



Fast shoes

Newton Women's Performance Universal Racer (\$239, Newton Running Store) This lightweight shoe encourages you to land on your forefoot instead of your heel, so your feet spend less time in contact with the ground, which translates into less impact and faster running.

Sleek & light

New Balance 828 (\$165, New Balance concept stores and major retailers) One of the sleekest-looking shoes from the brand. Light enough for long-distance running and supportive enough for fast-paced running. Not suitable for heavy-set runners.

**From start to end
Nike Lunar Lite**

(\$189, Nike concept stores and retailers) Your gait changes throughout the run as you tire out, so you may need more cushioning and less stability at the start, or vice versa later in the run. This shoe is the first to offer true cushioning and stability in one shoe – no more deciding between the two!

Value for money

Mizuno Wave Nexus 3 (\$159, Mizuno concept stores and retailers) Good value as you get a bit of everything – support, cushioning, durability and a smooth ride. But lightweight runners may find the Mizuno Wave plate too stiff for their liking.

Responsive cushioning

Asics Gel-Kinsei 3 (\$369, concept stores) The jelly-like gel units resemble fingers that spread out to cushion your heel when it strikes the ground. The vertical flex groove guides your foot as it moves to minimise injury.