mid Breeze	Anacapa Mid GTX
Gym Workouts	Solimar	Kawana	Rincon 3
Adventure	Transport	Transport GTX	Skyline-Float X

Full-screen 5

HOKA LIFESTYLE



KAWANA 2



SOLIMAR



SPEEDGOAT 6



CLIFTON 9



TRANSPORT



CLIFTON SUEDE

Full-screen 3


INOV-8
<i>Established 2001</i>
Updated: 6/2022 OUT OF DATE
Special mentions: Morgan Goodchild



“The athletes’ interaction with the environment is the single most important factor when designing products”

Introduced: 10/2010, (17), 5/2019, 12/2019, 1/2020, 5/2020, 3/2021, 9/2021, 6/2022

STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	
RACING	
TRAIL	PATH & TRAILS Trailfly Ultra 300 AX RF 25 –FF 19 - HD6mm Width 5 ; Cleats 4mm ; Powerflow Max Midsole ; Graphene Grip Rubber Outsole  TRAILFLY® ULTRA G 300 MAX GREEN/BLACK XXXX MEN'S  TRAILFLY® ULTRA G 300 MAX NAVY/MINT/BLACK 000978-NYMTBK-S-01 WOMEN'S Terraultra G 270 RF 12 – FF 12 - HD0mm Width 5 ; Cleats 4mm ; Powerflow Max Midsole Graphene Grip Rubber Outsole  TERRAULTRA® G 270 PINE/MINT 000954-PIMT-S-01 WOMEN'S  TERRAULTRA® G 270 GREEN/BLACK 000947-GNBK-S-01 MEN'S PATH & TRAILS Trailtalon 290 RF19 – FF11 - HD8mm Width 4 ; Cleats 4mm ; Two Piece Powerflow Midsole ; Inov-8 Rubber Outsole  TRAILTALON® 290 BLUE/NAVY/YELLOW 000712-BLNYYW-S-01 MEN'S  TRAILTALON® 290 BLUE/NAVY/PINK 000713-BLNYPK-S-01 WOMEN'S

Trailtalon 235 RF11– FF7 - HD4mm ; Width 4 ; Cleats 4mm ; Powerflow Midsole ; Inov-8 Rubber Outsole



Parkclaw G 280 RF20 – FF12 - HD8mm Width 5 ; Cleats 4mm ; Graphene Grip Outsole Rubber ; G-Fly Midsole



MULTI-TERRAIN

Roclite G 275 RF16 – FF8 - HD8mm Width 3 ; Cleats 6mm ; Powerflow Midsole; Graphene Grip Outsole Rubber



Roclite G 290 RF11– FF7 - HD4mm Width 3 ; Cleats 6mm ; Powerflow Midsole ; Graphene Grip Rubber Outsole



FAST HIKE

Roclite Pro G 400 GTX RF20 – FF12 - HD8mm Width 4 ; Cleats 6mm ; Gore-Tex, Schoeller upper ; Powerflow Midsole ; Graphene Grip Rubber Outsole



Shoe categories: Snow & ice, Soft & muddy, Hard & rocky, Paths & trails, Road running.

Arrow system

ZERO – 0mm HD
1 ARROW – 3mm / 4mm HD
2 ARROW – 6mm / 8mm HD
Inov-8 use a scale of 1 (narrow last) to 5 (wide last)

THE INOV-8 ARROW SYSTEM

In 2003, years before anyone else, inov-8 pioneered the Arrow System. The number of arrows shown on the lower heel of any inov-8 shoe signifies the drop of that shoe. The drop is the heel-to-forefoot differential, measured in mm.

MORE ARROWS = BIGGER DROP, and increased underfoot cushioning.

FEWER ARROWS = SMALLER DROP, and increased underfoot responsiveness.

Increase your speed by lowering the numbers of arrows.



8MM / 6MM DROP:
High levels of underfoot cushioning, lower levels of responsiveness and speed.



4MM / 3MM DROP:
Medium levels of underfoot cushioning, responsiveness and speed.

ZERO

0MM DROP:
Higher levels of responsiveness and speed.

www.inov8sa.co.za
Drifters Jhb 011 783 9200
Hiker's Paradise Pta 012 663 7647
Drifters Cape Town 021 418 4511
Run Specialist Store Bree St 021 418 1051
Run Specialist Store Edward St 021 910 2546
Outdoor Escape Stellenbosch 021 883 2444
Runners Edge Stellenbosch 021 886 5095
Trailbusters PE 041 5813710
Bush and Bundu Pmb 033 394 3344
Trailshed Pmb 066 208 3185
Mount Co George 081 366 4394
Gone High Constantia, Cape Town 060 637 0986

joma
JOMA SPORTS
<i>Established - 1965 - Toledo Spain</i>
New insert: 4/2025
Special mentions: Tumelo Mokobane



Introduced: (1) **4/2025**

CARBON PLATED RUNNING	R - 1000 2404 M&L RF-FF-HD7mm ENDOPLATE CARBON FIBER PLATE, Foam reactive midsole, Fly reactive technology, <u>Premium</u>, competition, 21km – 42km  R - 3000 2408 M&L RF-FF-HD6mm CARBON PLATE, Fly reactive technology, Competition, Premium, 10km – 21km  R - 5000 2404 M&L RF-FF-HD6mm CARBON PLATE, Foam reactive midsole, Fly reactive technology, Competition & race walk, <u>Premium</u>  R - 2000 2404 M&L RF-FF-HD10mm Stable ?, Foam reactive midsole, Fly reactive technology, Premium, daily training SPECIAL EDITION – R2000 DUBAN MARATHON  SPECIAL EDITION – R2000 SOWETO MARATHON 
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SPECIAL EDITION – R2000
TWO OCEANS MARATHON



SPECIAL EDITION – R2000
PARIS MARATHON



R - 4000 2404 M&L RF-FF-HD6mm Neutral, Foam reactive midsole, Fly reactive technology, Premium



R - 6000 2404 M&L RF-FF-HD8mm Stable ?, Foam reactive midsole, Fly reactive technology, Premium



ACTIVE RF-FF-HDmm Neutral, Initiation



VITALY RF-FF-HD10mm Initiation, neutral, Foam reactive midsole, Fly reactive technology



META RF-FF-HD10mm Neutral, Initiation, Foam reactive midsole, Fly reactive technology



TITANIUM RF-FF-HD6mm Neutral, Training, Foam reactive midsole, Fly reactive technology



VICTORY RF-FF-HD8mm Neutral, Training, Foam reactive midsole, Fly reactive technology, Dual density phylon midsole



SPEED RF-FF-HD10mm Neutral, Training, Foam reactive midsole, Fly reactive technology



FENIX 8 RF-FF-HD8mm Neutral, High performance



VIPER RF-FF-HD6mm Stable, High performance



PADEL SMASH



PADEL T SPIN



PADEL SPIN




MIZUNO
<i>Established 1906</i>
Updated: 3/2024
Special mentions: Brian Kerby

Updated: 8/99- 6/07 (35), **1/2016**, 11/2016, 1/2019, 5/2021, 12/2021, 8/2022
3/2024



STRONG ANTIPRONATION	
MILD ANTIPRONATION	Wave Inspire 20 RF37.5–FF25.5-HD12mm Mizuno wave – support type, Mizuno Wave, Mizuno Energy  Wave Inspire 20 SP RF37.5–FF25.5-HD12mm Mizuno wave – support type, Mizuno Wave, Mizuno Energy  Wave Equate 8 RF37–FF25-HD12mm Mizuno wave – support type, Mizuno Double Fan Shaped Wave (support), Mizuno Energy  Wave Paradox 5 RF39.5–FF27.5-HD12mm Mizuno wave – support type, Mizuno Double Fan Shaped Wave (support), Mizuno Energy 
NEUTRAL	Wave Neo Ultra RF39–FF31-HD8mm Mizuno Energy Series, Wave m/s



Wave Neo Wind RF36.5–FF24.5-HD12mm Mizuno Enerzy Lite, Wave Plate m/s



Wave Prophecy 13 RF38–FF27.5-HD10.5mm Infinity wave midsole



Wave Sky 7 RF41–FF33-HD8mm Mizuno Enerzy Core / Mizuno Enerzy:



Wave Rider 27 RF38.5–FF26.5-HD12mm Mizuno Wave, Mizuno Enerzy



Wave Rider 27 WIDTH OPTIONS RF38.5–FF26.5-HD12mm Mizuno Wave, Mizuno Enerzy, Wave plate



Wave Sunrise 5 RF37.5–FF29.5-HD8mm Mizuno Wave, Mizun o Enerzy, Wave plate



Wave Ultima 15 RF38.5–FF26.5-HD12mm Mizuno Wave, Mizuno Enerzy, Wave plate



Wave Kizuna 3 RF36–FF24-HD12mm Mizuno Wave, Mizuno Enerzy, Wave plate



Wave Prodigy 5 RF36–FF24-HD12mm Mizuno Wave, Wave plate



Wave Stream 2 RF37.5–FF25.5-HD12mm Mizuno Wave

	 Wave Revolt 3 RF34–FF26-HD8mm Mizuno Wave, Wave plate  Enerzy runnerZ RF31–FF23-HD8mm Mizuno Wave, Wave plate  Wave Horison 7 RF41–FF33-HD8mm Mizuno Wave, Wave plate 
RACING	Wave Rebelion Pro 2 RF38–FF36.5-HD2.5mm Mizuno Enerzy Lite, Mizuno Enerzy Lite+  Wave Rebelion Flash 2 RF35–FF34.5-HD0.5mm Mizuno Enerzy Lite, Mizuno Enerzy Lite+

	 Wave Rebellion Sonic 2 RF32–FF24-HD8mm Mizuno Enerzy foam, Mizuno Wave plate  Wave X First 2 – middle distance spike RF–FF-HDmm 
TRAIL	Wave Rider GTX RF36–FF24-HD12mm Wgrip rubber  Wave Rider TT RF38–FF30-HD6mm Wgrip rubber 



Wave exceed tour 6 padel



Wave exceed lite 2 padel



Break shot 4 padel



TECHNICAL GLOSSARY

WAVE TECHNOLOGY

	Parallel Wave Wave technology which uniformly disperses shock throughout the sole, providing excellent cushioning and enhanced stability.		Fan-shaped Wave Wave technology which features various Wave heights, delivering excellent cushioning and stability.
	Infinity Wave Wave technology with a moveable and effective construction. Two parallel plates that sit together with soft cushioning pillars in-between to provide unrivalled cushioning and improved durability by absorbing and dispersing the impact at foot strike.		Double Fan-shaped Wave Wave technology that gives the highest levels of support combined with excellent cushioning.

ALL SPORTS

	Inspired by nature, Wave is a unique midsole technology that provides both cushioning and stability. Wave's unique shape absorbs and disperses the impact at foot strike, which results in a smoother, more cushioned feel on every step.		ap+, a lightweight midsole compound offering rebound and cushion durability, providing a high level of comfort.
	The DynamationFit system uses highly advanced motion capture and biomechanics technology. Mizuno has developed a design blueprint to engineer shoes that work with your foot throughout the gait cycle.	AIRmesh	Breathable and cool, AIRmesh allows each running shoe from Mizuno to maintain a high standard of breathability and comfort of the upper.
	Cool and Dry. Mizuno Intercool solves the problem of heat and humidity build-up in a running shoe. It does this by incorporating a full-length ventilation system in the sole of the shoe that removes heat and humidity from the foot through a system of ventilation channels.	Removable INSOCK	Removable insock for comfort and cushioning.
SPR+ REBOUND	An advanced lightweight cushioning material that absorbs shocks and keeps the transition smooth and fast due to its quick rebound properties.	Premium INSOCK	A high-grade removable insock for comfort and cushioning.
	MIZUNO COB (center of balance) is a midsole structure with multiple pods that activate body awareness to increase balance.		Provides a well cushioned landing with amazing energy return. This midsole material surpasses all expectations of comfort set by previous materials.
	Redefine what Energy return should feel like with this super soft and bouncy midsole material created by Mizuno for our top line products.		

TECHNICAL GLOSSARY

RUNNING TECHNOLOGIES

 AeroHug	The new MIZUNO upper technology holds the foot stable during the run for a secure fit and an unrivalled comfort. A soft fabric mesh stretches and wraps around the foot to create the most comfortable ride.	 PEBAX	Pebax® Powered Wave Plate for lightweight energy return
 X10	Durability and Traction. X-10 is an extremely durable Mizuno carbon rubber that allows for longer wear in high impact areas and gives more traction at the heel strike.	 pebax Run	The Wave Plate is constructed with a bio-sourced Pebax® Runer® plate. This provides extremely lightweight support and energy return, empowering athletes with every step.
 XtReize	XtReize, Mizuno's technical trail concept featuring X lugs and Xt groove, leads to trail shoes that adapt to their surroundings and work in perfect harmony with the body.	 Wave	An evolutionary lightweight midsole that delivers stress-free cushioned rides with high rebounds. It gives an energised, euphoric and super-comfortable run.
 ESS	ESS, an advanced performance outsole component that enhances traction where needed most and reduces weight.	 ESS Rock Plate	An extra solid sheet rock-plate in the forefoot which provides superb protection against stones and rock.
 Wave	A unique midsole compound providing high comfort and performance, while being extremely lightweight.	 GORE	Waterproof, breathable fabric membrane upper technology.
 Michelin	An original rubber compound developed by Michelin that provides more grip and comfort.	 Blown Rubber	The pressure absorbing blown rubber outsole optimises pressure distribution throughout the forefoot.
 SmoothRide	An engineered approach to minimise the rapid acceleration and deceleration of the foot during transition, creating the smoothest ride possible.	 XPOP	A completely new type of midsole compound that delivers cushioning, rebound and durability at a high level. The exquisite harmony of the super soft and advanced cushioning with high energy return makes you feel as if you are floating on water.
 WaveKNIT	A knit construction inspired by our Mizuno Wave technology. It's dynamic stretch and hold abilities provides a sock-like fit that feels natural every step.	 XtGrip	A outsole construction that provides superior grip on various surfaces thanks to it's adaptive abilities. Allows for high traction on soft surfaces and high friction on firm surfaces.
 ELB	A lightweight midsole compound providing high level cushioning and rebound for energy efficient runs.		




NEW BALANCE
<i>Established 1906 in Boston, Massachusetts</i>
Updated: 6/2026
Special mentions: Bruno Sottocorona



Updated: 8/99 - 3/12 (66), 11/2020, 4/2021, 2/2023, 8/2024, 3/2025, 3/2026. 6/2026

STRONG ANTIPRONATION (Motion control)	860 v15 – COMFORT & SUPPORT FRESH FOAM X Widths (M/W): D, 2E, 4E B, D RF39.9mm – FF33.9mm – HD6mm Firm cushioned traditional stability shoe Weight (M/W): 30 (g) 243 (g) Midsole - Fresh Foam X (FFX) – top layer 12/40 bottom layer 15/45 Outersole - Ndurance & solid rubber 
MILD / MODERATE ANTIPRONATION (Stability)	
NEUTRAL	1080 v15 - COMFORT COLLECTION Width : M2E LD RF39.9mm – FF33.9mm – HD6mm Weight : 261g Everyday running shoe – new cushioning tech - Infinion (12/35) durometer Outersole Ndurance  880 v15 - COMFORT COLLECTION FRESH FOAM X Widths (M/W): D, 2E, 4E B, D RF32mm – FF26mm – HD6mm Weight (M/W): 270 (g) 209 (g) (Available in Kids) Firm cushioned traditional neutral shoe – multiple widths Midsole - Fresh Foam X (FFX) –12/40 durometer Outersole - Ndurance & solid rubber



ELLIPSE v1 – COMFORT COLLECTION
FRESH FOAM X

RF37.9mm – FF29.9mm – HD8mm
Weight (M/W): 260 (g) | 206 (g)
Midsole - Fresh foam X midsole (12/40 durometer)
Outersole – Ndurance



680 v9 - COMFORT COLLECTION
FRESH FOAM X

Widths (M/W): 2E | D
RF29mm – FF21mm – HD8mm
Weight (M/W): 268 (g) | 218 (g)
Stability plane support tech
Midsole – Fresh Foam X 19/35
Outersole – Ndurance & solid rubber
Everyday running or walking



520 v9 – COMFORT COLLECTION
FRESH FOAM

Widths (M/W): 2E | D
RF20mm – FF30mm – HD10mm
Midsole - Fresh Foam X (FFX) - 19/35 durometer hardness
Outersole – solid rubber



RACING	FUELCELL PROPEL v5 Widths (M/W): D B RFmm - FFmm - HDmm Weight (M/W): 280 g Everyday running Midsole – 2 layer FuelCellmidsole 10/35 durometer combined with a full length TPU plate  SC ELITE v5 – SPEED COLLECTION Widths (M/W): D B RF40mm - FF32mm – HD8mm Neutral marathon racing shoe Weight (M/W): 215 g 165 g Midsole – FuelCell cushioning, Ultra responsive PEBA midsole and a <u>carbon fiber plate.</u>  FUELCELL SC TRAINER v4 – SPEED COLLECTION Widths (M/W): D B RFmm - FFmm – HD6mm Neutral marathon racing shoe Weight (M/W): 271 g Midsole – 2 layer PEBA blend for energy return. New curved <u>carbon fiber plate</u> 
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TRACK	
	DYNASOFT NITREL v6 RF18mm - FF12mm - HD6mm Weight (M/W): 285 g Neutral trail Midsole – DynaSoft midsole Outersole – AT tread - more rugged
	
PADEL	FUEL CELL SUPER COMP LD-X v3 Unisex 3000m to 10000m PEBA midsole Carbon fiber plate
	
	796v5 
	696v6 

FOOTWEAR TECHNOLOGIES

- FRESH FOAM X** has the smoothest underfoot experience with a plush underfoot feel, and allows for a smoother transition, while giving the runner 360° of total comfort. Generally, has 10%-15% more energy return than Fresh Foam.

FRESH FOAM Engineered for precision comfort, Fresh Foam provides an ultra-cushioned and lightweight ride.

FUEL CELL is a nitrogen-infused foam that drives the athlete off the cushioning platform quickly and delivers long lasting performance.

REVLITE An innovative foam compound providing the same responsiveness and durability of foams 30% heavier. REVlite offers a lightweight ride without minimizing construction or sacrificing underfoot cushioning or stability.

ABZORB® Our top-of-the-line foam. A superior blend of cushioning and compression set features with DuPont™ Engage® and Isoprene rubber for the ultimate ride.

ABZORB® FL Our top-of-the-line midsole foam. An amazing blend of comfort and performance with DuPont™ Engage® and isoprene rubber provides the ultimate ride.

ABZORB® SBS Engineered non-cellular elastomer designed to provide optimal shock absorption and no compression set.
- ACTEVA®** 12% lighter than standard midsole foam with DuPont™ Engage® for exceptional durability.

ACTEVA® LITE 24% lighter than standard midsole foam with DuPont™ Elvaloy® and DuPont™ Engage® for optimal compression set properties.

ACTEVA® ULTRA LITE 32% lighter than standard midsole foam. An ultra-lite midsole material with optimal compression set made with DuPont™ Elvaloy®.

AT TREAD A dual-use outsole tread combining both trail and running lug designs for on and off-road.

C-CAP® Compression-molded EVA for superior midsole cushioning and flexibility.

ENCAP® A core of soft cushioning EVA in the midsole with a tough polyurethane rim for more support and durability.

EXTENDED WEB™ Structured lightweight arch support that extends into the medial heel and provides midfoot rigidity and medial rearfoot support.

ISS® Our internal support system hugs your midfoot for added comfort, fit, and stability.
- LIGHTNING DRY** Superior fabric keeps you dry and comfortable by managing moisture transfer.

LOCKDOWN LINER™ An adjustable, internal liner that is integrated into the lacing to provide a custom fit and securely hold the midfoot.

N2 is a new bottom unit cushioning technology. It's a responsive, durable, sustainable cushioning system in a low-profile execution. Delivering on all of these qualities but allowing the foot to be lower to the ground.

N-ERGY A resilient engineered elastomer designed to provide shock absorption and responsiveness for the optimal ride. Designed in multiple configurations to deliver unique consumer benefits.

N-FUSE® Soft-cushioning foam layered with a firmer structured foam for a midsole with added comfort and support from heel-strike to toe-off.

NDURANCE Rubber compound for maximum durability used in high wear areas.

NLOCK® Integrated lacing and webbing system that provides optimal fit, support and security.

PHANTOM LINER™ Seamless lining.



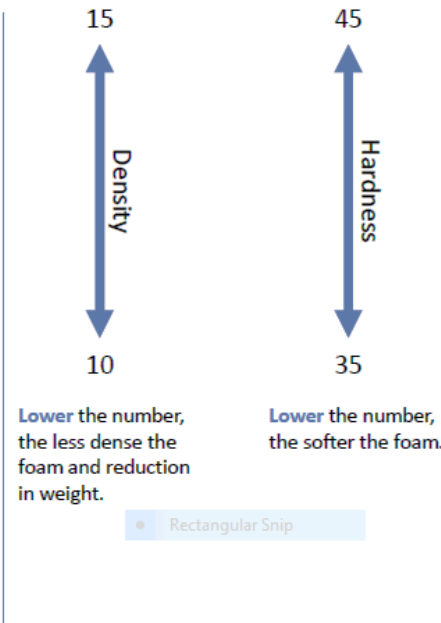
Portfolio of Foams

FUELCCELL

Fuelcell includes a range of foams that deliver incredible benefits for a range of consumer experiences. This includes foams with 100% PEBA, PEBA blends and high energy return EVAs.

FRESH X
FOAM

Fresh Foam X utilizes a small range of different densities and hardness to achieve a unique running experience in each model. This includes foams from a 35 hardness to a 45 hardness and .12 density to .15 density.



What is Fresh Foam X?

Density

Lower the number, the less dense the foam and reduction in weight.

Hardness

Lower the number, the softer the foam.

