



# *the* BEST ROAD RUNNING SHOES OF 2023



As an independent shoe reviewer and athlete, **Geoffrey Crow** (aka @lets\_run\_faster) has tested just about every shoe on the market over a wide range of paces, distances and weather conditions. Here's what he rates, and why.

One are the days when you used one "do-it-all" running shoe. Shoe tech has evolved, and so have runners and their training needs. Runners are spoilt for choice in 2023, with ever-improving and innovative training and racing options.

Shoe brands offer a variety of shoes built for purpose by tweaking the weight, midsole formulation, stack height, upper construction and geometries. But, if you're new to running, the variety of running shoes on the market can be intimidating. How do you know what type to wear and when? What even are the different types?

With plenty of choices out there, the question is how to find the best running shoes for YOUR needs. I'm going to help guide you. As I am an unsponsored, independent shoe reviewer and athlete, I have experience in testing most of the newest running shoes. I am fortunate to be able to directly compare shoes as I have amassed an extensive shoe collection spanning all the brands.

If you're running more than three days a week, it's a good idea to have a minimum of two pairs of shoes that will cover your daily training and racing needs. This is called a shoe rotation. It's good practice to build a shoe rotation to avoid injury and extend the lifespan of your shoes. Whether you're just starting out or looking to fine-tune your training, here is a rundown of the main categories of road running shoes, including my top picks.

I've tested all these shoes over a wide range of paces, distances and weather conditions. I've also spoken to industry professionals, other shoe reviewers and a cross-section of runners with different builds and biomechanics to get their feedback. Some of these shoes were provided free to me for testing, some were purchased myself, but all the reviews below are my own independent, unpaid-for views. The shoes from these lists may overlap, so keep in mind to mix and match and find the styles that best suit you. For the best results, it's always recommended to visit a running store to try on shoes in person as you'll want to find a pair that works for your biomechanics and matches your preferences.

## DAILY TRAINERS

Trainers are your day-to-day go-to shoe for your easy mileage needs. These are the shoes you'll likely spend the most time running in, so it's important to make sure that they fit well and feel good for each run. For everyday use, reach for a pair that has durability and comfort. Because they're meant to be heavily used, they are usually made with stronger materials that withstand wear and tear better. These are meant for comfort over maximum speed, and are designed to last from 600 to 1 000km.



### NEW BALANCE FUELCELL PROPEL V4

Weight: 275g  
Heel to toe stack:  
31mm – 25mm  
Drop: 6mm  
RRP: R2 499

I'm going to start by saying that for what you get, the New Balance FuelCell Propel v4 is in my view the best value daily trainer available on the market. It's incredibly versatile and can handle everything from easy runs to races. With its wide midsole base, it has a balanced and stable yet dynamic ride. This is due to a new TPU plate embedded in the cushy FuelCell foam, which makes the forefoot snappier and provides good propulsion. The upper feels premium and has a good lockdown, but would benefit from a gusseted tongue. Its biggest strength is its affordable price point, offering performance found only in more expensive shoes. This will strike a chord with consumers in the current age of inflation.



### NIKE PEGASUS 40

Weight: 266g  
Heel to toe stack:  
33mm – 23mm  
Drop: 10mm  
RRP: R2 600



The Nike Pegasus is consistently one of the most popular do-everything running shoes every year. While it's not packed with the newest cushioning or tech, it remains a comfortable daily trainer versatile for different speeds and distances. Because of its straightforward fit and versatility, it's often spotted on club runners and athletes alike. Nike's React foam and two Zoom Air units in the midsole offer steady performance but lack the pop it advertises. Instead, the Pegasus provides a smooth, consistent ride which is very forgiving. With its durable build quality that will happily provide 700km+, it makes for an excellent neutral running shoe that you can use for just about anything. If this is for you, save yourself some money and instead pick up the similar version 39 on sale.

