

THE START RIGHT RUNNING SHOE FIT GUIDE

- The World Health Organization (WHO) recommends adults do at least 75-150 minutes of vigorous-intensity physical activity per week.

CORRECT SHOE SIZING IS AS IMPORTANT AS THE STYLE AND TYPE OF SHOE.

- Running is an economically accessible form of physical activity and a great way to meet this recommendation.
- Running requires only a single pair of appropriately fitting running shoes to avoid complications like bunions, toe, and nail deformities, toenail loss, blistering and corns and calluses.

RECOMMENDATIONS TO ASSIST WITH RUNNING SHOE FIT TO MINIMISE INJURY.



- 1** Purchase shoes from a specialised running shoe store where staff are knowledgeable and have expertise.

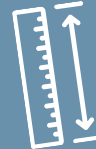


- 2** Consider purchasing a new pair of shoes at the end of the day or after exercising when foot size is largest.

Consider measuring both feet beforehand when they are at their largest. Feet can be traced on paper while wearing socks and weight bearing. Measure the length in centimetres with a ruler from the tip of the longest toe to the heel. Measure the width from the point projecting most medially on the head of the first metatarsal bone and the point projecting most laterally on the 5th metatarsal bone. The sizing chart displayed on the back can assist you with determining what your shoe size is.



- 4** Make sure there is a centimetre difference between the apex of the longest toe and the end of the shoe.



- 5** Make sure the width of the shoe fits the width of the foot and the toes can wiggle freely.



- 6** If one foot is larger than the other choose the larger foot to determine the size and fit.



- 7** The shape of the foot should match the shape of the insole. The feet should not overlap the insoles on the sides and there should be at least a centimetre difference between the longest toe and the front of the insole.



- 8** Test this by removing the insole of the running shoes. Place them on the ground and stand on each of them.



- 9** Try on multiple different shoe brands. Sizing may not be consistent across brands.

DO



- Wear a pair of the usual running socks.
- Try both left and right shoes on and test run in them in store.
- Tie the shoelaces as if going for a run.

DON'T



- Base your choice on colour.
- Base your choice on friend's recommendations.
- Purchase online.

REMEMBER SIZING MAY NOT BE CONSISTENT ACROSS MODELS IN THE SAME BRAND AND MAY CHANGE OVER TIME.

References

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USA & CAN	UK	Europe	inches	cm
4	2	34-35	8 1/4"	21
4.5	2.5	35	8 3/8"	21.3
5	3	35-36	8 1/2"	21.6
5.5	3.5	36	8 3/4"	22.2
6	4	36-37	8 7/8"	22.5
6.5	4.5	37	9"	22.9
7	5	37-38	9 1/4"	23.5
7.5	5.5	38	9 3/8"	23.8
8	6	38-39	9 1/2"	24.1
8.5	6.5	39	9 3/4"	24.8
9	7	39-40	9 7/8"	25
9.5	7.5	40	10"	25.4
10	8	40-41	10 1/4"	26
10.5	8.5	41	10 3/8"	26.4
11	9	41-42	10 1/2"	26.7
11.5	9.5	42	10 5/8"	27
12	10	42-43	10 7/8"	27.6



SIZE CHART

MENS																	
US	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	14	15	16	
UK	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	13	14	15	
EUR	40	40.5	41	42	42.5	43	44	44.5	45	46	46.5	47	48	49	50	51.5	
CM	25	25.5	26	26.5	27	27.5	28	28.5	29	29.5	30	30.5	31	32	33	34	

WOMENS																	
US	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	13		
UK	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	11		
EUR	36	37	37.5	38	38.5	39	40	40.5	41	42	42.5	43	44	44.5	46		
CM	22	22.5	23	23.5	24	24.5	25	25.5	26	26.5	27	27.5	28	28.5	29.5		



MEN FOOTWEAR

Australia	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13
USA	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13
UK	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12
EUR	41	42	42.5	43	44	44.5	45	46	46.5	47	48
CM	26	26.5	27	27.5	28	28.5	29	29.5	30	30.5	31

WOMEN FOOTWEAR

Australia	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5
USA	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5
UK	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5
EUR	37	37.5	38	38.5	39	40	40.5	41	42	42.5
CM	22.5	23	23.5	24	24.5	25	25.5	26	26.5	27