1080

12/40

Single Midsole

More

15/35

Single Midsole

880

15/45

Single Midsole

Vongo

15/35

Top Midsole

15/45

Bottom Midsole

860

12/40

Top Midsole

15/45

Bottom Midsole

Rectangular Snip

12, 15

/35, /40, /45

new balance

FOOTWEAR SIZES

MEN'S SIZE & CONVERSION GUIDE

US Men	US Women	UK	EU	Length (cm)
4	5.5	3.5	36	22
4.5	6	4	37	22.5
5	6.5	4.5	37.5	23
5.5	7	5	38	23.5
6	7.5	5.5	38.5	24
6.5	8	6	39.5	24.5
7	8.5	6.5	40	25
7.5	9	7	40.5	25.5
8	9.5	7.5	41.5	26
8.5	10	8	42	26.5
9	10.5	8.5	42.5	27
9.5	11	9	43	27.5
10	11.5	9.5	44	28
10.5	12	10	44.5	28.5
11	12.5	10.5	45	29
11.5	13	11	45.5	29.5
12	13.5	11.5	46.5	30
12.5	14	12	47	30.5
13	15	12.5	47.5	31
14	-	13.5	49	32

WOMEN'S SIZE & CONVERSION GUIDE

US Women	US Men	UK	EU	Length (cm)
4	2.5	2	34	21
4.5	3	2.5	34.5	21.5
5	3.5	3	35	22
5.5	4	3.5	36	22.5
6	4.5	4	36.5	23
6.5	5	4.5	37	23.5
7	5.5	5	37.5	24
7.5	6	5.5	38	24.5
8	6.5	6	39	25
8.5	7	6.5	40	25.5
9	7.5	7	40.5	26
9.5	8	7.5	41	26.5
10	8.5	8	41.5	27
10.5	9	8.5	42	27.5
11	9.5	9	42.5	28

FOOTWEAR SIZES

CRIB TO TODDLER | 0-4 YEARS

US Kids	Shoe Type	Length(in)	UK Kids	EU Kids
0	Crib	3 1/4	0	15
1	Crib	3 1/2	.5	16
1.5	Crib	3 3/4	1	16.5
2	Crib/Infant	3 3/4	1.5	17
2.5	Crib/Infant	4	2	18
3	Crib/Infant	4 1/4	2.5	18.5
3.5	Crib/Infant	4 1/4	3	19
4	Crib/Infant	4 1/2	3.5	20
4.5	Crib/Infant	4 3/4	4	20.5
5	Crib/Infant	4 3/4	4.5	21
5.5	Infant	5	5	21.5
6	Infant	5 1/4	5.5	22.5
6.5	Infant	5 1/4	6	23
7	Infant	5 1/2	6.5	23.5
7.5	Infant	5 3/4	7	24
8	Infant	5 3/4	7.5	25
8.5	Infant	6	8	25.5
9	Infant	6 1/4	8.5	26
9.5	Infant	6 1/4	9	26.5
10	Infant	6 1/2	9.5	27.5

LITTLE KID | 4-8 YEARS

US Kids	Shoe Type	Length(in)	UK Kids	EU Kids	US Women	US Men
10.5	Pre-School	6 3/4	10	28	-	-
11	Pre-School	6 3/4	10.5	28.5	-	-
11.5	Pre-School	7	11	29	-	-
12	Pre-School	7 1/4	11.5	30	-	-
12.5	Pre-School	7 1/4	12	30.5	-	-
13	Pre-School	7 1/2	12.5	31	-	-
13.5	Pre-School	7 3/4	13	32	-	-
1	Pre-School	7 3/4	13.5	32.5	-	-
1.5	Pre-School	8	1	33	3	1.5
2	Pre-School	8 1/4	1.5	33.5	3.5	2
2.5	Pre-School	8 1/4	2	34.5	4	2.5
3	Pre-School	8 1/2	2.5	35	4.5	3

BIG KID | 8-12 YEARS

US Kids	Shoe Type	Length(in)	UK Kids	EU Kids	US Women	US Men
3.5	Grade School	8 5/8	3	35.5	5	3.5
4	Grade School	8 3/4	3.5	36	5.5	4
4.5	Grade School	9	4	37	6	4.5
5	Grade School	9 1/4	4.5	37.5	6.5	5
5.5	Grade School	9 1/4	5	38	7	5.5
6	Grade School	9 1/2	5.5	38.5	7.5	6
6.5	Grade School	9 5/8	6	39	8	6.5
7	Grade School	9 3/4	6.5	39.5	8.5	7




NIKE
<i>Established 1972</i>
Updated: 4/2026
Special mention: David Blake



Updated: 8/99 (70), 7/2018 @SS, 12.2018, 1/2020, 4/2020, 8/2020, 7/2022, 5/2024, 5/2025, 8/2025, 8/2025, 1/2026, 4/2026

SUPPORTIVE CUSHIONING STRONG ANTIPRONATION Road Everyday Running Supportive & cushioned build for everyday comfort & stability	NIKE STRUCTURE 26 - Everyday Road running UPPER; Updated engineered mesh for optimal, comfort, breathability and support. MIDSOLE: Full ReactX OUTSOLE: High abrasion rubber in the heel for durability and traction, blown rubber in the forefoot for lightweight durability. Weight M10 321g, W8 262g Heel 29mm, forefoot 28mm, offset 10mm 
SUPPORTIVE CUSHIONING STRONG ANTIPRONATION	NIKE STRUCTURE PLUS – Everyday Road Running UPPER; Nuanced structural overlays help the silhouette feel more secure, and an engineered mesh upper delivers zonal breathability and support. A plush collar and tongue add comfort and containment while contributing to an improved fit MIDSOLE: The midfoot support system pairs with a ZoomX midsole and ReactX foam carrier that provide exceptional cushioning, reducing impact on the body. This combination of support and cushioning helps deliver the stability runners need while maintaining a more comfortable, fluid running experience — all without the use of firmer materials or rigid medial structures traditional to stability footwear. Weight W8: 248g; M10: 309g Heel 42mm, forefoot 32mm, offset 10mm The Structure Plus has received the American Podiatric Medical Association Seal of Acceptance, which is awarded to footwear and other products found to promote good foot health. 
RESPONSIVE CUSHIONING NEUTRAL Road Everyday Running Everyday responsive cushioning for all runs & runners Workhorse with wings.	Nike Air Winflo 12- An entry-level, neutral road running shoe designed for balanced, daily training. It features an updated midsole with increased cushioning compared to previous models, a breathable mesh upper, and a wider fit in the forefoot MIDSOLE: Full-length Cushlon 3.0 foam for cushioning, combined with a Nike Air unit in the heel for impact absorption. UPPER: Open-hole, breathable mesh for ventilation. OUTSOLE: Rubber outsole with flex grooves for flexibility and traction. Weight M10 322g, W7 261g Offset men 10mm, women 9mm  Nike Air Zoom Pegasus 42- Everyday Road running MIDSOLE: Full length ReactX foam, Zoom Air (Full Length + Curved).

Training, tempo, racing

UPPER: Multi-zoned single layer engineered mesh with haptic print and internal double layer lining. OUTSOLE: Waffle pattern with high abrasion rubber and flex grooves.
Weight M10 300g, W8 250g
Heel 37mm, Forefoot 27mm, offset 10mm (+3mm toe spring)



Maximum responsive cushioning for everyday training

PEGASUS PLUS - Everyday Road running, tempo runs, speedwork, and racing
MIDSOLE: The full-length ZoomX midsole is responsive and lightweight, offering a smooth heel-to-toe transition. UPPER: An evolved Flyknit upper features zones of breathability where runners need it most. OUTSOLE: High-abrasion rubber was added to the outsole so runners can feel confident putting in the miles in different terrain.
Weight M10, 245g, W8 205g
Heel 36mm, Forefoot 26mm, offset 10mm



Road Everyday Running
Comfortable, soft ride

NIKE PEGASUS PREMIUM – Everyday Road running
MIDSOLE: visible Air Zoom unit is sculpted from the forefoot to the heel, contoured to carry a runner’s power efficiently from their heel strike to their toe-off. Nike’s proprietary ZoomX foam in the midsole and ReactX foam in the heel creates a new cushioning system that optimizes energy return for runners, delivering a smooth, propulsive ride mile after mile. With its unique Air Zoom unit and strategically placed foam, the Pegasus Premium returns more energy to the runner than any other model in the Pegasus franchise to date. UPPER: To create a secure fit over the footbed, the upper is engineered with a circular knit. Together with the same dynamic midfoot system used in the Pegasus line, the upper is reinforced in specific areas of the lateral and medial forefoot that need more support during a run. OUTSOLE: High abrasion rubber outsole for traction and durability.
Weight M10 330g, W8 278g
Heel 45mm, Forefoot 35mm, offset 10mm



Road Everyday Running
Comfortable, soft plush ride for increased mileage that’s easy on the body

NIKE VOMERO 18 – Everyday Road running
MIDSOLE: a combination of ZoomX foam through the length of the shoe and ReactX in the heel and forefoot, providing runners with double-stacked cushion for the ultimate ride. UPPER: Engineered mesh upper with zonal haptic print providing breathable, lightweight support. OUTSOLE: Durable rubber, providing traction for high mileage, and its upward curve features increased rocker geometry, providing runners a smoother heel to toe transition.
Weight m10 325g W8 262.7g
Heel 45mm, Forefoot 35mm, offset 10mm

Road Running and recovery
Ultra comfortable, soft plush ride for increased mileage and recovery training.



NIKE VOMERO PLUS – Everyday Road running

MIDSOLE: Increased rocker geometry and a wide platform, furthers the silhouette’s ultra-cushioned sensation without compromising responsiveness and stability. Full-length ZoomX foam midsole leverages an evolved version of Nike’s lightest, softest and most responsive foam to deliver a propulsive feeling and roughly 85 percent energy return, making the Vomero Plus a top choice for longer runs. **UPPER:** Engineered mesh with multi filament and mono filament yarns providing breathable, lightweight support. **OUTSOLE:** High-abrasion rubber that delivers traction for high mileage.

Weight M10 292g W8 242g
Heel 45mm, Forefoot 35mm, offset 10mm



NIKE VOMERO PREMIUM – Road running and recovery

The pinnacle expression of Nike’s maximum cushioning road running footwear, the Nike Vomero Premium is designed to meet the needs of elite marathon runners, who traditionally use a combination of super shoes and soft trainers while preparing for a race. The new silhouette disrupts that standard, offering marathoners a single “super trainer” model to help them run more, recover faster and achieve their race-day goals. As the ultimate recovery trainer, the Vomero Premium combines the best of Nike performance technology with a plush 55mm heel stack height and learnings from the brand’s industry-leading super shoes to offer a new standard of maximum cushioning for recovery miles and easy runs.

MIDSOLE: ZoomX foam midsole provides ultimate propulsion and impact protection in every step, delivering roughly 85 percent energy return. Air Zoom units in the forefoot and heel give each unit more room to expand and contract, increasing their benefit and providing even greater energy return. When combined with the tallest heel stack in Nike’s road running footwear lineup, the above innovations transform the running experience — delivering an entirely new expression of maximum cushioning in a bold visual design that captures attention as only Nike can. **UPPER:** Mono blended upper for lightweight comfort. **OUTSOLE:** Waffle outsole with high abrasion rubber for traction & durability.

Weight M10 351g W8 278g
Heel 55mm, Forefoot 45mm, offset 10mm



	WOMEN'S NIKE LINEUP   VOMERO PREMIUM EASY RUN  VOMERO PLUS LONG RUN  VOMERO 18 DAILY RUN  ZOOM FLY 6 TEMPO  PEGASUS PLUS DAILY RUN  STRUCTURE PLUS STABILITY
RACING SHOES	NIKE VAPORFLY NEXT% 4 Technology: ZOOMX foam-cushioning, full length CARBON PLATE weight M8.5 169g Heel 35mm, Forefoot 29mm, offset 6mm  NIKE ZOOM ALPHAFLY NEXT % 3 Technology: ZOOMX foam-cushioning, full length CARBON PLATE, ATOM KNIT UPPER, VISIBLE ZOOM AIR PODS, continuous bottom connects heel and forefoot. Fast shot outsole for lightweight, traction and durability Weight M10 220g,W8 176g Heel M10 40mm, Forefoot 30mm, offset 10mm  NIKE ZOOM FLY 6 Road Racing Technology: ZOOMX AND SR-02 MIDSOLE FOAMS, full length CARBON FIBER FLYPLATE, TWO LAYER WOVEN MESH UPPER Weight M10 256g, W8 218g Heel 42mm, Forefoot 34mm, offset 8mm

	
TRAIL RUNNING	NIKE PEGASUS TRAIL 5 The new Nike Pegasus Trail 5 brings the workhorse mentality of the iconic Nike Pegasus offering a unique road-to-trail crossover design to any running surface. The fifth iteration offers runners a smooth ride and transition, with enhanced durability and traction to keep you going no matter where your run takes you. Updates An updated midsole design featuring Nike ReactX. With this new material in the Peg Trail 5, runners will feel more energy return in the same ride they love about the Peg Trail. ReactX* is engineered to cut down its carbon footprint in a pair of midsoles by at least 43% due to reduced energy in the manufacturing process, and increase energy return by 13%. All-new outsole debuting the Nike Trail All Terrain Compound (ATC) high abrasion rubber for increased traction. This all-new outsole places the hybrid Nike Trail ATC compound where you need it most for directional traction and grip on the trails – including the ride rail, heel pod and forefoot – while keeping the smooth transition you need on the road. An updated midfoot containment system features Flywire cabling locking down the lacing and new midfoot scrim on both the lateral and medial side for additional light-weight support. The Peg Trail 5 remains on the same MR64 last runners know and love from the Peg Trail, offering more room in the forefoot for comfort running in dynamic areas. A new engineered mesh upper, offering zonal breathability where you need in most and reinforcements through tighter-knit construction in high-wear zones (big toe, midfoot). An updated, stiffer heel pull tab for getting on and off the foot with ease, and for the occasional hang-dry after a wet or sweaty run. Weight M10 300g W8 243g Heel 37mm, Forefoot 27.5mm offset 9.5mm Lug depth 3.5mm  NIKE ZOOMX ZEGAMA TRAIL 2 A new engineered, lightweight mesh upper ensures runners’ feet get the proper amount of structure, containment and midfoot support for a locked-in fit without limiting flexibility. What’s new: Composed of a single layer of durable, fully engineered mesh, the new upper also has a vamp liner to increase breathability and drainaGAMA TRAILbility. Its stacked Nike ZoomX midsole is light, responsive and offers runners our highest energy return foam when going the distance. What’s new: The midsole is encapsulated in a thin, stiff, durable SR02 carrier that better protects the soft foam from the exterior elements on the trail while preserving all the desired cushioning — plus adding stability — on the interior. There’s also a little more foam underfoot in this model. The Zegama 2’s wide footbed provides instant comfort and stability. A wider, more anatomically correct footbed allows for the innate expansion of runners’ feet over the miles. An all-new Vibram® Megagrip outsole enhances traction, stability and

	durability to withstand potential elements on the trail — rocks, mud, water, roots and everything else. What’s new: Nike collaborated with Vibram® to create an all-new custom rubber outsole with multi-directional lugs, inspired by the company’s original Waffle design. Weight M10 320g W8 264g Heel 36mm, Forefoot 32mm, offset 4mm Lug depth 4mm  NIKE REAXTX WILD HORSE 10 Rugged versatility The Wildhorse 10 packs in new features that make the silhouette stand up to nearly any trail challenge, offering a 3mm taller stack height, forefoot rock shield and updated toe protection — all while dropping 35 grams from its predecessor. Midsole Nike’s long-lasting ReactX foam provides 13% more energy. Outsole The silhouette’s All-Terrain Compound outsole with 4mm lugs provides excellent grip and durability in all conditions. Weight M10 311g W8 244g Heel 40.3mm, Forefoot 30.8mm, offset 9.5mm Lug depth 4mm 
SPIKES	MAXFLY 2 The World’s Fastest Sprint Spike. Built with versatility to cover 100-400m distances included hurdles, the Maxfly combines an ultra-aggressive feel with the energy return of Zoom Air technology to propel the world’s fastest sprinters. An updated base of support system and new containing upper help to maximize the Air Zoom propulsion and improve stability and control on both the straightaways and especially turn running. Full length carbon Flyplate combined with a forefoot Air Zoom unit help make up a system built to maximize responsiveness and maximize energy loss. A new Flyweave upper is lightweight and comfortable and delivers containment suitable for even the World’s fastest sprinters. MAIN EVENTS 100-400m, 100-400m H SECONDARY EVENTS 800m  DRAGONFLY 2

The ZoomX Dragonfly is an elite long distance spike. Taking from the technology first used in the Nike Vaporfly, the Dragonfly combines a full length plate with ZoomX foam to create a propulsive feel that minimizes energy loss.

The extra ZoomX foam provides cushioning that is specifically beneficial for long distance racing.

The engineered upper is built to go the distance with a lightweight comfortable fit.

The Dragonfly’s combination of lightweight and cushion properties make it a versatile racing spike that is also good for training workouts

MAIN EVENTS

1500m, 1600m, Mile, 3000m, 5000m, 10000m

SECONDARY EVENTS

800m



VICTORY 2

A new Atomknit upper with new yarns and mid-foot containment lockdown cables combine with a base of support system that delivers improved stability and control of the shoe, especially around the turns. From a carbon fiber Flyplate to Air Zoom pods to ZoomX midsole to a new Atomknit upper, the Victory has all the tech built to smash records. While built for the middle distances, the Air Zoom Victory has a unique blend of aggressiveness and cushion that make it a versatile distance spike for 800-10,000m events.

MAIN EVENTS

800m, 1500m, 3000m, 5000m

SECONDARY EVENTS

10,000m, Steeplechase



MAMBA 6

The Mamba is an all-round elite distance spike that is well suited for events from 800-10,000m with extra traction across the bottom, specifically designed for the Steeplechase event. Featuring a spike plate that gives energetic connection to the track and an extremely lightweight and comfortable upper, the Mamba is a versatile elite level distance spike

MAIN EVENTS

Steeplechase, 800m, 1500m, 5000m

SECONDARY EVENTS

10,000m



ZOOM ROTATIONAL 6

A slick outsole with no traction pattern offers exceptional speed through the run and makes the Rotational an ideal shoe for technically sound throwers. A stiff plate underfoot allows for efficient power transfer. Flywire and a midfoot strap offer exceptional fit and support for even the most powerful throwers.

MAIN EVENTS

Shot Put, Discuss, Hammer Throw



RIVAL WAFFLE 6

Built for its versatility to take on road, grass, packed dirt and more, the Nike Zoom Rival Waffle is a great tool for cross-country racing across a variety of surfaces as well as a low profile racing flat. It features a long-lasting rubber sole with nubs that aggressively for confident traction. The Rival Waffle is also a great tool for their track and road training. With soft mesh and durable overlays, this lightweight design helps keep you comfortable.

MAIN EVENTS

Cross Country, Road Racing, Track Training



RIVAL SPRINT

The Rival S has an aggressive forefoot and midfoot plate with a generative cellular structure similar to the Superfly Elite and the Ja Fly to keep athletes on their toes for short and fast events. A reinforced upper provides superior lockdown for proper control and foot containment on the straightaway, around the turn and while jumping

MAIN EVENTS

100-400m

SECONDARY EVENTS

100m Hurdles

Long Jump, Pole Vault



RIVAL DISTANCE

The Rival D has a lightweight upper and a cushioned midsole that make it a versatile introductory spike for a wide range of middle distance and distance events. The extra cushion allows runners to go longer distances by protecting them from impact. The generative cellular forefoot plate provides traction and responsiveness.

MAIN EVENTS

400m - 10,000m

SECONDARY EVENTS

Long Jump, Triple Jump, High Jump, Pole Vault

100-400 Hurdles



RIVAL JUMP

The Rival Jump aims to provide an all around great package for entry level jumps events. A very sturdy midfoot lockdown system is in place to keep the foot locked in over the footbed. A good balance of cushioning and traction underfoot is ideal for jumping athletes

MAIN EVENTS

Long Jump



RIVAL MULTI

The Rival Multi has a similar forefoot to the Rival Sprint, but has more padding under the heel and a softer and more lightweight upper. These features make it a great introductory shoe for not only sprints but a variety of other events including Hurdles, Middle Distance and Jumps.