### HOKA CLIFTON 9

Weight: 247g  
Heel to toe stack:  
32mm – 27mm  
Drop: 5mm  
RRP: R3 200

The Hoka Clifton series has always been the workhorse for the brand, and one of the best-selling shoes in the marketplace. The Clifton 9 is a neutral trainer that offers a blend of max cushioning and minimal weight. This new update includes many positive features and has a bit more responsiveness and step-in comfort. With its comfortable (but narrow) upper and stable ride, it's best suited to easy paced runs. Hoka's curved Meta-Rocker provides for energy-saving transitions. Its ride is premium, plush and more protective than its competitors. It's a good trainer to tick away easy miles, but don't expect dynamic performance. The softness of the midsole is pleasant and will give your legs some TLC. Hoka's popularity and appeal has certainly benefitted from its modern styling. They've managed to hit the sweet spot between performance and aesthetics. This shoe will remain a firm favourite for many due to its light, predictable and plush ride.



### ADIDAS ADIZERO SL

Weight: 243g  
Heel to toe stack:  
36mm – 26mm  
Drop: 10mm  
RRP: R1 999

The Adizero range is known for its speed and is designed for athletes looking for performance. The SL (Super Light) is intended as an entry level speed trainer partner to the well-known Adizero racers. Its premium build quality and well-padded upper is comfortable and sits nicely on the traditional midsole design. Although not rockered, the firm ride does allow this shoe to pick up the pace. The lighter weight and forefoot Lightstrike Pro foam layer should make this shoe speedy, however, the ride is not as fun when compared to other speed-focused daily trainers. For easy runs, the SL works very well.



### ASICS NOVABLAST 3

Weight: 253g  
Heel to toe stack:  
31mm – 23mm  
Drop: 8mm  
RRP: R2 699

The Asics Novablast 3 released to much fanfare last year and its popularity hasn't declined. Asics nailed the comfort, responsiveness, stability, versatility and styling, and created a very competent daily trainer in the Novablast 3. This shoe is best for those wanting a softer, responsive daily trainer for easy and long runs. Apart from its beautiful geometric faceted design, the FF Blast+ midsole provides a high level of cushioning and a bouncy, responsive ride. The redesigned upper provides a slightly snug and superbly comfortable fit. The only minor issue is the sub-par outsole grip in the wet. In my opinion, the Asics Novablast 3 is the best daily trainer available and my top pick in this category.





## MAX STACK TRAINERS

Highly cushioned shoes are a runner's best friend when it comes to providing a plush and comfortable running experience, keeping your legs feeling fresher over those longer runs. Heavier runners or those with frequent joint pain will also find great benefit using a trainer with more midsole foam. Hoka revolutionised this high-stack trend, and all the other major brands now have similar offerings. This category can be further split into plated and non-plated varieties, each with a different purpose. In the past, more cushion equated to more weight. These days, advanced midsole material provides performance cushioning in a lightweight package. Brands are now pushing the boundaries, designing these "Super Trainers" which feature the best tech, but in a daily use shoe. Some of these high-performance trainers keep under the World Athletics maximum height regulation of 40mm and some ignore it, creating fantastically fun trainers.



### ASICS GEL NIMBUS 25

Weight: 290g  
Heel to toe stack:  
41.5mm – 33.5mm  
Drop: 8mm  
RRP: R3 500

With even more cushion, Asics made the Nimbus 25 the softest it's ever been, and the nimbus cloud metaphor finally means something. Nimbus loyalists will be happy that this update maintains the comfortable fit and easy ride that they love, in a totally updated package. The Asics designers added more height to the midsole and used a brand-new Pure-GEL pad in the heel to absorb impact and soften the landings. The softness is delivered in a controlled fashion, feels very satisfying and doesn't feel one-dimensional. The premium cushioning makes this shoe ideal for easy miles, recovery runs or long days on your feet. The rocker forefoot and supportive midsole make the shoe lively and surprisingly nimble for its size. The rocker profile allows quick transitions and gives this shoe a sense of purpose and a more fun ride than most easy-run shoes in this category. This shoe is close to perfection apart from two minor drawbacks. First, the upper is not breathable and can become too warm. Secondly, the outsole grip is sub-par in the wet in my opinion. Having said that, I think this is still one of the most competent running shoes available, and without a doubt one that most runners should have in their rotation.