Mens				Womens			
US	UK	EU	CM	US	UK	EU	CM
6	5.5	38 2/3	24	4	2.5	35	21
6.5	6	39 1/3	24.5	4.5	3	35 1/2	21.5
7	6.5	40	25	5	3.5	36	22
7.5	7	40 2/3	25.5	5.5	4	36 2/3	22.5
8	7.5	41 1/3	26	6	4.5	37 1/3	23
8.5	8	42	26.5	6.5	5	38	23.5
9	8.5	42 2/3	27	7	5.5	38 2/3	24
9.5	9	43 1/3	27.5	7.5	6	39 1/3	24.5
10	9.5	44	28	8	6.5	40	25
10.5	10	44 2/3	28.5	8.5	7	40 2/3	25.5
11	10.5	45 1/3	29	9	7.5	41 1/3	26
11.5	11	46	29.5	9.5	8	42	26.5
12	11.5	46 1/3	30	10	8.5	42 2/3	27
13	12.5	48	31	10.5	9	43 1/3	27.5
14	13.5	49 1/3	32	11	9.5	44	28
15	14.5	50 2/3	33	12	10.5	45	29

Mens				Womens			
US	UK	EU	CM	US	UK	EU	CM
6	5	38 1/2	24.5	5	3	35 1/2	22
6.5	5.5	39	25 1/4	5.5	3.5	36	22.5
7	6	40	25	6	4	36.5	23
7.5	6.5	40 1/2	25.5	6.5	4.5	37 1/2	23.5
8	7	41	26	7	5	38	24
8.5	7.5	42	26 1/2	7.5	5.5	38 1/2	24.5
9	8	42 1/2	27	8	6	39	25
9.5	8.5	43	27 1/2	8.5	6.5	40	25.5
10	9	44	28	9	7	40 1/2	26
10.5	9.5	44 1/2	28 1/2	9.5	7.5	41	26.5
11	10	45	29	10	8	42	27
11.5	10.5	45 1/2	29.5	10.5	8.5	42.5	28
12	11	46	30	11	9	43	28.5
13	12	47 1/2	31	11.5	9.5	44	29
14	13	48 1/2	32	12	10	44.5	29.5
15	14	49 1/2	33	13	11	45	

Mens				Womens			
US	UK	EU	CM	US	UK	EU	CM
5	4.5	37 1/2	23	5	3	35	22
5.5	5	38	23.5	5.5	3.5	36	22.5
6	5.5	38.5	24	6	4	36.5	23
6.5	6	39 1/2	24.5	6.5	4.5	37	23.5
7	6.5	40	25	7	5	37 1/2	24
7.5	7	40 1/2	25.5	7.5	5.5	38	24.5
8	7.5	41 1/2	26	8	6	39	25
8.5	8	42	26.5	8.5	6.5	40	25.5
9	8.5	42 1/2	27	9	7	40.5	26
9.5	9	43	27.5	9.5	7.5	41	26.5
10	9.5	44	28	10	8	41 1/2	27
10.5	10	44 1/2	28.5	10.5	8.5	42.5	27.5
11	10.5	45	29	11	9	43	28
11.5	11	45 1/2	29.5	11.5	9.5	43 1/2	28.5
12	11.5	46 1/2	30	12	10	44	29
13	12.5	47 1/2	31	13	11	45.5	30
14	13.5	49	32	14	12	46.5	31



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US Men	US Women	UK	EU	CM	Inches
4	5	3.5	36	22	8.66
4.5	5.5	4	36 2/3	22.5	8.86
5	6	4.5	37 1/3	23	9.06
5.5	6.5	5	38	23.5	9.25
6	7	5.5	38 2/3	24	9.45
6.5	7.5	6	39 1/3	24.5	9.65
7	8	6.5	40	25	9.84
7.5	8.5	7	40 2/3	25.5	10.04
8	9	7.5	41 1/3	26	10.24
8.5	9.5	8	42	26.5	10.43
9	10	8.5	42 2/3	27	10.62
9.5	10.5	9	43 1/3	27.5	10.83
10	11	9.5	44	28	11.02
10.5	11.5	10	44 2/3	28.5	11.22
11	12	10.5	45 1/3	29	11.42
11.5	12.5	11	46	29.5	11.61
12	13	11.5	46 2/3	30	11.81
12.5	13.5	12	47 1/3	30.5	12.01
13	14	12.5	48	31	12.2

Men Nike Shoes Size

US	7	8	8.5	9	9.5	10	11	12	13
UK	6	7	7.5	8	8.5	9	10	11	12
ER	40	41	42	42.5	43	44	45	46	47
CM	25	26	26.5	27	27.5	28	29	30	31

Women Nike Shoes Size

US	5	5.5	6	6.5	7	8	8.5	9.5	10
UK	2.5	3	3.5	4	4.5	5.5	6	7	7.5
ER	35.5	36	36.5	37.5	38	39	40	41	42
CM	22	22.5	23	23.5	24	25	25.5	26.5	27