MAIN EVENTS

100m, 200m, 400m, 100-400m H, Jumps




MR PRICE MAXED
<i>Established 1985</i>
Updated: 7/2020 - OUT OF DATE
Special mentions:



Introduced: 10/2013, (6), 9/2017, 11/2017, 7.2020, 9/2022, 12/2022

CARBON PLATED	Maxed Elite Hi Racer (MAXED ELITE) R2700 Full carbon plate, Pebax midsole  Elite KM (MAXED ELITE) R1300 Torsion plate in m/s  Elite Zeus Running (MAXED ELITE) R800 Carbon propel technology 
STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	Elite 700 (MAXED ELITE) R1299 Full nylon m/s (?)  Gravity Run R460

Full EVE m/s



Gravity Hover R460



Elite Marathon Racer (MAXED ELITE) R700

X-Lyte m/s



Elite Marathon (MAXED ELITE) R600

Phylon midsole



Bolt Running R400

Mid milage run shoe



Elite Heritage Marathon (MAXED ELITE) R600

EVA m/s



X Charge Running R500



	Elite Marathon Racer (MAXED ELITE) R700 X-Lyte midsole  Elite Marathon Trainer (MAXED ELITE) R700  Heritage Run R600  Fast Echo Run R400  Knit Running R550 Sock fit upper  Gravity Run R450 Low milage 
RACING	Maxed Elite Hi Racer (MAXED ELITE) R2700 Full carbon plate, Pebax midsole 

	Elite KM (MAXED ELITE) R1300 Torsion plate in m/s  Elite Zeus Running (MAXED ELITE) R800 Carbon propel technology 
SPRINTING	Elite Sprint (MAXED ELITE) R550 Sprinting 
TRAIL	
OTHER	

TECHNOLOGY: Dual density sole,

And also the Maxed team at Comrades Last year 2016 [David Gatebe](#) 1st in a new record in the racer (Tomtom team) and Charles Tjiane 9th in the trainer and Mncedisi Mkhize 10th in the racer.. This year Comrades [Gift Kelehe](#) 3rd in the racer, Charles Tjiane 5th in the trainer, [Teboho Sello](#) 7th in the racer and [Prodigal Kumalo](#) 8th in the racer giving 4

Maxed golds this year... in 2014 6 of the first 15 wore Maxed :) Not bad for a R459.99 shoe

2022 4 ELITE MENS ATHLETES IN THE TOP 20 AT COMRADES




PUMA
<i>Established 1948</i>
Updated: 6/2025
Special mentions: James Mullen, Imran Adams, Nkosinathi Mdiniso



Updated: 8/99 (55), 5/2017, 3/2019, 1/2020, 12/2020, 3/2021, 4/2021, 12/2021, 4/2022, 9/2022, 6/2023, 9/2023

CARBON PLATED	PUMA FAST - R NITRO ELITE RF38-FF30-HD8mm Propulsive racer, Nitro elite, PWRPLATE 
	PUMA FAST - FWD NITRO ELITE RF36-FF27-HD9mm 5 – 10KM racer, Nitro elite, PWRPLATE 
	PUMA DEVIATE NITRO ELITE 2 RF38-FF30-HD8mm Propulsion, Nitro elite, PWRPLATE 
	PUMA DEVIATE NITRO 2 RF38-FF30-HD8mm Propulsion, Nitro elite, PWRPLATE – forked ff plate 
STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	PUMA DEVIATE NITRO 2 RF38-FF30-HD8mm Propulsion, Nitro elite, PWRPLATE – forked ff plate 
	PUMA FOREVER RUN NITRO RF36-FF26-HD10mm Max cushioning, Nitro, Runguide 
	PUMA MAGNIFY NITRO 2 RF36-FF29F-HD9mm Max cushioning

	 PUMA RUN XX NITRO Female specific RF31-FF23-HD8mm Nitro, Runguide  PUMA VELOCITY NITRO 2 RF34-FF24-HD10mm Cushioning, Nitro, Pumagrip  PUMA ELECTRIFY NITRO 2 RF35-FF25-HD10mm Comfort, Nitro, Pumagrip  PUMA LIBERATE NITRO 2 RF28-FF20-HD8mm Lightweight, Nitro, Pumagrip 
RACING	PUMA FAST - R NITRO ELITE RF38-FF30-HD8mm Propulsive racer, Nitro elite, PWRPLATE  PUMA FAST - FWD NITRO ELITE RF36-FF27-HD9mm 5 – 10KM racer, Nitro elite, PWRPLATE  PUMA DEVIATE NITRO ELITE 2 RF36-FF28-HD8mm Propulsion, Nitro elite, PWRPLATE 

	PUMA DEVIATE NITRO 2 RF38-FF30-HD8mm Propulsion, Nitro elite, PWRPLATE – forked ff plate 
TRAIL	PUMA FAST TRAC NITRO RF29-FF21-HD8mm Lightweight trail racer, Nitro infused, Pumagrip ATR  PUMA VOYAGE NITRO 3 RF34.5-FF24.5-HD10mm Technical trail, Nitro infused, Pumagrip ATR 
MAXIMALIST	
MINIMALIST / NATURAL	
TRACK & FIELD	PUMA EVOSPEED LONGJUMP 10 Track & field  PUMA EVOSPEED PREP SPRINT 2 Track & field  PUMA EVOSPEED DISTANCE 11  PUMA EVOSPEED JAVELIN 3 Track & field  PUMA EVOSPEED TRIPLE JUMP 10 Track & field

	 PUMA EVOSPEED ELECTRIC 10 Track & field  PUMA EVOSPEED THROW 10 Track & field  PUMA EVOSPEED HIGH JUMP 10 Track & field 
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TECHNOLOGY: 2023

NITRO
LIGHT & RESPONSIVE
Advanced foam technology providing superior responsiveness and cushioning in a lightweight package.
NITRO ELITE (NEW)
ELITE, LIGHT & RESPONSIVE
Elite technology providing pinnacle responsiveness in an extreme lightweight package
PROFOAM LITE
LIGHTWEIGHT RESPONSIVENESS
lightweight, high-rebound EVA that provides instant cushioning and gives a responsive ride.
RUNGUIDE
FOOTSTRIKE GUIDANCE

Firm density rim promotes proper alignment and keeps the foot cantered through each stride
PUMAGRIP
HIGH TRACTION RUBBER
Durable rubber compound that provides all-surface traction
PUMAGRIP-LT (NEW)
LIGHTWEIGHT RUBBER
Light weight rubber with good traction for the ultimate race-day performance
PWRplate(NEW)
CARBON FIBER PLATE
plate engineered to stabilize the midsole while maximizing energy transfer
PWRBAND (NEW)
UPPER SUPPORT
Targeted reinforcement for upper support & durability
PWRFRAME (NEW)
Engineered midsole 3D frame system providing enhanced support and stability

XETIC
SMARTER CUSHIONING
PU foam combined with engineered structure provides smarter cushioning.
PROFOAM
RESPONSIVE
high-rebound EVA that provides cushioning and a responsive ride.
JAMMING
UNRIVALED COMFORT
Comfortable beads enclosed in a soft casing provide unrivalled comfort.
SOFTFOAM +
STEP-IN COMFORT
Optimal step-in, long-lasting comfort for a plush, seamless ride.
SOFTRIDE
CUSHIONING AND COMFORT

PUMA's softest foam providing extreme cushioning and all-day comfort.

LQDCELL

STABLE CUSHIONING

Resilient compound of hexagonal cells, LQDCELL keeps you feeling stable on your feet while providing optimal cushioning.

10CELL

STABLE CUSHIONING

Enhances comfort and stability through a supportive, cell-like structure.

BETTER FOAM

Lightweight EVA made from natural bio-based materials for a reduced carbon footprint and a comfortable ride

InnoPLATE

CARBON FIBER PLATE

Innovative plate designed to act as a lever for maximum energy transfer at toe-off

OPTIFIT

ADAPTIVE PERFORMANCE FIT

Adaptive fit system offering a secure lockdown

TECHNOLOGY & FEATURES

“NITRO” VALIDATION

Nitro provide a better overall foam than any in Puma’s history.

VALIDATION FROM SATRA LAB TEST:

WEIGHT

- 46% lighter than Standard EVA
- 30% Lighter than Pro-Foam Lite

ENERGY RETURN shows little-to-no compromise vs ProFoam

- 74-80% Energy Return range
- After 500k cycles, foam still delivers good cushioning
- After 500k cycles, energy return increases

SHOCK ABSORPTION is above average in all NITRO shoes for SS21

- Deviate Nitro: 40% more shock absorption
- Liberate Nitro: 24% more shock absorption
- Space Runner: Baseline shock absorption

Soft cushioning delivers a smooth ride, for an EFFORTLESS RUN

TECHNOLOGY & FEATURES

INNOPLATE VALIDATION

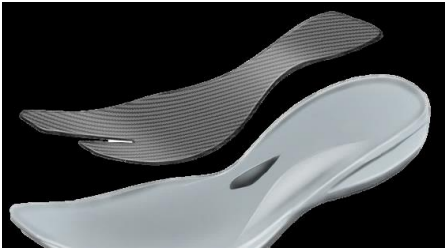
Innovative plate designed to act as a lever for maximum energy transfer at toe-off, by turning your foot into a lever.

BENEFITS:

- Carbon composite
- Engineered for optimal bending stiffness
- Full-length and curved for comfort
- Unique fork design to reduce weight
- Optimizes running efficiency

VALIDATION PER CHEMNITZ UNIVERSITY LABS

- Midsole flexibility of Deviate Nitro is 149 N, 2x-4x more stiff
- This bending stiffness is ideal for performance running or racing
- Eternity Nitro bends with half the force
- Liberate Nitro bends with a quarter of the force



TECHNOLOGY & FEATURES

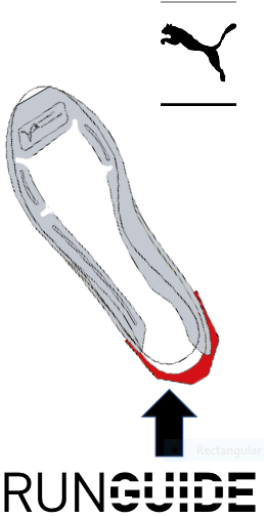
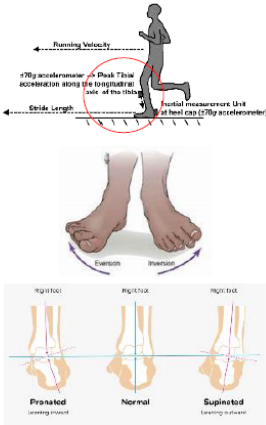
BIOMECHANICS VALIDATION

PUMA's advanced guiderail concept provides support for every foot-strike. Firm density rim promotes proper alignment and keeps the foot centered through each stride.

VALIDATION PER CHEMNITZ UNIVERSITY LABS

3D motion capture systems measure knee oscillation, time to stabilization, pronation angle

- Peak tibial acceleration fell within the **ideal range**
 - 6.0 - 6.4 Acceleration (g)
- Peak eversion velocity (vs inversion) of the gait cycle were optimized to work with your body as you run
 - 576.8 – 612.9 Angular Velocity (deg/s)
 - **Lowest in Eternity** with RunGuide
- Puma running shoes allow the body to work naturally with it's preferred rate & angle of pronation
 - Heel strike angle ranges from 17.7 = 21.8 (deg)



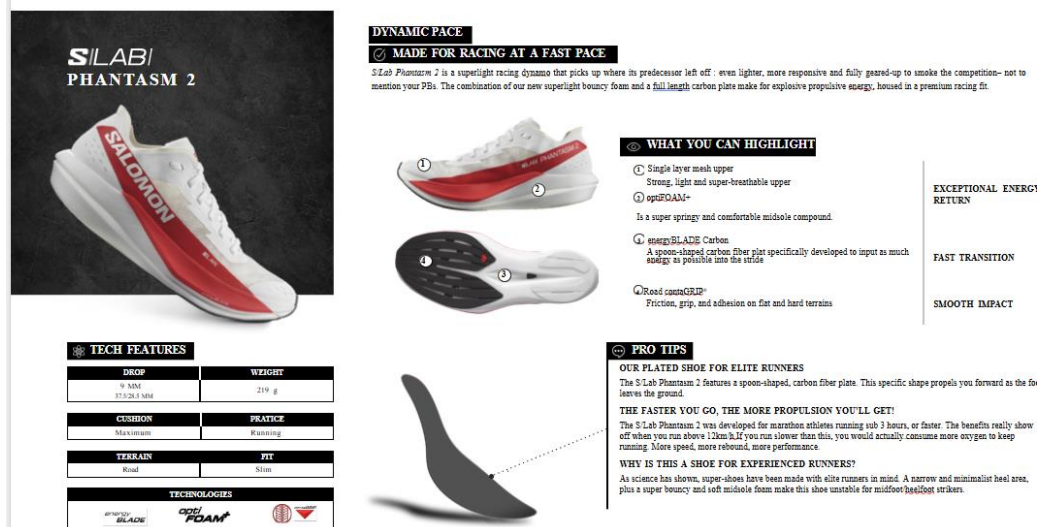
<i>SALOMON</i>
SALOMON
<i>Established 1947</i>
Updated: 7/2025
Special mentions: Claude Eksteen

**STRONG
ANTIPRONATION**

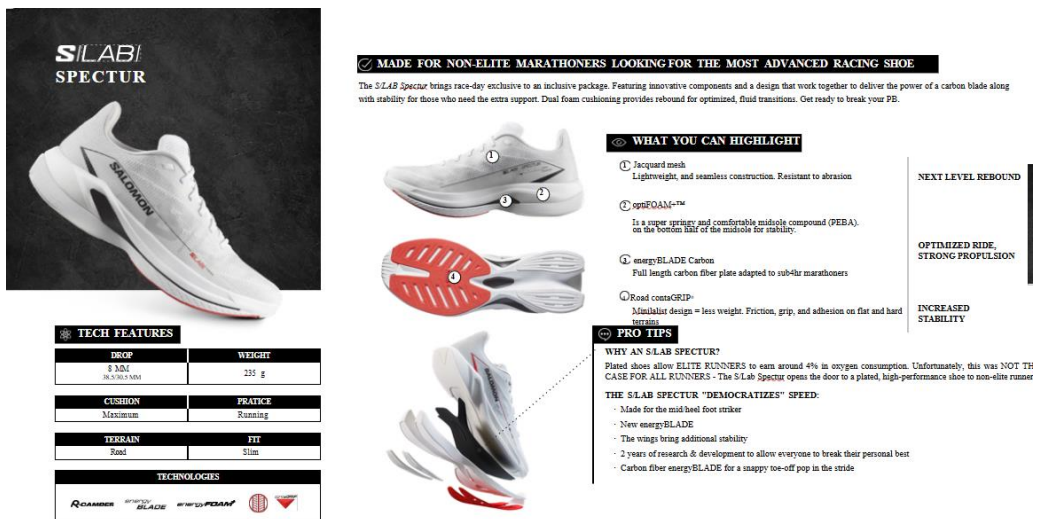
MILD ANTIPRONATION

TECHNICAL ROAD SHOES

SALOMON S-LAB PHANTASM 2 RF-FF-HD9mm LRacing shoe,
CARBON ENERGY BLADE, Optifoam



SALOMON S-LAB SPECTUR RF-FF-HD8mm LRacing shoe, CARBON ENERGY BLADE, Optifoam, Stability



SALOMON S-LAB SPECTUR 2 RF-FF-HD8mm Racing shoe, CARBON ENERGY BLADE, Optifoam, Stability

SPECTUR 2



TECH FEATURES	
DROP	WEIGHT
8 MM 40-42/38-40	MEN'S UK 4-5 229 g
	WOMEN'S UK 3-5 214g
CUSHION	PRATICE
Minimum	Running
TERRAIN	FIT
Road	Slim
TECHNOLOGIES	
	

MADE FOR EVERYDAY RUNNERS LOOKING TO INCREASE THEIR SPEED

Spectur 2 is exclusive race-day attitude in an inclusive, superfast training shoe. It's all about the explosive energy of a full-length glass fiber plate combined with a game-changing stability for confidence and PB-breaking staying power. A unique sole geometry and bouncy foam midsole ensure optimized transitions and fluid ground time.



WHAT YOU CAN HIGHLIGHT

- 1 3D mesh upper
Comfort and breathability
- 2 optiFOAM
Super springy and comfortable midsole compound
- 3 energyBLADE
Full length glass fiber plate with wings for stability
- 4 Road corsaGRIP
Friction, grip, and adhesion on flat and hard terrains

OUR MOST INCLUSIVE PLATED SHOE?

The Spectur is the ideal shoe for a non-elite runner looking for speed. The energyBLADE is made from glass fiber (is as stiff as a carbon fiber plate). Its shape provides stability and dynamism – from the foot, to the rear.

DIFFERENCES BETWEEN THE SLAB SPECTUR AND THE SPECTUR 2?

The Spectur 2 benefits from the same geometry, concept, and biomechanics research insights as the S³ Lab Spectur. It very similar, yet it is offered at a more accessible price, making it a great shoe for speed training.

- Glass fiber energyBLADE – less stiff, more inclusive
- More adapted for training vs. racing - optiFOAM vs. optiFOAM+

NEXT LEVEL REBOUND

OPTIMIZED RIDE, STRONG PROPULSION

INCREASED STABILITY

SALOMON AERO GLIDE 3 RF-FF-HD8mm Cushioned shoe, Optifoam

AERO GLIDE 3



TECH FEATURES	
DROP	WEIGHT
9 MM 41/33 MM	MEN'S UK 3-5 243 g
	WOMEN'S UK 3-5 205 g
CUSHION	PRATICE
Maximum	Running
TERRAIN	FIT
Road	Standard
TECHNOLOGIES	
	

DYNAMIC COMFORT

MADE FOR MAXIMAL COMFORT ON EVERYDAY RUNS

Aero Glide 3 redefines your run with optiFOAM-packed cushion and game-changing comfort. This everyday trainer is built on a high stack foam which brings you dynamic, cushioned strides from mile one to mile end. Featuring an innovative, seamless upper construction that fits like a glove from the inside out.



WHAT YOU CAN HIGHLIGHT

- 1 3D mesh upper with sensuFIT™
Protection, foot hold, and breathability.
- 2 optiFOAM
Soft, bouncy and durable. Made with 100% TPU, recyclable
- 3 Road corsaGRIP

WHAT'S THE DIFFERENCE WITH THE AERO GLIDE 2?

The 3rd version of the Aero Glide:

- Is 7% lighter
- Features a new optiFOAM™ midsole – Softer (more comfort, more dynamic)

WHAT IS THE CONSTRUCTION AROUND THE HEEL ALL ABOUT?

We took inspiration from race car driving gloves. Those gloves have all their stitching on the outside of the glove so to have the hand as close and as precise to the driving wheel as possible.

HIGH CUSHION COMFORT

DYNAMIC ENERGY

SEAMLESS COMFORT

SALOMON AERO BLAZE 3 RF35-FF27-HD8mm Energy foam

AERO BLAZE 3

L18246\$ | Dark Blue/White/Cherry Tomato L47873200 | L47873200

Wholesale: 72,92 € Sug.Retail: 140,00 €



SALOMON ULTRA GLIDE 3 RF-FF-HD6mm Energy foam

ULTRA GLIDE 3



TECH FEATURES		
DROP	WEIGHT	
6 MM 41/35 MM	MEN'S UK 45	WOMEN'S UK 45
	295 g	255 g

LUG	CUSHION
4 mm	Maximum

TERRAIN	FIT
Mixed	Standard

TECHNOLOGIES	

MADE FOR COMFORT FROM MILE ONE TO MILE END

With plush comfort from the moment you step in, to the moment you stop, reaching that runner's high has never felt this easy. Ultra Glide 3 delivers phenomenal cushion and a dynamism to energize your stride and take you all the way to your own personal nirvana, whatever the distance.



WHAT YOU CAN HIGHLIGHT

- Engineered Mesh sensiFIT™ & sensiFIT™
Lightweight, breathable and comfortable
- OptFOAM
Is a super springy and comfortable midsole compound
- Relieve SPHERE
Designed to distribute pressure and absorb repetitive impact underfoot for lasting comfort.
- All Terrain contraGRIP®
Confidence in a wide variety of terrain

PRO TIPS

WHAT IS SPECIAL ABOUT THE ULTRA GLIDE 3?

A shoe to finish long runs and not feel like your foot is falling apart.

- Upper: Breathable and lightweight, featuring 50% recycled content.
- Bottom unit: An OptFOAM midsole for maximum comfort and stability.
- Outsole: New relieveSPHERE technology designed to distribute pressure and absorb repetitive impact underfoot for lasting comfort. This pattern is derived from 6 years of research at the Salomon Sciences Laboratory.

The best cushioning and stability make you feel like you're on a rail, no matter where you put your foot. This is thanks to the midsole foam that sits higher up on the rear-foot.

INSPIRED FROM THE S/LAB ULTRA GLIDE?

Indeed, it's inspired from the S/Lab version, yet at a more accessible price. This is the go-to long distance, comfortable running shoe for people who like the S/Lab Ultra Glide promise yet have a more limited budget.

ENDLESS ENDURANCE

REINFORCED GRIP

LUXURIOUSLY LIGHT

SALOMON FLOW 2 RF-FF-HD6mm Energy foam

NEW FW23

ULTRA FLOW 2



TECH FEATURES		
DROP	WEIGHT	
6 MM 34/28 MM	MEN'S UK 45	WOMEN'S UK 45
	275 g 200 g (Gore-Tex®)	232 g 210g (Gore-Tex®)

LUG	CUSHION
4 mm	Maximum

TERRAIN	FIT
Mixed	Standard

TECHNOLOGIES	

DYNAMIC COMFORT

MADE FOR NEW TRAIL RUNNERS LOOKING FOR COMFORT

ULTRA Flow 2, the trail running shoe that makes endurance feel effortless. Constructed with OptFOAM midsoles for dynamic cushioning, our trademark sole technologies for a reassuring grip in all conditions, and lightweight, breathable uppers for superior comfort from start line to finish.



WHAT YOU CAN HIGHLIGHT

- 3D Mesh & sensiFIT™
Technology that wraps your foot like a car's seatbelt
- OptFOAM
Is a super springy and comfortable midsole compound
- Relieve SPHERE
Designed to distribute pressure and absorb repetitive impact underfoot for lasting comfort.
- All Terrain contraGRIP®
Confidence in a wide variety of terrain

PRO TIPS

ULTRA FLOW 2 VS ULTRA FLOW?

- More cushioning - Higher stack, more foam throughout the foot
- More grip - From 3.5 mm to 4 mm lugs
- Relieve Sphere technology - this new Salomon innovation which disperses pressure points to reduce muscle fatigue and improve comfort over long distances. This is the same technology found in the S/LAB Ultra Glide, guaranteeing elite cushioning

This shoe can be considered as the little sister of the ULTRA GLIDE 3 and is ideal for new trail runners looking for comfort above all else.

DYNAMIC CUSHIONING

GRIP

SNUG FIT

SALOMON GENESIS RF-FF-HD8mm Energy foam

GENESIS



TECH FEATURES		
DROP	WEIGHT	
8 MM 30/22 MM	MEN'S UK 45	WOMEN'S UK 45
	289 g	242 g

LUG	CUSHION
4.5 mm	Maximum

TERRAIN	FIT
Rocky and mixed terrain	Standard

TECHNOLOGIES	

MADE FOR FUN, DAY-LONG MOUNTAIN RUNS IN TECHNICAL TERRAIN

Genesis is a mountain running shoe that's as comfortable and confidence-boosting as it is dynamic, agile and primed for adventure. Designed for hard-wearing durability and meticulous precision in tricky terrain. No rugged climb is too steep, no descent too sketchy. With a dynamic support chassis and reliable grip so you can send it, safely.



WHAT YOU CAN HIGHLIGHT

- MATRYX® upper
Matryx® technology is highly resistant. Seamless, lightweight, foothold, and breathable
- Protective toe-cap
- ACTIVECHASSIS
A chassis for increased guidance, uncompromised agility and fluid freedom of movement
- OptFOAM
Lightweight, responsive foam delivering long-lasting cushioning and energy return
- All Terrain contraGRIP®

PRO TIPS

DIFFERENCE BETWEEN THE S/LAB GENESIS VS GENESIS?

The non-S/Lab Genesis features:

- A more inclusive fit – the mid-foot is wider (providing more stability)
- More instant comfort (more cushion around the collar area)
- A TPU activeCHASSIS
- Stiffer and less soft in general (more stability)
- More affordable price
- No protobufoam

S/Lab Genesis is better for ultra-long distance adventures. The Genesis is more adapted for fun, day-long mountain runs. The Gore-Tex® version of the Genesis features a 100% waterproof bootie and an upper made with an ultra-protective fiber.