### NEW BALANCE FUELCELL SUPERCOMP TRAINER V2

Weight: 282g  
Heel to toe stack:  
40mm – 34mm  
Drop: 6mm  
RRP: R4 399

The SC Trainer v2 is a very good value, versatile, do-it-all shoe for everyday training, speedwork, long runs and even marathon racing. This maximal plush, bouncy trainer has a large chunk of fantastic FuelCell foam and the midsole comes equipped with a carbon plate and New Balance's proprietary Energy Arc technology. The upper fit has a "performance trainer" vibe to it, which bridges the gap between a dialed-in race shoe and a comfortable trainer. I'm enjoying the Trainer v2 for longer progression runs, where I feel the shoe really shines. New Balance is clearly aiming for a more accessible carbon-plated shoe suitable for a wide range of runners and paces here.



### NIKE INVINCIBLE RUN 3

Weight: 310g  
Heel to toe stack:  
40mm – 31mm  
Drop: 9mm  
RRP: R3 700

The Nike Invincible Run 3 is max-cushioning personified; the soft and bouncy ZoomX foam makes up the entire stack height. It's ideal for long-distance cruising but struggles to pick up the pace due to its weight and lack of a rocker midsole, so the 'roll forward' quality and toe spring is absent. That's perfectly alright as the Invincible 3 isn't supposed to be a fast shoe. It performs exactly as advertised: the deep midsole never seems to run out of ride comfort. I would describe each stride as landing on a foam pillow, lovely and plush, but keep it for slow recovery days otherwise it'll feel like a chore. For those that liked the v1 and 2, as I did, the feel and upper fit is very familiar, even with the big aesthetic updates. The new scooped midsole sidewalls add some structure and help with stability. The heel collar takes design cues from its racing big brother and features a foam pod with knit edges instead of the traditional rounded cushion edge. This shoe's minor shortcoming is poor traction on wet roads. It's important to recognise the Nike Invincible Run 3 for what it is – a cushioned running shoe that's a joy for recovery runs.



### ADIDAS ADIZERO PRIME X STRUNG

Weight: 255g  
Heel to toe stack:  
49.5mm – 41mm  
Drop: 8.5mm  
RRP: R5 499

The Prime X Strung is every bit as bouncy and fun as you'd expect from looking at it. It's remarkably propulsive and becomes more noticeably so the faster you run in it. It's a shoe that makes running fast feel effortless, and it protects your legs during a session more than any other shoe I've run in. The enormous stack height (over the World Athletics 40mm regulation) means you don't have much ground feel and to avoid a rolled ankle, you need to look out for uneven surfaces. The heel is quite narrow which adds to the instability, especially at slower paces and when cornering. Although, when running fast, the shoe firms up and feels more assured. The upper is perhaps the weakest point of the shoe for me. Although the lockdown is comfortable and secure, the heel counter is very minimal and rubs my Achilles badly over longer distances. In the Prime X, adidas has created a wonderfully fun and fast shoe best for tempo runs. Is it somewhat impractical? Yes. Do I love it? YES!

### HOKA MACH X

Weight: 266g  
Heel to toe stack:  
42mm – 37mm  
Drop: 5mm  
RRP: R3 800

Another excellent do-it-all super trainer which has a versatile ride no matter the workout. The brand new Hoka Mach X has a soft, energetic feel due to its superb Profly X midsole with a Pebax plate that provides a perfect balance for a snappy yet comfortable and stable ride. I found no pace or distance that this shoe struggled with. It's the perfect training companion to the Rocket X 2 racing shoe if you like saving your supershoes for racing in. I usually reserve plated shoes for speed workouts, but the Pebax plate here is subtle and didn't hinder my gait at any pace. It kept me well-cushioned at slower paces, but still gave enough responsiveness when needed. The upper has a superb build quality and good lockdown. The Mach X feels polished for a first-generation shoe as everything about it works cohesively. For this reason, it's my top pick in this max stack category.





## SPEED/TEMPO TRAINERS

The significance of speed training has increased even among amateur distance runners, as they realise the importance of building speed. Speed workouts allow for neuromuscular adaptations for developing pace, and running mechanics, which are key to cracking those race day PBs across all distances. Speed training is an umbrella term, and there are many different types of workouts that runners can do like strides, intervals, progression, and tempo runs. While any running shoe could be used for speed training workouts, lightweight shoes with high-tech foam or carbon plates can help improve energy return and allow for faster cadence.



