

PERFORMANCE

Running shoes guide

On Running

THE 'On' trainer is another unusual looking shoe. With the idea of 'running on clouds' behind its cushioning system, the 'clouds' are hollow oval sections of the sole that cushion the foot on impact but provide a secure platform from which to push. The shoe is also designed to promote a more efficient running action and discourage the runner from heel striking. Our testers quickly became accustomed to the shoe and had nothing but positive comments to say about it. They liked the light and responsive nature of the shoe and also agreed that it encouraged them to run in what they felt was a natural manner, that given time, would improve their performance.

Cost: £120

'On' the mark: light and responsive, despite its slightly unusual appearance



Men's Brooks Glycerin: good forefoot flexibility

Brooks Glycerin

USING the DNA cushioning which in this range-topping model is a little more so than the Ghost, the 'Glycerin' feels luxuriously cushioned. Testers instantly praised the shock absorbing qualities as well as the snug, comfortable upper. Our test runners said this was a shoe that felt it could go the distance with a great cushioned feel with good forefoot flexibility.

Cost: £95

Women's Brooks Glycerin: feels 'luxuriously cushioned'



Men's Mizuno Creation 12: durable but took a while to break in



Brooks Ghost

OUR 'Ghost' tester was looking forward to trying this shoe after hearing good things about it from her clubmates. She wasn't disappointed and immediately liked the slim-fit of the upper and relatively soft feel of the cushioning.

The shoe features 'DNA' cushioning technology, a 'non-Newtonian' material that responds to the amount of impact placed upon it.

Our tester enjoyed running in this shoe, commenting "it feels a little like a racer and it is certainly light enough to do my tempo runs in."

Cost: £85

Men's Brooks Ghost: this trainer is so light, AW's tester said it almost felt like a racing shoe



Mizuno Creation 12

THE Creation features a full-length version of Mizuno's cushioning system, the 'Wave'. At first glance many users may find the appearance a little 'space-age'. With a relatively firm feel this shoe is probably better suited for heavier runners. The full-length 'Wave' gives the shoe a very stable feel and our testers felt it took a little longer than other shoes to break in. That said they also found the shoe to be very durable and suitably cushioned enough for high mileage weeks on the road.

Cost: £110

Women's Mizuno Creation 12: ideal for high mileage runners



Red alert: the women's version of the Brooks Ghost is quite striking