RUNNING PERFORMANCE

RESISTANCE

GRIP

SALOMON AERO GLIDE 3 GRAVEL RF-FF-HD8mm Energy foam

AERO GLIDE 3
GRAVEL



TECH FEATURES

DROP	WEIGHT	
8 MM 16/12 MM	MEN'S UK 45	WOMEN'S UK 45
	275 g	235 g

CUSHION	PRATICE
Maximum	Running

TERRAIN	FIT
City Paths, Mixed, Paved surface, Smooth	Standard

TECHNOLOGIES

GRIPFOAM^{PRO}GRIPFOAM^{PRO}GRIPFOAM^{PRO}

MADE FOR RUNNING ON GRAVEL ROADS, OR LIGHT TRAILS WITH DYNAMIC COMFORT

Aero Glide 3 GRVL levels up your run with dynamic cushion, radical comfort and gravel-tuned features. Built on high stack foam for bouncy, cushioned strides from start to finish, with our gravel grip for optimal traction both on the road and off it. Featuring a unique, seamless upper construction that fits like a glove. Dare to hit the gravel!



WHAT YOU CAN HIGHLIGHT

1

3D mesh upper with **sensIFIT™**
An internal fit sleeve designed to hug the foot in exactly the right places and provide a precise fit.

2

spEFOAM^{evo}
A foam composition delivering a super dynamic experience. Made from 100% TPU.

3

Gravel contaGRIP®
Optimal for multi surface traction & transitioning from paved to non-paved ... and back again!

DYNAMIC COMFORT

PRECISE AND COMFORTABLE

GRAVEL GRIP

PRO TIPS

DIFFERENCE BETWEEN THE DRX DEFY GRVL?

Both are great shoes for running on varied terrain, especially gravel roads. The DRX Defy GRVL features an **activeCHASSIS** pad, providing some additional lateral guidance. The Aero Glide 3 GRVL features an **endoFIT** construction, a system that hugs the foot for better foothold and precision. This is important when running on varied terrain.

SALOMON AERO BLAZE 3 GRAVEL RF-FF-HD8mm Energy foam

NEW SS23

AERO BLAZE 3
GRAVEL



TECH FEATURES

DROP	WEIGHT	
8 MM 16/12 MM	MEN'S UK 45	WOMEN'S UK 45
	248 g	204 g

CUSHION	PRATICE
Maximum	Running

TERRAIN	FIT
City Paths, Mixed, Paved surface, Smooth	Standard

TECHNOLOGIES

GRIPFOAM^{PRO}GRIPFOAM^{PRO}GRIPFOAM^{PRO}

MADE FOR EVERYDAY RUNNING FROM PAVED, TO GRAVEL ROADS, OR LIGHT TRAILS

Break the mould with *Aero Blaze 3 GRVL*. A lightweight, all-terrain running shoe that gives you the freedom to head from the road to gravel and beyond. The **spEFOAM^{evo}** midsole promises soft landings and an added bounce to your stride. Its secure fit and grippy sole dare you to switch terrain and explore new playgrounds.



WHAT YOU CAN HIGHLIGHT

1

Engineered mesh upper with **sensIFIT™**
Lightweight, breathable and comfortable

2

spEFOAM^{evo}
A foam composition delivering a super dynamic experience. Made from 100% TPU.

3

Gravel contaGRIP®
Optimal for multi surface traction & transitioning from paved to non-paved ... and back again!

COMFORT AND AGILITY

VERSATILITY AND GRIP

REINFORCEMENT AND PROTECTION

PRO TIPS

WHAT'S THE DIFFERENCE WITH THE OTHER GRAVEL MODELS?

The Aero Blaze 3 is the most versatile model with the lowest stack, most stable and a bit less cushy. Its price is the most accessible, it features the same dynamic and springy foam as the Aero Glide 3 GRVL.

SPRING-SUMMER 2025
SALOMON FOOTWEAR
energyBLADE

WHAT IS IT? HOW DOES IT WORK??

Fused into the sole, **energyBLADE** technology heightens your road or trail experience by **INJECTING POWER AND PROPULSION INTO YOUR STRIDE**. Lightweight, responsive plates connected to the midsole foam and sole geometry create an energy-infused alliance of velocity gain and smooth transitions.

WHY ARE THERE DIFFERENT energyBLADE PLATES?

We created sport specific plates with different stiffness, design and composition to adapt perfectly to the intensity of usage and optimize performance.

ROAD RUNNING

ENERGY-BLADE DESIGN



HIGHER PACE / STIFFNESS

PLATE SPECS	GLASS FIBER	CARBON FIBER	
BENEFITS	Activate forward propulsion and energy return for a snappy ride		
	DESIGN Dynamic and stable propulsion	STIFF energyBLADE Snappy pop and stability for sub-elite runners	STIFFEST energyBLADE Maximum energy return and propulsion for recordbreaking runs
SS25 PRODUCTS	 SPECTER 2	 SLAB SPECTER	 SLAB PHANTASM 2

SPRING-SUMMER 2025

SALOMON FOOTWEAR

*active***CHASSIS**

WHAT IS IT? HOW DOES IT WORK?

A chassis made from a stiffer and denser material than the midsole foam. Designed for increased guidance, uncompromised agility and fluid freedom of movement.

Designed for those who like a good amount of *cushion*, but often deceived by the instability that comes with a high stack and soft midsole. Just the right amount of lateral support needed without adding too much stiffness or weight.

HOW IS IT DIFFERENT TO **advancedCHASSIS™**?

The *activeCHASSIS* focuses on guidance and protection, it is less stiff than the *advancedCHASSIS* and its placement focuses on the sides of the heel.

The *advancedCHASSIS* provides torsional stability, protection in the ankle and heel area thanks to a relatively stiff structure incorporated into the midsole. It “encompasses” the heel.

	OUTDOOR				TRAIL RUNNING		GRAVEL RUNNING		ROAD RUNNING
DESIGN									
MATERIAL (STIFFNESS)	EVA – 55C*		EVA – 60C*		TPU	EVA – 55C*	EVA – 55C*		EVA – 55C*
PURPOSE	LATERAL SUPPORT GUIDANCE				GUIDANCE MINIMALISM		LATERAL SUPPORT FREEDOM OF MOVEMENT		GUIDED STRIDE SUPPORT AGILITY
MODEL	 FLUX R MID GTX	 FLUX R GTX	 FLUX R ACTIV MID	 SLAB SKYWAY	 GENESIS	 SLAB GENESIS	 DRX DEFY GRAVEL	 DRX DEFY	 DRX BLISS 2

*N.B. The lower the number, the softer the material (more resistant). Different models can be compared on the Midsole-Expert tool on the website.

COMPARISON CHART



- ROAD
- ALL TERRAIN
- MUD
- ALPINE
- WINTER
- WATER



TERRAINS	ASPHALT & CONCRETE	WIDE VARIETY	MUDDY, LOOSE SOFT OR UNEVEN	ROCKY & TECHNICAL	SNOW OR COLD	WET ROCKS AND SMOOTH
COMPOUND	A special friction-focused rubber compound ups the grip on hard surfaces, so you can pick up the pace.	The grippy rubber compound delivers confidence as you run or hike through different landscapes.	The soft rubber compound gives you a stickier feel on muddy or wet surfaces, like roots or rocks, so you power through.	This rubber prioritizes stickiness over anything else. Durable grip for full confidence and control.	The cold-considered rubber compound stays soft when the temperature plunges.	The rubber compound is both durable and grippy to tackle those wet, smooth surfaces.
GEOMETRY	The wide, flat lugs are also reassuringly grippy on the road and ready to propel you onwards.	The multi-axing lugs are just as versatile, from forest to mountain, gravelly path to muddy meadow.	With large drainage channels, the deep lugs penetrate soft terrain to charge through without slipping or getting stuck.	A careful balance, focusing on static friction and ground penetration. Maximised lug surface area, suited for water evacuation.	Great at penetrating snow, the lugs provide extra friction on frozen surfaces to navigate through winter terrain.	The flat, sometimes siped, lugs keep you on track as you navigate along streams and riverbanks.

SALOMON

SPRING-SUMMER 2025

SALOMON TECHNO LEGENDS

OTHERS		UPPER	
<i>QUICKLACE</i>	A molded insert embedded in the outsole. Providing strong lateral support and reassuring protection, it also delivers optimal mobility and flexibility.	<i>QUICKLACE</i>	Minimalist and strong lace (4 times stronger than regular flat laces) for one pull tightening. Easy-on, easy-off.
<i>activeCHASSIS</i>	A chassis for increased guidance, uncompromised agility and fluid freedom of movement. A chassis made from a stiffer and denser material than the midsole foam. Designed for increased guidance, uncompromised agility and fluid freedom of movement.	<i>DEFYFIT</i>	Footbed support. Cradles the foot from the midsole to the lacing system, providing a secure and snug fit all round the foot. Your foot isn't left.
4D CHASSIS	This stable chassis construction harnesses two different midsole components for enhanced foot control and active comfort. Found in our Quest 4.	<i>DEFYFIT</i>	An internal fit sleeve designed to hug the foot in exactly the right places and provide a precise fit.
<i>SHANK</i>	A molded piece between the outsole and the midsole that provides torsional rigidity and stability, at a lower level than a chassis.	<i>MATRIX</i>	High tenacity fibers woven together to provide an ultra-resistant, ultra-breathable upper material.
GROUND FILTER AND BLADES		UPPER CONSTRUCTION	
<i>energyBLADE</i>	Lightweight, responsive plates connected to the midsole foam and sole geometry create an energy-infused alliance of velocity gain and smooth transitions. Paved into the sole, <i>energyBLADE</i> technology heightens your footwear experience by injecting power and propulsion into your stride.	<i>single layer MESH</i>	A single layer of Mesh, close to the foot, for maximum feel, lightness, and breathability.
PROFEEL FILM	Trail running protection. A thin TPU film placed between the midsole and the outsole that helps filter out rocks and sharp surfaces, for more comfort and stability without compromising on flexibility to keep a natural foot flexion and fluid ride.	<i>engineered MESH</i>	Engineered mesh is a structure that varies the weave to offer more support and durability or flexibility and breathability, according to the specific needs of the shoe.
PROFEEL 3.0 10	A hybrid between an <i>energyBLADE</i> and a ground filter. Used to filter out sharp objects while maintaining dynamism, ideal for long distance runs for when your foot becomes very sensitive.	3D MESH	With a unique and very precise design at thread level, our Custom Engineered Mesh delivers just the right balance of protection, foot hold, and breathability.
		<i>PERFOR MESH</i>	Woven fabrics, often made of nylon, with reinforcement to resist tearing, ripping and abrasion.
		WATERPROOF AND INSULATION	
		<i>active DRY</i>	Salomon's new 3-layer waterproof laminate featuring a PFC-free membrane secured between a 100% recycled face and backing fabric.
		<i>active WARM</i>	Salomon's new high-performance cold-weather insulation featuring 70% recycled.




SAUCONY
<i>Established 1898. Kutztown, Pennsylvania</i>
Updated: 2/2026
Special mention: Steve Maarschalk



Updated: 8/99 – 9/11 (78), 1/2019, 5/2019, 5/2020, 4/2021, 12/2021, 3/2022, 11/2022, 1/2023, 3/2024, 2/2025, 2/2026

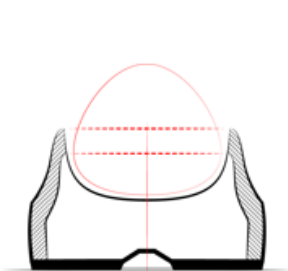
ENDORPHIN SERIES	ENDORPHIN ELITE 2 RF39.5-FF31.5-HD8mm Premium fast and light race day shoe, SPEEDROLL technology, New RUN FOAM midsole material, Full length carbon fiber plate, unisex, PWRRUN PB sockliner, PWRTRAC rubber outersole 
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STRONG ANTIPRONATION	
MILD ANTIPRONATION	GUIDE 19 RF35-FF29-HD6mm <i>PWRRUN FOAM - TUNED FOR ROAD</i> A new blend of EVA that incorporates high performance thermoplastics and a improved molding process that delivers the perfect blend of lightweight, bounce cushion, and an enhancement of Center Path technology. Insanely comfortable. Profoundly protective 



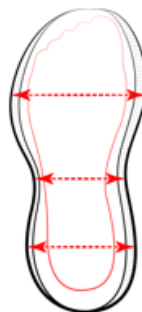
WHAT IS MAX?

Max is **NOT** stack height. Max IS a geometry where you sit IN a shoe with higher sidewalls, a broader base, rocker shape and standard centerline that delivers balanced cushioning and protection.



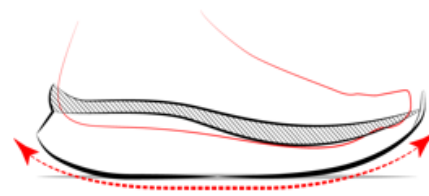
HIGHER SIDEWALL

Elevated sidewalls that wrap “hug” the foot in comfort and protection.



BROADER BASE

Wider base to create a stable and balanced platform from heel to toe



ROCKER SHAPE

A beveled heel and toe create a smooth and natural roll from the moment of impact allowing for more comfortable, energy saving strides.

①

HURRICANE 25 RF38-FF32-HD6mm PWRRUN PB & PWRRUN FRAME, Max cushioning & protection, Ortholite sockliner,



NEUTRAL

TRUIMPH 23 RF37-FF27-HD10mm M E, 2E PWRRUN PB, Ortholite innersol

Subtle geometry evolution to enhance underfoot comfort.



RIDE 19 **RF36-FF28-HD8mm** Softer blend PWRRUN – 18% more foam – supercritical midsole

Wider base / platform – 3mm wider in FF – 2mm wider in Midfoot – 5mm wider in heel.

Most responsive & comfortable ride



	ENDORPHIN SPEED 5 RF36-FF28-HD8mm – Re - engineered <u>nylon plate</u>, & ladies, PWRRUN PB, Super critical sockliner, XT 900 carbon outersole smooth SPEEDROLL technology  ENDORPHIN ELITE 2 RF39.5-FF31.5-HD8mm – Premium fast and light racing day shoe, SPEEDROLL technology, New RUN FOAM midsole material, <u>Full length carbon fiber plate</u>, unisex, PWRRUN PB sockliner, PWRTRAC rubber outersole 
TRAIL	XODUS ULTRA 4 RF32-FF28-HD6mm PowerRun PB, Vibram outersole  PEREGRINE 16 RF33-FF29-4mm. PWRUN FOAM tuned for trail to provide h resiliency, increased energy return, more cushioning. Rock-guard Vibram megagrip outer sole, durable upper 
KIDS	
PADEL HEAD	SPRINT PRO 4.0 PADEL MEN Eva midsole, low to ground, Delta strap technology, 360⁰ outer sole pattern provides traction on all surfaces,



MOTION TEAM PADEL MEN

Upper
Breathable and lightweight mesh
Comfortable lining materials
Toe and medial protection

Midsole
Higher toe-spring
Comfortable EVA midsole
3D-anti torsion shank

Outsole
Durable outsole profile for different padel turfs
360° outsole pattern which enhances multidirectional Movement

Tested in cooperation with the Premier Padel official turfprovider, MONDO



SPRINT PRO 4.0 PADEL WOMAN

Upper
Lightweight, breathable mesh
Half-Sock construction
Triangle lacing strap
TPU heel counter

Midsole
Low-to-the-ground
Minimal heel-to-toe offset
Three EVA densities
Ventilated 3D-anti torsion shank

Outsole
Durable outsole profile for different padel turfs
360° outsole pattern which enhances multidirectional movement



Upper
Breathable and lightweight mesh
Comfortable lining materials
Toe and medial protection

Midsole
Higher toe-spring
Comfortable EVA midsole
3D-anti torsion shank

Outsole
Durable outsole profile for different padel turfs
360° outsole pattern which enhances multidirectional movement
Tested in cooperation with the Premier Padel official turfprovider, MONDO



 UNDER ARMOUR
UNDER ARMOUR
<i>Established 1996</i>
Updated: 6/2022
Special mentions: Munya Shumba, Fezile Jali



Introduced 5/2019 Updated: (4), 5/2019, 1/2020, 7/2020, 7.2022

STRONG ANTIPRONATION	
MILD ANTIPRONATION	Hovr Guardian 3 RF26.5–FF18.5-HD8mm Connect shoe to phone via run app – map my run 
NEUTRAL	Hovr Machina 3 RF26–FF18-HD8mm Connect shoe to phone via run app – map my run – CARBON PLATE (Y)  Mega Clone 2 RF–FF-HDmm  Hovr Sonic 5 RF23–FF15 -HD8mm Connect shoe to phone via run app – map my run  Hovr Phantom 2 RF–FF-HDmm 
RACING	Hovr Flow Velocity Wind 2 RF–FF-HDmm 
TRAIL	
MAXIMALIST	

TECHNOLOGY: Cushioning platforms – CHARGED – soft-medium, MICRO G – medium, HOVR – soft, Gender specific shoe insoles – men 6mm, women 7mm,



Reebok ONEMIX[®]

n Run on Clouds. HI-TEC SALOMON Skechers PERFORMANCE™ DIVISION

DECATHLON lotto

BRAND SHOE GUIDE - 2

Established 1999

Updated: 6/2026

DECATHLON
DECATHLON
<i>Established 1976</i>
Updated: 7/2022 – FROM INTERNET
Special mentions:



Updated: 6/22 (1), 6/2022

CARBON PLATE	Kiprun KD900X RF37-FF29-HD8mm Carbon fiber plate – full length, 2 layers Pebax foam m/s, 
STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	Run cushion  Run cushion grip  Jogflow 500.1  Jogflow 500K.1  Run support WR  Run support  Kalenji run 100  Run active

	 Run active grip  Run comfort 
RACING	Kiprun KD900X RF37-FF29-HD8mm Carbon fiber plate – full length, 2 layers Pebax foam m/s,  Kiprun race  Kiprun long 2  Kiprun KD 500  Kiprun KS Light  Kiprun fast 2  Kiprun ultralight 

	Kiprun KN 500  Kiprun KD Light 
TRAIL	




HI-TEC
<i>Established 1974</i>
Updated: 12/2023
Special mentions: Shaun Moran





Introduced: 12/10 (12), 07/2011, 11/2013, 12/2019, 2/2020, 4/2022, 5/2022, 8/2022, 12/2023

The most exciting development is the GEO-Contour – this is a MUCH lighted shoe than the GEO-Trail that you tested out last time, and it’s a 10mm drop. We are making a big statement with GEO-foam technology. The Warrior and Trooper are great entry level trail options. Warrior is quite “roomy” so would be able to take orthotics. The V-Lite Gemini is also a great, affordable and very lightweight shoe that can also accommodate an orthotic.

GEO COLLECTION Geo foam M/S M-D Traction o/s Speed laces PU footbed	Geo – Nakuru RF–FF-HD8mm • Durable lightweight, high performance upper, delivers comfort, support, protection & breathability • Lightweight, welded forefoot protection and fastening system • Removable lightweight perforated PU footbed • GEO foam midsole, with the innovative GEO engineered EVA foam • M-D Traction rubber outsole Geo Altitude RF–FF-HD12mm Geo - Trail Pro Mid RF–FF-HD12mm Geo – Trail Pro Low RF–FF-HD12mm Geo - Contour M&W RF–FF-HD8mm Geo – Yak RF–FF-HD12mm Geo – lite M&W RF–FF-HD12mm Geo - Trail Pro W RF–FF-HD12mm
HIKING & TRAIL Trail with *	Altitude V Ultra I WP wide M Altitude V Ultra I WP W Altitude Chelsea Ultra M Altitude Infinity Mid M Altitude VI WP M&W Altitude BaseCamp WP M&W Altitude VII WP M&W V-Lite Psych M&W Tarantula Mid & low M * Grand Paradiso Mid & low M&W * Fuse trek mid & low M&W Fuse trail mid & low M&W * Raptor M * Commute W * Harrier M&W *

HERITAGE COLLECTION	Ares M&W * Glacier mid M&W Glacier M&W Telstar M&W * Barchan M&W * Oasis W * Fuji trail M&W * Paradigm M&W 
	Flash trail M * Bolt M&W * Swift M * Velocity W * Bramble W * Silver Shadow OG M 
	PCT OG M PCT M Inferno stride W Reef strap M Sandals Tortola escape M&W Sandals Cove sport M&W Sandals Agave M&W Sandals League Jnr XT 125 Jnr EZ – Velcro XT 125 Jnr
KIDS	Warrior Jnr BTS Warrior Jnr BTS EZ – Velcro Ares Jnr Ares Velcro Jnr Tempo trail Jnr Edge Jnr Edge Velcro Jnr



LOTTO

Established 1973 - SA 2022

Updated: 11/2022

OUT OF DATE

Special mentions:



Introduced 11/2022 Updated: (1), 11/2022

CARBON PLATED	
STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	
RACING	
TRAIL	
OTHER – School shoes	



**OLYMPIC**

OLYMPIC

Established 1918 - SA 2022

Updated: 1/2026

**entions: Kerwin Christopher, Gary Van Rooyen,
Chelsea Van Rooyen**





Introduced 5/2022 Updated: (3), 5/2022, **5.2024**, 1/2026

CARBON PLATED	STREAK Hybrid road & offroad performance shoe – street cross trainer Short distance to ultra marathons Gym training CARBON PLATE EMBEDDED IN MIDSOLE Midsole – PU cushioning system Stack heights – RF-FF–HD8m Weight – M 280 
STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL DAILY TRAINERS	BOUNCE 3 RF–FF–HD10mm   BOUNCE 4  ENDURE – OUT 3/2026



STREAK

Hybrid road & offroad performance shoe

Short distance to ultra marathons

Gym training

CARBON PLATE EMBEDDED IN MIDSOLE

Midsole – PU cushioning system

Stack heights – RF-FF–HD8m

Weight – M 280



CONNECT 2

Road / trail / cross country



CHALLENGER

Neutral training shoe

Short distance to ultra marathons

Gym training

Stack heights – RF-FF–HD8m

Weight – M 280

	
RACING	VAPOR RACE MID  VAPOR RACE SPRINT 
TRAIL 	FLAME 2  FLAME 3 - OUT 3/2026 Lightweight performance trail 
 	MENS COURT & RECESS GAME - ALL COURT All Rounder Court 

WOMENS TRAINING & COURT

GAME – NETBALL



FOOTBALL / RUGBY / HOCKEY

MATCH HOCKEY



MATCH 2 HOCKEY



GENERAL

RECESS



RECESS VELCRO



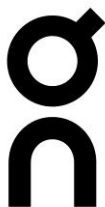


ON

Established 2021

Updated: 2/2025

Special mentions: Justin Woolven



Run on Clouds.  Swiss Engineering

Introduced 8/2017 (10), 6/2018, 2/2019, **5/2019**, **8/2019**, **7/2020**, **2/2021**, 12/2021, 8/2023, 2/2025