### ADIDAS ADIZERO TAKUMI SEN 9

Weight: 181g  
Heel to toe stack:  
33mm – 27mm  
Drop: 6mm  
RRP: R3 499

The adidas Adizero Takumi Sen 9 is a specialist racer best suited to 5km races and short-distance interval workouts. Incorporating Adidas's best tech, the Sen 9 has a full-length Lightstrike Pro midsole and embedded energy rods, which make the ride snappy and propulsive. This shoe is not for everybody though as the fit is extremely narrow and not very stable, and over longer distances the minimalist upper can become uncomfortable. The industry leading Continental outsole grip is as good as it gets. The lightness makes this shoe great for interval or track work, but for short-distance racing I'd choose the bigger brother Adios Pro instead.

### SKECHERS GO RUN SPEED ELITE HYPER

Weight: 162g  
Heel to toe stack:  
23mm – 19mm  
Drop: 4mm  
RRP: R5 999

The Skechers Speed Elite Hyper is a specialist speed shoe ideally suited for track workouts and racing. The ultra-lightweight shoe delivers a quick turnover with running economy in mind. It features a precise monomesh upper that holds its shape providing a simple performance fit. The HyperBurst midsole and carbon plate is where the magic happens, as it offers an extremely high stiffness-to-weight ratio with next-level energy return. The package provides an extremely dynamic and fast ride, but don't expect any versatility as it's an all-out speedster.



### ASICS MAGIC SPEED 3

Weight: 220g  
Heel to toe stack:  
36mm – 29mm  
Drop: 7mm  
RRP: R3 299

The Asics Magic Speed 3 is a budget-friendly, lightweight carbon-plated shoe that can be used for your speed/track workouts, or even as your race day option. With supershoe features and tech, the shoe's sole purpose is to go fast! There's a lot to like about it: the build quality is superb, the FF Blast+ midsole is very responsive, and the rigid carbon plate makes the ride very propulsive. I recently added this shoe to my rotation and set my new 5km PB time on track. Although a narrow fit, the motion wrap upper is superbly crafted and breathable. At its price point, this shoe is a steal! The shoe will rack up a lot of mileage for you too with the durability of the excellent outsole. If you don't want to break the bank on purchasing the Metaspeed Sky or Edge, this could be a viable option. Because of its light weight, superb craftsmanship, excellent performance and price point, the Asics Magic Speed 3 is my top pick in this category.



### NIKE ZOOMX STREAKFLY

Weight: 170g  
Heel to toe stack:  
approx  
26mm – 20mm  
Drop: 6mm  
RRP: R3 100

The Nike ZoomX Streakfly delivers a very comfortable and lively ride in a lightweight package. The Streakfly is somewhat of an outlier as its design does not adhere to any of the racing shoe best practices. The entire midsole is made of ZoomX foam with a midfoot plastic shank for that pop and responsiveness you'll know if you've run in this shoe. The upper is very minimalist, breathable, and hugs the foot nicely when cinched down easily with the simple yet effective lacing system. This is a no fuss shoe that's all about speed. However, it requires good biomechanics and form in order to get a stable footstrike and the best out of it. It's the closest you'll find to a traditional flat racer, where your feet are doing a lot of the work. These days the tech has taken over that duty, making these types of shoes more accessible and easier to run in. To sum up, while the Nike ZoomX Streakfly is an excellent tempo trainer, it's not the racer that it's advertised as. Regardless, I love it and it remains one of my all-time favourite running shoes.

# STABILITY TRAINERS

As their name suggests, stability shoes provide more than just cushioning to your stride. They provide structure and stability. When your foot strikes the ground, it naturally rolls inward, absorbing shock and adapting to the terrain. But excessive pronation can put stress on your feet, ankles and legs, increasing the risk of injury and discomfort. Stability footwear often features extra support (medial post or supportive midsole) on the inner side of the shoe side to prevent arch collapse and overpronation, helping to maintain proper alignment. By providing that extra layer of stability, these shoes empower you to run with confidence and reduce the risk of injury.



## ASICS GEL KAYANO 30

Weight: 303g  
Heel to toe stack:  
40mm – 30mm  
Drop: 10mm  
RRP: R3 499

Having spoken to some runners suffering from injuries like stress fractures, plantar fasciitis and over pronation, I don't think any other shoe geared towards stability performs as well as the Asics Gel Kayano 30 through testing. This newly released shoe features a 4D guidance system with the goal of providing adaptive stability throughout your run. The technology aims to reduce the amount of

time spent in overpronation, resulting in a better supported run. This, combined with an increased heel bevel, sculpted lateral midsole and wider base, gives you a smooth and comfortable ride that feels nothing like traditional stability shoes of the past.

## PUMA FOREVERRUN NITRO

Weight: 274g  
Heel to toe stack:  
36mm – 26mm  
Drop: 10mm  
RRP: R2 240

The Puma ForeverRun Nitro is a cushioned daily shoe with some light stability features that many runners will

enjoy for their long endurance runs. The upper is well padded, roomy and comfortable with a good, gusseted tongue. Strategically placed Powertape overlays on the upper also gives more support to the material. The midsole features dual-layer foam densities, the softer Nitro-infused foam on the inside providing a great sink-in feeling, the firmer outer layer providing more support. The main stability feature of the ForeverRun Nitro is a RunGuide rail system to keep the foot centrally aligned and reduce pronation. A subtle plastic heel clip further provides support, as does the lightly flared heel base which provides a solid base for each foot strike. This shoe offers a very enjoyable ride which is not too mushy soft but quite dynamic due to the excellent Nitro foam. To top it off, the excellent Pumagrip outsole offers superb grip for even the worst conditions.





# VERSATILE TRAINER RACERS

This is a special category of do-it-all shoes. They are versatile enough for daily miles, picking up the pace, and even lacing up on race day! While these shoes aren't their respective brands' top of the range offerings, they offer just the right amount of durability, comfort, responsiveness and speed. Not everyone has the luxury, budget, or inclination to build a shoe rotation. If this is you, read on.



## PUMA DEVIATE NITRO ELITE 2

Weight: 261g  
Heel to toe stack: 38.5mm – 30.5mm  
Drop: 8mm  
RRP: R2 599

The Puma Deviate Nitro Elite 2 is an impressive, soft-riding, plated training shoe, which can be used for everything from easy runs to up tempo runs to races. It has a high level of cushioning, decent stability, and great grip. For those that knew the first version, they've fixed the uncomfortable heel tab issue. It's also been given a softer ride due to the new Nitro Elite foam in its midsole. I can now say it's a fantastic shoe in every way. Perhaps the best feature of this shoe is its terrific outsole, which should provide more durability than almost any other trainer out there. If I could only have one shoe to do all my running in, this true all-rounder would be my choice, so it's my top pick in this category.