PR – performance running, PAD – performance all day, PO – performance outdoor

STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	ON CLOUDSURFER 7 PR RF–FF–HD6mm – Performance running, Cloudtec No speedboard, Helion superfoam,  ON CLOUD 5 PAD RF–FF–HD6mm – lifestyle, Cloudtec in Zero gravity foam  ON CLOUDGO PR RF–FF–HD6mm – Cloudtec cushioning TPU Speedboard, Helion super foam  ON CLOUDSTRATUS PR RF–FF–HD6mm – Performance running, CloudtTec layers, PP speedboard, Helion superfoam  ON CLOUDRUNNER PR RF–FF–HD6mm – Performance running, 0 gravity foam  ON CLOUD 5 PUSH PAD RF–FF–HD6mm – lifestyle, Cloudtec in Zero gravity foam, 

ON CLOUDNOVA FORM PAD RF–FF-HD6mm – lifestyle, Polypropylene and speedboard



ON CLOUDFLOW PR RF–FF-HD6mm – Polypropylene speed board, Helion superfoam - Racer / trainer



ON CLOUDFLYER 4 PR RF–FF-HD6mm – Trainer, TO MARATHON DIST, Polypropylene speed board,



ON CLOUD AWAY PAD RF–FF-HD6mm – lifestyle, Speedboard,



ON CLOUD X PR RF–FF-HD6mm – Helion superfoam, Speedboard



ON ROGER PAD RF–FF-HD6mm – Tennis sneaker, Vegan leather, Speedboard



ON ROGER ADVANTAGE PAD RF–FF-HD6mm – Tennis sneaker, Vegan leather, Speedboard



ON ROGER CENTRE COURT PAD RF–FF-HD6mm – Tennis sneaker, Vegan leather, Speedboard



	ON CLOUDROCK 2 PO RF-FF-HD7mm Missiongrip o/s, Waterproof, 
MAXIMALIST	ON CLOUD MONSTER PR RF-FF-HD6mm CloudTec cushioning, Helion super foam, Speedboard 




PIVOT
<i>Established 2021</i>
Updated: 7/2022
Special mentions: Roger Zeino

Introduced: 12/2021, (2), 12/2022

STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	Forge V1 RF30–FF22–HD8mm HaemFloat cushioning, Compression pod system  QUPHORIA RF25–FF20–HD5mm Full MEGABOOM PEBAX midsole platform, 199g 
RACING	
TRAIL	
MAXIMALIST	
MINIMALIST / NATURAL	
OTHER	

TECHNOLOGY: Designed by Roger Zenio from Cape Town. M/s compressed EVA, the right energy return and the right bounce, not too soft, wide forefoot fit – good for wider SA feet



Reebok 
REEBOK
<i>Established 1895</i>
Updated: 5/2019 - OUT OF DATE
Special mentions: Paul Copson



Updated: 8/99 – 7/11 (34), 7/2012, 5/2017, 8/2017, 2/2018, 8/2018, 5/2019, 8/2022

STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	National Geographic Floatride Energy 3 RFmm-FFmm-HDmm  Floatride Energy 4 RF26mm-FF17mm-HD9mm  National Geographic Floatride Energy 3 Adventure RFmm-FFmm-HDmm  Floatride Energy Grow RF26.5mm-FF17.5mm-HD9mm  Floatride Energy 3 RFmm-FFmm-HDmm  Floatride Energy 3 Adventure RFmm-FFmm-HDmm 
RACING	
TRAIL	

MAXIMALIST	
MINIMALIST	
OTHER	

TECHNOLOGY: DMX, Hexalite, CMEVA, Play, DMX reflex, 3D Ultra Lite, Super Hexalite, DMX Shear, DMX Foam, DMX 6, DMX 10, DMX Walk, DMX Flowpak, ERS, Proflexion, Xbean, Play Dry, Kinetis Fit System.
ONE TECHNOLOGY – 12mm heel drop, 3 zones in m/s. Rf zone 43% cushioning + 57% stability, midfoot zone 48% cushioning + 52% stability, ff zone 52% cushioning + 48% stability. O/s stride guide groove. New logo - DELTA. Integration of three aspects - physical, mental, social. Smoothfuse – seamless uppers, narrow fitting. Owned by Adidas 2005, Floatride, Pump air muscle, 360 degree stretch sleeve, Ultra knit upper, EVA support rim, CRTEK, Independent nodes, 3D ultra light foam



 skechers PERFORMANCE™ DIVISION
SKECHERS
Established 1992
Updated: 12/2021 OUT OF DATE
Special mentions:



Introduced: 11/2013, (8), 2/201, 9/201, 6/2018, 7/2019, 12/2021

NOT UPDATED 6.2022

STRONG ANTIPRONATION	
MILD ANTIPRONATION	GoRun Forza 4Ultra RF–FF–HD6mm 
NEUTRAL	GoRun 7 Hyper RF–FF–HD4mm  GoRun 7+ Hyper RF–FF–HD4mm  GoRun Maxroad 4 Hyper RF–FF–HD6mm – max cushion  GoRun Maxroad Hyper Bright RF–FF–HD6mm – max cushion  GoRun Ride 8 Hyper RF–FF–HD6mm 
RACING	GoRun Razor 3 Hyper RF24–FF20–HD4mm

	 GoRun Speed Elite Hyper RF–FF–HD4mm  Go Meb Speed 6 Hyper Racer RF–FF–HD4mm  GoRun Speed XCS Ultra – cross country RF–FF–HD2mm  GoRun Speed XCS Ultra – cross country with spikes RF–FF–HD2mm 
TRAIL	GoRun Speed TRL Hyper RF–FF–HD4mm  GoRun Speed XCR Ultra RF–FF–HDmm






361°
<i>Established 2003</i>
Updated: /2021 – NOT IN SA ANYMORE
Special mentions:



Introduced 8/2017 (01), 2017, 11.2018, 2021
NOT UPDATED 6.2022

STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	
RACING	
TRAIL	
MAXIMALIST	
MINIMALIST / NATURAL	
OTHER Not in SA	




PEARL IZUMI
<i>Established ----</i>
Updated: 2016 – NOT IN SA
Special mentions:



Introduced 1/2016 (01), 1/2016, 4/2016

NOT UPDATED 6.2022

STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	EM Road N1 RF22–FF18-HD4mm
RACING	
TRAIL	EM Trail N1 RF–FF-HDmm
MAXIMALIST	
MINIMALIST / NATURAL	
OTHER	

TECHNOLOGY: Energy foam,




HELLY HANSEN
<i>Established ---</i>
Updated: 2016 – NOT IN SA
Special mentions:



Introduced 1/2016 (00), 1/2016

STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	
RACING	
TRAIL	Terrak RF19–FF14-HD5mm
MAXIMALIST	
MINIMALIST / NATURAL	
OTHER	

TECHNOLOGY:



Running shoes NOT IN SA


NEWTON
<i>Established ----</i>
Updated: 2014 – NOT IN SA
Special mentions:



Introduced: (5) 05/2011 Updated: 01/2012, 03/2012, 04/2013, 8/2014

NOT UPDATED 6.2022

STRONG ANTIPRONATION	
MILD ANTIPRONATION	Sir Isaac S M HD4.5mm Lady Isaac S W HD4.5mm
NEUTRAL	Gravity trainer 3 RF25–FF22–HD3mm Sir Isaac M HD4.5mm Lady Isaac W HD4.5mm Energy (N ⁰ ?) Boco M&W (N ⁰ ?)
RACING	MV ³ Speed racer HD0mm 5.8oz Distance S (support) M HD2mm 7.8oz Distance U (Support) W HD2mm Distance (Neutral) HD2mm
TRAIL	Terra Momentus All terrain HD5mm
MAXIMALIST	
MINIMALIST / NATURAL	
OTHER	6mm heel drop with removable heel lift of 3mm Out October

TECHNOLOGY: Actuator lugs (in ff – encourages ff strike, cushions, propels) , heels flatter than normal,





SALMING

Established ----

Updated: 2017 – NOT IN SA

Special mentions:



Introduced: 10/2017, NOT SEEN YET
NOT UPDATED 6.2022

STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	Salming distance 3 RF–FF-HD5mm Salming distance A2 M+W RF–FF-HD5mm Salming distance M+W RF–FF-HD5mm Salming enRoute RF–FF-HD5mm Salming miles RF–FF-HDmm more cushioned Salming XPlore RF–FF-HD5mm
RACING	Salming race 3 RF–FF-HDmm Salming race 5 W RF–FF-HDmm Salming speed 3 RF–FF-HDmm Salming speed M+W RF–FF-HDmm Salming Speed - Junior RF–FF-HDmm Min
TRAIL	Salming elements M+W RF–FF-HDmm Salming trail T1 M+W RF–FF-HDmm Salming trail T2 M+W RF–FF-HDmm
MAXIMALIST	
MINIMALIST / NATURAL	Salming Speed - Junior RF–FF-HDmm Min ?
OTHER	Various indoor shoes for M+W

TECHNOLOGY: Light weight shoes, flexible shoes, low HD shoes, thin shoes ?, Anatomic fit, Full body running analysis, Natural running support system, Runlite,



MERRELL

MERRELL

Established ----

Updated: 2021 – NOT IN SA

Special mentions:



Introduced: 10/2010, (6) 02/2011, 06/2011, 07/2011, 06/2012 (London), 12.2021

STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	
RACING	
TRAIL	Agility Peak 4 Moab Flight Refuge Pro Ventilator GTX North Face Hedgehog GTX XRC 111 NTR Seismic CTR Cruise M+W Trail Glove M – Minimilistic True Glove M – Minimilistic Pace Glove W – Minimilistic Power Glove W - Minimilistic
MAXIMALIST	
MINIMALIST / NATURAL	Bare Access Trail Glove - Trail Current Glove True Glove M – all terrain multisport Tough Glove Pace Glove W – Trail Power Glove W - Multi
OTHER	

TECHNOLOGY: Merrell barefoot range, Vibram outsoles, Omni fit lace system, Easy Z rap Velcro closures, Q-form,





montrailTM

MONTRAIL

Established ----

Updated: 2011

Special mentions:



Introduced: 10/10 - 02/11 (4), 07/2011

NOT UPDATED 6.2022

STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	
RACING	
TRAIL	Rockridge / Badrock Masochist M + W Wildwood TR M + W Hardrock Streak
MAXIMALIST	
MINIMALIST / NATURAL	
OTHER	

TECHNOLOGY:




ZOOT
<i>Established ----</i>
Updated: 2011 – NOT IN SA
Special mentions:



Introduced: 10/2010, 07/2011
NOT UPDATED 6.2022

STRONG ANTIPRONATION	
MILD ANTIPRONATION	Kapilani M + W
NEUTRAL	Ultra Kalani M + W Ultra Kane M + W Advantage 2.0 M + W Energy 2.0 M + W
RACING / TRIATHLON	Ultra Ali'i 3.0 M + W Ultra Speed M + W Ultra Tempo + 3.0 Ultra TT 3.0 M + W Ultra Racer 2.0 M + W
TRAIL	
MAXIMALIST	
MINIMALIST / NATURAL	
OTHER	

TECHNOLOGY: Tri dry, Dr ilex fabric, Carbon span, E span, ImPress




K-SWISS
<i>Established ----</i>
Updated: 2012 – NOT IN SA
Special mentions:



Introduced: 10/2010, 07/2011, **7.10.2011, 03/2012**

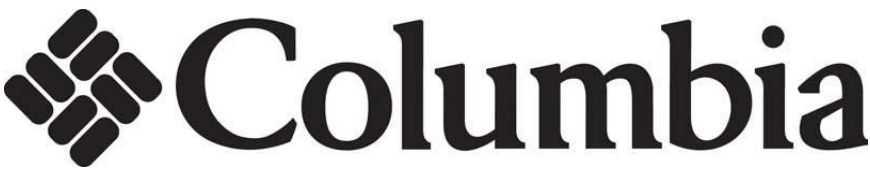
NOT UPDATED 6.2022

STRONG ANTIPRONATION	Konesic M6uk-12uk *** very strong Konejo 2 M6uk-12uk W3uk-8uk
MILD ANTIPRONATION	Keahou (N to mild)
NEUTRAL	Keahou 2 (to mild) M6uk-12uk W3uk-8uk
RACING	Kona-S – IRONMAN shoe – Race M6uk-12uk) W 2012 K-Ruuz Race flat M6uk-12uk (maybe not in 2012) Quicky Blade Light (Medial wedge) M6uk-12uk W 2012
TRAIL	
MAXIMALIST	
MINIMALIST / NATURAL	
OTHER / TRIATHLON	Blade Light Race Specific Tri shoe M6uk-12uk Velcro
OTHER	M Blade Foot Run M+F Tubes Run 100 A Fashion / gym K – Swiss Protection socks (50%kevlar, 32% polyester

TECHNOLOGY: Blade,Tube midsole technology, K-eva



 Columbia
COLUMBIA
<i>Established ----</i>
Updated: 2011 – NOT IN SA
Special mentions:



Introduced: 02/11 - 06/11 (3), 07/2011

NOT UPDATED 6.2022

STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	
RACING	
TRAIL	Ravenous Descender range - Multi
MAXIMALIST	
MINIMALIST / NATURAL	
OTHER	

TECHNOLOGY: Heel capture system, Techlite rubber, Omni-tech upper tech, Omni-tech high traction rubber comp outersole material, Techlite midsole,



 fivefingers®
VIBRAM
<i>Established - 2005</i>
Updated: 2017 – NOT IN SA
Special mentions:



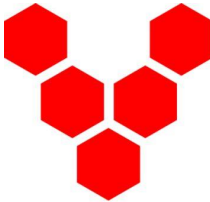
Introduced: (6) 03/2012, **5/2012**, 2/2015, 1/2017

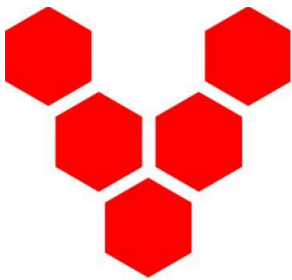
NOT UPDATED 6.2022

MINIMALIST / NATURAL ALL zero heel drop	FiveFingers Bikila Evo V-Run – 8.5mm sole road/fitness Thickest sole for easier transition to barefoot FiveFinger EL-X - work, lifestyle FiveFinger V-Train – gym, cross fit FiveFinger KSO Evo – fitness, lifestyle FiveFinger Vibram KSO Evo- Maximim feel, 4.7 mm sole-best ground feedback,crosfit FiveFingers KMD / LS – 6.5mm sole Multi & lat motions, Strap or laces Seamless footbed,crosfit,fitness all sport. FiveFingers Spyridon MR – 4mm sole - Trail also ideal for Warrior Races laces Speed laces,360 lugpattern gives grip in all directions. FiveFingers Trek Sandal – 8mm sole – Outdoor Light Trekking/laces Open on sides ideal for South Africa’s outdoor customers, FiveFingers Signa – watersports drainage sole stand up paddling,surfing ,fishing.
	TRAIL FiveFinger V-Trail
OTHER	Injinji socks – toe socks for Vibram shoes Nuwool version 52% Australian merino wool FiveFingers Alitza- ladies – fashion FiveFingers Sorrento – leather - casual
KIDS	

TECHNOLOGY: FiveFinger barefoot technology – minimalist approach to barefoot running All zero heel drop
L/S = lace system, Dri-lex – moisture management upper, AEGIS microbe shield
In Runaway sport, SWH, various Outdoor stores.



 VIVOBAREFOOT™
VIVOBAREFOOT
<i>Established ----</i>
Updated: 12/2021 – NOT IN SA
Special mentions:



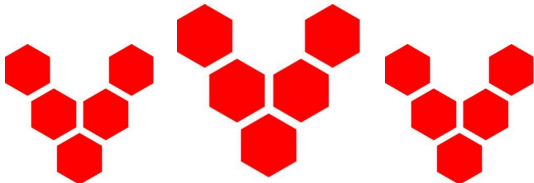
VIVOBAREFOOT™

Introduced: (4) 7/2012, 8/2012, 8/2014, 12/2021

NOT UPDATED 6.2022

MINIMALIST / NATURAL ALL zero heel drop	Geo Racer Knit Neo Trail M+W-Trail Breatho Trail M+W-Trail Evo II M+W- Trail/Road Ultra M+W -Trail/Road Breezy Lite M+W-Road/Gym Hybrid Golf M+W-Golf/Casual Mid Offroad M+W-Hiking Synth Hiker M+W- Hiking Legacy M+W- Casual Achilles M+W- Casual/Trail Ra M only -Casual Gobi M only- Casual Dylan M only- Casual Kali W only- Casual Aqualite M only- Casual Lucy Lite W only- Casual December 2012 Vivo Stealth M+W- Road Vivo One M+W- Premier Road Racing Vivo Evo Lite M+W- Light Trail & Road
OTHER	

TECHNOLOGY: Eco friendly recycled materials, Puncture resistant sole, Sole height 3mm – 5mm, All ZERO DROP



VIVOBAREFOOT™ VIVOBAREFOOT™ VIVOBAREFOOT™

OTHER

Established 2011

Updated: 11/2013

Special mentions:

OTHER OTHER OTHER OTHER OTHER OTHER

Introduced: 02/11 - 06/11 (4), 11/2013
NOT UPDATED 6.2022

K-SWISS	Protection socks (50%kevlar, 32% polyester, 10% cotton, 8% spandex) MRSS 0.1
LUNA	Mona (sandals) MRSS 0.5 Venado (sandals) MRSS 0.5



THE TECHNICAL RUNNING SHOE GUIDE

Dennis Rehbock

(A clinical guide)

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RUNNING / SPORT SOCK SECTION



SOCKS SOCKS SOCKS SOCKS SOCKS

As there are many brands of technical running and sports socks in the South African market, I have decided to concentrate on the bigger sock brands. The other brands are mentioned but their sock range is not included.

FALKE

FALKE

Established 1895

Updated: 5/2025

Special mentions: Conroy Du Toit

FALKE

With you every step

FALKE

Updated: 08/99 - 6/07 (35), **NEW 9/2021**, 2/2022, 4/2022, 2/2024, 8/2024, 1/2025, 5/2025

FALKE 	Key Features Seamless toe closing to ensure a blister free fit. BCoolRecycled, Eco friendly, Microfiber yarn. Keeps feet dry and cool BCoolmoisture management technology that keeps your feet dry. Assist with wicking moisture away from feet. Ventilation knitted channels to improve moisture management. Silver Technology Yarn is impregnated with a Silver Antimicrobial agent to keep socks fresh and smell good for longer. Arch Support –socks fits better and grips the arch of your foot slightly to ensure that socks stays in position. Falke offer cushioned or non-cushioned options depending on a runner’s preference. Left and Right technology for a perfect fit. Materials used: BCool, polyamide, elastane, mohair (lowest coefficient of friction) reflective material (glass beads), silver fibers, codura, cotton, acrylic, merino wool (thermal qualities). Wool, Drynamix. <i>REFERENCE: FALKE 2025 PRESENTATION</i>
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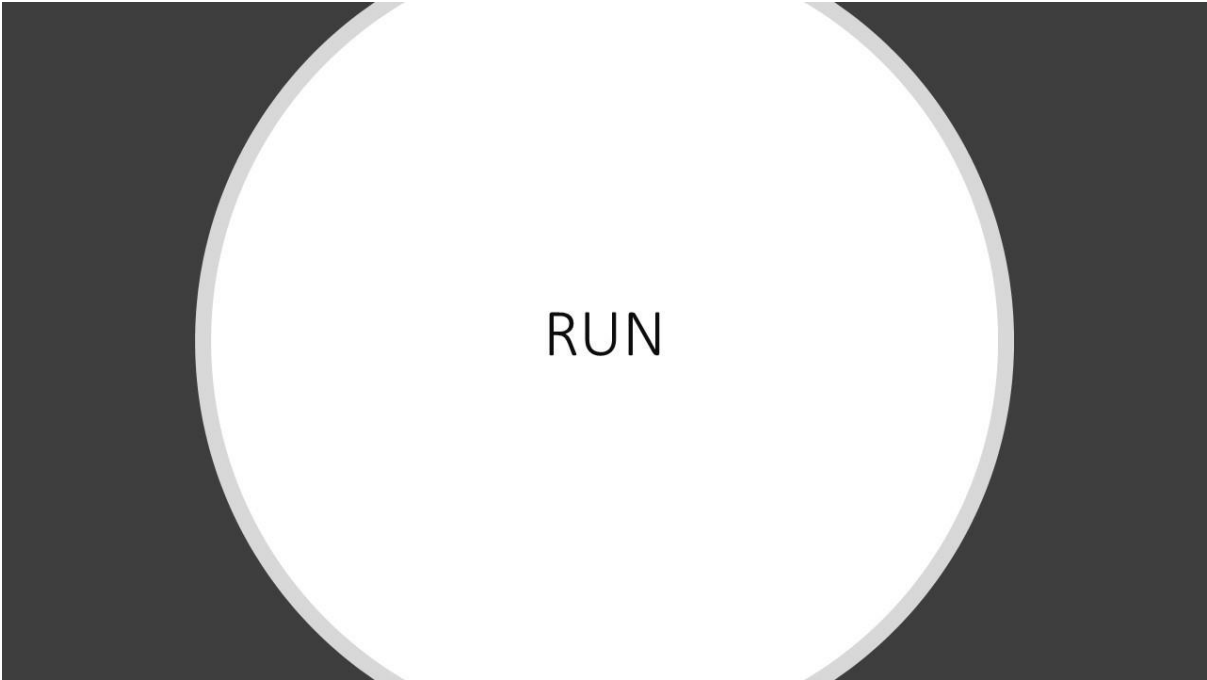
This section of the FALKE range is taken directly from the current FALKE catalogue (with permission)

It includes - Fashion men, Fashion ladies, Bike, Run, Multisport, Compression, Hike, and Sport specific

F A L K E

With you every step

Falke.com/Shop



PRESSURE FREE RUNNING

Composition:
86% BCOOL
8% Polyamide
6% Elastane

PRESSURE FREE RUNNING SOCKS

Protects against pressure felt across the bridge of the foot while running



- Features**
- Recycled BCOol yarn keeps your feet cool and dry during running
 - Mesh panels aid breathability and keep feet cool
 - Sensitive cuff for comfort, stability and support
 - Arch support for added comfort and support
 - Anatomical left and right for that perfect fit
 - Reinforced heel and toe for durability
 - Seamless toe aids blister prevention
 - Half cushioned for superior comfort