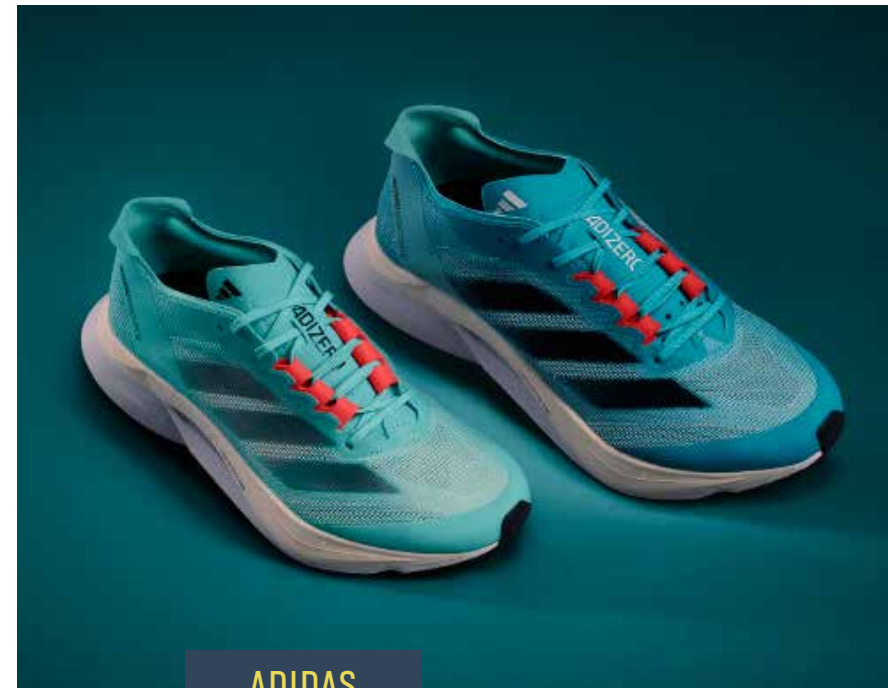


## ASICS SUPERBLAST

Weight: 239g  
Heel to toe stack: 45.5mm – 37.5mm  
Drop: 8mm  
RRP: R4 000

The Superblast's biggest strength is its versatility and forgiving nature. Many speed-friendly shoes with a tall midsole (and a plate) have a low tolerance for poor form and slower speeds. For its relatively large size, the Superblast offers a snappy ride and, though not as plush as the Asics Nimbus 25, the lighter weight and breathable upper make it a better long-distance and race option. The Superblast successfully blends race shoe features into a trainer type package. Asics's combo of FF Turbo and FF Blast+ foam, a rocker midsole and lightweight race-like upper blend seamlessly with the cushioned and wide midsole to make the ride responsive yet very stable. It can work as a cushioned non-plated marathon shoe as well as an everyday trainer that's highly versatile across a wide range of running speeds and distances. It's an impressive duality that most other shoes aren't able to navigate successfully. In short, the Superblast could be your everyday trainer, marathon racer, or just your long run shoe.

The Superblast's biggest strength is its versatility and forgiving nature. Many speed-friendly



## ADIDAS BOSTON 12

Weight: 266g  
Heel to toe stack: 37mm – 30.5mm  
Drop: 6.5mm  
RRP: R2 999

The quintessential workout shoe with a long tradition of loyal fans. The adidas Boston 12 now gets a full length of Lightstrike Pro midsole, making it a lighter and softer ride. Don't expect an energetic ride though as this update has veered more towards a daily trainer than speedy shoe. The Boston still offers the assured stable and firm ride with the glass-fibre energy rods in the midsole that many love. The new minimal upper looks sleek but could do with some practical refinement. The legacy of this durable, familiar training shoe continues.

## SAUCONY ENDORPHIN PRO 3

Weight: 204g  
Heel to toe stack: 39.5mm – 31.5mm  
Drop: 8mm  
RRP: R4 999

The Saucony Endorphin Pro 3 is a versatile racing shoe with great cushioning and stability. Saucony has created a lightweight shoe that is extremely comfortable and can handle everything from easy runs to fast workouts. It has a spritely ride with easy and fast transitions. It may not be as dynamic and aggressive as the other carbon-plated racers, but it is a very competent race shoe option if you're wanting to jump on the supershoe wagon. I enjoy this shoe for hill repeat workouts and tempo runs when I need to inject some pace into my training.



## HOKA MACH 5

Weight: 232g  
Heel to toe stack: 29mm – 24mm  
Drop: 5mm  
RRP: R3 400

The Hoka Mach 5 is a lightweight, smooth-riding trainer that can fill a number of roles in your running rotation.

The supercritical layer of midsole foam and great fit makes it a good all-round trainer/racer. The ride feels soft, lively and leaves your legs feeling fresh. There are however durability issues, as it doesn't have a traditional outsole, it uses a firmer EVA foam as an outsole instead. This makes landings feel incredibly padded, smooth and engaging. It has a light, dynamic, modern ride which is much more fun than traditional trainers. This could be the perfect shoe if it had an outsole for increased durability.





# RACING SUPERSHOES

Racing supershoes utilise the latest technology premium midsole foams, carbon fibre plates and featherweight textiles to create a built-for-speed shoe for enhanced energy return during racing. As racing shoes are generally designed to be worn only on race days, they're built with lighter materials than those used in training shoes which makes them less durable. The current trends we're seeing are brands experimenting with exaggerated geometries, incorporating more comfort and providing more stability, thus making supershoes more accessible to all runners.

## NEW BALANCE FUELCELL SUPERCOMP ELITE V3

Weight: 218g  
Heel to toe stack:  
40mm – 36mm  
Drop: 4mm. RRP: R4 599

The FuelCell SuperComp Elite v3 is the brand's top-of-the-range racer. The soft Fuelcell midsole, carbon plate and innovative Energy Arc system provide for silky smooth performance. This supershoe may not have the aggressive geometry and propulsive toe-off of the competition, but it offers an effortlessly fast, springy ride best suited to marathon racing. It was my first choice for my 50km ultramarathon in February due to its comfort and all-round easy speed. The bootie-style knit upper is polarising, with most loving the one-piece fit, but some raising a minor issue of heel collar rubbing under the outside ankle.



## ASICS METASPEED SKY+

Weight: 204g  
Heel to toe stack:  
39mm – 34mm  
Drop: 5mm  
RRP: R4 999

The Asics Metaspeed Sky+ is still one of the fan favourites for not only marathoners but triathletes too. It has a great combination of propulsion, cushioning, efficiency and stability. With a premium feel and breathable upper, this is one of the most comfortable and lightest supershoes available. I feel it could do with a slightly more aggressive carbon plate, rocker and drop to bring performance in line with its competitors. That said, the Sky+ is a very competent racer that offers well rounded performance best suited for long-distance racing.



## NIKE ZOOMX VAPORFLY NEXT% 3

Weight: 184g  
Heel to toe stack:  
40mm – 32mm  
Drop: 8mm  
RRP: R5 100

As seen on the feet of many racing elite athletes, The Nike ZoomX Vaporfly was the OG supershoe. The latest version is still an exceptional race shoe, but has become a softer, bouncier racer best suited to half and full marathon race distances. For shorter racing, it doesn't offer as much speed assistance as other top-tier carbon racers, but it's incredibly lightweight, extremely comfortable, and offers more stability for average runners wanting to channel their inner Kipchoge. It may not be as snappy and aggressive as v2, but it's still a very competent, fast supershoe.



## HOKA ROCKET X 2

Weight: 235g  
Heel to toe stack:  
36mm – 31mm  
Drop: 5mm  
RRP: R5 300

The Hoka Rocket X 2 is a top-tier propulsive racer recommended for runners looking for a very soft supershoe that can handle long distances. Although not as light, it's super comfortable and just as fast as its competitors, making it one of the best racing shoes available. The combination of the new midsole foam and the redesigned carbon plate propel you forward with a springboard effect. The faster you go, the more propulsion you feel. The upper is good, but the plastic-like weave fabric can be improved. Keep in mind that this shoe has a narrow fit with a very narrow toe box. With plenty of performance to offer, the Rocket X 2 is now finally deserving of its name.



## ADIDAS ADIZERO ADIOS PRO 3

Weight: 215g  
Heel to toe stack:  
39.5mm – 33mm  
Drop: 6.5mm  
RRP: R4 499

As one of the best-performing marathon racing shoes on the market, the popular adidas Adizero Adios Pro 3 needs no introduction. The lively Lighthstrike Pro midsole is one of the most responsive foams and provides a smooth and fast ride. The Adios Pro 3 easily holds threshold pace due to its aggressive toe spring. The strategic midsole cutouts not only make this shoe look futuristic and fast, but also help minimise weight. The upper is performance-orientated, but not the most comfortable compared to its competitors. The Continental rubber outsole is the market leader and provides excellent grip in any weather condition. The Adios Pro continues to push technology boundaries and will remain a top marathon shoe choice for many.



## SAUCONY ENDORPHIN ELITE

Weight: 204g  
Heel to toe stack:  
40mm – 32mm  
Drop: 8mm  
RRP: R6 599

The Saucony Endorphin Elite is the brand's radical new top-of-the-range marathon racer. Everything about this design screams performance. The stripped-down super lightweight upper with strategic cutouts sits on top of an aggressively shaped wedge of midsole. The Endorphin Elite uses Saucony's new PWRRUN HG foam which has a slightly firmer feel than other premium foams but, in this package, works oh so well. With a super aggressive toe-spring and a propulsive ride, this shoe competes with the fastest marathon shoes on the market. Surprisingly, the upper provides excellent, lightweight comfort. In my opinion, this premium supershoe is the most dynamic race shoe on the market and my current top race-shoe pick. 🏆



## UPCOMING SHOES TO GET EXCITED ABOUT

adidas Adizero Adios Pro 4  
adidas Adizero Prime X Strung 2  
Asics Novablast 4  
Brooks Hyperion Max  
New Balance 1080 v13  
Nike Alphafly Next% 3  
Saucony Endorphin Pro 4  
Saucony Kinvara Pro  
Skechers Speed Beast