Colours



WHITE



LIGHT AQUA



BLACK

SIZES: 4-6 7-9 10-12 13-15

PRESSURE FREE REFLECTIVE

Composition:
86% BCOOL
8% Polyamide
6% Elastane

PRESSURE FREE REFLECTIVE

Protects against pressure felt across the bridge of the foot while running



- Features**
- Recycled BCOol yarn keeps your feet cool and dry during running
 - Mesh panels aid breathability and keep feet cool
 - Sensitive cuff for comfort, stability and support
 - Arch support for added comfort and support
 - Anatomical left and right for that perfect fit
 - Reinforced heel and toe for durability
 - Seamless toe aids blister prevention
 - Half cushioned for superior comfort

Colours



WHITE



LIGHT AQUA



LIGHT AQUA



BLACK

SIZES: 4-6 7-9 10-12



REFLECTIVE RUNNER

Composition:
87% BCOOL
7% Polyamide
5% Elastane
1% Relective

REFLECTIVE RUNNER
HIGH REFLECTIVITY KEEPING YOU SAFE

- Features**
- Bcool Recycled Polyester
 - Seamless comfort minimizes exposure to blisters
 - Sensitive rib tops eliminates pressure marks
 - Refractive glass beads last for the life of the socks and will provide maximum reflectivity in low light conditions



SIZES: 4-6 | 7-9 | 10-12

STRIDE HIDDEN

Composition:
- BCOOL 90%
- Polyamide 8%
- Elastane 2%

STRIDE HIDDEN
SUPERIOR CUSHIONING AND PERFORMANCE

- Features**
- Reinforced heel and toe ensure ultimate durability
 - Mesh panels aid breathability and keep feet dry
 - Extra deep heel pocket keeps the sock in place
 - Arch support for added comfort and support
 - Half cushioned for comfort and performance
 - Anatomical left and right for that perfect fit
 - Recycled BCOOL keeps feet cool and dry
 - Seamless toe aids blister prevention



SIZES: 4-6 | 7-9 | 10-12 SKU 13

VENTILATOR

Composition:
65% BCool
30% Polyamide
5% Elastane

VENTILATOR

Aids fast moisture transport keeping your feet cool and dry

Features

- Reinforced heel and toe ensure ultimate durability
- Mesh panels aid breathability and keep feet dry
- Arch support for added comfort and support
- Recycled BCool keeps feet cool and dry
- Seamless toe aids blister prevention
- Short cuff for a perfect fit

Colours



WHITE BRIGHT TURQUOISE BLACK

SIZES: 4-7 | 8-12

STRIDE ANKLET

Composition:
87% BCool
11% Polyamide
2% Elastane

STRIDE ANKLET

Superior cushioning and performance

Features

- Reinforced heel and toe ensure ultimate durability
- Mesh panels aid breathability and keep feet dry
- Sensitive cuff for comfort, stability and support
- Extra deep heel pocket keeps the sock in place
- Half cushioned for comfort and performance
- Arch support for added comfort and support
- Anatomical left and right for that perfect fit
- Recycled BCool keeps feet cool and dry
- Seamless toe aids blister prevention
- Elasticated ankle support

Colours



WHITE PEACH/FLU AQUA
NEW AZURE BLUE/GREY
HEATHER
NEW BLACK

SIZES: 4-6 | 7-9 | 10-12 SKU 13

BLISTER PROTECTION ALL-TERRAIN

Composition:
33% BCOOL
28% Polyamide
9% Elastane
30% Mohair

BLISTER PROTECTION ALL -TERRAIN

AIDS BLISTER PREVENTION

Features

- Bcool Recycled Polyester / Mohair blend
- Mohair provides the lowest coefficient of sheer friction aiding against blister – also known as the diamond fibre
- Seamless comfort minimizes exposure to sheer friction blisters
- Ankle stabilizer technology aids in preventing you from overturning

Colours



Black Ink

SIZES: 4-6 | 7-9 | 10-12

ULTRALIGHT

Composition:
68% BCool
28% Polyamide
4% Elastane

ULTRALIGHT
Lightweight for ultimate performance



- Features**
- Reinforced heel and toe ensure ultimate durability
 - Mesh panels aid breathability and keep feet dry
 - Half cushioned for comfort and performance
 - Anatomical left and right for that perfect fit
 - A deep heel pocket keeps the sock in place
 - Recycled BCool keeps feet cool and dry
 - Seamless toe aids blister prevention
 - Heel tab for comfort and support

Colours



WHITE



WILDBERRY



BLACK

SIZES: 4-7 | 8-12

SILVER CUSHION RUNNER

Composition:
- BCOOL 86%
- Polyamide 8%
- Elastane 4%
- Silver Fiber 1%

SILVER CUSHION RUNNER
KEEPS FEET COOL, FRESH & ODOUR FREE



- Features**
- Bcool Recycled Polyester
 - Seamless comfort minimizes exposure to blisters
 - Soft, protective cushion foot for comfort
 - Silver fibre knitted into product for lasting durability and the management of an odour free environment

Colours



White & Mid Grey



Black & Mid Grey



Grey Heather & Ethereal Blue



Bright Lilac & Flu Coral

SIZES: 4-6 | 7-9 | 10-12

HIDDEN DRY LITE

Composition:
- BCOOL 40%
- Microfibre 34%
- Polyamide 24%
- Elastane 2%

HIDDEN DRY LITE
KEEPS FEET COOL AND DRY



- Features**
- Bcool Recycled Polyester
 - Seamless comfort minimizes exposure to blisters
 - Mesh Panels for Ventilation
 - Double Y- Heel Cups the heel to keep the sock in place. Heel made up of Microfiber
 - Double Y- Heel
 - Cups the heel to keep the sock in place. Heel made up of Microfiber

Colours



WHITE/GREY



SHERBERT PINK



MIDGREY



BLACK/GREY

SIZES: 4-6 | 7-9 | 10-12

PERFORMANCE RUNNER

Composition:
- 91% BCOOL
- 5% Elastane
- 4% Polyamide

PERFORMANCE RUNNER



Features

- ANATOMICAL LEFT & RIGHT For a second skin fit
- MESH PANELS aids breathability & keeps feet dry
- ELASTICATED ANKLE & HEEL SUPPORT offers comfort & support
- HEEL TAB for comfort & support
- BCOol RECYCABLE YARN keeps feet cool & dry
- REINFORCED HEEL & TOE ensures ultimate durability
- SEAMLESS TOE Aids blister prevention

Colours



WHITE



MID-GREY



SHERBERT PINK



AZURE



BLACK

SIZES: 4-7 / 8-12

MULTISPORT

HIDDEN COOL

Composition:
- BCOOL 42%
- Polyamide 11%
- Cotton 42%
- Elastane 5%

HIDDEN COOL

KEEPS FEET COOL AND DRY



Features

- Under arch Grip Technology for added comfort and supports
- Mesh panels aid breathability and keep feet dry
- Recycled BCool keeps feet cool and dry
- Fine toe seam aids blister prevention
- Fully cushioned for superior comfort
- Heel tab for comfort and support

Colours



WHITE



NEON LIME



SUMMER SKY



WHITE/ASH



BLACK

SIZES: 4-6 | 7-9 | 10-12

HIDDEN LUXE

Composition:
- BCOOL 81%
- Polyamide 14%
- Elastane 5%

HIDDEN LUXE
Luxury comfort and performance



- Features**
- Under arch Grip Technology for added comfort and support
 - Reinforced heel and toe ensure ultimate durability
 - Mech panels aid breathability and keep feet dry
 - Half cushioned for comfort and performance
 - Recycled BCool keeps feet cool and dry
 - Seamless toe aids blister prevention
 - Double tab for comfort and support

Colours



WHITE



NEON LIME



BRIGHT LILAC



MIDGREY



BLACK

SIZES: 4-7 | 8-12

RETRO CREW PLAIN

Composition:
- 72% BCOOL
- 23% Polyamide
- 5% Elastane

RETRO CREW PLAIN



- Features**
- Fine toe seam for comfort and prevent blisters
 - Arch support to prevent sock from sliding
 - Mesh panels assist ventilation
 - Wide rib cuff for a comfort fit
 - Reinforced heel and toe for durability

Colours



WHITE



SUPER PINK



PARIS BLUE



BLACK

SIZES: 4-7 / 8-12

RETRO CREW STRIPE

Composition:
- 72% BCOOL
- 23% Polyamide
- 5% Elastane

RETRO CREW STRIPE

Features

- Fine toe seam for comfort and prevent blisters
- Arch support to prevent sock from sliding
- Mesh panels assist ventilation
- Wide rib cuff for a comfort fit
- Reinforced heel and toe for durability

Colours



WHITE



BLACK

SIZES: 4-7 / 8-12



COOL CREW

Composition:
81% Bcool recycled polyester
14% Polyamide
5% Elastane

COOL CREW

Keep feet cool and dry

Features

- Half Cushioned
- Mesh Panels – aids ventilation and keeps feet cool
- BCool Recycled yarn – keeps feet cool & dry
- Seamless Toe – aids blister prevention
- Under arch Grip Technology – assist in stabilising in shoe movement

Colours



WHITE



BLACK



MID-GREY



SUMMER SKY

SIZES: 4-7 | 8-12



BIKE

PEDAL PRESSURE FREE MIDCALF STRIPE

Composition:
58% BCool
24% Cordura
13% Polyamide
5% Elastane

PEDAL PRESSURE FREE MIDCALF STRIPE
Eliminates pedal pressure under the ball of the foot



- Features**
- Cordura reinforced heel and toe ensures ultimate durability
 - Elasticated ankle support offers comfort and support
 - Mesh panels aid breathability and keep feet cool
 - Sensitive cuff for comfort, stability and support
 - BCool recycled yarn keeps feet cool and dry
 - Seamless toe aids blister prevention
 - Pedal Pressure Free cushioning



SIZES: 4-7 8-12

PEDAL PRESSURE FREE PLAIN

Composition:
68% BCool
16% Cordura
12% Polyamide
6% Elastane

PEDAL PRESSURE FREE PLAIN
Eliminates pedal pressure under the ball of the foot



- Features**
- Cordura reinforced heel and toe ensures ultimate durability
 - Pedal Pressure Free cushioning under the ball of the foot
 - Elasticated ankle support offers comfort and support
 - Mesh panels aid breathability and keep feet cool
 - Sensitive cuff for comfort, stability and support
 - BCool recycled yarn keeps feet cool and dry
 - Seamless toe aids blister prevention



SIZES: 4-7 8-12



BCOOL BIKE NEW

Composition:
- 73% BCOOL
- 19% Polyamide
- 8% Elastane

BCOOL BIKE

Features

- Bcool Recycled Polyester
- Seamless comfort minimizes exposure to blisters
- Mesh Panels for Ventilation
- Double Y- Heel Cups the heel to keep the sock in place. Heel made up of Microfiber
- Double Y- Heel
- Cups the heel to keep the sock in place. Heel made up of Microfiber

Colours



WHITE



SHERBERT PINK



ASURE



BLACK

SIZES: 4-7 / 8-12



BCOOL BIKE

Composition:
65% BCool
29% Polyamide
6% Elastane

BCOOL BIKE CYCLING SOCKS

Keeps Feet Cool and Dry

Features

- Elasticated ankle support offers comfort and support
- Mesh panels aid breathability and keep feet cool
- Sensitive cuff for comfort, stability and support
- Arch support for added comfort and support
- BCool recycled yarn keeps feet cool and dry
- Seamless toe aids blister prevention
- Non-cushioned

Colours



WHITE



BLACK

SIZES: 4-7 8-12



HIKE

BCOOL LINER

Composition:
73% BCOOL
23% Polyamide
4% Elastane

BCOOL LINER
Keeps feet cool and dry

- Features**
- BCOOL Recycled Yarn helps keep feet cool & dry
 - Mesh Panels aids breathability and keeps feet cool
 - Seamless Toe helps prevent blisters
 - Reinforced heel and toe for durability
 - Arch support for added comfort and support
 - Sensitive cuff for comfort, stability and support
 - Reinforced heel and toe ensures ultimate durability

Colours



SIZES: 4-7 8-12

PRESSURE FREE MOHAIR HIKER

Composition:
44% BCOOL
16% Mohair
16% Wool
12% Elastane
8% Acrylic
4% Polyamide

PRESSURE FREE MOHAIR HIKER
Blister protection

- Features**
- Pressure Free cushioning on top of arch and on the lower shin, designed to add protection and comfort against lace & tongue pressure
 - Mohair Wool Blend for blister protection and temperature regulation
 - BCOOL 100% Recycled yarn keeps feet cool & dry
 - Mesh panels aids breathability and keeps feet cool
 - Seamless Toe helps prevent blisters
 - Arch support for added comfort and support

Colours



SIZES: 4-6 | 7-9 | 10-12

MERINO WOOL HIKER

Composition:
35% Merino Wool
35% Acrylic
22% Polyamide
8% Elastane

MERINO WOOL HIKER
Offers support and comfort for your feet



- Features**
- Merino Wool for superior thermal insulation
 - Wide Rib Cuff for comfort, stability and support
 - BCOOL 100% recycled yarn keeps feet cool and dry
 - Mesh Panels aids breathability and keeps feet cool
 - Fine toe seam aids blister prevention
 - Arch Support for added comfort and support



SIZES: 4-6 | 7-9 | 10-12

RANGER CREW

Composition:
62% Acrylic
27% Wool
9% Polyamide
2% Elastane

RANGER CREW
Feel at ease in the bush while on safari with this ranger hiking sock



- Features**
- Soft elastic arch support prevents sock from sliding & provides gentle arch support
 - Wide rib cuff for comfort, stability and support
 - Fine toe seam prevents friction & blisters
 - Reinforced heel and toe for durability



SIZES: 4-7, 8-12

WALKIE ANKLET

Composition:
48% Wool
46% BCOOL
6% Polyamide
2% Elastane

WALKIE ANKLET
TEMPERATURE REGULATING



- Features**
- Sensitive cuff and ankle elicitation for stability and support without constriction
 - Wool and BCOOL yarn blend to effectively keep feet warm and dry
 - Soft half terry cushioning for extra comfort and support
 - BCOOL yarn aids moisture transfer and cooling
 - Hand-linked toe seam prevents friction & blisters
 - Knitted mesh panel construction for ventilation
 - Reinforced heel and toe for durability



SIZES: 4-7 8-12

BCOOL SILVER HIKER

Composition:
85% BCOOL
5% Polyamide
7% Elastane
3% Silver Fibre

BCOOL SILVER HIKER
KEEPS FEET COOL, FRESH & ODOUR FREE

- Features**
- Silver Fibre keeps feet fresh and odour free
 - Wide Rib Cuff for comfort, stability and support
 - BCOOL 100% Recycled eco-friendly yarn keeps feet cool and dry
 - Mesh Panels aids breathability and keeps feet cool
 - Seamless toe aids blister prevention
 - Arch support for added comfort and support



SIZES: 4-6 | 7-9 | 10-12

BCOOL HIKE CREW

Composition:
58% BCOOL
25% Cotton
6% Non-Slip
6% Elastane
5% Polyamide

BCOOL HIKE CREW
Improves grip under your foot

- Features**
- BCOOL Recycled Yarn, keeps feet cool and dry
 - FALKE In-Shoe Grip Technology improves grip underfoot
 - Short rib cuff to ensure support and optimal hold
 - Mesh panels aids breathability and keeps feet cool
 - Anatomical FALKE left and right perfect fit
 - Seamless toe aids blister prevention
 - Arch support for added comfort and support



SIZES: 4-6 | 7-9 | 10-12

BCOOL HIKER ANKLET

Composition:
55% BCOOL
26% Cotton
7% Non-Slip
7% Elastane
5% Polyamide

BCOOL HIKER ANKLET
Improves grip under your foot



- Features**
- BCOOL Recycled Yarn, keeps feet cool and dry
 - FALKE In-Shoe Grip Technology improves grip underfoot
 - Short rib cuff to ensure support and optimal hold
 - Mesh panels aids breathability and keeps feet cool
 - Anatomical FALKE left and right perfect fit
 - Seamless toe aids blister prevention
 - Arch support for added comfort and support



SIZES: 4-6 | 7-9 | 10-12

BCOOL TRAIL

Composition:
40% BCOOL
40% Cotton
14% Polyamide
6% Elastane

BCOOL TRAIL
Keeps your feet dry and cool



- Features**
- BCOOL Recycled Yarn, keeps feet cool and dry
 - Sensitive Cuff for comfort, stability and support
 - Mesh panels aids breathability and keeps feet cool
 - Sensitive Cuff for comfort, stability and support
 - Reinforced heel and toe ensures durability
 - Fine toe seam aids blister protection
 - Arch support for added comfort and support



SIZES: 4-6 | 7-9 | 10-12

COMPRESSION

ARM PROTECTOR

Composition:
75% Polyamide
21% Elastane
4% Polyester

Arm Protector
GRADUATED COMPRESSION / AIDS RECOVERY & BOOSTS PERFORMANCE

- Features
- UV protection SPF50+
 - Moisture management
 - Improved fit - 3 sizes for perfect fit
 - Increased visibility - reflective print on elbow joint
 - Approved by the Cancer Association of South Africa
 - Strategic mesh panels facilitates ventilation and keeps your arms dry
 - CoolLAY R yarn technology to keep you feeling cool and comfortable when temperatures rise

Colours



WHITE

NEON LIME

LIGHT AQUA

BLACK

SIZES: Small - Medium | Large - XLarge



VITALIZER COMPRESSION CALF SLEEVE

Composition:
- Nylon 57%
- Elastane 43%

VITALIZER COMPRESSION CALF SLEEVE
GRADUATED COMPRESSION / AIDS RECOVERY & BOOSTS PERFORMANCE

- Features
- Graduated Compression
 - Mesh panels for ventilation and cooling

Colours



Neon Yellow

Black

Lake Blue

Back

SIZES: Small - Medium | Large - XLarge



Back

VITALIZER COMPRESSION

Composition:
- BCOOL 31%
- Polyamide 27%
- Elastane 42%

VITALIZER COMPRESSION
GRADUATED COMPRESSION / AIDS RECOVERY & BOOSTS PERFORMANCE

- Features**
- Bcool Recycled Polyester - socks
 - Graduated Compression
 - Mesh panels for ventilation and cooling



Neon Yellow Black Lake Blue White

SIZES: 4-6 | 7-9 | 10-12

SPORTS SPECIFIC



SKI

Composition:
59% PAC
25% Wool
9% PA
7% Elastane

SKI

Features

- Fully Cushioned - wool blend to prevent blisters
- Mesh Panels - to aid ventilation
- BCool Recycled yarn - to keep feet cool and dry
- Wide Rib Cuff - for comfort and support
- Fine toe seam - aids blister prevention

Colours



LAGOON



BLACK

SIZES: 4-7 | 8-12



PRACTICE HRF

Composition:
47% Polyamide
25% Polyester
21% Cotton
12% Dynamix

PRACTICE HRF

These long socks are ideal for practice sessions, whether it be for Rugby, Hockey, or Football (Soccer)

Features

- Half Cushioned
- Mesh panels – to aid ventilation
- BCool recycled yarn – to keep feet cool and dry
- Wide Rib Cuff – for comfort and support
- Fine toe seam – aids blister prevention

Colours



WHITE



RED



BLACK

SIZES: 13-15 (junior) / 4-7 / 8-12



GOLF

Composition:
- 89% BCOOL
- 6% Elastane
- 5% Nylon

GOLF

Features

- MESH PANELS aids breathability & keeps feet dry
- ELASTICATED ANKLE & HEEL SUPPORT offers comfort & support
- HEEL TAB for comfort & support
- BCool RECYCABLE YARN keeps feet cool & dry
- REINFORCED HEEL & TOE ensures ultimate durability
- SEAMLESS TOE Aids blister prevention

Colours



WHITE



CHINO



BLACK

SIZES: 4-6 | 7-9 | 10-12

GOLF PLAIN

Composition:
83% Cotton
15% Polyamide
2% Elastane

GOLF PLAIN
Mesh panels for ventilation



- Features**
- Wide rib cuff for comfort, stability and support
 - Reinforced heel and toe for durability
 - Mesh panels for ventilation
 - Full-foot cushioning
 - Fine toe seam

Colours



WHITE & GREY



CHINO & GREY

SIZES: 8-12

DIABETIC CREW

Composition:
83% BCOOL
15% Polyamide
2% Elastane

DIABETIC CREW



- Features**
- Half Cushioned - with non-restrictive top
 - Extra Cross stretch - allows maximum blood circulation
 - Mesh Panels - to aid ventilation
 - BCool Recycled yarn - to keep feet cool and dry
 - Deep Heel Pocket - for comfort and support
 - Seamless Toe - aids blister prevention
 - Mesh Panels - to aid ventilation

Colours



BLACK

SIZES: 4-7 | 8-12

PADEL HIDDEN

Composition:
73% BCool
11% Nylon
10% Elastane
6% Non-Slip

PADEL

Keep feet cool and dry, offer in-shoe grip technology



Features

- Half Cushioned
- Seamless Toe – aids blister prevention
- Mesh Panels – enhances ventilation
- Arch-Support – assist in additional stability
- Deep Heel - pocket for extra comfort
- Non-Slip - underfoot grip technology assist in stabilising in shoe movement

Colours



SIZES: 4-7 | 8-12

PADEL

Composition:
73% BCool
11% Nylon
10% Elastane
6% Non-Slip

PADEL

Keep feet cool and dry, offer in-shoe grip technology



Features

- Half Cushioned
- Seamless Toe – aids blister prevention
- Mesh Panels – enhances ventilation
- Arch-Support – assist in additional stability
- Deep Heel - pocket for extra comfort
- Non-Slip - underfoot grip technology assist in stabilising in shoe movement

Colours



SIZES: 4-7 | 8-12

MULTISPORT

Composition:
82% Cotton
16% Polyamide
2% Elastane



MULTISPORT

Cushioned for comfort & support reinforced heel & toe for durability

Features

- Fine toe seam prevents friction & blisters
- Reinforced heel and toe for durability
- Knitted mesh panel construction for ventilation
- Sensitive cuff & ankle elasticating for stability & support without constriction
- Strategically placed cushioning for extra comfort & support

Colours



WHITE

SIZES: 12½-3½ / 4-7 | 8-12

NETBALL

Composition:
43% BCool
43% Cotton
12% Polyamide
2% Elastane



NETBALL

Reinforced heel & toe for durability keeps feet cool & dry

Features

- Fine toe seam
- Full foot cushioning
- Mesh panels for ventilation
- Reinforced heel and toe for durability
- Arch support prevents sock from sliding
- Wide rib cuff for comfort, stability and support
- BCool moisture management system provides the ultimate in coolness

Colours



WHITE/BRIGHT LILAC



WHITE/GREY

SIZES: 4-7 | 8-12

SQUASH

Composition:
68% BCool
12% Polyamide
11% Mohair
7% Wool
2% Elastane

SQUASH
Ultimate comfort & support keeps feet cool & dry



- Features**
- Reinforced heel and toe ensure ultimate durability
 - Mesh panels aid breathability and keep feet dry
 - Arch support for added comfort and support
 - Recycled BCool keeps feet cool and dry
 - Seamless toe aids blister prevention

Colours



WHITE

SIZES: 4-7 | 8-12

CRICKET

Composition:
51% Wool
33% Cotton
14% Polyamide
2% Elastane

CRICKET
Superior cushioning & comfort



- Features**
- Fine toe seam
 - Full cushioned
 - Reinforced heel and toe for durability
 - Arch support prevents sock from sliding
 - Knitted mesh panel construction for ventilation
 - Wide rib cuff for comfort, stability and support

Colours



NATURAL

SIZES: 4-6 | 7-9 / 10-12

FASHION LADIES

ACTIVE BREEZE ANKLET

Composition:
56% Lyocell
42% Polyamide
2% Elastane

ACTIVE BREEZE ANKLET

Feel the breeze effect

Features

- High moisture absorption for a unique dry feeling on your skin
- The breathable blend of materials guarantees freshness all day long
- Supreme comfort thanks to soft and skin-friendly lyocell fibres (botanical origin)
- Flat toe seams
- Reinforced stress zones for added durability

Colours



BEIGE



GREY MELANGE



BLACK

SIZES: 4-7

INVISIBLE 2PK SOCKS

INVISIBLE 2PK SECRET SOCKS

2-PACK: ANTI-SLIP SILICON FOR PERFECT HOLD

Composition:
- Cotton 62%
- Elastane 2%
- Polyamide 9%

Features

- 2-pack
- Skin-friendly cotton
- Perfect hold on the foot thanks to anti-slip silicone
- Flat toe seams
- Reinforced stress zones for added durability

Colours



WHITE



BEIGE MEL



BLACK

SIZES: 4-6

ACTIVE BREEZE SNEAKER

Composition:
50% Lyocell
46% Polyamide
4% Elastane

ACTIVE BREEZE SNEAKER

Features

- High moisture absorption for a unique dry feeling on your skin
- The breathable blend of materials guarantees freshness all day long
- Supreme comfort thanks to soft and skin-friendly lyocell fibres (botanical origin)
- Flat toe seams
- Reinforced stress zones for added durability

Colours



CREAM



GREY MELANGE



BLACK

SIZES: 4-7

SILVER CUSHION SMALL

Composition:

- Silver X-Static 3%
- Cotton 80%%
- Elastane 2%
- Polyamide 15%%

SILVER CUSHION

KEEPS FEET COOL, FRESH & ODOUR FREE

Features

- Cushioned sole with smooth elasticated upper for best fit & comfort - reduces friction
- Refined cotton plus silver yarn for anti-microbial all-weather freshness
- Reinforced stress zones for added durability
- Sensitive, pressure-free cuff



Colours



WHITE ASH MELANGE BROWN MELANGE NAVY BLACK

SIZES: 4-7

FASHION MEN

DOTTED

Composition:

- 83% Cotton
- 15% Polyamide
- 2% Elastane

DOTTED

Features

Skin-friendly and easy-care cotton with a cushioned sole for ultimate comfort make this style stand out from the crowd. In combination with flat toe seams and reinforced stress zones for added durability, the FALKE Weekender is your perfect companion for every activity



Colours



MINK NAVY CHARCOAL BLACK

SIZES: 8-12

STRIPPED

Composition:
83% Cotton
15% Polyamide
2% Elastane



STRIPPED

Features

Skin-friendly and easy-care cotton with a cushioned sole for ultimate comfort make this style stand out from the crowd. In combination with flat toe seams and reinforced stress zones for added durability, the FALKE Weekender is your perfect companion for every activity

Colours



MINK



CHARCOAL



NAVY



BLACK

SIZES: 8-12

ARGYLE

Composition:
76% Cotton
20% Nylon
2% Elastane



ARGYLE

Features

Skin-friendly and easy-care cotton with a cushioned sole for ultimate comfort make this style stand out from the crowd. In combination with flat toe seams and reinforced stress zones for added durability, the FALKE Weekender is your perfect companion for every activity

Colours



MINK



MULBERRY



NAVY



BLACK

SIZES: 8-12

QUANTUM

Composition:
69% Mercerised Cotton
26% Nylon
5% Elastane



QUANTUM

Features

- Fine Knit Structure in high-quality mercerized cotton
- Unique colour brilliance and elegant look
- Optimal durability due to reinforced stress zones

Colours



BEIGE



MANGENESE
TBC



CHOCOLATE
TBC



NAVY



BLACK

SIZES: 7-9 / 10-12

WEEKENDER

Composition:
83% Cotton
15% Polyamide
2% Elastane

WEEKENDER

Features

Skin-friendly and easy-care cotton with a cushioned sole for ultimate comfort make this style stand out from the crowd. In combination with flat toe seams and reinforced stress zones for added durability, the FALKE Weekender is your perfect companion for every activity

Colours



SIZES: 4-7 8-12 13-15

SOFT COTTON

Composition:
73% Cotton
25% Polyamide
2% Elastane

SOFT COTTON

Features

- High percentage of skin-friendly cotton
- Soft comfort cuff, well suited for sensitive feet
- Flat toe seams

Colours



SIZES: 8-12 13-15



Thank you

F A L K E
GERMANY 1895




BALEGA
<i>Established 2003</i>
Updated: 6/2025
Special mentions: Josh Stadler



BALEGA

Updated: 08/99 - 6/07 (33), **NEW 9/2021**, 2/2022, 4/2022, 3/2023 from catalogue, 3/2024 from catalogue

EXPERIENCE THE BALEGA® DIFFERENCE

HIGH-PERFORMANCE

 **DRYNAMIX™ YARN**
Developed specifically to keep feet cool and dry

 **CONTOURED FIT**
Knit with high-quality elastic for a contoured custom-like fit

 **SEAMLESS TOE**
Prevents discomfort and blistering

 **DEEP HEEL POCKET**
Won't slide down into your shoe

 **WEAR-TESTED**
by runners for runners



SUSTAINABLE

Highly durable and knit with yarns made from recycled plastic waste



SOFT

Dense cloud-like cushioning that's never bulky



100% HAND-INSPECTED

Compared to industry standard of 1 in 50



GIVES BACK

Every purchase helps us give back to communities around the globe



Fit

At **balega** we design socks to fit like shoes.



- Secure your heel
- Hold on to your mid-foot
- Allow your toes freedom to move naturally

Our goal - Performance and Comfort to such an extent that you should not even know you are wearing socks.



Fit

Fit is often a personal preference

45 degree angle

Heel fit should be a perfect 45° angle..... if not it is

Too Big

or

Too Small

Bunching around toe area?

Too Big

Pulling around toe area?

Too Small

HOW WE MANAGE MOVEMENT

A sock must fit the contours of the foot snugly to ensure no movement on the foot.

Movement creates irritation and **irritation causes blisters**.

We offer a variety of fits, styles, and features to ensure you can find the **best-fitting sock for your foot**: a sock that locks in your heel while leaving room for your toes to move/wiggle.

balega

Cushion

No Cushion

- Ultra thin
- For "sockless" feel

Strategic Cushion

- Heel, Toe, and Metatarsal pad
- Main body left thin

Medium Cushion

- Full length luxe cushion

Thick Cushion

- Full length max cushion

Seamless Comfort



Seamless Comfort

All Balega socks use a **continuous** yarn design process that removes seams and excess material to create a smooth, consistent fit against the foot which reduces friction and pressure points.



Construction

Ventilation Panels

We add **strategically placed** ventilation panels to let hot air escape aiding in the cooling and moisture-wicking process that works in association with our yarn structure.

Full or strategic panels



Quality

We put a lot of effort into designing and constructing our socks, and a lot of miles/km's in them before they are approved for production.

This process adds time to our development process, but we know it's required to make the most comfortable and durable socks.

Compared to an industry standard of spot checking every pair of Balega socks is inspected for quality assurance. This inspection process is well beyond what is considered acceptable, but we choose to do this to ensure we are delivering you the most comfortable sock you've ever experienced.

This is the Balega difference.



ULTRALIGHT

No-Show Tab



• Ultra lightweight

• Hot Weather

BONUS USES:



CUSHIONING:

Low

FIT:

Snug Hold

DISTANCE:

Short-Middle

Seamless Toe Seam

Recycled Drynamix™ Moisture Management Yarn

Cushioned Heel and Toe

Compressive Arch Bands

Protective Heel Tab

Deep Y Heel Pocket

balega[®]

ULTRALIGHT No Show

Our ultra thin sock with a compressive fit and added cushion in the heel and toe for lasting comfort and durability.



ULTRALIGHT



Grey/ White



White



Watermelon



Blue Radiance



ULTRAGLIDE

No-Show Tab



• Hot spot prevention

• Anatomical fit

BONUS USES:



CUSHIONING:

Low

FIT:

Arch Support

DISTANCE:

Long

Seamless Toe Seam

Recycled Drynamix™ Moisture Management Yarn

Cushioned Heel and Toe

Compressive Arch Band

Metatarsal Pad

Front and Heel Protective Tab's

Deep Y Heel Pocket

Anatomical L&R Fit

balega[®]

ULTRAGLIDE

Lightweight sock design with protective zonal cushioning in the heel, toe, and a unique metatarsal pad. Includes both front and heel tabs for ultimate protection against irritations and blistering.



ULTRAGLIDE



Black



White



Lavender



Midgrey



WOMEN'S ENDURO

No-Show Tab

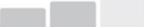


• Midweight

• Narrow Fit



BONUS USES:



CUSHIONING:

Medium



FIT:

Snug Hold



DISTANCE:

Middle



Seamless Toe Seam



Recycled Drynamix™ Moisture Management Yarn



Full Length Plush Cushion



Compressive Arch Bands



Protective Heel Tab



Deep Y Heel Pocket

balega

ENDURO Women's No Show

Midweight cushioning and non-restrictive sock provide ultimate comfort and protection against the elements.



WOMEN'S ENDURO



Violet Dream



Pink Retro



ENDURO
Quarter



- Midweight
- Protective

BONUS USES:



CUSHIONING:

Medium

FIT:

Arch Support

DISTANCE:

Middle

balega®

ENDURO Quarter

Midweight cushioning and a non -restrictive sock top provide ultimate comfort and protection against the elements.

 Seamless Toe Seam

 Recycled Drynamix™ Moisture Management Yarn

 Full Length Plush Cushion

 Compressive Arch Bands

 Protective Quarter Height

 Deep Y Heel Pocket



ENDURO Quarter



Legion Blue



Midgrey



Grey Heather



ENDURO
Crew



- Midweight
- Protective

BONUS USES:



CUSHIONING:

Medium

FIT:

Arch Support

DISTANCE:

Middle

balega®

ENDURO

Midweight cushioning and a non-restrictive sock top provide ultimate comfort and protection against the elements.

 Seamless Toe Seam

 Recycled Drynamix™ Moisture Management Yarn

 Full Length Plush Cushion

 Compressive Arch Bands

 Protective Quarter Height

 Deep Y Heel Pocket



ENDURO Crew



Black



White



SILVER

No-Show Tab



- Midweight
- Odor control

BONUS USES:



CUSHIONING:
Medium

FIT:
Snug Hold

DISTANCE:
Long

balega®

SILVER No Show

Balega's snuggest fitting sock, plush midweight cushioning, and anti-odor technology with fibers encapsulated in Silver ions.



Seamless Toe Seam



Recycled Dynamix™ Moisture Management Yarn



Encapsulated Silver Ions



Compressive Fit Throughout



Protective Heel Tab



Deep Y Heel Pocket



SILVER



Black



White



Watermelon



Cobalt



SILVER
Mini Crew



- Midweight
- Odor control

BONUS USES:



CUSHIONING:
Medium

FIT:
Snug Hold

DISTANCE:
Long

balega®
SILVER Mini Crew

We took our top-selling Silver running sock and took it to another level (literally). Balega's snuggest fitting sock, plush midweight cushioning, and anti-odor technology with fibers encapsulated in Silver ions, in a fresh new silhouette.

-  Seamless Toe Seam
-  Recycled Drynamix™ Moisture Management Yarn
-  Encapsulated Silver Ions
-  Compressive Fit Throughout
-  Protective Crew Height
-  Deep Y Heel Pocket

SILVER Mini Crew

15 cm Height



CandyflossBlackCobalt



HIDDEN COMFORT
No-Show Tab



- #1 sock in run
- Plush cushioning

BONUS USES:



CUSHIONING:
High

FIT:
24/7 Comfort

DISTANCE:
All Day

balega®
HIDDEN COMFORT

Luxe 200-needle design provides maximum plushness and dense cushioning for ultimate comfort and impact resistance. Non - restrictive fit designed to contour to the shape of your foot.

-  Seamless Toe Seam
-  Recycled Drynamix™ Moisture Management Yarn
-  Full Length Plush Cushion
-  Mesh Ventilation
-  Protective Heel Tab
-  Deep Y Heel Pocket

Needle Count



Loose Knit Pile



Tightly Packed Knit Pile



Needle count refers to the tightness of the knit pile.

Lower count = loose knit pile
Higher count = tighter knit pile

A tighter knit pile does not compress thanks to the density of the pile; there is no where for the pile to move. The tightly packed knit pile increases cushion, increasing comfort.



HIDDEN COMFORT



Black



White



Grey



Purple/ Aqua



Blue/ Aqua



SUPPORT
Quarter



- Stability
- Anatomical fit

BONUS USES:



CUSHIONING:
Medium

FIT:
Snug Hold

DISTANCE:
Long

balega®
SUPPORT

Enter line for Support.



Seamless Toe Seam



Recycled Drynamix™ Moisture Management Yarn



Anatomical L&R Fit



Compressive Ankle Support Bands



Protective Quarter Height



Deep Y Heel Pocket



SUPPORT



Palace Blue



Pink Melange



White



BLISTER RESIST

No-Show Tab



• Natural Mohair

• Elements-Resistant

BONUS USES:



CUSHIONING:

High

FIT:

Arch Support

DISTANCE:

Long

balega[®]

BLISTER RESIST

To create the best temperature regulating and anti-blister running socks, we combined nature's miracle mohair fiber with recycled Drynamix™ moisture wicking fiber to give you the ultimate protection against blisters. Mohair comes from the silky hair of Angora goats and has a much softer hand -feel and higher durability than merino wool.



Seamless Toe Seam



Recycled Drynamix™ Moisture Management Yarn



Mohair Natural Fiber



Full Length Plush Cushion



Compressive Arch Bands



Protective Quarter Height



Deep Y Heel Pocket



Using Natural Fibers

Why MOHAIR?

Anti-microbial

Temp regulating

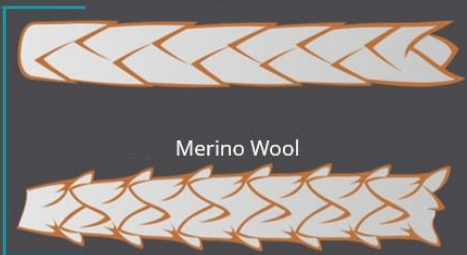
Soft feel

Mohair is used in **Blister Resist**

Natural Fibers

Mohair

Merino Wool



balega

[®]

BLISTER RESIST No Show



Mushroom



Teal



Midnight Plum



BLISTER RESIST
Quarter



• Natural Mohair

• Elements-Resistant

BONUS USES:



CUSHIONING:
High

FIT:
Arch Support

DISTANCE:
Long

Seamless Toe Seam

Recycled Drynamix™ Moisture Management Yarn

Mohair Natural Fiber

Full Length Plush Cushion

Compressive Arch Bands

Protective Quarter Height

Deep Y Heel Pocket



BLISTER RESIST Quarter



Mushroom



Teal



Midnight Plum



BLISTER RESIST
Crew

- Natural Mohair
- Elements-Resistant

BONUS USES:

CUSHIONING:
High

FIT:
Arch Support

DISTANCE:
Long

balega®

BLISTER RESIST

To create the best temperature regulating and anti-blister running socks, we combined nature's miracle mohair fiber with recycled Drynamix™ moisture wicking fiber to give you the ultimate protection against blisters. Mohair comes from the silky hair of Angora goats and has a much softer hand -feel and higher durability than merino wool.

Seamless Toe Seam

Recycled Drynamix™ Moisture Management Yarn

Mohair Natural Fiber

Full Length Plush Cushion

Compressive Arch Bands

Protective Quarter Height

Deep Y Heel Pocket

BLISTER RESIST Crew

Black

Green Pepper

BALEGA	Local stockists:
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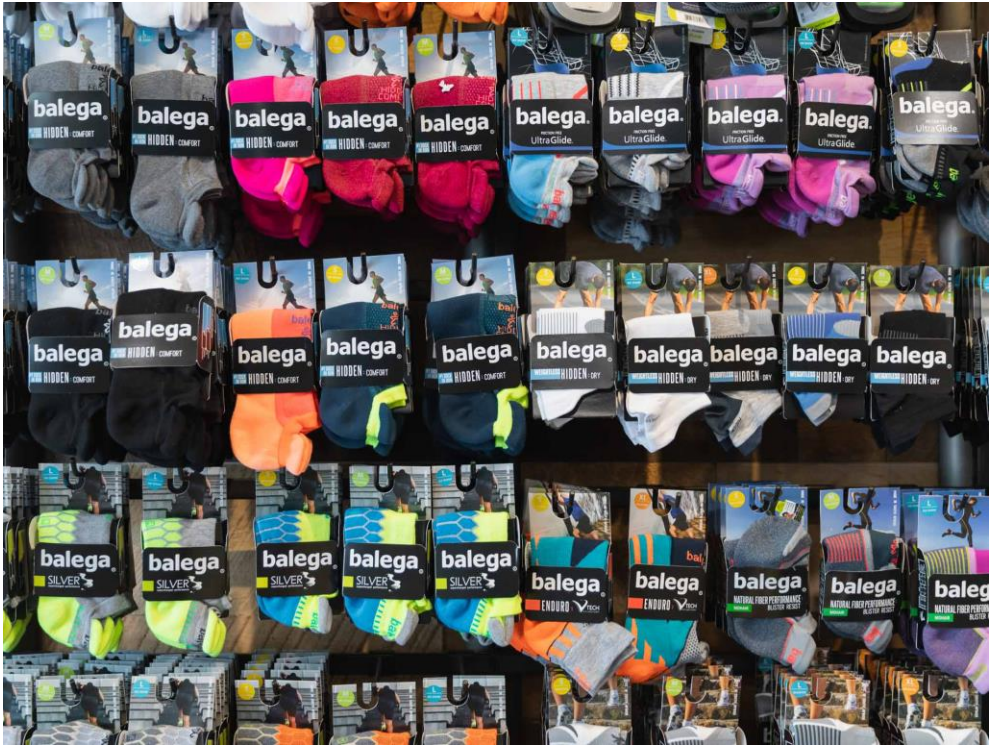
Available at Speciality Running and Outdoor stores nationwide including: Running High (Bedfordview), The Athletes Foot (Cape Town), The Sweat Shop (Johannesburg), Randburg Runner (Johannesburg), RUN (Cape Town), Kloppers (Bloemfontein) & Cape Gate, Drifters Xtreme, TroiSport, Trappers, Run-a-Way Sport (Pretoria), Durban Runner, Outdoor Escape, Poobie Naidoo Sports (Pietermaritzburg)

balega®

TO MOVE WITH SPEED

balega®







THE
THE HIRST EXPERIENCE
SOCKS

THE SOCKS

Established in 1998 in Cape Town

Introduced: 7/2026

Special mention: MARK HIRST



THE SOCKS / VISION SOCKS

Introduced 7/2026 Updated (1), 7/2026

THE SOCKS VISION SOCKS	Vision Socks in South Africa are premium, locally branded sports and lifestyle socks. They are typically engineered with a breathable mohair blend for moisture-wicking, targeted foot cushioning, and anti-blister technology to keep feet dry and comfortable during outdoor and athletic activities.
THE HISTORY	The Hirst Experience, is a family-owned business that was founded under the holding company of Textech Cape which began in 1998. Founded by Mark Hirst, Textech Cape originally started out selling textile machinery in SA, with the vision of one day working alongside his 4 children. In 2010, the business diversified into the textile manufacturing sector, servicing the local yarn twisting and package-dye preparation market, this is when his eldest son Jéan joined the company. After studying, training and qualifying, many learning curves and hard work, he too has made a name for himself within the textile industry in SA. THE SOCKS offers a focused, premium collection known for exceptional comfort and blister protection, particularly tailored for trail running and active lifestyles. Their localized lineup features durable performance blends and stylish designs, keeping feet cool and dry.
THE FOCUS	The core sock range includes: • Blended Mohair Sport Socks: Designed with a focus on high-performance, class, and moisture-wicking comfort. • Running Anklet Socks: Low-profile options optimized for breathability and a lightweight feel during high-output activity. • Running Crew Socks: Slightly taller silhouettes offering additional support and coverage. • Signature Graphic & Patterned Range: Features distinct, localized designs like the SA Flag, Cape Town Graffiti, Flower Garden, and Whales Navy.

THE
FEATURES



MOHAIR

Our socks are made from a Mohair blend. This blend is our secret weapon. This blend allows us to produce THE ultimate performance sock with more natural properties than other sock brands in the market

ANTI-BLISTERING

Engineered cushioning and seamless construction prevent friction and discomfort during extended wear.

MOISTURE-WICKING

Advanced fabric technology keeps feet dry by rapidly moving perspiration away from skin.

THERMO-REGULATING

Natural mohair-blend fibres adapt to temperature, keeping feet comfortable in any condition.

ANTI-MICROBIAL DURABLE COMFORT

Built-in odour control and bacteria resistance for all-day freshness and hygiene.

DURABLE COMFORT

Premium mohair-blend construction delivers exceptional softness that lasts wash after wash.

PROUDLY SOUTH AFRICAN

Designed, manufactured, and quality-controlled right here in South Africa for superior standards.

Our socks are made from a Mohair blend. This blend is our secret weapon. This blend allows us to produce THE ultimate performance sock with more natural properties than other sock brands in the market.

RUNNING SOCKS

Our Running Socks are engineered for runners who demand peak performance. Featuring full sole cushioning from ankle to toes, these socks protect all high-friction areas while delivering exceptional comfort mile after mile. The blended Mohair fibre offers natural anti-blistering properties, superior thermo-regulation, and moisture-wicking technology to keep your feet cool and dry during every run. With funky print designs, you'll look as good as you feel while crushing your running goals!

RUNNING

CYCLING



SA Flag
R 170.00

Choose options



Cape Town Graffiti
R 170.00

Choose options



Flower Garden
R 170.00

Choose options



ZZ Black
R 170.00

Choose options



Whale Mary
R 170.00

Choose options



Zebra
R 170.00

Choose options



Leopard
R 170.00

Choose options



Geo Leaf
R 170.00

Choose options

CYCLING SOCKS

Our Cycling Socks are designed for cyclists who value lightweight performance and all-day comfort. With reinforced cushioning around the heel and toe in high-friction areas, these socks provide essential protection during long rides. The blended Mohair fibre delivers natural anti-blistering properties, thermo-regulation, and moisture-wicking to keep your feet cool and dry in the saddle. Whether you're training, commuting, or enjoying a leisurely ride, these versatile socks also work perfectly for everyday wear!

BUNDLES



Cape Town Cycle Tour Graffiti Black
R 150.00

Choose options



Cape Town Cycle Tour Graffiti White
R 150.00

Choose options



Cape Town Cycle Tour Black
R 150.00

Choose options



Cape Town Cycle Tour White
R 150.00

Choose options



Cape Town Graffiti - L
R 150.00

Choose options



SA Flag - L
R 150.00

Choose options



ZZ Black - L
R 150.00

Choose options



Beach Vibes - L
R 150.00

Choose options

BUNDLES

Grab your performance or Gifting bundles packed with athletic, running and cycling socks - all your favourite styles in one unbeatable deal.

Sale



Bassling Cuff 6-Pack

~~2,000.00~~ R 599.00

Choose options

Sale



Women's Bassling Cuff Bundle

~~2,000.00~~ R 599.00

Choose options

Sale



All White Cuff 4-Pack

~~2,400.00~~ R 499.00

Choose options

Sale



All Black Cuff 4-Pack

~~2,400.00~~ R 499.00

Choose options

Sale



Performance 5-Pack Bundle

~~2,000.00~~ R 599.00

Choose options

Sale



Gifting 7-Pack Bundle

~~2,1,000.00~~ R 799.00

Choose options

Sale



Gifting 7-Pack Bundle

~~2,1,000.00~~ R 799.00

Choose options

Sale



Performance 5-Pack Bundle 2

~~2,000.00~~ R 599.00

Choose options

A wide-angle photograph of a beach at sunset. The sky is a mix of orange, yellow, and blue, with soft clouds. The ocean is calm, reflecting the colors of the sky. In the background, the silhouette of Table Mountain is prominent against the horizon. Overlaid on the center of the image is the logo for 'THE THE FIRST EXPERIENCE SOCKS'. The word 'THE' is in a large, bold, serif font. Below it, 'THE FIRST EXPERIENCE' is in a smaller, all-caps, sans-serif font. Below that, 'SOCKS' is in a large, bold, serif font, matching the first 'THE'. The entire logo is centered horizontally and vertically.


GILNOKIE
<i>Established more than 20 years ago</i> <i>Performance socks 2023</i>
Introduced: 9/2024 Updated:
Special mention: Kalven Armstrong



GILNOKIE

Introduced 9/2024 Updated (1), 9/2024

GILNOKI	Gilnokie is a South African based and family-owned business with over 20 years of specialized experience in textiles. In February 2023, Kalven Armstrong started Gilnokie with a desire to make a high-quality sock with a knitted design, that is able to retain its quality and moisture-wicking properties over a long season of heavy or light use but remain affordable to the average athlete. Gilnokie is deeply committed to fostering inclusive communities and supporting local economies. By operating locally, we have direct interactions with our customers, allowing us to continuously improve our product based on their feedback, and maintain complete oversight of the manufacturing process. Who are our socks for? Our socks are for the everyday athlete, whether you are going for a walk on the promenade, a session in the gym, a 100km cycle or a 20km run, Gilnokie socks are for you. Our socks are not only for a high performing athlete, they are high performing socks, for all athletes. We are proudly South African and have created a sock for you, South Africa. Key Features What makes our socks special? We are confident in our socks. More importantly we know that when Gilnokie athletes put on their socks they are confident that they are going to deliver. - Blister Resistance - Cushioning - Anti-Slide - Moisture Management - Anit-Microbial Treatment The socks have a fully padded foot, with padding running from the top of the toe to the back of the heel aiding in blister prevention and comfort. It has a seamless toe to prevent irritation. There is elasticsation in the arch for bridge support, stability and anti-slide. There is elasticsation running through the leg which adds extra compression without causing discomfort. It has a Y-heel to prevent the sock slipping off your foot. Our socks are treated with HYDROCOOL® to promote moisture wicking to help keep your feet dry and aid in blister prevention. Our socks are treated with SILVERPLUS® for anti-odour and long-lasting freshness ACTIVE X ANKLE HEIGHT Features Intelligent moisture management technology – HYDROCOOL Compression fit Bridge support Seamless toe Full padded foot Y-Heel
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Mesh panels
Silver – Silver Plus

Composition:
55% Performance Polyester
41% Polyamide
4% Elastane



ACTIVE X SHORT

ANKLE HEIGHT

Features
Intelligent moisture management technology – HYDROCOOL
Compression fit
Bridge support
Seamless toe
Full padded foot
Y-Heel
Mesh panels
Silver – Silver Plus

Composition:
55% Performance Polyester
41% Polyamide
4% Elastane





TRAINER

HALF CREW HEIGHT

- Features**
- Intelligent moisture management technology – HYDROCOOL
 - Compression fit
 - Bridge support
 - Seamless toe
 - Full padded foot
 - Y-Heel
 - Mesh panels
 - Silver – Silver Plus

Composition:
55% Performance Polyester
41% Polyamide
4% Elastane





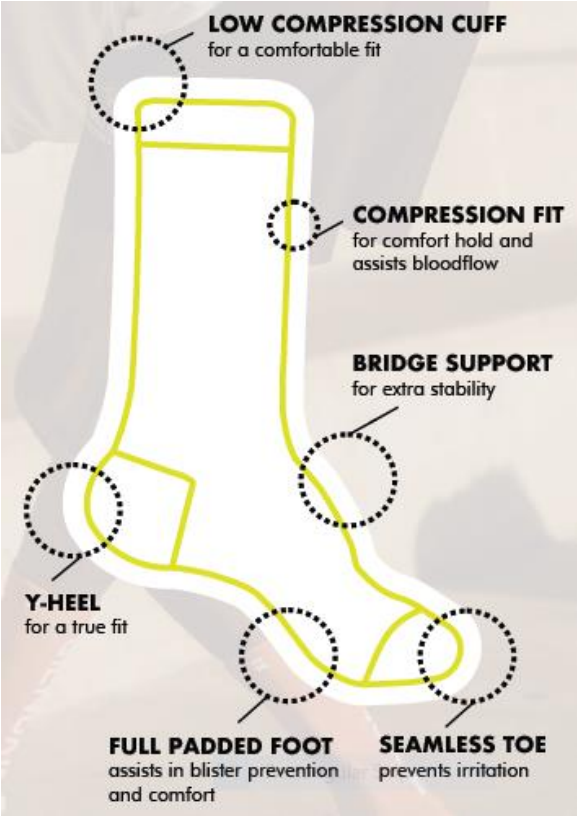
SPORT

CREW HEIGHT

Features

- Intelligent moisture management technology – HYDROCOOL
- Compression fit
- Bridge support
- Seamless toe
- Full padded foot
- Y-Heel
- Mesh panels
- Silver – Silver Plus

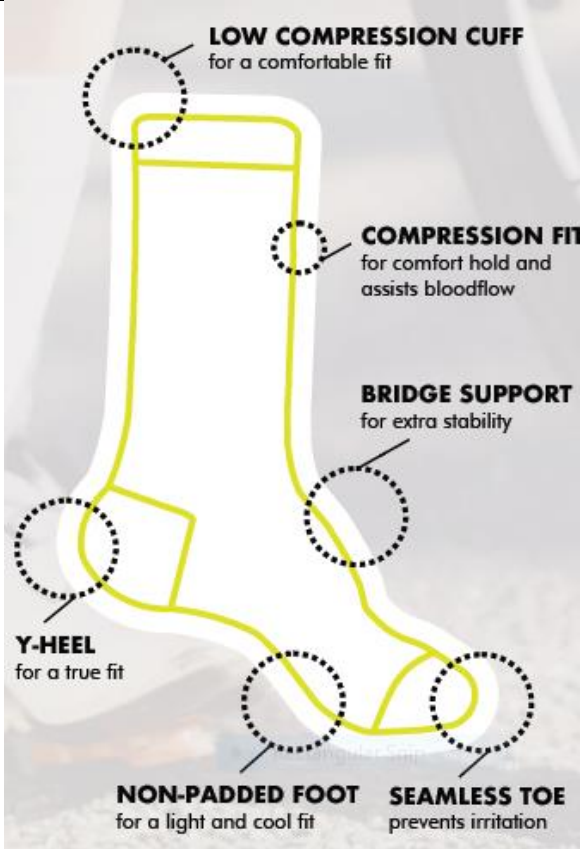
Composition:
55% Performance Polyester
41% Polyamide
4% Elastane







SPORT NON - PADDED
CREW HEIGHT



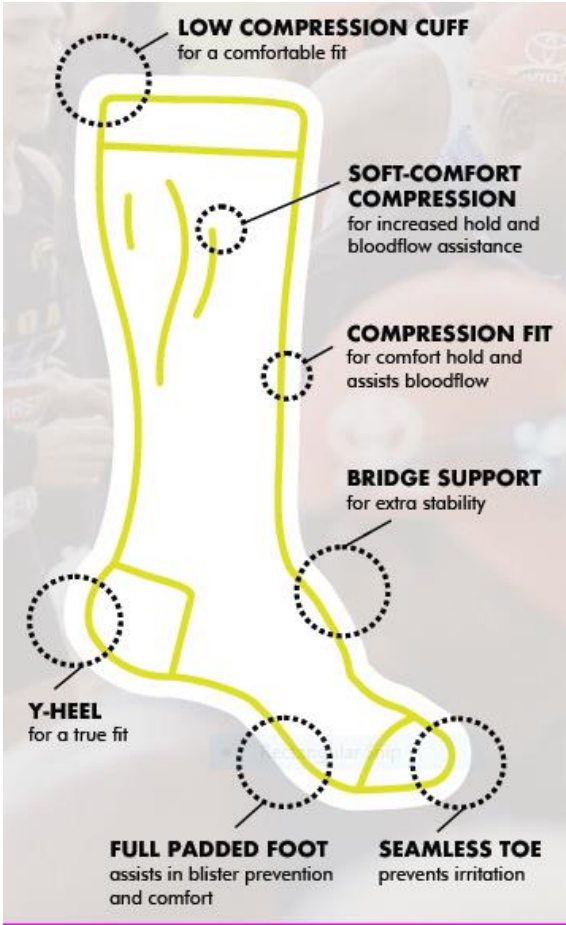
ENERGIZER

KNEE HIGH

Features

- Intelligent moisture management technology – HYDROCOOL
- Compression – Pressure point zone – Graduated compression
- Bridge support
- Seamless toe
- Full padded foot
- Y-Heel
- Mesh panels
- Silver – Silver Plus

Composition:
25% Performance Polyester
70% Polyamide
4% Lycra



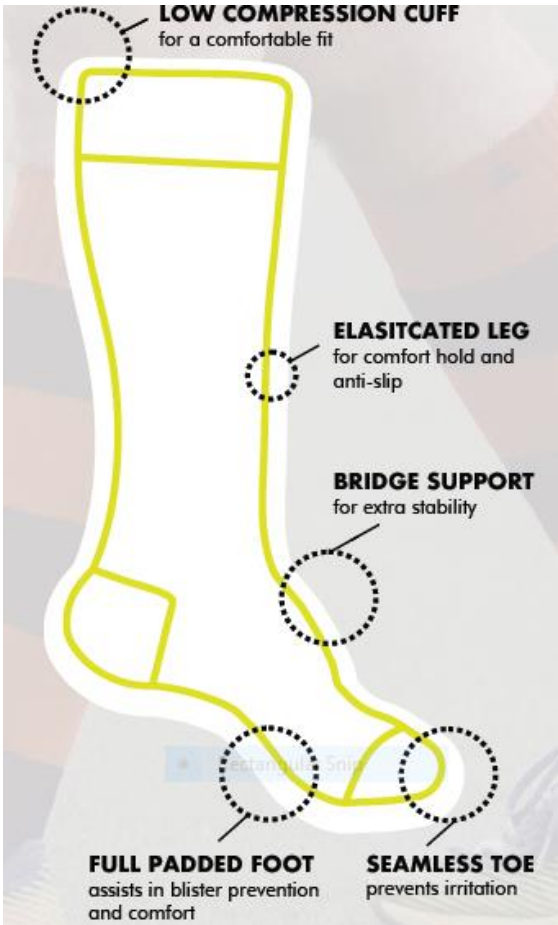
TEAM

KNEE HEIGHT

- Features**
- Intelligent moisture management technology – HYDROCOOL
 - Compression fit
 - Bridge support
 - Seamless toe
 - Full padded foot

Y-Heel
Mesh panels

Composition:
70% Performance Polyester
25% Nylon
5% Elastane



SECRET

SECRET SOCKS

Features

A low-cut cuff allows for the sock to sit below your shoe remaining out of sight.

Intelligent moisture management technology – HYDROCOOL

Compression fit

Seamless toe

Non padded foot

Y-Heel

Mesh panels

Silver – Silver Plus



Composition:
55% Performance Polyester
41% Polyamide
4% Elastane



SOX
SOX
<i>Established 2016</i>
Updated: 8/2023
Special mentions: Anthon Meiring

SOX FOOTWEAR

First entry 7.2023 Updated: 07/23 (1),

SOX FOOTWEAR 	DESIGN All our designs are created in-house at the Sox Factory in Pretoria. Each design is handpicked with the latest colours and pattern trends in mind. TECHNOLOGY Our high-tech true print will never fade or wash out. Sox Factory has paved the way with this technology and is the first in South Africa. MATERIAL The Sox Factory has procured the perfect material that is both durable and soft. Each sock is knitted to perfection with our own PolyLon36 Fiber. Key Features SOX TECHNOLOGY A premium product for a premium athlete. All Sox Footwear’s socks are manufactured in The Sox Factory, South Africa. Over the years we have moulded and perfected our socks to be the perfect “Cinderella” size and comfort for each foot size. We’ve valued the feedback we’ve received from our customers and have created a balanced masterpiece for everyday wear and performance sports. If you haven’t purchased Sox Footwear in recent months, you are definitely missing out. Test our new technology and up your sock game with a fresh pair of socks and dope designs. Here’s a breakdown of how the fit is optimized with breakthrough technology and why our socks are so durable. Y-shaped heel – y shaped stitching around the heel – prevents slipping and fits better Reinforced padded heel and toe – fit and comfort - Less impact on pressure points Reusable packaging – great packaging with multipurpose reusable packaging Polylon36 fiber – durable and soft – nylon and polyester blend Breathable upper mesh – breathable and ventilation around the foot Trueprint technology – printing never fade – not wash out Sock lengths – tab – knee high – crew HTFU technology – 5% more aerodynamic 5-year sock warranty Heritage range – flags – custom designed – pets – love etc
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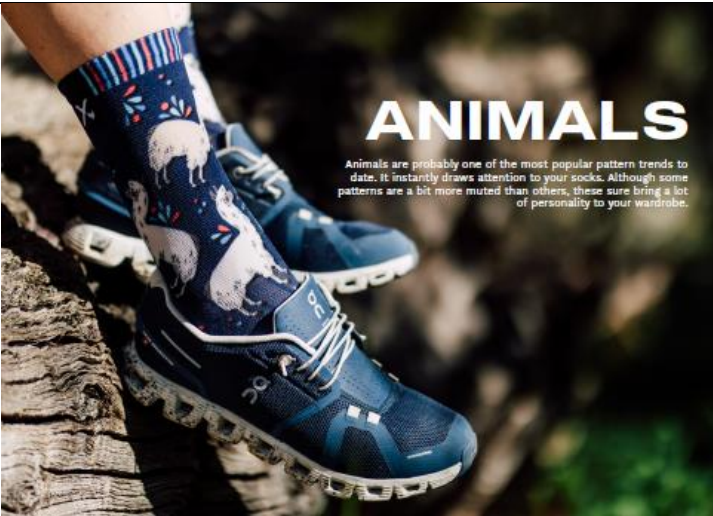
Also make arm sleeves for running and cycling
Collabs with companies for custom socks

REFERENCE: SOX 2023 CATELOGUE & WEBSITE –
<https://soxfootwear.co.za/>









ANIMALS

Animals are probably one of the most popular pattern trends to date. It instantly draws attention to your socks. Although some patterns are a bit more muted than others, these sure bring a lot of personality to your wardrobe.



SHEEP



PINK SHEEP



PENGUINS



CHAMELEON



GIRAFFE



LLAMA



FLAMINGO



ALPACAS



LEMUR



BIRDS



TIGER



TIGER STRIPES



HONEY BEES



UNICORN



BRIGHT & FUNKY

This is the section where any and everything goes. The weird and wonderful lives here. These make excellent choices for just about anyone because they are so versatile.

PHOTO: SHUTTERSTOCK/ANDREW HARRIS





GENERAL



RACING FLAG



AFRICA



PRIDE FLAG

BRITAIN & IRELAND



ENGLAND



UNITED KINGDOM



SCOTLAND



NORTHERN IRELAND



IRELAND



WALES

MIDDLE EAST & ASIA



PAKISTAN



SINGAPORE



CHINA



SOUTH KOREA



HONG KONG



TURKEY



VIETNAM



THAILAND



MOROCCO



UNITED ARAB EMIRATES



ISRAEL



INDONESIA



LAOS



MALAYSIA



INDIA



JAPAN



CYPRUS



QATAR

AMERICAS



UNITED STATES OF AMERICA



CANADA



MEXICO



CUBA



VENEZUELA



JAMAICA



PERU



ARGENTINA



BRAZIL



COLOMBIA



COSTA RICA



CHILE

AFRICA



SOUTH AFRICA



ALGERIA



MOROCCO



DOMINICAN REPUBLIC



MAURITIUS



CAMEROON



MOZAMBIQUE



MALI



DEMOCRATIC REPUBLIC OF THE CONGO



LESOTHO



RWANDA



EGYPT



TANZANIA



LIBERIA



SUDAN



KENYA



ERITREA



REPUBLIC OF THE CONGO



GHANA



NIGERIA



SWAZILAND



BOTSWANA



ANGOLA



ZIMBABWE



UGANDA



MALAWI



ZAMBIA



ETHIOPIA



NAMIBIA

OCEANIA



AUSTRALIA



NEW ZEALAND



NEW ZEALAND SILVER FERN

EUROPE



SLOVENIA



CZECH REPUBLIC



LITHUANIA



ICELAND



EUROPEAN UNION



LATVIA



BURUNDI



CATALONIA



SLOVAKIA



UKRAINE



GEORGIA



CROATIA



ANDORRA



ITALY



SWITZERLAND



BULGARIA



BELARUS



GREECE



NETHERLAND



AUSTRIA



SWEDEN



BELGIUM



HUNGARAY



FRANCE



LUXEMBOURG



MADEIRA



POLAND



FINLAND



GERMANY



SERBIA



DENMARK



SPAIN



NORWAY



ROMANIA

SOX KIDS FOOTWEAR RANGE 2023 KIDS

KIDS

Our whole range is available in Small, however in 2022 we decided to make a range that would only be available in Small - that did not last very long until the adults also wanted some of these awesome quirky designs so they are available in the whole size curve as of September 2022.

X



ROBOTS



RAINBOW



FRUITY



DOTS



BLOCKS



BALLOON ANIMALS



GALACTIC



GARDEN FAIRY



WONDERLAND



EMOJI

SOX FOOTWEAR RANGE 2023 TABS

TABS

All the cool features of the crew socks, but shorter with the additional tab at the back to make sure they stay where they should. And just because they are a bit more hidden does not mean the designs can't be fun, and why shouldn't it be?

X



DITSY WHITE



DITSY RED



COLOUR SPILL
BRIGHT



COLOUR SPILL
DARK



LEOPARD BLACK



LEOPARD WHITE



BLOCKS



BLUES BLACK



BLUES WHITE



TIE DYE STRIPE



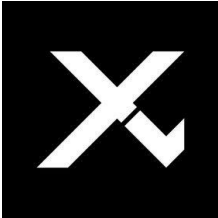
TIE DYE CLASSIC



CLASSIC WHITE



CLASSIC BLACK







SOUTH AFRICA



FEETURES 	Targeted compression, anatomical design, seamless toes, PF compression socks High performance   Elite Plantar fasciitis relief sock  
INJINJI	Socks for vibram shoes – toe socks – See Vibram shoes   Nuwool version 52% Australian merino wool
Protect it socks	Smooth seamless, multizone const, memory fabric, arch support, silver ions, wrinkle free fabric, TA protector, ventilation zone, Y heel pocket, moisture pump action, black / white, crew length (long), ankle length (short). Therapeutic line 66% Giza Egyptian cotton, 31% polyamide, 3% lycra & elastomer Comfort line 66% Giza Egyptian cotton, 31% polyamide, 3% lycra & elastomer
OTHER	Nike Adidas Asics Feetures (Brooks – Clive Chowles) Salomon New Balance Total sports Sportsman’s warehouse First Ascent Reebok Thorlo FS 6 Woolworths

	K Swiss Protection socks (50%kevlar, 32% polyester, 10% cotton, 8% spandex) – minimalist running socks 
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REFERENCE : C – cotton, N – nylon, PP – polypropylene, PA – polyamide, L – lycra, CM – coolmax, R – rubber, EL – elastane
TECHNOLOGY: Lycra, Tactel, Antipronation technology, Antisupination technology, Hidden Cool, Silver fiber technology, bamboo, mohair, Coolmax, Cotton, Wool, L & R technology, Drynamix,, Mohair, Bamboo,